

KALIKAHPET



NYO Soup Sale

Please come help support our local NYO youngsters!

Wednesday,
April 10 at 5 pm

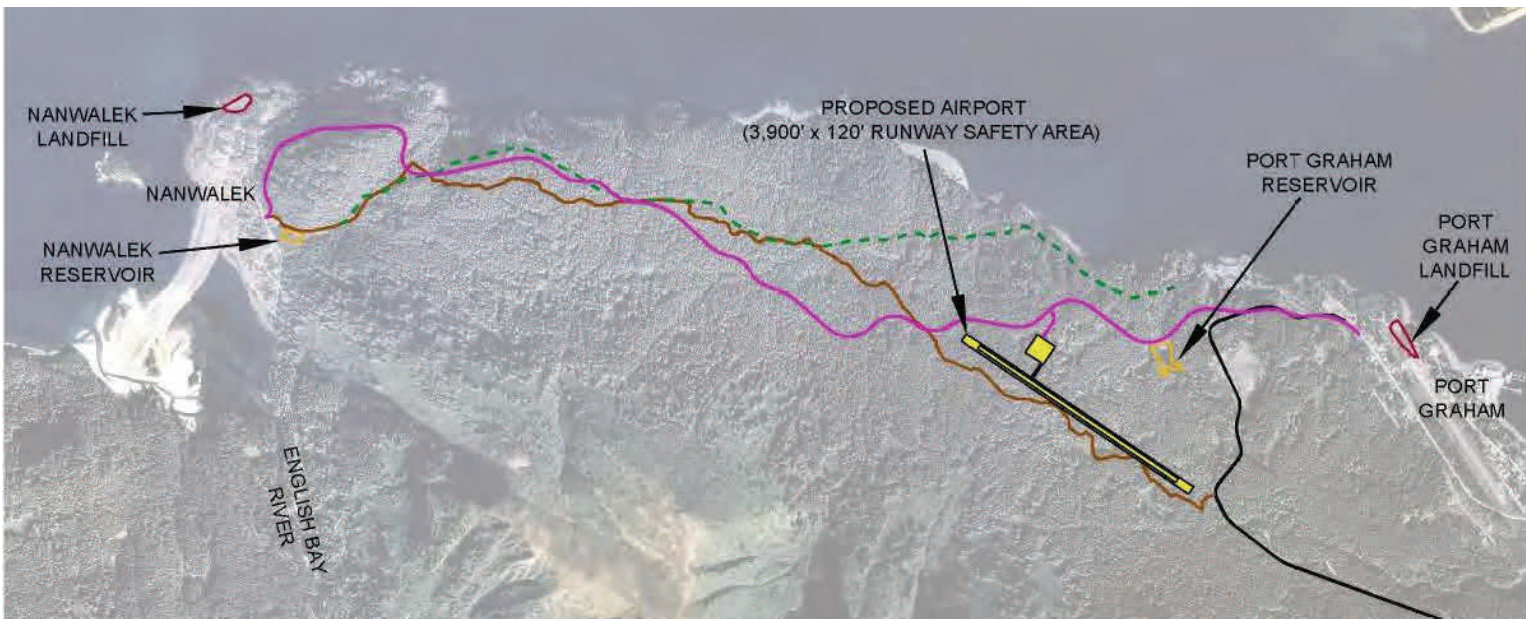
Public Hearing

Thursday, April 11, 2013 • 10:00 a.m. – 12:30 p.m. At the Community Center, Port Graham, Alaska

The Alaska Department of Transportation and Public Facilities (DOT&PF) announces the availability of the Draft Environmental Assessment (EA) for the Nanwalek and Port Graham Airport Project (#52250 and #53470).

Nanwalek and Port Graham are located at the southwestern tip of the Kenai Peninsula, approximately 25 air miles from Homer. The DOT&PF proposes to construct a new 3,300-foot runway, access roads to the communities, and associated airport facilities at a new location, approximately two and a half miles east of Nanwalek and one mile west of Port Graham. Construction is planned for 2016/2017. The Draft EA addresses the proposed action and potential economic, social, and environmental effects.

The Draft EA is available for review at the DOT&PF Central Region office, located at 4111 Aviation Avenue in Anchorage, or on the following website: www.npg.airport.com.





The Native Village of Port Graham Traditional Values

**With guidance and
support from our
Elders, we teach our
children Alutiiq values**

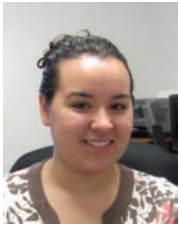
Sugpiaq/Alutiiq Value of the Month:

FORGIVENESS

YOUTH & Elder NEWS



Community Health Representative CHR, Lydia McMullen



Felicia Yeaton, Tribal Youth Program Coordinator

(right) Uppa Jeff helps tally Easter Egg booty

(below) Danielle's Jamie braved the freezing snow to find his eggs!



Easter Greetings!



We are planning another Elder's / Youth's Potluck on **Tuesday, April 16, 2013** and we sure look forward to fun stories to be shared.

Thursday, April 11th, 2013 ~

And

Thursday, April 25th, 2013 ~

The Alaska Food Bank will be open from 1:00pm to 2:00pm..

This Institution is an equal opportunity provider.



Wednesday, April 24th, 2013 ~

Elder's Tea from 12:00pm

Till
Were
done.



Friday, April 12th, 2013 ~

And

Friday, April 26th, 2013 ~ Is Women's Night from 7:00pm to 9:00pm.



(right) Joclyn is proud of her choose respect bag.

(below) We had quite a nice turn out for the Easter Egg Hunt during American Easter.



Parents and children alike had a ball finding the more than 200 eggs donated by local residents.



Community Events and Information

DO YOU HAVE INFORMATION FOR THE NEWSLETTER?

Do you have an announcement, news or an upcoming event you would like to include in the Port Graham Village Council's Newsletter, **Kalihakpet**?



Port Graham Village Council invites you to *submit* information to be considered for publication in our *newsletter* which can be viewed online at our website: www.portgraham.org

PORT GRAHAM'S LIBRARY COMPUTER

The library computer is available to find jobs with the State of Alaska Jobs site and to enroll in the State of Alaska Library system, and also to check emails and general research. If any of the rules are broken you will lose your privilege to use the computer.



Hrs of Operation are: 9:00 – 2:00 pm w/lunch @ noon

Port Graham

Behavioral Health

Jim Henkleman



In Homer:

235-0735 / 230-6693

(please leave a message)

If you have questions or need to schedule an appointment with the Behavior Health provider you can contact Jim Henkleman at the PG Office, 284-2247 or Call the Clinic Receptionist.

PORT GRAHAM CLINIC ANNOUNCEMENT



**CLINIC
PHONE
NUMBERS**



Reminder: Every Thursday morning the entire clinic staff is in an online meeting. The only patients who will be seen are emergencies. Thank you

When the Clinic's direct line: (284-2241) is *not* in service, and the On-Call Cell phone: (284-3030) is *also* not working Please use the clinics other number to reach the Clinic regarding an emergency or for an appointment: 284-2295



PLEASE REMEMBER TO BRING YOUR CLOTH/CANVAS BAGS WHEN YOU SHOP!

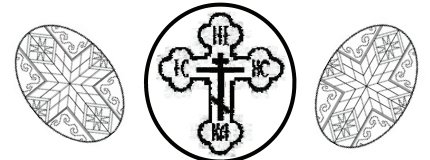


Thank You!

HEY!

if you have any extra cloth bags, you can donate them to the stores (and they, in turn, can loan them out when needed, instead of using paper or plastic bags)

HAPPY EASTER



**St. Herman's
Orthodox Church**

Easter Holiday Schedule:

Great Lent begins:	March 24
Palm Sunday:	April 28
Holy/Great Friday:	May 3
Pascha Service:	May 4
	@ 11:30pm
Easter Sunday:	May 5

For more St. Herman Orthodox Church info, please contact Jeff McMullen at 284-2327.



ICWA

INDIAN CHILD WELFARE REPRESENTATIVE Jim Miller



Characteristics of Adult Children of Trauma and Addiction

Individuals growing up in a home where there was alcoholism, substance abuse, domestic violence, neglect, or other forms of abuse will likely have a long lasting impact on an individual. Usually we will wear a mask to show the world that we are "OK" even when we are far from "OK", usually we are successful at fooling ourselves. Inability to trust and have faith makes it very difficult to experience a healthy, intimate relationship. In the area of relationships we may "settle" because our sense of self makes us feel unworthy of love. Anger, guilt, shame and fear are no strangers to us, these emotions in various forms tend to govern our lives. Anxiety pushes us toward hyper-vigilance so that we are constantly looking for signs of potential danger in our environment. We lose the ability to take in care and support from others because of the inherent numbness and shutdown of trauma along with the fears of trusting and being hurt all over again. It is probably true that everyone else in the family system is hurting in some way also, and even your whole village. Without healing and change those old ways of thinking, feeling and acting will be passed on to the next generation. It should be no surprise that we have experienced overwhelming desires to self-medicate ourselves through the use of drugs, and alcohol or behavioral addictions.



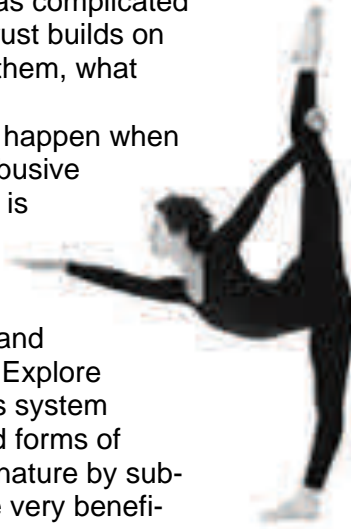
In recovery our brains that were damaged by trauma and addictions begin to heal and function in ways that we would not have comprehended. Our thinking becomes increasingly clearer and we are able to solve problems that we had thought were impossible. We develop resiliency for handling the trials, tests and tribulations that come in this life.



Relationships are not as complicated as we practice honesty in our communications, trust builds on the honesty. If you could place a dollar value on them, what would "hope" or "joy" be worth?

The good things do not just automatically happen when we stop abusing alcohol and drugs or leave an abusive environment. If we do not have the good things it is not possible to pass them on to our children and others, it is true that you cannot give away what you do not have.

Holistic self-care might include hydration and nutrition. Rest and relaxation are vital to healing. Explore ways of self-soothing and stimulating the nervous system through yoga, massage, exercise, meditation and forms of movement therapy like dance. Experiences with nature by subsistence activities, beachcombing, and hiking are very beneficial.



Beyond holistic self-care is counseling/talk therapy with other recovering folks, trained therapists, clerical counselors, sponsors, etc. Deep healing happens best in groups where there is love and acceptance, these groups may be 12 step groups, talking circles, art/crafts groups and old-fashioned home visiting.

Brain exercises are important for neuronal restructuring, try playing chess, reading, use of non-dominant hand and changing our daily routine. When you are learning something that is mentally challenging and it becomes easy, move on to something new.



Carl Jung once said "sometimes the hands can work out what the mind cannot", get involved in one of the traditional art forms, it may turn into a vocation. Talking about traumatic memories may be the very last phase of healing from them, choose your listeners well.

Healthy families make for a healthy village and a healthy village makes for a healthy family.

Tribal enrollment of new members

Please contact Jim Miller at the ICWA office for tribal enrollment forms and information. For newborns, children who have not yet enrolled or adults who want to transfer enrollment from another tribe.

James Miller
Port Graham Village Council
ICWA office
P.O. Box 5510
Port Graham, AK. 99603
Phone: (907)284-2227



ANA GOVERNANCE PROJECT HAPPENINGS

ADMINISTRATION FOR NATIVE AMERICANS PROJECT COORDINATOR Daryl Kreun

April 2013 marks the halfway point for our ANA Governance Project. During the ANA verbal report given at the Annual Council Meeting in March, we mentioned the this project will continue to schedule trainings for Council Members and Council Office Staff for the remainder of Year Two with follow-up trainings into Year Three.



STRATEGIC PLANNING 2013 WITH OSIYO, COUNCIL OFFICE STAFF & COUNCIL MEMBERS

In September 2013, we will present our evaluation results on the effectiveness of trainings completed by using information from the evaluation tool that was developed by the ANA Advisory/Training Committee and Project Partner. These results would include how well the trainings were accepted and how much was learned through this process and will also have recommendations for the scheduling of trainings annually/semi-annually as part of each Council Members and Council Office Staff roles & responsibilities.

Example I; ICWA Training for newly elected officials with refresher trainings scheduled annually.

Example II; Annual/Semi-Annual "Interpersonal/Organizational Skills Assessment" for Office Staff to monitor, evaluate, and recommend relevant trainings.



Over the summer we plan to review all existing documents; Tribal Ordinances, By-Laws, and Administrative Policies & Procedures to determine what is current and relevant, and then a New Tribal operating document would be submitted based on the review of the PGVC Tribal

documents for approval. This process will include Port Graham Council Members, Tribal Court Advisory/Committee, Project Partner; Chugachmiut, 3rd Party Contractor and ANA Project Coordinator. With the newly updated Tribal Documents in place and recent training in Strategic Planning completed, we hope to have a Strategic Plan in place for a Port Graham Tribal Court System by the end of Year Three, September 2014.



ENVIRONMENTAL PROGRAM NEWS

Rita Meganack,
Environmental Technician

Camai Paluwik,

April Events for your Calendar:



April 22, 2013—Earth Day Event, here at the Community Center. Door Prizes, come by and check it out; you could win a Round Trip Ticket to Homer, along with other great door prizes.

Port Graham Village Council/ Environmental Program has evaluations/surveys at the Village Council on the white table by the post office. Please fill one out. There is a sign-in sheet to sign if you'd like an extra door prize ticket during the earth day event. **(you must be present to win)**



Our environmental program is still recycling light bulbs, bring in your light bulbs to get switched



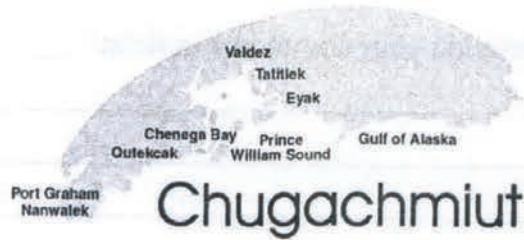
out here at the Village Council, ask for Rita or Violet.



Funding for this program is made possible by the U.S. Environmental Protection Agency's (EPA) Indian General Assistance Program (IGAP)

Your opinion counts!

Our mission is to provide the highest quality services to our beneficiaries. Many of the changes and improvements we make are based on the ideas and opinions of our customers.



Please help us continue to improve services by submitting comments and suggestions.

If you prefer to speak with someone directly, call 1-800-478-4155 and ask for a Customer Feedback Representative.

Providing your contact information will help us look into your concerns. Your comments are strictly confidential but details of your matter will be shared with key personnel who will conduct the investigation.

Name: _____ Phone: _____

Address: _____

Email: _____ Date: _____

Please indicate your affiliation:

Native Tribal Member

Native Non-Tribal

Non Native

If you choose not to provide your name and contact information, an investigation will NOT be performed but your comments WILL be recorded.

Do your comments pertain to a specific Chugachmiut division? If so, please check the appropriate box.

Health Services

Community & Family Services

Enterprise & Trust

Self Governance & Human Resources

Finance & Administration

If your comments pertain to a particular Chugachmiut service or department, please specify:

**Do your comments pertain to a specific Chugachmiut employee or employees?
Please indicate:**

Please provide your comments in detail: _____

Besides the issue you commented on above, how would you rate the overall performance of Chugachmiut?

Excellent Good Average Below Average Poor

Thank you for taking the time to share your thoughts with us.

FOR CHUGACHMIUT USE ONLY

Case Number: _____ Date Feedback Received: _____

Feedback Category

Positive Neutral Negative

Staff Contact in Charge of Resolution:

Notes/Comments: _____

Resolution: _____

Resolution Approved by: _____ Date: _____

APRIL 2013 TRIBAL YOUTH ACTIVITY SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 <i>Office of Juvenile Justice and Delinquency Prevention</i> OJJDP <i>US Department of Justice</i>	2 Fun Night: 6:30-9pm	3 Open Gym 7-9pm	4 Cultural Activity 6:30-8:30pm	5	6
7	8	9 Fun Night: 6:30-9pm	10 Open Gym 7-9pm	11 Cultural Activity 6:30-8:30pm	12	13
14	15 Cultural Activity 6:30-8:30pm	16 Fun Night: 6:30-9pm	17 Open Gym 7-9pm	18 Cultural Activity 6:30-8:30pm	19	20
21	22 Cultural Activity 6:30-8:30pm	23 Fun Night: 6:30-9pm	24 State SR NYO 24-28th Good Luck Team!	25	26	27
28	29 Cultural Activity 6:30-8:30pm	30 Fun Night: 6:30-9pm				

Fun Night!



Fun night will be held at the Community Center Building from 6:30 p.m. until 9:00 p.m. Every Tuesday night folks of all ages are encouraged to come and have a little fun together like arts & crafts, games, and playing music!



TEEN NIGHT



This month Teen Night will take place at the school during 'open gym' nights.(see calendar)

All teens and / or adults interested in sharing company and laughs with others come!

CULTURAL ACTIVITY NIGHT

Cultural Activity Night will be on Thursday Nights between 6:30 and 8:30pm. We will have Dance Practice on this night as well. Anyone who is interested in sharing company, tea, their hobby & laughs are encouraged to attend! Please Come !






LOCAL BOX HOLDER
 P.O. Box 55
 Port Graham, AK 99603

See us on the Web at:
www.portgraham.net

63998 Graham Road, Unit 1
 P.O. Box 5510
 Port Graham, AK 99603-5510
 PH: 907-284-2227 fax: 907-284-2222

PORT GRAHAM VILLAGE COUNCIL



PORT GRAHAM VILLAGE COUNCIL MEMBERS:

- **Patrick Norman,**
First Chief
- **Martin Norman,**
Second Chief
- **Agnes Miller,**
Secretary
- **Debbie McMullen,**
Treasurer
- **Stella Meganack,**
Member
- **Walter Meganack Jr.,**
Member
- **Melvin Malchoff,**
Member

TELEPHONE DIRECTORY FOR EMERGENCIES

PATRICK NORMAN: CHIEF
 OFFICE: 284-2227
 HOME: 284-2303

Clinic: 284-2241
 Visiting Provider: 284-2295
 Darlene Anahonak: 284-2220
 Tania McMullen: 284-2332
 Agnes I. Miller: 284-2229 &
 On Sundays 11-noon: 284-2320
 Behavioral Health 284-2247

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