

Kelt'aeni Newsletter

December 2010/January 2011

Volume 10, Issue 6



ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

In a letter from Andy Teuber, ANTHC Chair and President, ANTHC and Southcentral Foundation announced that they are opening the doors of the ANMC to all insured employees and their insured dependants. The primary benefit of this change is the increase in revenue for ANTHC and SCF. More revenue will allow AMNC to expand and improve services for beneficiaries. They also feel productivity will increase because staff will not have to leave the campus for medical appointments elsewhere. Finally, they know that the customer/owner employees will strive to provide the best care possible, especially when they and their families are also customers of the system.

ANTHC has carefully studied the potential impacts of this change and have found it to be in the best interest of the Native community to allow these changes. They plan to have a monitoring system in place to ensure that if this change does have a drastic impact on the Native population that it can be addressed.

Your feedback is encouraged and will play a key role in their improvements. MSTC CEO/President, Evelyn Beeter is currently the Vice Chair of ANTHC. If you have concerns regarding ANTHC, please contact her with detailed information.

You can find more information regarding these changes online at: www.anthc.org/abt/news



A Note From....

Evelyn Beeter, MSTC President/CEO

The MSTC Annual Meeting was held in Chistochina on October 5th, 2010. Staff reports were shared and an election of the board was held. The current MSTC Board Members are:

Larry Sinyon, At Large Chairperson

Ted Sanford, Secretary/Treasurer

Shannon Sanford, Board Member

Gilliam Joe, Chistochina Board Member

Les Standifer, Mentasta Board Member

Jessica Denny, Alternate Chistochina

Meranda Moran, Alternate Mentasta

The MSTC Board of Directors and Staff are focused on providing health related services for our villages. Please share your ideas on how we can better meet your needs with our office and staff members. If you have questions or would like additional information, please call the MSTC office 822-5399

Tsin'aen



Cold Weather Car Supplies

In Alaska we often travel long distances in extreme temperatures. We need to be prepared just in case our car breaks down or there in an emergency.

Make a box, crate, tub or duffle bag with the following items to keep in your car from October to May!

Things to include:

- Water - two or three bottles of water (They can always be thawed out)
- Food - Cracker/cheese combos, granola bars, jerky, fruit leathers, etc.
- Blanket s
- A Towel
- Extra Gloves and Hats- for everyone who regularly travels with you
- Bunny Boots or Sub Zero Boots
- Extra Snow Pants or Snow Suit
- Extra Clothes like Sweat Pants
- Folding shovel
- Multi-purpose tool or a lock-back knife and a pair of pliers and a screwdriver
- Flash Light and Emergency Flares
- Booster cables (jumper cables)
- Tow Strap or Chain
- Can of fix-a-flat
- Matches in a waterproof container
- First aid kit
- Kitty litter or road salt in a small bag

Space Heater Safety Tips

Each winter, heating is a leading cause of residential structure fires. As the temperature drops during the winter holiday season, many families turn to alternative heat sources, such as space heaters, to help warm their homes. The risk of fire from space heaters is 3 to 4 times higher than from central heating equipment. Take extra precautions to ensure the proper use of portable space heaters during winter months.

- Check the cord before plugging in the heater. If frayed, worn or damaged, do not use the heater.
- Do not use space heaters with extension cords. Plug them directly into an outlet on an unburdened circuit.
- Keep space heaters at least 3 feet away from anything that can burn, such as bedding, curtains, furniture, clothing, and paper.
- Place space heaters on level, flat surfaces. Never place heaters on cabinets, tables, or furniture.
- Do not use a space heater in damp or wet areas unless it is specifically designed for use outdoors or in bathrooms.
- Keep space heaters out of high-traffic and exit areas.
- Do not use space heaters to warm bedding, cook food, dry clothing or thaw pipes.
- Never leave a space heater unattended. Turn heaters off when you go to sleep or leave the room.
- Turn off, unplug, and safely store portable space heaters when not in use.
- Do not use space heaters in rooms where children are unsupervised.



When you refuse to take things personally, you avoid many upsets in your life. Your feeling of anger, jealousy and even your sadness will disappear.

“Don Miguel Riz”



Nutritional Value of Traditional Native Foods

Alaska Natives have been subsisting on local foods for thousands of years. It has been proven that subsistence foods contribute to our nutritional well being. Moose and Caribou are one of the best sources of lean protein. Salmon from the Copper River area is sought around the world for its health benefits and high Omega-3 fatty acid content. Our berries are rich sources of vitamins and minerals that our bodies need to thrive. Hunting and gathering was once our primary way of life and these food sources are still some of the best foods we can eat to be healthy.

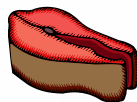
Wild Rice with Cranberries and Caramelized Onions

- 2 cups chicken broth
- 1/2 cup brown rice
- 1/2 cup wild rice
- 3 tablespoons butter or margarine
- 3 medium onions, sliced in thin wedges
- 1 cup Cranberries (you may add a small amount of sugar to sweeten)
- 1/2 teaspoon finely grated orange zest

1. Combine chicken broth and both rice's in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to low. Cover and simmer 45 minutes or until rice is tender and the liquid is absorbed.
2. Meanwhile, melt butter in a medium skillet over medium-high heat. Add onions and brown sugar. Cook 6 minutes or until liquid is absorbed and onions are soft and translucent. Reduce heat to low. Slowly cook onions, stirring often for 25 minutes or until they are caramel color. Stir in sweetened dried cranberries.
3. Cover and cook over low heat for 10 minutes or until cranberries swell. Gently fold cranberry mixture and orange zest into cooked rice.

Moose
(Raw, 3 ounces)

Nutrition Facts	
Serving Size 3 ounces (85 g)	
Amount Per Serving	
Calories 87	Calories from Fat 23
%Daily Value*	
Total Fat <3 g	4%
Saturated Fat 1 g	6%
Cholesterol 15 mg	5%
Sodium 55 mg	2%
Total Carbohydrate 0 g	0%
Sugars 0 g	
Dietary Fiber 0 g	0%
Protein 19 g	38%
Vitamin A 264 IU ***	Vitamin C 5%
Calcium <1%	Iron 16%
Potassium 8%	Phosphorus 14%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	
** No available value	
*** 5000 IU recommended per day	



Salmon, Sockeye or Red
(Raw, 3 ounces)

Nutrition Facts	
Serving Size 3 ounces (85 g)	
Amount Per Serving	
Calories 143	Calories from Fat 69
%Daily Value*	
Total Fat <8 g	12%
Saturated Fat 1 g	6%
Cholesterol 53 mg	18%
Sodium 40 mg	2%
Total Carbohydrate 0 g	0%
Sugars 0 g	
Dietary Fiber 0 g	0%
Protein 18 g	36%
Vitamin A 163 IU***	Vitamin C **
Calcium 1%	Iron 2%
Potassium 10%	Phosphorus 18%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	
** No available value	
*** 5000 IU recommended per day	



Cranberry, High Bush
Viburnum Edule
(1/3 cup or 3 ounces)

Nutrition Facts	
Serving Size 3 ounces (85 g)	
Amount Per Serving	
Calories 25	Calories from Fat 2
%Daily Value*	
Total Fat <1 g	0%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 22 mg	1%
Total Carbohydrate 11 g	4%
Sugars 0 g	
Dietary Fiber 6 g	23%
Protein 1 g	2%
Vitamin A 901 IU ***	Vitamin C 21%
Calcium 2%	Iron 5%
Potassium 3%	Phosphorus 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	
** No available value	
*** 5000 IU recommended per day	

Source: Alaska Traditional Knowledge and Native Foods Database, provided by the Alaska Native Science Commission and the Institute for Social and Economic Research. Nutrient values of Selected Foods Consumed by Alaska Natives, 1990. (Page 6 "Moose, Flesh, raw, Alaska 5 sample Means" for fat and cholesterol)

Source: Alaska Traditional Knowledge and Native Foods Database, provided by the Alaska Native Science Commission and the Institute for Social and Economic Research.

Source: Alaska Traditional Knowledge and Native Foods Database, provided by the Alaska Native Science Commission and the Institute for Social and Economic Research.

Blueberry
Vaccinium Alaskanense V. Ovalifolium
(Frozen and Thawed, 1/3 cup or 3 ounces)

Nutrition Facts	
Serving Size 3 ounces (85 g)	
Amount Per Serving	
Calories 37	Calories from Fat 0
%Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 2 mg	0%
Total Carbohydrate 9 g	3%
Sugars 5 g	
Dietary Fiber 2 g	8%
Protein <1 g	1%
Vitamin A 139 IU ***	Vitamin C 3%
Calcium 1%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	
** No available value	
*** 5000 IU recommended per day	



Blackberry
Empetrum Nigrum
(Raw, 1/3 cup or 3 ounces)

Nutrition Facts	
Serving Size 3 ounces (85 g)	
Amount Per Serving	
Calories 43	Calories from Fat 8
%Daily Value*	
Total Fat <1 g	1%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium <1 mg	0%
Total Carbohydrate 9 g	3%
Sugars 0 g	
Dietary Fiber 3 g	12%
Protein <1 g	1%
Vitamin A **	Vitamin C **
Calcium 1%	Iron 1%
Potassium **	Phosphorus 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	
** No available value	



Cranberry, Low Bush
Vaccinium Vitus idaea
(1/3 cup or 3 ounces)

Nutrition Facts	
Serving Size 3 ounces (85 g)	
Amount Per Serving	
Calories 42	Calories from Fat 4
%Daily Value*	
Total Fat <1 g	1%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 10 g	4%
Sugars 0 g	
Dietary Fiber 1 g	4%
Protein <1 g	1%
Vitamin A 77 IU ***	Vitamin C 30%
Calcium 2%	Iron 2%
Potassium **	Phosphorus 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	
** No available value	
*** 5000 IU recommended per day	

Source: Alaska Traditional Knowledge and Native Foods Database, provided by the Alaska Native Science Commission and the Institute for Social and Economic Research.

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Source: Alaska Traditional Knowledge and Native Foods Database, provided by the Alaska Native Science Commission and the Institute for Social and Economic Research.



Happy Holidays

From CIDA/ANA Program

I hope all the participants came away from the "Money Management" class with some good budget skills to utilize through the holidays. If anyone is interested in learning personal finance or needs help with credit counseling, please feel free to contact me either at the Tribal office on Tues. or Thursday's or at my home office at 822-3165. All credit counseling is done as a one on one session and is purely confidential.

In January we will continue with our Personal Finance education with a class about Insurance. This class will cover all types of insurance (Home, car, life and disability) and help each individual understand which is the best policy for them. This workshop will be on Saturday, January 8th from 1:00 pm until 5 pm. Snacks will be served and childcare will be available if needed. Please contact me ahead of time if childcare is needed.



Copper River Region Health Needs Survey Results

The CRRHN reviewed the final Health Needs Survey Results on December 14, 2010. The University of Alaska Public Health Department aided the network in compiling and analyzing the over 300 surveys returned. The winner of the \$500 visa card will be announced in the paper in January.

MSTC played founding role in starting the Copper River Regional Health Network. The local informal group has been funded through grants from HRSA and the Denali Commission. MSTC has provided administrative guidance for the organization under these grants for the past three years.

Your health care needs and personal opinions are very important to us. If you have questions about the CRRHN Health Needs Survey or would like to know more about the results, please contact the MSTC office or Kris Winter, CRRHN Coordinator at 259-2266 or crrhn@yahoo.com

For more information on the CRRHN and their projects check out their website www.crrhn.org.

Does your heat source need repair or preventative maintenance? Try calling...

Snowshoe Heating

Jim Odden - 822-3727



"It is wonderful to have our children stay out of trouble and keep themselves busy, learning how to work together because that is part of our value system. We support these young folks for all their hard work and dedication to their sport and also their families for supporting them."

Photographs are courtesy of Eyak's long time photographer Mark Hoover



Upper Ahtna Traditional Values

- *Honor and Accountability*
- *Connection to Spirituality*
- *Respect for Self, Family and Others*
- *Discipline and Obedience to Traditions of our Ancestors*
- *Sharing and Caring*
- *Honesty and Fairness*
- *Responsibility to Clan and Village*
- *Respect for Land, Nature, Animals*
- *Love for Children*
- *Respect for Knowledge*



"I just wanted to thank MSTC for supporting the Halloween Party at the Mentasta Lake Katie John School. The party turned out great and there were about 70 people who attended."

Honalee Sanford



Cheesh'Na Tribal Council News...

from the desk of Tribal Administrator Wilson Justin



The Dance Groups at the Cordova Sobriety Celebration was great! In a world of bad news and constant pain, watching kids develop under the watchful eyes of interested parents is a real treat. It was one joyous fun filled day.

Our Hall has been wired and there still is more work to be completed but we'll be ready for the Christmas Dinner planned for December 21. You're all welcome to join us at the hall for a Christmas Feast. Council President Larry Sinyon said he'll do the buffalo hunting. Lorraine Radigan said she'll fly back from Phoenix to cook. We'll see.

We postponed repair work on the new Sub-division Roadway until next May/June. There was not much construction weather last summer. We need a certain temperature gradient to insure the top layer of the roadways hold in place. For whatever reason the last piece of installation for bringing Power to Ruby Sinyon Home seems to have been stalled out. The problem may be a service line agreement, which is a legal document only the BIA can sign in their capacity as Trustee of the Sinyon Native allotment or it may be another item entirely. AP&T may just be waiting to finish up another project. We all know that getting power after all this, weighs heavily on Aunt Ruby's mind.

A new telephone system is installed at the Cheesh'Na office and Complex. A phone line has been run to the Maintenance Office as well as to the Community Hall. It will take time for all of us here at the office to get used to the new system and relearn some of the basic features such as retrieving messages and routing calls to the new extensions. If you call our offices and find an answering machine it's because our ring through is set for only 3 rings at the main number then it goes to the message center.

A Cheesh'Na Tribal Council Planning Session was held on November 18. Facilitated by Pete Peschang, we revisited prior planning activities and set the groundwork for more hands on training on Governance and Constitution's for Council Members. The next Training Session is tentatively scheduled for February 2, 3 and 4 in Anchorage at a site yet to be selected.



Cheesh'Na also signed the Government to Government MOU with the National Park Service. This MOU comes up for renewal every 3 years, but we meet twice yearly under this agreement. The next meeting with the Wrangell St Elias National Park will be in April here in our Hall. Please join us in nothing else to say hello to Park Personnel as well as the Park Superintendent.

Happy Holidays from all of the staff and Council Members here at Cheesh'Na.

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Mentasta Lunch Church Mentasta HMI Chistochina	2 HMI Mentasta	3 Mentasta Lunch Time Sheets Due	4
5	6 HMI Chistochina Mentasta Lunch	7 HMI Mentasta	8 Mentasta Lunch Church Mentasta HMI Chistochina	9 HMI Mentasta	10 Mentasta Lunch Pay Date	11
12	13 HMI Chistochina Mentasta Lunch	14 HMI Mentasta	15 Mentasta Lunch Church Mentasta HMI Chistochina	16 HMI Mentasta	17 Mentasta Lunch Time Sheets Due	18
19	20 HMI Chistochina Mentasta Lunch	21 HMI Mentasta Cheesh'na Dinner MSTC Board Meeting	22 Mentasta Lunch Church Mentasta HMI Chistochina	23 Closed for the Holidays	24 Pay Day Closed for the Holidays	25 MERRY CHRISTMAS Christmas Dinner Mentasta Hall
26	27 HMI Chistochina Mentasta Lunch	28 HMI Mentasta	29 Mentasta Lunch Church Mentasta HMI Chistochina Time Sheets Due	30 Closed for the Holidays	31 Closed for the Holidays	HAPPY NEW YEAR

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 HMI Chistochina Mentasta Lunch	4 HMI Mentasta	5 Mentasta Lunch Church Mentasta HMI Chistochina	6 HMI Mentasta	7 Mentasta Lunch Pay Day	8
9	10 HMI Chistochina Mentasta Lunch	11 HMI Mentasta	12 Mentasta Lunch Church Mentasta HMI Chistochina	13 HMI Mentasta	14 Mentasta Lunch Time Sheets Due	15
16	17 HMI Chistochina Mentasta Lunch	18 HMI Mentasta	19 Mentasta Lunch Church Mentasta HMI Chistochina	20 HMI Mentasta	21 Mentasta Lunch Pay Day	22
23	24 HMI Chistochina Mentasta Lunch	25 HMI Mentasta	26 Mentasta Lunch HMI Chistochina Church Mentasta	27 HMI Mentasta	28 Mentasta Lunch Pay Day	29
30	31 HMI Chistochina Mentasta Lunch					



December 2010

January 2011

12/10 - Marilyn 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

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



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



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