

KALIKAHPET

Merry Christmas from Port Graham Village Council

Christmas! The very word brings joy to our hearts. No matter how we may dread the rush, the long Christmas lists for gifts and cards to be bought and given - when Christmas Day comes there is still the same warm feeling we had as children, the same warmth that enfolds our hearts and our homes. ~Joan Winmill Brown

Cold and Flu Season is Here

Sneezing, coughing, congestion, runny nose, sore throat, watery eyes – all are familiar symptoms of the common cold. Few people escape it – probably because there are more than 100 microorganisms (called rhinoviruses) that can cause a cold. And all of these viruses are easily transmitted from person to person.



Contrary to popular belief, the common cold is not caused by wet feet, wet hair or cold weather. Rather, the viruses infect you when your resistance is low – for example, when you are under some type of emotional or physical stress as a result of poor diet, overwork, or lack of sleep. While the cure for the common cold continues to elude doctors and scientists, treatments for its symptoms abound. Sniffle or cough within earshot of friends, and you are certain to be bombarded by a barrage of home remedies between *Acerola Cherries*, used by Indians of Ecuador and *Sassafras*, used by the Seminole, Mohawk and Iroquois Indians, there are a great number of home remedies available to help make your cold more bearable.

Here are just a few helpful hints to help you get through the nasty cold and flu season:



Wash Your Hands

Wash your hands, wash your hands, and wash your hands to prevent the spread of infection.

Cover Your Mouth

Cover your mouth when coughing to protect and prevent the spread of the flu or the common cold and stay home (if necessary).

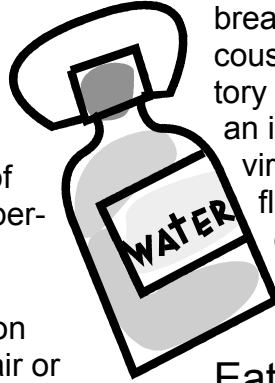


Buy a New Toothbrush

Exposed to the air and your saliva, a toothbrush can harbor many germs – including flu viruses. To prevent re-infecting yourself, toss your toothbrush 3 days after you feel the first symptoms of flu, and replace it with a new one. (It's a good idea to replace your toothbrush every 2 – 3 months, anyway)

Drink Plenty of Fluids

When congestion forces you to breathe through your mouth, the mucous membranes lining your respiratory tract lose moisture. This creates an ideal environment for a respiratory virus. So drink plenty of hot and cold fluids – at least 6 (even 8) glasses of clear liquids a day. (avoid milk – it can add to your congestion)



Eat Chicken Soup

A daily bowl of spicy chicken soup is recommended by a doctor who adds lots of garlic, onions, pepper and hot spices like curry or hot chilies to his soup to prevent or fight flu bugs. He notes that it's best to sip the chicken soup slowly. The therapeutic effects last about 30 minutes, so the slower the soup is ingested, the longer the results will last.

Here's one good recipe for chicken soup:

Cover a stewing chicken with water and bring to a boil. Add celery, onions, carrots and a garlic clove or two. Simmer until the chicken falls off the bone. Cool and strain the broth, discard any fat. Put thin slices of lemon on top and enjoy.

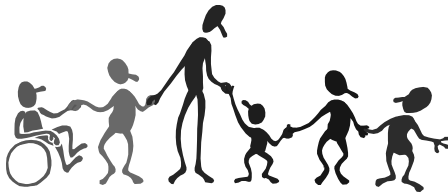
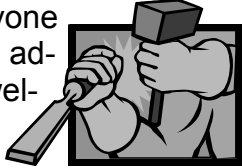


Port Graham Recovery Services

...by Jim Miller

Woodcarving

We are doing **Traditional Woodcarving** on Thursday evenings. The classes are held in the school shop from 7:00 p.m. until 10:00 p.m. Everyone from beginner to advanced carver is welcome to participate.



Fun Night

Fun Night has resumed for the winter. Fun night will be at the Port Graham Community Center Building from 7:00 p.m. until 9:00 p.m. Every Monday night folks of all ages are encouraged to come and have a little fun.

My office is open in the mornings for drop-in visits and coffee. The lending library is also available in the mornings. If you prefer scheduled one-on-one counseling sessions, appointments may be made for the afternoons. If you have any questions, please do not hesitate to contact JIM at the PGRS office. The number is 284-2202.



The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention... A loving silence often has far more power to heal and to connect than the most well-intentioned words.

-- Rachel Naomi Remen



New Community Health Representative

Hi I'm Josh the new Community Health Representative (CHR) for the Village Council. My office hours are Monday through Friday 9 AM to 4 PM.

On Fridays I take Elder trash out at about 1:30 or 2 PM, so you can expect me to be by around then.



If you need help filling out Public Assistance paperwork, I can help you with that also – either by home visit or you can stop by my office at the Council Office's.

If needed after hours my home phone number is: 284-2320

Community Events and Information

KEEP IN MIND OUR SPEED LIMITS

The Speed Limit is 15 MPH
on *all roads except* for the
back road starting from Wayne

SPEED
LIMIT
15

SPEED
LIMIT
20

Norman's intersection
to the first street light
before Duncan Heights Subdi-
vision is 20 MPH.

- REMEMBER -

Pedestrians have the right of way!

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 bags)

REMINDER!

please remember to pay
your water and sewer bill
outstanding accounts will be
scheduled for shut-off

Are you or someone you love at risk of suicide?

NATIONAL

SUICIDE PREVENTION

LIFELINE

1-800-273-TALK

www.suicidepreventionlifeline.org

Get the facts and take appropriate action.



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, **Kalikaahpet**?

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 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.



Hours of Operation are:

9:00 – noon & 1:00– 4:00 pm

PROVIDERS TELEPHONE NUMBERS

Penny Hyuk, Behavioral Health 907-235-0735

Jim Henkleman, Behavioral Health 907-235-0735/230-6693

Louise Shavings, Social Worker / C'miut 1-800-478-4155

Meg McKinney, DV Counselor / Chugachmiut 877-907-8738

Jean Huntsman, PG DV Advocate 907-284-2258

New Provider, SP Haven House 907-235-7712



If you have questions or need to schedule an appointment with these providers you can contact **Mary Malchoff** at the Council

Office **284-2227**



Heritage Preservation Department News

by Felicia Yeaton

DO YOU WANT TO TEACH SUGGESTUN?

The Chugach Heritage Preservation Department, who I work for, has an exciting opportunity for people who want to ensure that our Sugpiaq language survives. There is a Master / Apprentice program that is inviting Elders and speakers and want to be better speakers to assist in our efforts to teach those who are interested in learning. Our goal is to establish Suggestun as a world language in the schools. We will need at least one fluent master speaker to act as a mentor and we also need semi-fluent adults to become apprentices. There will be a stipend given to whomever is chosen for the Master / Apprentice program, although the amount hasn't been decided on yet.

We are also looking for a couple more people to sit on the board that is made up of parents, tribal council members, elders, educators, and students. This committee works with me to ensure that work outlined for the projects is completed. Right now we need more Elders and an Educator to sit on our Native Education Committee.

If you are at all interested in either the Master / Apprentice or the NEC positions available, please feel free to contact me at the Council office at 284-2227, I'd be happy to give you more information.



PORT GRAHAM VILLAGE COUNCIL IS SPONSORING A RAFFLE DRAWING !!

Only **\$5.00** DOLLARS A TICKET!

All Proceeds will go to
Local Cancer Fundraiser

CONTACT FELICIA FOR MORE INFORMATION

TICKETS MAY BE PURCHASED AT THE PGVC

**BUY A TICKET FOR YOUR
CHANCE TO WIN**
an Xbox 360
or a Foodsaver Turbo Plus!



- Xbox 360 S Console (Black Gloss)
- 250 GB Hard Drive
- Two Games Included
- Wireless Controller
- Composite AV cable (standard Definition)
- Headset
- Internal WifiCapability
- Xbox live
 - Online Games
 - Entertainment Service
 - Facebook
 - Netflix
 - Twitter
- 1 Year Warrenty
- Kinect Ready (Sensor sold separately)
- Foodsaver Turbo Plus #1 selling brand
- Locks Out Air & Moisture
- Extended Vacuum
- Pulse Vacuum Control
- Progress Lights
- Digital Seal Level Display
- Easy to read
- Touch Pad Control Panel
 - Easy Clean up
- Automatic Hands Free Operation
 - 5 Level Seal Control
- Built In Roll Storage & Cutter
- Extra Large Vacuum Channel
- Easy Clean Drip Tray
- Heavy Duty Extra Wide Sealing Strip
 - Provides Extra Secure Air Tight Seal

HAPPY BIRTHDAY!



HAPPY ANNIVERSARY !



**Bob & Eleanore
McMullen
December 12th**



DECEMBER BIRTHDAYS:

- 1 Andrew Napier
- 1 Kaleen Norman
- 1 Lucille Mumchuck
- 2 Roger Wallin, Jr.
- 2 Jonathan Hedrick
- 5 Cheryl Grieser
- 6 Fedora Hedrick
- 6 Becky Norman
- 7 Nick Berestoff
- 8 Morial Kvasnikoff
- 8 Larissa McMullen
- 10 Elizabeth Kvasnikoff
- 12 Amber Tanape
- 13 Francis Norman
- 14 Anna Meganack
- 14 Clara Moonin
- 18 Jason Jager
- 22 Jean Huntsman
- 25 Leo Anahonak
- 26 Dominick Norman
- 26 Sean McMullen
- 27 Alice Moonin
- 28 Fenia Anahonak
- 28 Matthew McMullen
- 31 Violet Yeaton

Port Graham K—12 School is having a

Christmas Program

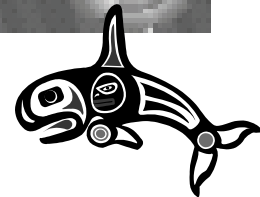
at the School Tuesday,

December 21st at 6pm

**Please Come to Help Us
Celebrate the Season!**



**Killer Whale
Dates to Remember:**



Dec. 17 No School/In Service for Staff

Dec. 21, 6:00 PM/School **Christmas Program**

Dec. 22, School out at 2:45

Dec. 23 & 24 No School/Traditional Christmas Break

Dec. 30, School out at 2:45

Dec. 31 No School through Jan. 16

CHRISTMAS! MERRY

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

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

PORT GRAHAM VILLAGE COUNCIL
P.O. Box 5510
Port Graham, AK 99603

- 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

RUBEN NORMAN: VPSO
OFFICE: 284-2292
HOME: 284-2363

Clinic: 284-2241
Visiting Provider: 284-2295
Darlene Anahonak: 284-2220
Tanya McMullen: 284-2332
Agnes I. Miller: 284-2229 &
On Sundays 11-noon: 284-2320
Charlemagne McMullen: 284-2275
Behavioral Health 284-2247

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