

KALIKARPET

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DECEMBER 2008

SCHOLARSHIP OPPORTUNITIES

Do you have kids that have or will be graduating from High School? There are a few scholarship opportunity packages here at the Community Center to help get funding for that higher education.

Currently there are opportunities from Alaska Native Tribal Health Consortium, Bill and Melinda Gates Foundation, The CIRI Foundation, and Indian Health Service. Scholarship packages are located on the table as you enter the building by the Post Office.



HOW BAZAAR, HOW BAZAAR

Yes folks it's that time of year when we get our goods together and have a community bazaar. This year Jim Miller informs me that it will be the **Hanukkah Bazaar**. It will be hosted by the Port Graham Village Council here at the Community Center on December 22nd (Hanukkah) from 12:00 noon till 3:00pm.

This is a great opportunity to buy, sell or trade Native subsistence food or baked goods. It is also a chance to buy or sell arts and crafts just before the Christmas rush.

Family portraits, individual portraits and children's will be available at that time. A series of photographs will be taken, edited and the best one chosen to print. A free digital copy will be sent via e-mail to who ever wants. Additional hard copy prints will be available. These photos will become part of Port Graham's archive collection.

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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*

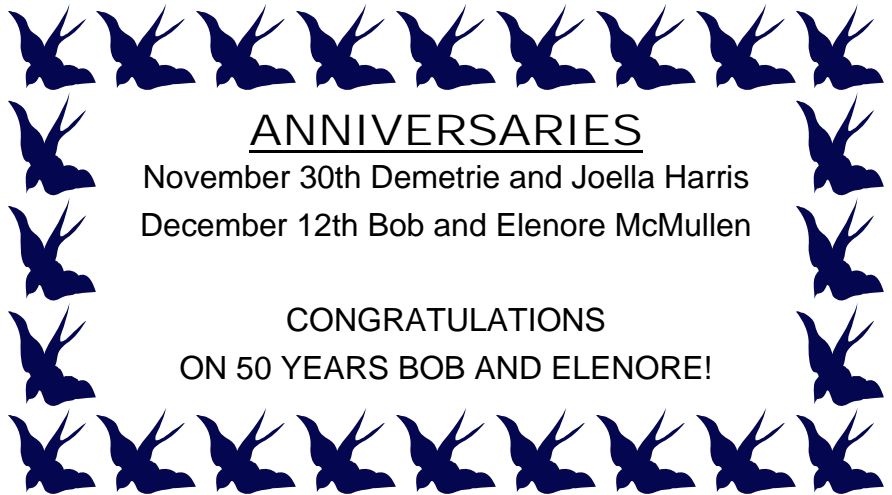
DECEMBER BIRTHDAYS & ANNIVERSARIES



Have a Happy Birthday all you birthday girls and boys and wishing our Anniversary Couples many more happy years.

Birthdays

- 1—Andrew Napier
- 1—Lucille Mumchuck
- 2—Roger Wallin Jr.
- 2—Jonathan Hedrick
- 4—Robert Carlough Jr.
- 5—Cheryl Grieser
- 6—Fedora Hedrick
- 7—Becky Norman
- 7—Nick Berestoff
- 8—Morial Kvasnikoff
- 8—Larissa McMullen
- 12—Elizabeth Kvasnikoff
- 12—Amber Tanape
- 13—Francis Norman
- 14—Anna Meganack
- 14—Clara Moonin
- 18—Jason Jager
- 22—Jean Huntsman
- 25—Leo Anahonak
- 25—Dominik Norman
- 27—Alice Moonin
- 28—Fenia Anahonak
- 28—Matthew McMullen
- 29—Marvin Norman
- 29—Sean McMullen
- 29—Rochelle Hanson
- 31—Violet Yeaton
- 31—Jerry Hanson



ANNIVERSARIES

November 30th Demetrie and Joella Harris
 December 12th Bob and Elenore McMullen

CONGRATULATIONS
 ON 50 YEARS BOB AND ELENORE!

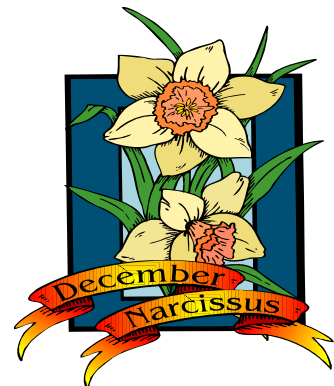
Would you like to have you and your families birthday's or anniversary posted in the Kalikarpet? If so you can contact the Port Graham Village Council and leave your information with the receptionist we'd be happy to add you to our list(s).

If there is a mistake in your name or birth-date, let us know so that we can make the changes needed.

December Birthstone:



December Flower:



2008-2009 Winter Recovery Groups and Classes

On November 17th Port Graham Recovery Services started doing regularly scheduled groups and classes. These presentations and groups will be held on Monday's at 7:00pm and Wednesday's at 12:00 Noon in the Clinic Conference room. The Wednesday meeting will be a brown bag lunch meeting/presentation.

There will be a variety of topics covered over the course of the winter; addictions, recovery, healthy family systems, emotional healing, alternative treatment approaches and other topics upon request.

Please contact Jim at the office if you have any questions or comments. The office phone number is 284-2202

PORT GRAHAM CORPORATION NEW FUEL PRICE LISTING

#1 AND #2 DIESEL

Cash Purchase: \$4.65 + 3% Tax

Charged: \$4.90 + 3% Tax

55 gallons Cash = \$263.42

Charge = \$277.59

GASOLINE

Cash Purchase: \$4.30 + 3% Tax

Charged: \$4.55 + 3% Tax

55 gallons Cash = \$243.60

Charge = \$257.76

PRICES EFFECTIVE 11/11/08

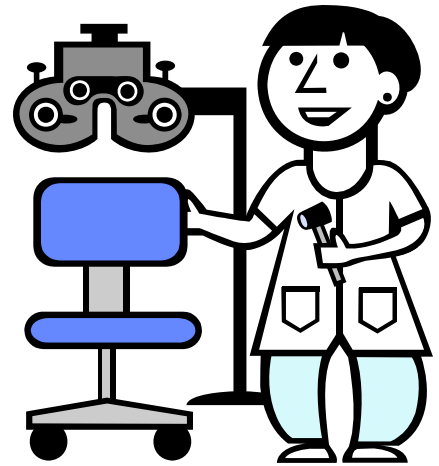
PRICES SUBJECT TO CHANGE



OPTOMETRY CLINIC IN PORT GRAHAM

Need new eye glasses?

South Central Foundation Optometrist Dr. Grant Humphries and his assistant will be here in Port Graham December 1st—5th. Make sure to call the clinic #284-2241 to set up an appointment for getting your eye examination.



Dental Clinic



A dental clinic is scheduled for December 8th—12th. Please remember that the kids are the priority. They will however make exceptions for adult emergencies.

You can set up an appointment by calling the Port Graham Clinic at #284-2241.

COMMUNITY REMINDERS:

PLEASE DO NOT DUMP YOUR KITCHEN GREASE DOWN THE SINK OR TOILET!

- Place old grease in a container with lid, write "old grease" on it.
- Take it to the dump when full.

SPEED LIMIT

- 15 MPH on all roads
- Except for the back road starting from Wayne Norman's intersection to the first street light before Duncan Heights Subdivision is 20 MPH.
- Pedestrians have the right of way!

Letter to the editor:

Coral Ecosystems and Reef Creatures

Hunting for octopus is a notable tragedy. Some subsistence fishermen will squirt a small amount of Clorox (with water mixed sometimes) into the octopus hole which immediately causes the octopus to come out and be caught. In the fisherman's mind this does not damage the reef, but of course the Clorox does considerable damage to the reef and kills everything in the hole and surrounding area. If this abuse is done long enough, the octopus lair will become barren of all life.

Some residents say..."I've been doing this for years, this is how I was taught.. I wont change my ways..." If this continues... We in PORT GRAHAM VILLAGE will not have any more octopus to hunt in our area. Please tell all subsistence gathers be considerate of our residents who love to hunt octopus and keep our beautiful bay clean and healthy for our subsistence gathering!

Solution???? USE fresh water.... The octopus does not like fresh water and will come out of the hole if when fresh water enters! Help save our bay and pass the word on!

-Lydia McMullen

HOLIDAY CHURCH SCHEDULES:

St. Herman's Orthodox Church

December 18th -Vespers at 6:00pm

December 19th is Saint Nicholas Day. It is celebrated by giving small gifts to children. Divine Liturgy will be at 10:00am if Fr. Sergie Active is here.

December 25th is Saint Herman's Day. Saint Herman is our Patron Saint for our church. A Names Day Celebration with Vesper Service at 6:00pm

December 26th will be Divine Liturgy at 10:00am with a Potluck Luncheon starting at 2:00pm at Community Center

Church of the First Born

December 21st—

Special Christmas Service

Regular Church Service:

Worship & Bible Teaching—
Sundays at 11:00am

Bible Study—Wednesday at 7:00pm



Port Graham School Activity Schedule:

December 10th -
Project Grad Family Night
From 6:00pm—8:00pm

December 30th -
Skit/Talent Show Night
Starts at 7:00pm

December 10th -
Site Base Meeting
Starts at 7:00pm

January 1st—19th -
Christmas Vacation

December 24th—26th -
NO SCHOOL

Please call the school at #284-2210 if you have any questions or concerns.
Have a safe and happy holiday sea-

Subsistence Calendars:

Please turn in your 2008 Subsistence Calendars. We need them turned in by the end of the year. It is important that all of you that acquired your subsistence permit and calendars to turn them in with your catch numbers. The reason is that this

shows the Department of Fish and Game that we are active subsistence users and we can manage our own natural resources. If we don't show we use subsistence they can allocate (give) our catch to the Sport and Commercial fishermen.



CHR?

Darlene Anahonak is Port Graham Village Councils CHR (Community Health Representative). She is assisting elders with day to day needs. If you are an elder and need assistance please contact or office and leave a message at #284-2227 and Darlene will get back to you as soon as she can.



CELEBRATION OF LIFE
T-SHIRTS
FOR
SALE
\$12 EACH

Behavioral Health message from Gina:

The US Department of Health and Human Services defines health literacy as the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. (Go to the clinic and follow the directives.)

In 1979 behavioral health emerged as that aspect of behavioral medicine promoting a philosophy of health that stresses **individual responsibility** in the application of behavioral and biomedical science, knowledge and techniques to the maintenance of health and the prevention of illness and dysfunction by a variety of self-initiated individual or shared activities.

Mental health is a term used to describe either a level of cognitive or emotional wellbeing or an absence of a mental disorder. From perspectives of the discipline of positive psychology or holism mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience.

The World Health Organization defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." It was previously stated that there was no one "official" definition of mental health. Cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined.

A holistic model of mental health generally includes concepts based upon an-

thropological, educational, psychological, religious and sociological perspectives, as well as theoretical perspectives from personality, social, clinical, health and developmental psychology.

An example of a wellness model includes one developed by Myers, Sweeny and Witmer. It includes five life tasks—essence or spirituality, work and leisure, friendship, love and self-direction—and twelve sub tasks—sense of worth, sense of control, realistic beliefs, emotional awareness and coping, problem solving and creativity, sense of humor, nutrition, exercise, self care, stress management, gender identity, and cultural identity—are identified as characteristics of healthy functioning and a major component of wellness. The components provide a means of responding to the circumstances of life in a manner that promotes healthy functioning.

If you need to know what all this means and to assess your own mental wellness, you can call Gina or Chris at #1-866-235-0577.

Gina will aim to be in Port Graham in December on these dates:

December 2nd and 3rd

December 9th and 10th

December 16th and 17th

December 23rd and 24th

- Note that Gina will be on vacation from January 14th through February 4th, 2009.

Chris's Schedule:

Tuesday(s)—11:30pm—2:30pm

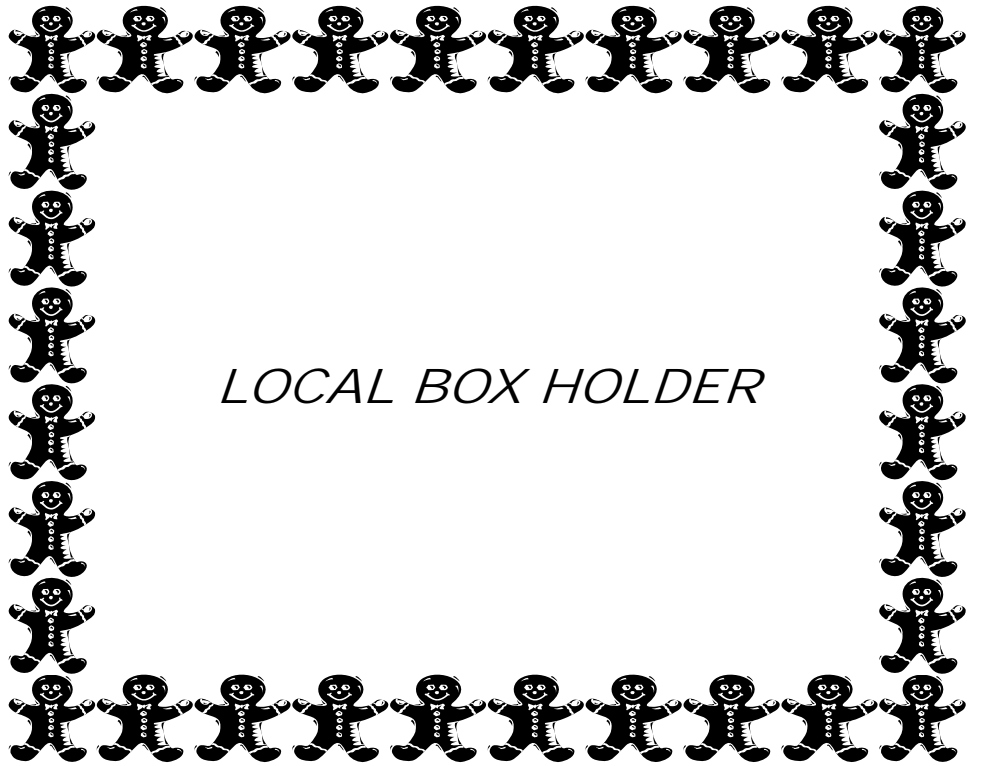
Thursday(s)—All Day

PORT GRAHAM VILLAGE
COUNCIL

PO BOX 5510
Port Graham, AK 99603

PHONE: 907-284-2227
FAX: 907-284-2222

You can find us on the
web at:
www.portgraham.org



LOCAL BOX HOLDER



HOLIDAY SCHEDULE FOR DECEMBER

The Port Graham Village Council will be closing their offices
for the observance of the Christmas holiday season:

DECEMBER 25TH AND 26TH

**NEW YEARS DAY
JANUARY 1ST**

**HAVE A HAPPY HOLIDAY SEASON EVERYONE!
MERRY CHRISTMAS**

