



# Kelt'aeni Newsletter

October/November 2010

Volume 10, Issue 6



## Winter Heat

### Source Preparation



With winter fast approaching, it's time to prepare your heat source for extended use. Regardless of what type of fuel you use, wood, oil, propane, or a combination, your system needs a few basic checks.

- For woodstoves you should check the condition of your stovepipe, check all fittings, be sure it seals well, and prepare to have an adequate supply of wood on hand.
- For oil or propane stoves, the pre-winter checks are about the same, but they may require an experienced service person to determine if any specific or detailed procedures are required. MSTC does carry filters for oil tank systems, and it is advisable to change your filter before extreme cold sets in.

Although MSTC does have filters for tribal members, we cannot provide installation due to liability issues. We can provide assistance with wood, chimney sweeping, and information you may need to be sure your heat source is ready for winter. Please remember that house fires are a real danger in Alaska, and an efficient and safely operated heat source is of the utmost importance to prevent house fires, and to keep you warm and safe. Contact Jim Sharpe, at 822-5399 X 35 to get your filter and for more information regarding assistance that we are able to provide.

## MSTC Job Openings:

### Chistochina

- Community Health Representative – 30hrs Week
- Prevention Specialist – 20 hrs Week

### Mentasta

- AoA Elder Service Aide = 37.5 hrs Week
- Community Health Representative – 30hrs Week

## Harvest Recipe ~ Zucchini Muffins

- 2 1/2 cups all-purpose flour
- 1 1/2 cups sugar
- 1/2 cup quick-cooking oats
- 1 Tbs baking powder
- 1 tsp salt
- 1 tsp cinnamon
- 4 eggs - lightly beaten
- 3/4 cup vegetable oil
- 1 1/2 cup shredded peeled zucchini
- 1/2cup raisins or chopped dates
- 1/2 cup chopped pecans/nuts of choice



Mix first six ingredients in large bowl. Combine eggs and oil and stir into dry ingredients just until moist. Fold in zucchini, raisins and pecans.

Spoon into greased or paper-lined muffin cups and bake at 400 degrees for 20-25 minutes. Makes 1 1/2 dozen

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



## Cheesh'na's CIDA Program



**Stephanie S. Moe, Director of Elder's Services**

After a long year of program planning and research, we are proud to announce that the Cheesh'na Individual Development Account Program (CIDA) is finally underway! Tuesday, September 21<sup>st</sup>, we hosted a dinner/orientation meeting to support those who have signed up and want to improve their financial futures.

The CIDA consists of money management classes with a focus on credit awareness and savings. Each participant will attend 6 weeks of financial literacy classes, open a savings account and have access to one on one credit counseling. There will also be asset specific training seminars hosted throughout the length of the program. At the end of the 2 Years each participant will get a match of \$3 to every \$1 that they save (maximum match of \$7,500) to be used for the asset purchase of their choice.

For more information please contact Kelley O'Halloran on Tuesdays and Thursdays at the Cheesh'na Tribal Office (822-3503) and Mon., Wed., & Fridays at (822-3165).

Please give your support to the following participant's who want to learn to budget their money and have the financial skills to achieve all their dreams. Their success will improve and also strengthen your community!

- |                     |                     |
|---------------------|---------------------|
| Danielle Boston     | Donna Boston        |
| Liana Charley John  | Stacie Charley      |
| Stephanie Charely   | Roy Hancock         |
| Robert Johnson      | Ramona Justin       |
| Karen Linnell       | Freddy Nicolai, Sr. |
| Freddy Nicolai, Jr. |                     |

### CIDA Class Schedules

Classes will be held October 5, 12, 19 and the 26<sup>th</sup>. All classes begin at 6:30 pm and end at 8:00 pm. Child Care is provided.

Hi my name is Stephanie Moe and I'm MSTC's new Elder's Service Director for the AoA program. The project that I am in charge of supervising is the "Alaska Native Aging in Place Pilot Project which is a demonstration project aimed to serve as a model for developing similar programs in other rural communities in Alaska. The goal of the project would be to enable Native Elders from Mentasta and Chistochina to remain in their homes and villages and not have to relocate for services. The project is ending its first year and has a lot yet to accomplish.

The first year of the project included employing a director and administrative assistant, set up office, employ Elder Service staff, create individual care plans and baseline data, training for Elder Service staff, developing project content for MSTC's website, and provided weekly/monthly reports. Some program activities have been initiated and implemented during the year but the program has experienced slippage in objectives due to turnovers in directors and staff. We have yet to establish an Elder's committee, provide Elder care training for staff as well as a suitable working space for staff, create an organized system of implementing and evaluating services, and dissemination through updating the program website.

The action plan that is being initiated is that my staff, MSTC's Health Director, Pete Peshang who is the grant writer, numerous project consultants and providers, and myself will collaborate weekly and whenever needed to keep the project on track. We will achieve program objectives by identifying "lessons learned" and collect data from an established Elders committee. Teamwork and Cross training of staff shall be provided through future ongoing staff trainings to reduce slippage and to do our jobs successfully. Implementation and evaluation of services will continue but with more organized documentation to evaluate progress of the program. Lessons learned and outcome data will be collected to update and maintain website. This is all new to me so feel free to bring your opinions and/or questions to me about the programs goals, objectives, or update. Community and Elder feedback would be greatly appreciated to assess effectiveness and make adjustments wherever necessary. Thanks and have a great day!



## Healthy relationships

### Ten Tips For Healthy Relationships

**Healthy relationships bring happiness and health to our lives.** Studies show that people with healthy relationships really do have more happiness and less stress. **There are basic ways to make relationships healthy**, even though each one is different...parents, siblings, friends, boyfriends, girlfriends, professors, roommates, and classmates. Here are **Ten Tips for Healthy Relationships!**

**1. Keep expectations realistic.** No one can be everything we might want him or her to be. Sometimes people disappoint us. It's not all-or-nothing, though. Healthy relationships mean accepting people as they are and not trying to change them!

**2. Talk with each other.** It can't be said enough: communication is essential in healthy relationships! It means—

**Take the time.** Really be there.

**Genuinely listen.** Don't plan what to say next while you're trying to listen. Don't interrupt.

**Listen with your ears and your heart.** Sometimes people have emotional messages to share and weave it into their words.

**Ask questions.** Ask if you think you may have missed the point. Ask friendly (and appropriate!) questions. Ask for opinions. Show your interest. Open the communication door.

**Share information.** Studies show that sharing information especially helps relationships begin. Be generous in sharing yourself, but don't overwhelm others with too much too soon.

**3. Be flexible.** Most of us try to keep people and situations just the way we like them to be. It's natural to feel apprehensive, even sad or angry, when people or things change and we're not ready for it. Healthy relationships mean change and growth are allowed!

**4. Take care of you.** You probably hope those around you like you so you may try to please them. Don't forget to please yourself. Healthy relationships are mutual!

**5. Be dependable.** If you make plans with someone, follow through. If you have an assignment deadline, meet it. If you take on a responsibility, complete it. Healthy relationships are trustworthy!

**6. Fight fair.** Most relationships have some conflict. It only means you disagree about something, it doesn't have to mean you don't like each other! When you have a problem:

**Negotiate a time to talk about it.** Don't have difficult conversations when you are very angry or tired. Ask, "When is a good time to talk about something that is bothering me?" Healthy relationships are based on respect and have room for both.

**Don't criticize.** Attack the problem, not the other person. Open sensitive conversations with "I" statements; talk about how you struggle with the problem. Don't open with "you" statements; avoid blaming the other person for your thoughts and feelings. Healthy relationships don't blame.

**Don't assign feelings or motives.** Let others speak for themselves. Healthy relationships recognize each person's right to explain themselves.

**Stay with the topic.** Don't use a current concern as a reason to jump into everything that bothers you. Healthy relationships don't use ammunition from the past to fuel the present.

**Say, "I'm sorry" when you're wrong.** It goes a long way in making things right again. Healthy relationships can admit mistakes.

**Don't assume things.** When we feel close to someone it's easy to think we know how he or she thinks and feels. We can be very wrong! Healthy relationships check things out.

**Ask for help if you need it.** Talk with someone who can help you find resolution—like your RA, a counselor, a teacher, a minister or even parents. Check campus resources like Counseling Services at 532-6927. Healthy relationships aren't afraid to ask for help.

**There may not be a resolved ending.** Be prepared to compromise or to disagree about some things. Healthy relationships don't demand conformity or perfect agreement.

**Don't hold grudges.** You don't have to accept anything and everything, but don't hold grudges—they just drain your energy. Studies show that the more we see the best in others, the better healthy relationships get. Healthy relationships don't hold on to past hurts and misunderstandings.

**The goal is for everyone to be a winner.** Relationships with winners and losers don't last. Healthy relationships are between winners who seek answers to problems together.

**You can leave a relationship.** You can choose to move out of a relationship. Studies tell us that loyalty is very important in good relationships, but healthy relationships are NOW, not some hoped-for future development.

**7. Show your warmth.** Studies tell us warmth is highly valued by most people in their relationships. Healthy relationships show emotional warmth!

**8. Keep your life balanced.** Other people help make our lives satisfying but they can't create that satisfaction for us. Only you can fill your life. Don't overload on activities, but do use your time at college to try new things—clubs, volunteering, lectures, projects. You'll have more opportunities to meet people and more to share with them. Healthy relationships aren't dependent!

**9. It's a process.** Sometimes it looks like everyone else on campus is confident and connected. Actually, most people feel just like you feel, wondering how to fit in and have good relationships. It takes time to meet people and get to know them...so, make "small talk"...respond to others...smile...keep trying. Healthy relationships can be learned and practiced and keep getting better!

**10. Be yourself!** It's much easier and much more fun to be you than to pretend to be something or someone else. Sooner or later, it catches up anyway. Healthy relationships are made of real people, not images!

**Want to know more** about healthy relationships? Enjoy these books from our library:

Bolton, R. (1986). People Skills. New York: Simon & Schuster. Cava, R. (1990). Difficult People. Buffalo, NY: Firefly Books. Garner, A. (1991). Conversationally Speaking. Chicago: Contemporary Books. Katherine, A. (1995). Boundaries: Where You End and I Begin. New York: Simon & Schuster.

Written by Joyce Woodford Counseling Services, Kansas State University 232 English/Counseling Services Building, Manhattan, Kansas 66506-6503



Tell me and I'll forget.

Show me, and I may not remember.

Involve me, and I'll understand. –

Tribal Wisdom, Tribe Unknown



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27 HMI Chistochina Mentasta Lunch	28 HMI Mentasta	29 HMI Chistochina Mentasta Lunch Mentasta Church	30 HMI Mentasta	1 Native Wellness - San Diego Pay Day	2
3	4 HMI Chistochina Mentasta Lunch	5 HMI Mentasta MSTC Annual Meeting CIDA Class	6 HMI Chistochina Mentasta Lunch Mentasta Church	7 HMI Mentasta	8 Mentasta Lunch Timesheets Due	9
10	11 HMI Chistochina Mentasta Lunch	12 HMI Mentasta CIDA Class	13 HMI Chistochina Mentasta Lunch Mentasta Church	14 HMI Mentasta	15 Mentasta Lunch Pay Day	16
17	18 HMI Chistochina Mentasta Lunch	19 HMI Mentasta CIDA Class	20 HMI Chistochina Mentasta Lunch Mentasta Church	21 HMI Mentasta	22 Mentasta Lunch Timesheets Due	23
24	25 HMI Chistochina Mentasta Lunch	26 HMI Mentasta CIDA Class	27 HMI Chistochina Mentasta Lunch Mentasta Church	28 HMI Mentasta	29 Mentasta Lunch Pay Day	30

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HMI Chistochina Mentasta Lunch	2 HMI Mentasta	3 HMI Chistochina Mentasta Lunch Mentasta Church	4 HMI Mentasta	5 Mentasta Lunch Timesheets Due	6
7	8 HMI Chistochina Mentasta Lunch	9 HMI Mentasta	10 HMI Chistochina Mentasta Lunch Mentasta Church	11 HMI Mentasta	12 Mentasta Lunch Payday	13
14	15 HMI Chistochina Mentasta Lunch	16 HMI Mentasta	17 HMI Chistochina Mentasta Lunch Mentasta Church	18 HMI Mentasta Timesheets Due	19 Mentasta Lunch	20
21	22 HMI Chistochina Mentasta Lunch	23 HMI Mentasta	24 HMI Chistochina Mentasta Lunch Mentasta Church	25 Closed Holiday	26 Closed Holiday Payday	27
28	29 HMI Chistochina Mentasta Lunch	30 HMI Mentasta				



## October

- 10/1 ~ Shalaura 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 ~ 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 ~ Kratina Gallant
- 11/26 ~ Meranda Moran



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*You already possess everything necessary to become great. – Crow Wisdom*

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