

KALIKAHPET



PORT GRAHAM'S VERY OWN VANESSA NORMAN JOINS ALASKA LAW OFFICES OF DAVIS WRIGHT TREMAINE LLP

The law firm of Davis Wright Tremaine LLP, and parents, Pat and Fran Norman are pleased to announce that Vanessa has joined the firm as an associate in the Anchorage, Alaska office.

Prior to law school Vanessa worked with Alaska Native Tribal entities, including the federally recognized Port Graham tribe, as well as with a number of Alaska Native (ANCSA) corporations. She also has experience working with an international trade association focusing primarily on the seafood industry.

"Vanessa's knowledge of the Alaska business landscape, together with her in-depth understanding of Alaska Native corporations, will make her a highly valuable advisor to our current and future clients," said Joseph Reece, partner-in-charge of the firm's Anchorage office. "We are very pleased to have her join our team."

As a small business owner for more than eight years, Vanessa has first-hand knowledge and experience regarding the various legal challenges facing Alaska-based businesses. Vanessa's practice at DWT will build on her experience and knowledge in the business arena.



CONGRATULATIONS VANESSA!

ENVIRONMENTAL PROGRAM NEWS

Rita Meganack, Environmental Technician



Camai Paluwik,

I am happy to announce I am working as the Environmental Technician. For those of you who don't know me; my name is Rita Meganack, born and raised here in the village of Port Graham. I am very happy to be starting a new year with a new job! I hope to focus on

continuing the village effort on: Recycling, Village Clean Up, Working /Updating with the Port Graham School, and keeping you informed and up to date with things we need to be doing to keep our village eco-friendly! My office is located at the Village council, feel free to come by and visit or ask any questions you have, Violet and I will do our best to help out. Don't have time to stop in no problem; I can be reached by calling me at the Council Office 284-2227.

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



LANGUAGE EDUCATION NEWS

By Ephimia Dumont

Camai! Ggwi Apamia; My name is Ephimia Dumont.

I am going to be on Maternity Leave till the end of February. I had a boy and named him Raphael Terry Dumont. If you have any questions or concerns regarding my program please direct them to Chugachmiut Language Program until my return. Quyanakcak!





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:

LOYALTY

YOUTH & ELDER NEWS



Community Health Representative CHR, Lydia McMullen

Tribal Youth Program Information:

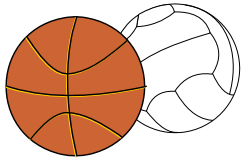


Felicia Yeaton, Tribal Youth Program Coordinator

Camai,

2012 was a good start for the Tribal Youth Program (TYP). There were many activities that took place for youth to engage with other youth and the community. Through these drug and alcohol free activities has begun the positive interaction for healthy relationship development between the youth and the community. Since September to December 31st, the activities that have been implemented are:

- (10) Fun Night
- (7) Cultural Activities
- (3) Teen night
- (1) Movie Night
- (5) Head-start Activities.
- (2) Elder & youth potlucks
- (1) Basketball & volleyball tournaments.



For 2013 there will be many more activities to come. Keep your eyes open for a Public Service Announcement developed by the youth, be ready to attend a local cultural camp, or need help mending your net for summer? Come teach the youth how to mend a net and we will help you!

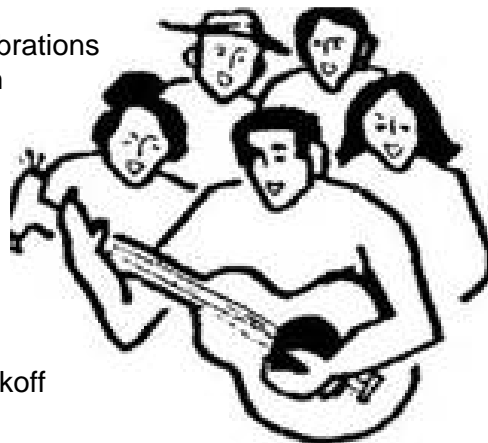
If you have any questions about the program or want to volunteer, feel free to call me or stop by the Council office. I'm always looking for new ideas, activities, and local presenters.

Quyana Everyone!

TRADITIONAL CELEBRATIONS WERE AN AWESOME SUCCESS!

By Lydia Malchoff

The Traditional Russian Orthodox Celebrations of Christmas Starring, Orthodox Church Services, Masking and New Year Play, was a success thanks to Father Paisius and the Saint Innocent Academy Choir from Kodiak, and all our local musicians Chief Patrick Norman, Ralph Moonin, John N. Moonin, Ephim Kamluck Jr., Ryan Meganack, Brandon Moonin, Jemerson Anahonak, and John and Tikon Kvasnikoff from Nanwalek.



Happy Valentine's Day 2013 ~ Remember to hug someone today!

There is wisdom of the head, and wisdom of the heart! ~ Charles Dickens



The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. -Helen Keller

Did you know? Approximately 150 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday after Christmas.



Thursday, February 7th, 2013 and Thursday, February 21st, 2013 ~ The Alaska Food Bank will be open on from 1:00pm to 2:00pm. This Institution is an equal opportunity provider.

Friday, February 8th, 2013 and Friday, February 22nd, 2013 ~ Woman's Night at the PGVC Community Hall from 7:00pm till 9:00pm! Bring your arts and crafts and join the fun get-togethers Women! It will be a welcome break after the holidays.

Thursday February 14th 2013 ~ there will be a "Valentine's Day" Elders / Youth Potluck at 5pm at the PGVC Community Center. Rides will be provided if needed for the elders.

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, **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 GRAHAMS 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 CLINIC ANNOUNCEMENT



CLINIC PHONE NUMBERS



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

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



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.



- Bring together of everyone's best and most reasoned efforts have important value in building a consensus about where an organization is going.
- Provides clearer focus of organization, producing more efficiency and effectiveness
- Produces great satisfaction among planners around a common vision
- Increases productivity from increased efficiency and effectiveness
- Solves major problems

We are looking forward to provide this training opportunity for our community, tribal members, and council members. If you have any questions please feel free to contact myself at the Council Office Monday –Friday 8:30-5:00.

ANA GOVERNANCE PROJECT HAPPENINGS

ADMINISTRATION FOR NATIVE AMERICANS PROJECT COORDINATOR Daryl Kreun



The Port Graham ANA Governance Project has been planning relevant trainings for Council Members and Council Office Staff in relation to each of their role and responsibilities as well as utilizing the current assessment results from our newly developed measuring tool. We also have had suggestions and comments about involving Tribal Members, if possible to attend various trainings through our ANA on-site trainings.

We are happy to announce that we are in the planning process in providing a "Strategic Planning Session", from the development and implementation processes too the evaluation and outcomes. The ANA Program will announce the date and times for this great opportunity to attend this training session.

Strategic Planning serves a variety of purposes in organization, including to:

- Clearly define the purpose of the organization and to establish realistic goals and objectives consistent with that mission in a defined time frame within the organization's capacity for implementation.
- Communicate those goals and objectives to the organization's constituents.
- Ensure the most effective use is made of the organization's resources by focusing the resources on the key priorities.



ICWA

INDIAN CHILD WELFARE REPRESENTATIVE Jim Miller



Recovery from historic trauma and multi-generational grief

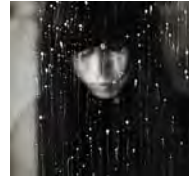


trauma: an experience that produces psychological injury or pain.

First the good news – Recovery is possible. Recovery may be seen as an opportunity for personal growth and spiritual development. Addictions and other harmful behaviors often simply fall away as we address the past hurts that we had medicated, repressed or denied.

The outcome depends on one's own choice, on one's inner desire to take a realistic, sober look at the situation and at themselves.

Historic trauma is emotional and psychological injury that has occurred over the lifetime and even previous generations. Multi-generational grief is grief that has not been expressed, acknowledged or resolved and is then passed on to the next generation.



Studies now show how childhood physical, sexual abuse, neglect, divorce, and other adverse childhood experiences impact a child's social, emotional and cognitive function. Later in life the child is much more likely to adopt health risk behaviors such as alcohol, tobacco or other drug use. Disease, disability and social problem result from addictions and harmful behaviors. Untreated, it results in early death.

“Because of the trauma in our life, we will never be exactly the same again. But after the tears, we are more beautiful than we have ever been. It's people who have gone through pain who are helping to heal other people. But if you are helping other people, you have to help *you*. One of the first things we need to do is to help ourselves and then pass that on, and keep passing that on. We will never be five years old again, we can't go back and re-live our life, but we can be more beautiful as 50, 40, 30, or 60 year olds and take back our life with the beauty that we have and the rainbow of colors.” ~Jane Middleton-Moz~



“We must be content to grow slowly. Most of us will still barely be at the beginning of our recovery by the time we die. But that is better than killing ourselves pretending to be healthy.” ~ Simon Tugwell~



“Real hope combined with real action has always pulled me through difficult times. Real hope combined with doing nothing has never pulled me through.” ~ Jenni Schaefer~

“Public truth telling is a form of recovery, especially when combined with social action. Sharing traumatic experiences with others enables victims to reconstruct repressed memory, mourn loss, and master helplessness, which is trauma's essential insult. And, by facilitating reconnection to ordinary life, the public testimony helps survivors restore basic trust in a just world and overcome feelings of isolation. But the talking cure is predicated on the existence of a community willing to bear witness. 'Recovery can take place only within the context of relationships,' write Judith Herman. 'It cannot occur in isolation.’ ~ Lawrence N. Powell~ *Troubled Memory: Anne Levy, the Holocaust, and David Duke's Louisiana*

There are many traditional and western ways for healing and transformation. Begin by learning and sharing. In this way we make a better world for our children and grandchildren.

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
P.O. Box 5510
Port Graham, AK. 99603
Phone: (907)284-2227



Stomach flu?

Ugh, what could be worse than a stomach bug? The vomiting, diarrhea, stomach cramps and more.

Despite the fact that it's so common—there are at least 20 million stomach-flu cases in the U.S. each year—many people don't know much about it. For one, it's not really the flu!

Here are 13 things you need to know about viral gastroenteritis (its true medical name), starting with the fact that it's caused by viruses that attack the stomach and intestines.

1. A flu shot won't help

When people say "the flu" they mean influenza, a virus that circulates the globe each year, attacking the nose and throat as it spreads through communities in waves. Flu shots protect against this virus—not ones that cause viral gastroenteritis.

The confusion may be due to some symptom overlap, such as body aches, nausea and low-grade fever, says Gary Rogg, MD, an internist at Montefiore Medical Center in New York City. But a flu shot won't protect against stomach bugs. There's no such thing as a stomach-flu shot (at least for grown-ups).

2. What you do to attract colds and flu

This season, up to 20 percent of Americans will catch a cold or the flu. Here are some smart advice to break any bad habits "you" might have that are make you a target for winter sickness.

3. Culprit, thy name is norovirus

Stop blaming the flu and instead know the true name of your trouble: norovirus.

This is a family of viruses most often to blame for adult gastroenteritis, although others include adenovirus and astrovirus. (Rotavirus is the most common cause of viral gastroenteritis in babies and young children).

Norovirus can spread like wildfire in any crowded place, causing outbreaks in day care centers, schools, cruise ships, hospitals and nursing homes.

4. It's extremely contagious



Stomach flu spreads via the "fecal-oral route," which is just as gross as it sounds. Basically, viruses from infected

feces or vomit find their way into our mouths.

Very diligent hand washing is your best defense, according to Dr. Rogg.

Wash carefully if you're changing diapers or cleaning up after a sick child, and grown-ups in the household should clean up after themselves if they can, advises Dr. Ryan Madanick, a gastroenterologist and assistant professor of medicine at the University of North Carolina School of Medicine in Chapel Hill, N.C.

5. You can get it from food

Viral gastroenteritis isn't exactly the same thing as food poisoning, which refers to any illness caused by food contaminants, including dangerous toxin-producing bacteria like salmonella. But norovirus is the No. 1 cause of food-borne illness in the U.S.

Viral gastroenteritis can be spread from person to person or by touching a contaminated surface, but you can also get viral gastroenteritis from sewage-contaminated food or water or from meals prepared or handled by an infected person. (Hence all those "wash your hands" signs in restaurant bathrooms.)

6. These germs are tough

Compared to other viruses, noroviruses can be surprisingly hardy and live for days on household surfaces, which is why they spread easily. (That, and very few virus particles are needed to cause an infection.)

Wash your hands with soap and water, which is more effective than hand sanitizers. Avoid food prep if you're sick (you can still be infectious for three days or more after symptoms wane), and wash laundry carefully, using gloves to handle soiled clothing and bedding if you can.

Use a bleach-based cleaner to kill virus particles on hard surfaces.

7. Symptoms come on slowly

Diarrhea, vomiting, and stomach pain don't hit you immediately after you're infected with a gastrointestinal virus, but typically develop gradually, over one or two days, Dr. Madanick explains.

8. It gets better on its own

Both stomach flu and other types of food poisoning are what doctors call "self-limiting," meaning they play themselves out and rarely require medical treatment.

While norovirus is the leading cause of food-borne illness, germ-for-germ, salmonella and other bugs are more likely to result in hospitalization or death.

If you've got viral gastroenteritis, you should start to feel better after two or three days.

9. Dehydration is the biggest risk

It stands to reason that if you're losing lots of fluid through watery diarrhea and vomiting, you need to replace that fluid. But you're also losing sodium, potassium, and other minerals, known as electrolytes, and they also need to be replaced.

You should drink Pedialyte, or similar oral electrolyte solutions that contain salts and sugar as well as water, if you have severe diarrhea.

Sports drinks aren't a great choice, because the mix of salts and sugars they contain isn't exactly right in terms of replacing fluid lost to diarrhea and vomiting.

10. Water isn't the best choice

Try to avoid drinking too much plain water, or beverages like soda or juice that contain sugar,

but not enough of the right electrolytes, says Dr. Rogg. "The biggest mistake that people make is just trying to drink a lot of water," he adds. "They understand that they have to prevent themselves from getting dehydrated, but what they're actually doing is wrong."

Putting water into your body without adding electrolytes will dilute the electrolytes that still remain in your body, Dr. Rogg explains, while taking in sugar without salt can make your diarrhea worse.

11. OTC tummy remedies may help

There is no treatment for viral gastroenteritis, besides time and symptom relief. (Antibiotics are useless, so don't be surprised if you don't get one from your doctor.)

Over-the-counter remedies that contain bismuth subsalicylate (like Pepto-Bismol) may help for simple diarrhea.

Antidiarrheal medications may also help ease cramps and diarrhea, but you should avoid them if you have bloody diarrhea or a high fever as it can make the illness worse, according to the Centers for Disease Control and Prevention.

12. When to call your doctor

If you see blood in your stool or vomit, call your doctor right away. Diarrhea on its own is not a cause for alarm, but call your doctor if you also experience extreme lethargy, confusion, or otherwise altered mental status, or a lack of urine (or dark and concentrated urine), which are signs of serious dehydration.

Also get help if your symptoms aren't getting better after three days, you have prolonged vomiting that prevents liquid intake, or if you spike an oral temperature over 101.5 degrees Fahrenheit.

13. The old, young, and sick are at greatest risk

Young children's developing immune systems make it harder for them to fight off viral infections, while their smaller bodies are also at greater risk of becoming dehydrated. Elderly people are also more prone to coming down with viral gastroenteritis, and take longer to recover afterwards, Dr. Rogg says.

Anyone with a chronic illness, such as heart disease, asthma, cancer, or kidney disease, or who has HIV or is taking medications that suppress the immune system, should check with a doctor if they come down with the stomach flu.

Take it slow on the road to recovery

When you stop vomiting and your diarrhea subsides, you're probably going to feel pretty hungry. But wait a few days before you celebrate with a feast, Dr. Rogg warns. "Don't eat as if you were well until you've felt fine for a couple of days," he advises. "Eat smaller meals, and drink in smaller volumes.

Basically, you'll want to avoid eating or drinking in a way that will distend the stomach." Overloading the stomach too soon may make you feel sick all over again, so skip fatty foods and stick to light, easy-to-digest meals

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: _____

TRIBAL YOUTH FEBRUARY 2013 EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2
4	Fun Night: 6:30-9pm	Open Gym 7-9pm Basket Ball or Volley Ball	Cultural Activity Night: 6:30-8:30pm	8	Xbox Tournament 7-9pm
11	Fun Night: 6:30-9pm	Movie Night 6:30-8:30	Elder / Youth Valentine Potluck 5:00pm	15	16
18	Fun Night: 6:30-9pm	Open Gym 7-9pm Basket Ball or Volley Ball	Cultural Activity Night: 6:30-8:30pm Dance Practice & Activities	22	23
Open Gym 7-9pm Basket Ball or Vol- ley Ball	Fun Night: 6:30-9pm	27	Cultural Activity Night: 6:30-8:30pm		

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



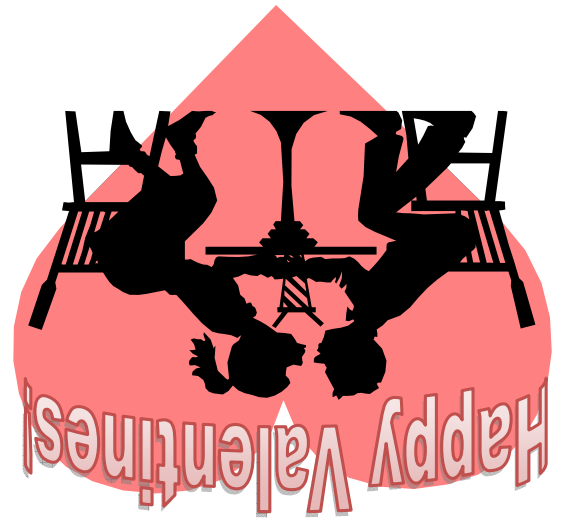
This month Teen Night will take place at the school during 'open gym' nights.(see calendar)
All teens and / or adults interested in sharing company and laughs with others please come!

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
- **Olga Fomin,**
Member



Ice cleats, crampons, ice creepers and other types of slip-resistant footwear will greatly reduce your slips and falls, please be safe this season. There's a lot of ice out there now.

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)

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