KALIKARPET

LLANGCARWIK RESIDENTIAL Family Treatment Program

The Port Graham's Alcohol Program will be starting their Llangcarwik Residential/Family Treatment Program here in Port Graham on February 23rd and ending March 20th.

We will be having a fund raiser to help cover the cost of their food expenses. On February 13th we will be having a soup sale and bake sale. Donations are always welcome for the Llangcarwik Residential Program.

If you have donations that need to be picked up just call Jim at his office #284-2202 and he can arrange for someone to pick-up your donation.



KALIKARPET

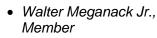
FEBRUARY 2009

INSIDE THIS ISSUE:

Birthdays & Anniver- saries	2
Behavioral Health	3
Biggest Loser	3
Holiday Schedule	4

PORT GRAHAM VILLAGE COUNCIL MEMBERS

- Patrick Norman, First Chief
- Martin Norman, Second Chief
- Agnes Miller, Secretary
- Debbie McMullen, Treasurer
- Stella Meganack, Member



 Melvin Malchoff, Member

FEBRUARY BIRTHDAYS

Birthdays

1-Thomas Sawden Jr. 2-Mark Mumchuck Jr. 2-Jim Labelle Jr. 3—Debbie McMullen 7—Albert Young 8—Reuben Norman 9—Ivan Meganack 11—Laura McMullen 11—Forest Kvasnikoff 14—Simeon Kvasnikoff Sr. 16—Donna Malchoff 17—Kristen Norman 18—Paul Moonin 18—Sarah Meganack 19—Anna BonFigilo 20—Timothy (Neal) Hedrick 21-Melvin Malchoff 21-Clara T. Moonin 23—Lydia McMullen 24—Alicia Malchoff 24—Cyrena Joseph 26—Dannielle Malchoff 26—Katrina Dupree 28—Arthur Moonin 28—Leonard Ukatish **CLINIC NEWS:** Clinic Will be **CLOSED** Monday, Feb. 16th

Presidents Day

п

Happy Birthday Wishes to all of our Friends and Family



NO ANNIVERSARIES

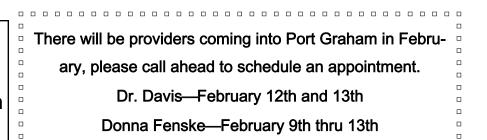
February Birthstone:

February Flower:



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.



BEHAVIORAL HEALTH:

Gina Allison will be back from vacation February 4th and Chris Evenson is still on his regular schedule Tuesday and Thursday. If you need to make an appointment to see them or just need someone to talk too you may contact them at #866-235-0577 in Homer.

Also if you are interested in learning about a behavioral health or mental health topic please don't hesitate to give them a call or Mary here at the Council Office. It may be possible for them to have a workshop and/or class on the subject.



COMMUNITY REMINDERS:

<u>Children Safety</u>	• SPEED LIMIT
Drivers please be aware of kids playing	• 15 MPH on all roads
outside and sledding. By taking simple pre-cautions we can avoid accidents.	 Except for the back road starting from Wayne Norman's intersection to the first street light before Dun-
Example: Slow down and look when coming to an	can Heights Subdivision is 20 MPH.
area known to be popular of kid activities.	• Pedestrians have the right of way!

BIGGEST LOSER!

Did you make that New Years resolution to drop some of those extra pounds that you've put on over the holidays? If so come and join us to be the Biggest Loser in Port Graham!

February 3rd at 1:00pm for the initial weigh in at the Clinic.

We can help each other with the battle of the bulge by taking walks together, sharing healthy recipes, encouraging each other, and holding each other accountable.

Last year we started with 21 participants and had 10 of them hold out till the end of the event. Many of our team members went to the school gym and worked out. I remember that there were several of our team members talking about how much fun they had. Lets have some more fun this year!

