

Kelt'aeni Newsletter

June/July 2011

Volume 11, Issue 3

Ahtna Literacy Lessons



I see a small tundra swan.

Nalt'uuy	ggaay	nghal'aen.
Tundra Swan	little	I see



The Porcupine's quills are sharp.

Nuuni	uc'oxe'	delyaen.
Porcupine	slowly, carefully	they are sharp



I ate fire-roasted salmon.

Luk'ae	kon'	ts'e	zt'aey	ghesyaan'.
Salmon	fire	to	roasted	I ate



Yes, it is good!

'Aen,	ughei!
Yes,	(it's) good



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Up Coming Events:

- MENTASTA IS HAVING THEIR ANNUAL MEETING ON JUNE 11, 2011.
- MENTASTA BASEBALL TOURNAMENT ON JUNE 17-19, 2011 — TENTATIVE CALL FOR MORE INFORMATION
- BATZULNETAS CAMP ON JULY 11-15, 2011
- ALASKA ABLAZE 18-23, 2011
- ARKANSAS CHURCH 25-28, 2011



Language ~ Our Being, Our Identity

From Evelyn Beeter

Our Language is who we are, that's why different organizations and interested folks are working hard to develop materials, to make sure that we have this for future generations.... TO COME~



As young native youth it is your responsibility to learn the language and be proud of who we are. When you have a foundation built on knowing about your language and an understanding of who you are in relationship to the world, you are then secure in presenting yourself to the world as who you are and do not have to pretend to fit in a society.

When you look at the elders today they all know their ways and language, they have learned to adapt to western society but still retain their language and who they are. This is the message that they are saying to all of you.

In today's world we are encouraged to become something of value such as going to college or getting a job. Adding value to our life. In our ways the value is to understand our culture and have those values that are part of the Ahtna way of life for the past eons. (U'EL KOTNESEN) ~Respect is a big word in our language it is the foundation for a large part of the values and belief systems of the tribes. There is respect for the land, when we live off the land we need to treat it with care, even today that carries over we don't leave our trash anywhere it is picked up. We are not supposed to leave junk cars all over, or just throw stuff on the ground. Respect is to honor and take care of ourselves, so if we honor ourselves, then we learn about who we are, that's why it is so important to listen, to know the knowledge from our ancestors whose word has been passed down from each generation to the next.

Animals are another part of the environment, did you know back in our history and old stories, that animals used to talk and our people used to understand them, then something happen a disrespectful situation happened and then we could not communicate with animals anymore. WE are to use the old resources that we never take more than is needed

To know the language our people used to gather at fish camp or hunting camp or picking berries those are the times that for sharing stories and learning from others. In order to understand stories would have to understand the language, our language is a rich language.

Stories tell about the triumph of good over evil, life lessons and our traditional values. They are an important way that we teach our language to our children.

These stories and sayings teach us about ourselves and our world.

"Respect means listening until everyone has been heard and understood, only then is there a possibility of "Balance and Harmony" the goal of Indian Spirituality."

- Dave Chief, Grandfather of Red Dog

The Butterfly Story, *Lahlali*,



A Favorite Story....

"Two girls are playing on a trail. They begin chasing a butterfly and lose their way. They reach a fork in the trail and must choose a path. The less-traveled trail is difficult but leads to righteousness. The well-worn trail is much traveled but leads to wickedness the trail they choose would define the rest of their lives..."



"At the end of his life, Chief Charley Sanford—one of the last Ahtna Chiefs—said, "I am a Trail." In keeping with tradition, he asked that material wealth be burned in his honor, for he knew that the only thing of true value that he could pass to future generations was a trail, a song, and a story . . ."



"We depend on our Elders as links to our rich heritage. We look to them for advice and knowledge about traditional ways and values based on a life closely tied to the land. With the guidance and wisdom of our Elders Tribal relations will remain strong and our relationship with the land will be preserved."

"Some stories teach ways to treat the land: Take only what is needed. Do not waste. Treat animals and the land with respect. These traditions help us to know the proper way to behave and to maintain harmony with our surroundings."



"Our land supplies many plants used for food and medicine. It also provides the wood we use to make our homes, fish wheels, and sleds, and the bark and roots to make baskets, baby carriers, and many useful items. Gathering and using plants is an important part of the heritage of this land."



COPPER RIVER COMMUNITY HEALTH FAIR

The Copper River Community Health Fair brought a record number of exhibitors to the valley on May 21st, 2011. This year's CRRHN sponsored event was modeled after a more traditional health fair. Different than in years past, this year's fair was held in one location at the Glennallen School. When the doors opened for blood draws at 9:00am there was a nice gathering of local residents ready to take advantage of the discounted screenings offered through Alaska Health Fair Inc. Along with a wide variety of blood screenings conducted by Alaska Health Fair Inc. and volunteers from Cross Road Medical Center, the Alaska Center for Children and Adults offered hearing screening, Glennallen Chiropractic staff provided biometric screening and allergy testing and the Copper Basin Lions Club debuted their mobile vision screening center. The Copper River Health Challenge, sponsored by Glennallen Chiropractic was kicked off during the event; please stop by the clinic if you are interested in participating or for more information.

Alaska Native Tribal Health Consortium and Copper River Native Association's Diabetes programs kept participants busy learning about healthy lifestyles with diet and exercise information in front of the school. The Guardian Flight helicopter made a grand entrance and the pilots were a great source of information for many young aspiring pilots. The earthquake simulator gave residents a jarring ride and great ideas for preparing our homes in the event of an earthquake in our area. Emergency Vehicles were available for tour and Smokey the Bear and Safety Bear were hugged by many enthusiastic young people. The commons area of the high school featured a wide variety of exhibitors sharing information on health related topics. The exhibitor list included; Alaska Employee Benefit Specialist, Alaska Health Fair Inc., Alaska State Troopers, Alzheimer's Resource Agency, ANTHC Diabetes Program, Advocates for Victims of Violence, Connecting Ties, Copper Basin Lions Club, Copper Basin Multidisciplinary Team, Copper Valley Electric Association, Copper River Basin Child Advocacy Center, Copper River EMS, Copper River Native Association, Cross Road Medical Center, DNR Forestry and Smoky the Bear, Glenn Rich Fire Department, Glennallen Chiropractic Center, Guardian Flight, Kluti Kaah Head Start, ICWA – Native Village of Tazlina, Independent Living Center/ADRC, Infant Learning/Alaska Center for Children and Adults, Mt. Sanford Tribal Consortium, North Star Behavioral Health, Providence Valdez Medical Center, State of Alaska Public Health, State of Alaska Emergency Preparedness Earth Quake Simulator, South-central Foundation Health Education, and Upstream Learning.

MSTC was the founding organization and has administered funds for the Copper River Regional Health Network since 2006. The CRRHN has sponsored the Copper River Community Health Fair for the past three years.



Did you know that Alaska Native Tribal Health Consortium's ANMC is the only hospital in Alaska with a Level II Trauma Certification? That means they have a neurosurgeon, a trauma surgeon and a backup surgeon on hand for any traumatic injury. And it means your odds of surviving an accident are better here than anywhere else in the state. Their trauma center serves all Alaskans. So no matter who you are, if life is on the line, ask emergency responders to take you to ANMC. Carry their card in your wallet to let first responders know your choice in trauma care.





ATV Safety

from the U.S. Consumer Product Safety Commission

Like other activities involving high speeds and heavy machinery, riding an ATV can be risky. To help stay safe, follow common sense safety tips. Take knowledge to the extreme and learn more about these important tips for safer riding:

- **Get trained on how to ride safely**
- **Wear safety gear like a helmet and glasses**
- **Don't let your children drive adult ATVs or equipment too large for their size**
- **Don't put too many riders on one machine**
- **Don't ride on the highways or paved roadways**
- **Don't ride under the influence of drugs or alcohol**
- **Let someone know where you are going**

For the latest Native News check out:

<http://www.nativetimes.com>

"Out of the Indian approach to life there comes a great freedom - an intense and absorbing love for nature; a respect for life; enriching faith in a Supreme Power; and principles of truth, honesty, generosity, equity, and brotherhood as a guide to mundane relations."

-Luther Standing Bear, Oglala

Bear Country

Tradition demands that people have respect for all living things. This fundamental premise is one of the basic tenets of Ahtna culture.

Elders tell us that it is up to us to avoid sos, grizzly bear, on the trail. They say not to think about the bear because fear will enter your mind. You must stay alert to signs that sos is near. Sos is powerful so if you meet on the trail you must avert your eyes, excuse yourself and go a different way. It is your mistake that the two of you have crossed paths.

Safety on the Trail

Grizzly bears and black bears frequent our area for the same reasons people do – resources. From fish to roots to insects areas like this have many things for a foraging bear to eat. Simple precautions can keep you and the bears safe, while allowing bears and people to enjoy this beautiful forest.

- *Stay Alert* The sooner you are aware of a bear's presence the more time both of you have to react.
- *Avoid Surprise Encounters* Trails pass through areas of thick vegetation. As you walk through the forest, talk to your companions or clap your hands. Generally, given enough time, bears will take measures to avoid you.
- *Find Safety in Numbers* There's safety in numbers when you hike in bear country, especially through areas of poor visibility.
- *Avoid Bears* If you do see a bear, **slowly** alter your course to avoid it even if that means ending your hike early.

Never approach a bear or allow it to obtain human food. Habituation to humans is dangerous for both people and bears.





DASH DIET

Dietary Approaches to Stop Hypertension

The National Heart, Lung, and Blood Institute Your Guide to Lowering Your Blood Pressure with DASH is a free, easy-to-use, comprehensive DASH resource.

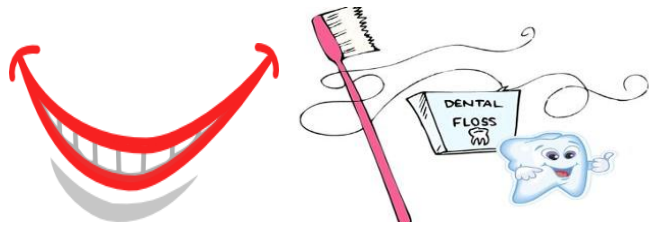
You can download it at:
www.nhlbi.nih.gov/health/public/heart/hbp/dash/new-dash.pdf.

In this guide, DASH experts recommend a gradual approach rather than a total diet makeover. Gradual improvements in eating habits are often longer lasting than extreme diets.



Here are five easy ways to add delicious DASH into your daily eating pattern:

1. Add fruit or 100% juice to breakfast. Popular choices include 1/2 grapefruit, 6-oz. orange juice, a banana, or a handful of craisins (dried cranberries) on your cereal.
2. Choose an extra veggie or two at lunch. Easy options are a side salad or cup of vegetable soup with a sandwich. Add a bag of baby carrots to your brown bag lunch.
3. Include more veggies at dinner. Go for at least two tasty items, such as green beans, snap peas, beets, asparagus, broccoli, spinach, squash, or a baked sweet potato.
4. Get into a fruit-for-dessert habit. For snacks or after-dinner treats, enjoy fresh fruit in season (berries, melon, peaches, etc.) or frozen berries on top of vanilla yogurt.
5. Aim for three daily servings of dairy. Go fat-free and low-fat with 1% milk on cereal, low-fat mozzarella cheese on a sandwich, and a glass of skim milk at dinner.



5 Steps to a Healthy Smile

Don't Wait Until It's Too Late

Visit your dentist or dental health aide technician regularly for preventative checkups and cleanings. They are trained to see the hidden problems you can't.

Floss is the Boss

Floss your teeth once every day. Dental floss reaches the areas that your toothbrush doesn't.

Eat and Drink, But Be Sure to Think

It is important to eat a well-balanced diet and avoid sticky sweet things like candy and soda between meals.

Be Good to Those Gums

Puffy, red or tender gums, gums that bleed or persistent bad breath are signs that you need to see your dentist right away.

It Takes a While To Brush Your Smile

Brush your teeth carefully at least two times per day. Remember a thorough job takes 3 minutes.

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"HE SAID I HAVE NO CAVITIES AND THAT MY BREATH KNOCKED HIS SOCKS OFF."

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Fire It Up Safely

Safety Check Before Grilling This Summer

WASHINGTON, DC, Summer officially kicks off this month and millions of Americans will celebrate summer with a cookout. The U.S. Consumer Product Safety Commission (CPSC) urges consumers to check their grills and “fire it up safely” to prevent fires and carbon monoxide poisoning.

Before lighting the grill, do a safety check.

- ✓ Has your grill been recalled? Check SaferProducts.gov. If the grill has been recalled, contact the manufacturer and stop using it until you get a repair or replacement.
- ✓ Visually inspect the hoses on a gas grill for cracking, brittleness, holes and leaks. Make sure there are no sharp bends in the hose or tubing and that all connections are secure. Replace if necessary.
- ✓ Check for propane gas leaks. Open the gas supply valve fully and apply a soapy solution with a brush at the connection point. If bubbles appear, there is a leak. Try tightening the tank connection. If that does not stop the leak, close the gas valve and have the grill repaired by a qualified professional.
- ✓ Is the grill clean? Regularly cleaning the grill, as described in the owner’s manual, and also cleaning the grease trap, will reduce the risk of flare-ups and grease fires.



Once the safe... grill as safely as possible.

- ✓ Use grills **outside only** in a well-ventilated area. Never use a grill indoors or in a garage, breezeway, carport, porch or under a surface that will burn. Gas and charcoal grills present a risk of fire and/or carbon monoxide poisoning that could result in injury or death. An estimated 3,800 gas or charcoal grill-related injuries were treated in hospital emergency departments in 2010. While almost all of the injuries were burns, a few of the charcoal grill injuries were related to carbon monoxide. There were an estimated average of eight CO-related deaths per year between 2005 and 2007 associated with charcoal grills that were used indoors or in enclosed spaces.
- ✓ Never leave a grill unattended. If a flare-up occurs, adjust the controls on the gas grill or spread out the coals on a charcoal grill to lower the temperature. If a grease fire occurs, turn off the gas grill and use baking soda and or a kitchen fire extinguisher to put out the fire.
- ✓ Keep the grill hoses as far away as possible from hot surfaces and dripping hot grease.
- ✓ Keep children away from the grill area. The outside surface of a grill can get hot and burn when touched.



Be FireWise and Fire Safe

Alaska’s Safe Burning Information

Tools - The basic equipment you need to have on hand before you start burning are:

For burns of Less than 1 acre of mowed grass (lawn)

- Mown lawn, blades less than 4 inches in length
- Garden hose capable of reaching entire perimeter
- Burlap bags to wet and control fire
- A minimum of 3 adult persons to monitor fire until it is completely out

For a 10 x 10 burn pile

- Rake
- Shovel
- Garden hose or sufficient water to extinguish the pile
- A minimum of 1 adult person to monitor fire until it is completely out

Tips for a Successful Burn

- Keep pile free of dirt for a complete burn
- Start fire small and feed it as it burns down
- Be aware of how topography (slope) will affect fire’s behavior
- Check weather forecast before burning

Do You Have Your Burn Permit?

Forestry Burn Permit Phone: 907-822-8665

For the latest Alaska Wildfire Information look online at:

<http://fire.ak.blm.gov/incinfo/aklgfire.php>



Growing Nutritious Sprouts in a Jar

Sprouts are great for your [diet](#) and easy to grow. You don't have to be a gardener to grow sprouts. Growing sprouts in a jar is incredible easy. Once you've chosen which types of sprouts you want to grow, grab a few items and start growing.

Things You'll Need

- ✓ Mason jar
- ✓ Cheesecloth
- ✓ Rubber bands
- ✓ Water
- ✓ Sunlight
- ✓ Dark place
- ✓ Air tight bag



Instructions

1. Put seeds in a mason jar. You will normally put a couple tablespoons of seeds in the jar.
2. Cover the jar with cheesecloth. You can fasten it to the jar with some rubber bands.
3. Place lukewarm [water](#) in jar. Make sure the seeds are covered up by an inch of water.
4. Place jar in a dark place and let the seeds soak for 12 hours.
5. Rinse seeds two to three times a day.
6. In a couple days, the seeds should begin to sprout.
7. Remove hulls if needed. Some seeds will have hulls that should be removed while in cold water.
8. Place jar in an air tight bag, but leave room for circulation.
9. Put jar in indirect sunlight, so they may green.

Cut sprouts, rinse, and enjoy in your salad, sandwich or by the handful!



Alaska Bluebell Salad

Ragamuffin diaries

Serves 1

- ~ A small handful of bluebell leaves, sliced lengthwise
- ~ A bigger handful of cabbage thinly sliced
- ~ 2 cloves garlic, or less, depending on your preference!
- ~ Balsamic vinegar
- ~ olive oil
- ~ salt & pepper

Toss the bluebell leaves & cabbage together in a bowl. Crush/mince the garlic and, in a small bowl, mix together with the vinegar and oil. Pour the dressing over your salad & mix to coat. Season with some salt & pepper

Summer Gardening Tips:

Important Tasks for the Whole Season

Watering



Watering is a chore that needs to be carried out throughout the summer season, but remember to use water wisely and, rather than drenching your entire garden regularly, concentrate your efforts on the following:

- Plants growing in pots, containers and hanging baskets as these can dry out very quickly, often in the course of a few hours.
- Newly planted trees and shrubs as these are very vulnerable to drought stress. As a guideline any specimen planted within the last four to five years falls into this category.
- Any freshly sown or newly planted parts of your garden.
- Herbaceous perennials which can suffer during sustained dry spells.
- In the kitchen garden leafy vegetables such as lettuce and spinach should never be allowed to dry out. Other crops should be kept watered on sowing and transplanting and then later as the part that you eat, whether fruit, root or tuber, is developing.
- Lawns can swallow up huge amounts of water which can be extremely wasteful, so, unless you have a high quality lawn, resolve to reduce or stop watering altogether. Instead, make sure that your lawn has been fed, and mow less often with the blades on a higher setting during dry periods. You will find that dry brownish patches will develop but these should disappear with the damper conditions of autumn.



Weeding

- If you got on top of the weeding in spring and then managed to apply a weed suppressing mulch, you should have much less weeding to do now but do take the trouble to remove any weeds that are now ready to seed - remember the saying 'a stitch in time saves nine'!...?
- Whisking out the weeds before the seed heads develop will save you any amount of work in the future. The best time to do it is just after light rainfall when the weeds can be pulled out very easily.
- Weeding is particularly important in the kitchen garden as any weeds will compete with your crops for essential moisture and nutrients.





"You must speak straight so that your words may go as sunlight into our hearts."
Cochise, Apache

- | <u>June 2011</u> | <u>July 2011</u> |
|------------------------|-------------------------|
| 6/4 - David Ewan | 7/2 - Raven Northway |
| 6/6 - Jeffery Adams | 7/3 - Amiah Krotto |
| 6/11 - Harry Buchea II | 7/4 - Jaden Northway |
| 6/18 - Fred Nesbit | 7/5 - Shayne Crow-Ghost |
| 6/18 - James Alexis | 7/9 - Ruth Packard |
| 6/20 - Judy Frederick | 7/9 - Justin Wolf |
| 6/21 - Lorna David | 7/10 - Jenny Sanford |
| 6/26 - Roy Hancock | 7/12 - Angela Nicolai |
| 6/27 - Bjorn Beeter | 7/14 - Lemmie Charley |
| | 7/16 - Terrence VanCamp |
| | 7/19 - Daniel Nicolai |
| | 7/19 - Gary Pitka |
| | 7/20 - Les Standifer |
| | 7/24 - Saphire David |
| | 7/25 - LaVonne Sanford |



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