

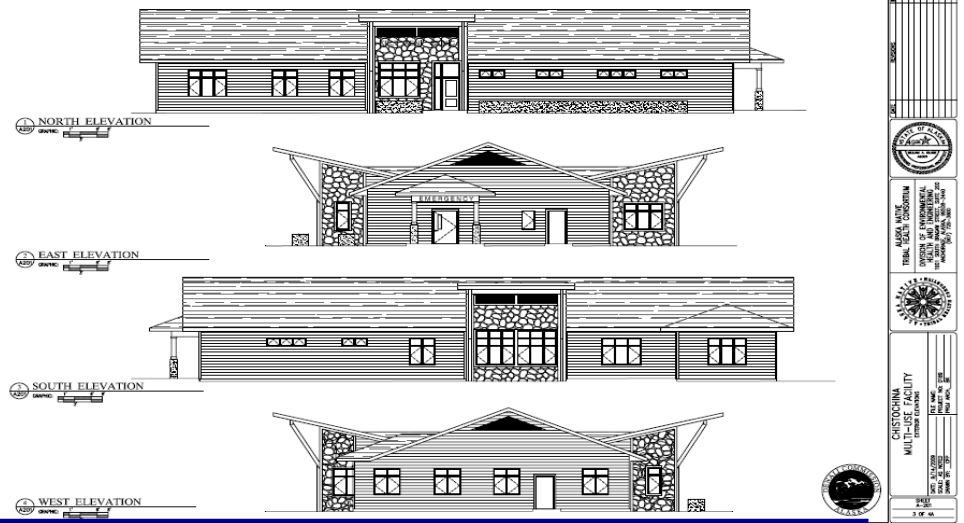
# KELT'AENI NEWS

October / November 2009  
Volume 09, Issue 3

*"With Honor, Dignity, and Respect, empowering our people by enhancing our traditional values to ensure a healthier and more positive future for our children."*

## MULTI-PURPOSE BUILDING DESIGN IS COMPLETED

The design phase for the Multi-Purpose Facility has been completed and approved. The building will be the future home of the MSTC offices and Chistochina Clinic. The design phase was a joint project with MSTC, ANTHC and the Denali Commission. MSTC looks forward to moving forward with the construction phase.



## DEPARTMENT OF EDUCATION - LANGUAGE PROJECT ~EVELYN BEETER



MSTC's six year grant with the Department of Education was completed during 2009. At the completion of such a large project there are many people who we need to recognize. Without the help of our elders Lena Charley and Katie John, this project would not be possible. We are also very appreciative to Cynthia Ainsworth who has worked with MSTC since 1994 and has donated many hours to these projects. We also need to extend a thank you to the villages for their support of this program.



### Products completed and published are:

- Mentasta Language Books with CD
- Mentasta Listening Lessons with CD
- Mentasta Advance Lessons with CD
- Chistochina Language Books with CD
- Chistochina Listening Lessons with CD
- Chistochina Advance Lessons with CD
- Grammar Book for use with the Ahtna Dictionary
- Ahtna Literacy Book with John Ritter and Lena Charley



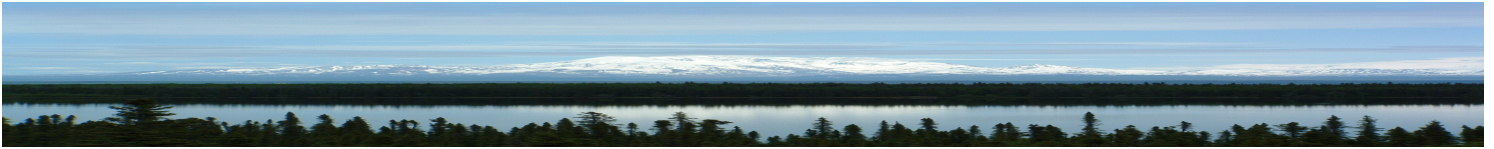
### Projects near completion are:

- The Community History Ethnology - Needs to be sent to the publishers.
- DVDS almost finished:
  - Moose Hunting
  - Potlatch
  - Moccasins Making



After going through the process getting all of these materials documented, we recognize what an enormous undertaking it is, as well as a long lengthy process. Though in the end, this process was worth every minute, it is one of the most valuable resources for our people and children.

For more information regarding MSTC's language projects please see our website [www.mstc.org](http://www.mstc.org) or call the office at 907-822-5654.



# **PARENTS AS MODELS**

## **Plan time with your children**

1. Children learn by watching and imitating.
2. Show your love in actions, not just words.
3. Establish routines and rituals.
4. Take time alone with each child.
5. Play and have fun with your children.



## **Encourage your children**

1. Praise effort and identify success.
2. Acknowledge your child's point of view, even if you disagree.
3. Tell your child specific things they do that please you.
4. Encourage your child to make choices and plans.



## **Listen to your children**

1. Listen and repeat what you hear your child say to let them know you are listening.
2. Save teaching for later.

## **Talk together with your children**

1. Encourage your children to talk with you.
2. Show them who you are.
3. Involve them in decision making.
4. Have family meetings.

*“May You Have The Strength Of Eagles' Wings,  
The Faith And Courage To Fly To New Heights,  
And The Wisdom Of The Universe To Carry You There”  
~ Native American Blessing~*

## **TIPS FOR A SAFE AND HEALTHY LIFE**

### **Eat Healthy**

- Eat a variety of fruits, vegetables, and whole grains every day.
- Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
- Eat a balanced diet to help keep a healthy weight.

### **Be Active**

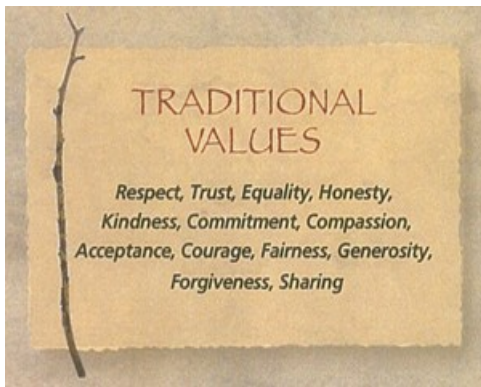
- Be active for at least 2½ hours a week.
- Help kids and teens be active for at least 1 hour a day.

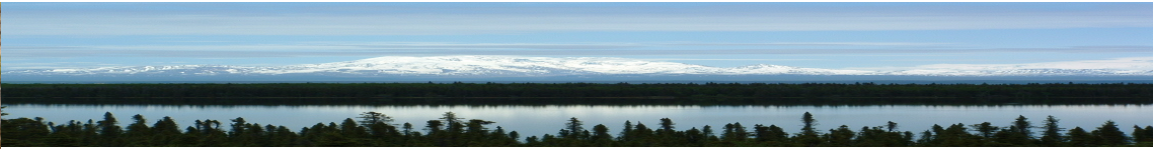
### **Protect Yourself/Family**

- Wash hands to stop the spread of germs.
- Avoid smoking and breathing other people's smoke.
- Build safe and healthy relationships with family and friends.
- Be ready for emergencies. Make a supply kit. Make a plan.

### **Manage Stress**

- Balance work, home, and play.
- Get support from family and friends.
- Stay positive.
- Take time to relax.
- Get 7-9 hours of sleep each night.
  - Make sure kids get more, based on their age.
- Get help or counseling if needed.





## Getting to Know the Alaska Tribal Health System

By Wilson Justin

I write a lot about the scope and reach of the Alaska Tribal Health System. What I don't say is how I know about it. First there was no Tribal Health System in place when MSTC began in 1993. This means that in the past 16 years, both MSTC and the ATHS matured together. We were there at the start and had to learn along with all the rest of the system about what it is that we inherited from the Indian Health Service under the language of Compacting. In addition, I came from a small business background so I knew at least in the beginning, how to navigate information channels and to prepare nominally for information overloads and perpetual liability issues. Critical clinical and medical information however, I had to get on my own.

Pandemic Flu outbreaks are one such field I became fluent in over the years. Reading source materials in books that I bought from the bookstores here in Anchorage, I amassed a very readable library of not only Pandemic Flu, but also of HIV/AIDS and the Pharmaceutical industry. As the years go by it is getting harder and harder to learn. For one my eyes continue to get worse, so reading becomes a real chore. For another, noise now bothers me more than ever, (I have tinnitus, first diagnosed by Army doctors at my induction physical in 1969), and so it is very difficult to maintain concentration to read, especially regarding complex medical conditions like the viral nature of HIV in this day and age of constant interfering electronic noises. Reading drives knowledge and I have to read in order to stay current. Another way to understand the Tribal Health System is to attend committee meetings and listen in on discussions by clinical folks about what they face in the system and the clinics. From 1997 to today I have been involved in nearly all aspects of the ATHS whose primary means of communications and problem resolutions has been rooted in the committee approach. Every committee in place was put there for a purpose and often times these purpose overlaps with other issues and newer more focused committees come into being. Finally there are publications that deal directly with outcomes or long term issues. Two that I am aware of this year are the Long Term Elder Care report that involved several years of effort and the Alaska Native Health Statue Report, prepared by the Alaska Native Epidemiology Center housed at ANTHC. These reports are very current and reflect up to the minute conclusions about where we are in numbers, concerns and issues along with demographic data that is very useful.

Speaking of demographics, next year is Census year. The 30 year long outflow of population to urban centers will finally be bought home by the census folks. There will be impacts on the school districts, community centers, housing programs, job & training and even health funding. Census numbers are the relentless drivers of funding formulas and when the other guy gets all the population he also gets all the monies. Well that's a whole new discussion and a very worrisome one but we'll come to that when we come to that.

I would like to end with some statistics on mortality: Cancer continues to be the leading cause of death among Alaska Natives. Heart Disease is the second leading cause of death among Alaska Natives. Unintentional injury is in third place and in fourth place is suicide. There are now 135,000 users of the ATHS, with Elders (over 65) and youth under the age of 20 being the two fastest growing segments of the population increases. Household income on average has remained in the lower double digits. There is the median of \$19,000 per year or under, followed by a jump into the \$50,000 or so a year income levels. There seems to be very little in the range of \$22,000 to \$48,000 incomes. There are interesting conclusions drawn with these statistics about jobs and employment. School dropout rates are directly tied to income and career tracks which bring up mobility and relocation issues, but for now we'll leave those be.

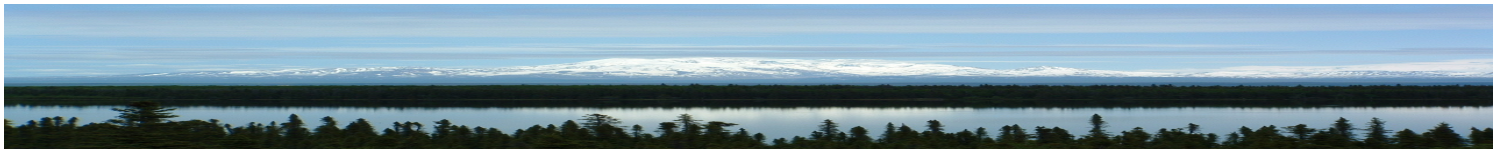
My point was: all the information you need to know, to make decisions and create opportunities for yourself or your household is "out there". It always was and always will be. MSTC was a rare once in a lifetime opportunity for the region and we got there by being bold and by being confident that we could "read" the future and act accordingly.

For more information see the website below or the websites listed on the resource page:

[www.alaskatribalhealth.org](http://www.alaskatribalhealth.org)



alaska tribal health system



# WATER FACTS OF LIFE



- There is the same amount of water on Earth as there was when the Earth was formed. The water from your faucet could contain molecules that dinosaurs drank.
- Water is composed of two elements, Hydrogen and Oxygen. 2 Hydrogen + 1 Oxygen = H<sub>2</sub>O.
- Nearly 97% of the world's water is salty or otherwise undrinkable. Another 2% is locked in ice caps and glaciers. That leaves just 1% for all of humanity's needs — all its agricultural, residential, manufacturing, community, and personal needs.
- Water regulates the Earth's temperature. It also regulates the temperature of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes.
- 75% of the human brain is water and 75% of a living tree is water.
- A person can live about a month without food, but only about a week without water.
- Water is part of a deeply interconnected system. What we pour on the ground ends up in our water, and what we spew into the sky ends up in our water.
- The average total home water use for each person in the U.S. is about 50 gallons a day.
- The average cost for water supplied to a home in the U.S. is about \$2.00 for 1,000 gallons, which equals about 5 gallons for a penny.
- Water expands by 9% when it freezes. Frozen water (ice) is lighter than water, which is why ice floats in water.



## EPA PROGRAM UPDATE

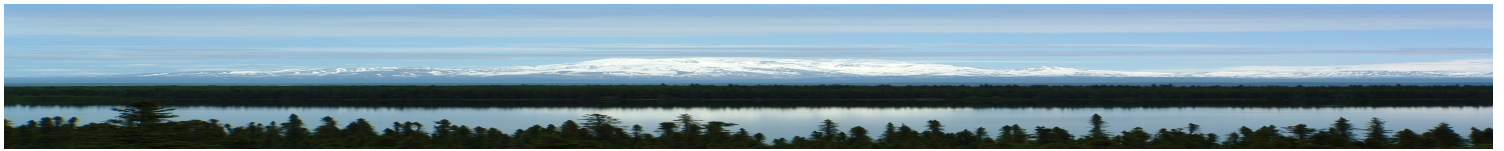
The EPA program is on schedule and going well. We have received approval for the current years grant, and we look forward to a great year of Environmental progress in our region. We will increase administrative capacity, continue to support recycling efforts, protect subsistence resources, educate our community members on environmental preservation and pollution prevention, as well as investigate ways to document known local climate change issues. These efforts all move us towards our goal of preserving our culture and environment for future generations.

Accomplishments of the past year include continued Environmental Education in our schools, support of Recycling Centers in Chistochina and Mentasta, support of Batzulnetas Culture Camp and Nabesna Kids Day Camp. The MSTC EPA program played an active role with the 2<sup>nd</sup> Annual Youth Environmental Summit held in Chistochina. The EPA coordinator also attended the Regional Emergency Preparedness Conference, Regional Energy Summits, prepared quarterly and annual reports, and attended EPA/IGAP Training as required for continuing the grant program.

*We must protect the forest for our children, grandchildren and children yet to be born.  
We must protect the forest for those who cant speak for themselves such as the birds,  
animals, fish and trees.*

*Qwatsinas*





## On Line Resources

Mt. Sanford Tribal Consortium  
<http://www.mstc.org>

Cheesh'na Tribal Council  
<http://www.chistochina.com>

Mentasta Traditional Council

Alaska Native Knowledge Network  
<http://ankn.uaf.edu/>

Yukon Native Language Centre  
<http://www.yukoncollege.yk.ca/ynlc/>

Wrangell - St. Elias National Park  
<http://www.nps.gov/wrst/>

Copper River Native Association  
[www.crnative.org](http://www.crnative.org)

## Health Links

Alaska Native Tribal Health Consortium  
<http://www.anthc.org/>

Alaska Native Medical Center  
<http://www.anmc.org/>

Alaska Community Health Aides  
<http://www.akchap.org>

Alaska Department of Public Health  
<http://www.hhs.state.ak.us/dph/>

Indian Health Service  
<http://www.ihs.gov>

Alaska Native Health Board  
<http://www.anhb.org>

South Central Foundation  
<http://www.southcentralfoundation.com>

South Central Foundation Health Info  
<http://www.scfhealthinfo.com>

## Up Coming Events:

|                      |  |
|----------------------|--|
| October 2, 2009      | MSTC Annual Meeting - Mentasta               |
| October 15, 2009     | H1N1 Workshop – Glennallen                   |
| November 3–4, 2009   | Emergency Preparedness Workshop – Glennallen |
| November 11, 2009    | Veterans Day – Offices Closed                |
| November 26-27, 2009 | Thanksgiving – Offices Closed                |

## Job Openings:

### **Mt. Sanford Tribal Consortium Job Openings:**

None at this time  
Please call 822-5654 for more information.

### **Cheesh'na Tribal Council Job Openings:**

**Project Coordinator**  
**Tribal Court Clerk**  
Please call 822-3503 for more information.

### **Mentasta Tribal Council Job Openings:**

**Post Master**  
Please call 291-2319 for more information.

### **AHTNA Incorporated Job Openings:**

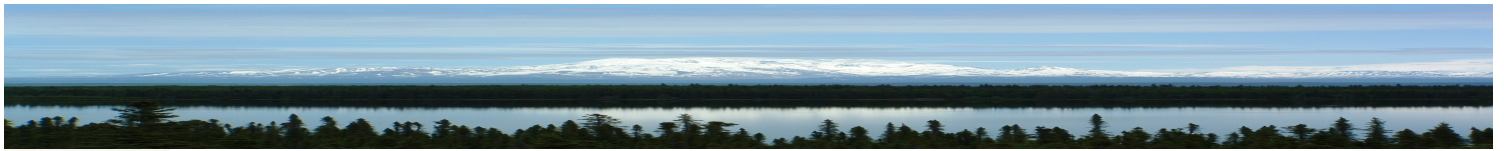
<http://ahtnajobs.com/hrjobs.html>  
**Glennallen Office**  
**Land Protection Officer (Cantwell)**  
**On-Call Custodian**  
**On-Call Receptionist**  
Please see their website or call 822-3476 for more information.

### **Copper River Native Association Job Openings:**

**Homemaker – Gakona Area**  
**Environmental Health Maintenance Lead**  
**Director of Behavioral Health**  
**Behavioral Health Clinician/ Masters Level**  
Please call 822-5241 for more information.

### **Native Village of Gakona Job Openings:**

**Environmental IGAP Coordinator**  
Please call 822-5777



# Birthdays

## October

- 10/1 Shalaukna Kaase
- 10/4 Gareth Northway
- 10/7 Elaine Sam
- 10/7 Helen Pitka
- 10/7 Susan Green
- 10/8 Brandon Nicolai
- 10/11 Kobe Pence
- 10/12 Lena Craig
- 10/14 LaDonna Wolf
- 10/15 Katie John
- 10/20 Evelyn Beeter
- 10/23 D'Angelo John
- 10/26 Nora David
- 10/26 Laura David

## November

- 11/3 Diane Jordan
- 11/5 Jaylee Adams
- 11/6 Gilliam Joe
- 11/7 Freddy Nicolai Sr.
- 11/7 John Nicolai
- 11/13 Rickson Sanford
- 11/15 Leonard Menka
- 11/17 Joseph Shank
- 11/18 Demitirie Chickalusion
- 11/19 James Pitka
- 11/21 Douglas Neal
- 11/23 Katrina Gallant
- 11/26 Meranda Moran



**Mt. Sanford Tribal Consortium**  
**PO Box 357**  
**Gakona, AK 99586**

