



KELT'AENI NEWS

December 2009 / January 2010
Volume 09, Issue 4

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

Happy Holidays



Photos from the
Cordova Sobriety
Celebration
Taken By
D. Kasheraroff
And
Mark Hoover



CONTRACT HEALTH CARE

MSTC has been working on updating the health clinic forms over the past several months.

- Please stop in the clinic and fill out updated forms for your family. If you are new to the village, have a new family member, or if your contact and health information is outdated, please stop in the clinic and update your file.

- MSTC needs the following documents on file for each beneficiary receiving health care through your local clinic, an updated enrollment form and proof of residence, a CIB Certificate, and a Birth Certificate. If you need help getting a copy of these documents, MSTC staff members can assist you.

- If you need to be seen at ANMC, Cross Road Medical Center or the Tok Clinic, please make sure you have a referral form.



Be on the look out for...

- MSTC Program Descriptions In This and Future Issues
- EPA Program Update
- The Copper River Regional Health Network Survey
- A Special Report from the Cordova Sobriety Celebration



Mt. Sanford Tribal Consortium Special Diabetes Program for Indians (SDPI) Program Overview

Program Goal

Implement an education campaign to our communities that will improve their ability to recognize signs of diabetes with emphases on awareness, prevention, and healthy lifestyle changes.

MSTC's overall vision is to prepare our youth for a healthy and productive lifestyle. While we focus our educational efforts to entire population we are most concerned with training our young people to choose healthy behaviors. **Our objectives for the** MSTC Diabetes program are to mitigate the problems we already have by one- on-one contact with those who suffer diabetes, and teach community members ways they can prevent such a disease from ever occurring.

Activities will include:

1. Distribution of educational posters, brochures, and newsletters for community members and youth. Publications will include information about recognizing symptoms, prevention measures, treatment of diabetes, and will promote exercise, healthy eating habits, and weight loss.
2. Provide diabetes education to at-risk individuals and diabetes patients in their homes on a quarterly basis.
3. Provide Diabetes awareness activities for youth in local schools at least once in the fall, winter, and spring sessions. This will include education to preschoolers about healthy eating habits, and healthy snacks will be provided for preschool children and youth activities after school.
4. Coordinate with the CHR's to promote healthier lifestyle choices to at-risk individuals and diabetes patients - that improve diet and increase their exercise.

Our main focus
is on the youth,
so they can
develop habits
of disease
prevention now
and carry it
with them
in the future.

Outcomes: MSTC will know we have an improvement in our communities when our diabetes prevalence does not increase and existing cases of diabetes demonstrate a health improvement. We will also know that our youth awareness has increased through observation of youth attitudes towards nutrition and health.

Project Period: 6/1/2009 to 5/31/2010 Amount of Grant: \$35,322
Project Director: George Drinkwater Ph. 907.822.5399 x24 Email: gtd@mstc.org



Mt. Sanford Tribal Consortium EPA Indian General Assistance Program (IGAP) Program Overview

Program Goal

Provide environmental education and technical support to Chistochina, Mentasta Lake and the Copper River region that will promote and support environmental health.

MSTC's IGAP program has successfully provided environmental services to Chistochina and Mentasta Lake since 2001. While our projects have always been designed to be self-sustaining, our experience tells us that projects such as recycling and environmental education require continued leadership, coordination, and commitment to sustain local efforts.

Our objectives for the MSTC IGAP program are to:

1. Develop administrative capacity
2. Promote Recycling Programs
3. Protect Subsistence Resources
4. Provide Environmental Education & Pollution Prevention
5. Respond to Climate Change

MSTC's EPA IGAP Program promotes a lifelong commitment by youth, families and other community members to make choices that make a positive impact on local environmental health.

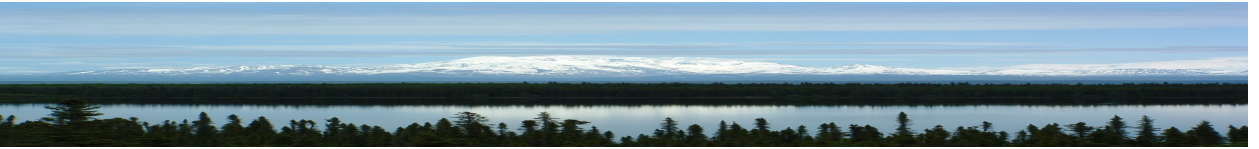
Activities will include:

1. Maintaining programmatic functions to expand environmental programs in Chistochina and Mentasta;
2. Providing support for recycling programs that promote traditional values of caring for the land;
3. Researching of historical trails to help sustain the cultural subsistence lifestyle of the region;
4. Providing education to local youth and community members on benefits of pollution prevention;
5. Planning and research for the development of a regional environmental database.

Outcomes:

- Knowledgeable, trained staff and a resourceful environmental program.
- Visible awareness of recycling throughout the community
- Completed vision and plan for historical trails restoration
- Plan for environmental database that will preserve past knowledge of climate and environmental conditions for the region.

Project Period: 10/1/2009 to 9/30/2010 Amount of Grant: \$147,429
Project Director: Jim Sharpe Ph. 907.822.5399 x35 Email: jsharpe@mstc.org



Wilson's Words of Wisdom.....

During the 2009 Annual Meeting in Mentasta, MSTC's Vice-President shared the following words...

- Wilson Justin shared that when MSTC was formed in 1993 -1994, it was to be named for the chief, the current name is somewhere in between this and means Mountain People, Kelt'aeni. He also shared that it is the Indian way, when we are looking for our path, to offer a prayer or make things right by putting a gift on the table, we give, we share. MSTC is a health organization, after it was online, the gift we decided to give our future generations is preservation of our language, for the privilege of being the organization we are, we wanted to Potlatch something back. The language project was a gift to the people MSTC serves and our future generations. The language program, the environmental program these are MSTC's way of giving back. Often the MSTC board members are stuck in the middle, Mr. Justin encouraged those present to thank the people who serve on the board and the staff that make these programs possible. People who study cultures say that without your language a culture cannot be healthy. Of all the tribes in the Ahtna Region, Mr. Justin shared that ours will have our language for the future. In return for these gifts and hard work, the people will all be giving MSTC the new multi use facility in Christochina, which will benefit our people for years to come.
- When naming the new facility Wilson Justin asked that people speak to the elders and help find the right name.

Cross Cultural Communications

Or why did you say what I heard you not to say
By Wilson Justin

If there is a magic wand for us to use in the long and tedious journey to provide timely and quality health care to beneficiaries, it would have to be the ability to cross communicate complex statements to those who are not used to hearing such things. In every part of a Health Professional's life there is the issue of living in a field that has a specialized way of learning and that is not reflective of society at large. We all think like we are taught.

The way that you are taught may not be the same way that I am taught, yet we both will think exactly as we are taught in our everyday responses. Notice that I said taught not learn. We learn differently for different reasons, yes, but we can only think the way in which we were taught. This means that response to questions that require complex answers will trigger thought patterns that will not make be coherent for some time.

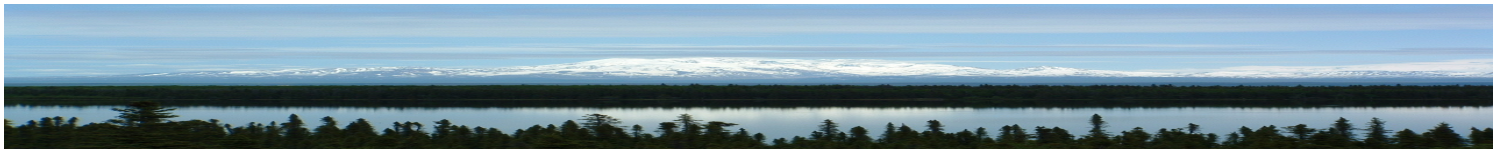
When I speak on health matters in our communities the response is typically either a rolling of the eyes or anger, or a shrug of the shoulders. Yet it's not the language that I use that angers some, or even the subject matter. It's the fact that the listeners who are beneficiaries were taught that everything including health is either an inheritance, or an entitlement. Entitlement language is selective and interpretive. Specialty language requires listening skills that are consistent with retention skills. In the Health Field you have to be able to hear and retain what you hear in order to put into practice certain standards and conduct that are vital to the health field. The entitlement language on the other hand only requires that you hear what you like, and react to what you interpret as being rewarding to you.

It's no secret that I attend a lot of meetings along side of many professionals in every walk of life. It's also no secret that I can actually understand and repeat for the most part what I am hearing no matter the complexity. What is a secret however where I got that from. Well here it is. I got that from; Houston, Johnny, Adam, Lena. Paul, Ruby, Jack, and a whole host of other who used to tell me that Indians see with their ears, and once you learn to see with you ears you can teach yourself to do what needs to be done. The eyes aren't use to teach, only ears. So yes learning can be different for each of us. But all us have only two ways to be taught; by our ears or our eyes.

Why do you think we heard so often in our youths, that phrase..."how come you make big eyes?, or why you got big eye? The statement was to let you know that greed was the driving force behind what we see, whereas hearing first gives you the ability to understand what you see. Well like all things this is suppose to be about Health and it is. You might want to read this again, until you can see the words in the back of your ears.

Prevention is 100% effective in letting you see your grand kids grow to their potential. I was at a meeting of the Village Service Management Team at South Central Foundation last week. As always there were a whole host of issues needing to be aired out with respects to the Anchorage Service Unit arena. There were reports from administrators of both the ANMC and the Primary Care Center of SCF. The President of SCF, Katherine Gottlieb stepped in to do the Chairmanship duties for the VSMY Chair, and the Vice Chair, neither of which could fulfill their duties. Katherine Gottlieb took a few moments to speak to several non agenda items. They were: A DVD of the conference in Fairbanks called Beauty for Ashes, sponsored by the SCF Family Wellness Warriors Initiative. It tells the personal stories of growing up in a abusive world and a hostile one at that. It is not for kids.

Then Katherine talked briefly of Father Michael Oleksa, new book called "Another Culture/Another World". Father Oleksa has become quite famous in certain circles for his thoughts and presentations on Cross Cultural Communications. Why all this you would think? Well because we quit communicating with each other a long long time ago. Now we talk to each other but the talk is devoid of meaning and does not lend itself to action. You see, I hear and neither one of us can make sense to the other. Well the topics I choose are big topics and not suitable for one page but it is clear to me that once upon a time we didn't need others to tell us what's wrong with us, or what is the right way to live; now we do. Until we can get past that fact, the cost of doing health will break us all in the future.



MENTASTA TRADITIONAL COUNCIL'S NEWS

2009 Council Members

First Chief

Nora David

Treasurer

Rachele Sanford

Council Member

Teddy Sanford

Council Member

Mariah Craig

Alternate

Drew Patrick

Second Chief

Lotha Wolf

Please pray for our second chief until she feels better.

WORKING
FOR
TODAY
FOR
A
BETTER
TOMORROW

2009 Mentasta Traditional Council's Employees

Tribal Administrator

Cecil Gail Sanford

Tribal Operations Specialist and ICWA

Andrea David

Bookkeeper

Anita Adams

Receptionist

Autumn Nicholas

Custodian

Lena Craig

News Announcements



Open Gym here is on Tuesday and Thursday at 6:00 pm and everyone is welcome to come.



Mentasta Head Start Monday through Thursday at 12:00 pm to 3:00 p



Baby Announcements

Renee David and Carl Los Simmons are having a baby on February 26, 2009. We won't find out what she's having until the baby is born. Congratulate Renee David Carl Los Simmons

There are two new arrivals here in Mentasta Village. They are Terrence Jordan and Chance Sanford. Welcome Terrence and Chance!

Avery David Memorial Baseball Tournament 2009

Mentasta would like to congratulate our winners for the

Summer 2009 Baseball Tournament.

Men's Bracket

- 1st Place – Blazin
- 2nd Place – Chistochina
- 3rd Place - Tetlin

Sportsmanship Women's Bracket

- 1st Place – Tetlin
- 2nd Place - Mentasta

Ladies Co-Ed Bracket

- 1st Place – Blazin
- 2nd Place – Kluti-Kaah
- 3rd Place - Tetlin



Cheesh'na Tribal Council Office

Jason Hoke, Interim Tribal Administrator



There have been many changes here at Cheesh'na Tribal Council Offices in the recent months. We are moving ahead in a positive direction with a number of excellent grants, which will help our community and tribal members. The attainment of additional federal and state monies to our coffers have helped fund many improvements in our facilities and grounds. Furthermore, we are working to bring better programs and services to the community as we grow with programs and good personnel.

We have many new faces working to bring services and events to the community. I want to thank them for the hard work they do. All of us here endeavor to serve the community and the people. We invite folks to stop by and give us their input about how things are going and what they think we can improve.



Cheesh'na Individual Development Account Program (CIDA)

From Melanie Charley

The Cheesh'na Individual Development Account (CIDA) Program is getting up and running. The CIDA program is a new program offered through Cheesh'na Tribal Council and is designed to help tribal members to either purchase a new home or start a small business in Chistochina. Ten applicants will be chosen by a designated committee to participate in the program. Chosen applicants must make monthly savings deposits for a set period of time and attend all financial literacy classes offered through the CIDA program. At the end of the program, participants will have saved \$2,500 and will receive a 3:1 match (\$7,500) for a total of \$10,000 that will be used directly toward a new home or to start a small business. We are excited about this program and look forward to working with tribal members to help them reach their goals.

DOJ- Tribal Youth Grant

From Kelley O'Halloran

I would like to take this opportunity to introduce myself. I am Kelley O'Halloran and I was recently hired to work as the Project Coordinator for the new Tribal Youth Program. This new program will be a character-based curriculum for grades K-6, aimed at the prevention of behavior that leads to juvenile delinquency. The first year of this grant is used for the planning of this program. An Advisory Board will be enacted and will consist of employees from the Cheesh'na Tribal Council as well as members of the community. We will be in partnership with the elementary school in Chistochina as well as 7 volunteers from the community who will assist in reinforcing this curriculum through culturally based after school and summer activities.

My first order of business was to attend the Tribal New Grantee Conference (November 3-5) in Washington D.C. with Ms. Donna Boston. The conference was efficient and informative and gave us the opportunity to personally meet advisers from OJJDP. These advisers will be monitoring our progress and help to ensure our success.



Current Activities of the EPA/IGAP Program

Reported by Eric Lutz

The EPA program is working currently on submitting a Work plan and Budget for the FY11/12 for the EPA/IGAP grant. It is challenging to plan for the upcoming years, to predict what the future holds for our ever changing environment or us. We are fortunate that good planning in the past has laid some excellent foundations for us to build upon.

Our focus has been and will continue to be aimed at our greatest resource the water, land and animals. When funded, our goal will concentrate on water quality of the Cheesh'na Tribal lands. Protection will be provided through testing and gauging of our surface and ground water, to establish a baseline data collection for the future.

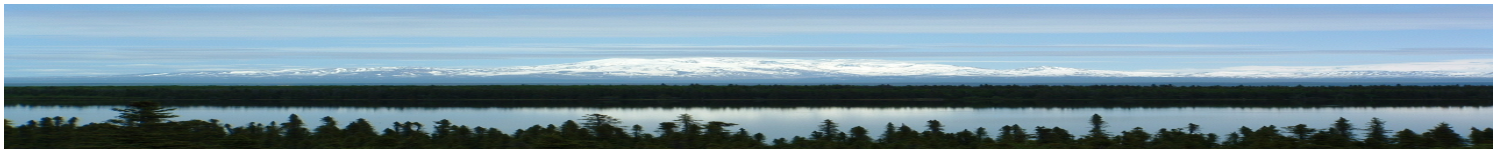
To protect the lands we need to know what and where the threats are located. We are proposing an initial assessment of all the open dump sites that are located on or near the Cheesh'na Tribal lands and their surrounding lands. Our first phase will locate, photograph, measure and gain as much information as possible on each location.

We will continue to support ROAR (Recycle Our Area Resources) for the their efforts in recycling in our area and hope to build stronger partnerships in the future. With that, assist MSTC in their efforts in expansion to include recycling of plastics.

The EPA program will continue in the Abandoned Vehicle and Scrap Metal Removal Project by not only purchasing a car transport trailer but assist in funding the removal of additional vehicles in the area. They received a letter of support from Cheesh'Na Tribal Council to help garner more financial support.

We have participated in the beginning of a regional team of EPA/IGAP program of local villages and tribes called Copper River IGAP. This organization is a very positive step toward the ultimate goal of a unified organization working toward the protection of the entire Copper River Watershed. We are proposing through a special IGAP project for sponsoring a "search" group to provide a summit of all stakeholders in the Copper River Watershed. The end goal of this summit is to produce a protection policy that all stakeholders from Cordova to Mentasta will "buy into". The results of this gathering need to be shared with all participants and posted on a universal server that could be accessed by anyone.

Our plans are lofty, but with the support of our honored Council and support from our neighbors throughout the region we will create a protection for the Copper River that we can all support.



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

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:

December 18, 2009 Chistochina School Program

December 24-25, 2009 Christmas Holiday

December 31, 2009 – January 1, 2010 New Year Holiday

January 12, 2009 Copper River Regional Health Network Meeting

Job Openings:



Mt. Sanford Tribal Consortium Job Openings:

Family Advocate

Please call 822-5654 for more information.

Cheesh'na Tribal Council Job Openings:

Administrative Assistant – Full Time

Please call 822-3503 for more information.

Mentasta Tribal Council Job Openings:

Please call 291-2319 for more information.

AHTNA Incorporated Job Openings:

<http://ahtnajobs.com/hrjobs.html>

Glennallen Office

On-Call Custodian

On-Call Receptionist

Please see their website or call 822-3476 for more information.

Copper River Native Association Job Openings:

Behavioral Health Aide - Gakona

Please call 822-5241 for more information.

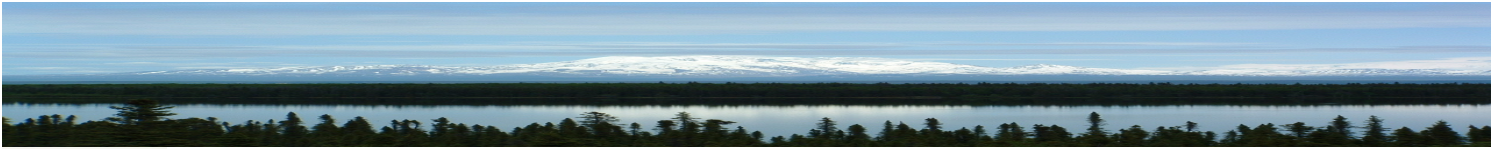
Native Village of Gakona Job Openings:

Please call 822-5777 for more information.

Crowley Marine Services, Inc. Glennallen Office

Accounting Clerk

Please call 822-3375 for more information



Birthdays

December

- 12/10 Marilynn Beeter
- 12/11 Barbara Charley
- 12/11 Coleen Charley
- 12/11 Sherry Sinyon
- 12/12 Eva John
- 12/12 Lesette Standifer
- 12/13 Jordan Boston
- 12/13 Trinity Boston
- 12/14 Malachi Lynott
- 12/15 Stacie Charley
- 12/15 Jerry Charley Sr.
- 12/18 Antwan Sanford
- 12/19 Honalee Sanford
- 12/19 Ruby Sinyon
- 12/20 Mariah Craig
- 12/21 Shannon Sanford
- 12/29 Kael Adams

January

- 1/5 Ben John
- 1/8 Chyennedon Northway
- 1/18 Erickson Sanford
- 1/18 Nathaniel Kroto
- 1/19 Viriginia John
- 1/20 Janelle Johnson
- 1/22 Lishaw Ewan
- 1/23 Katherine Sanford
- 1/29 Micah David
- 1/31 Ramona Nicolía



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

