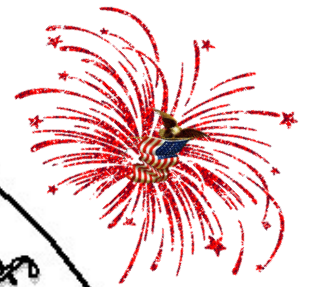


KALIKAHPET



3rd and 4th of July

**MANY EVENTS ARE PLANNED, INCLUDING BUT NOT LIMITED TO:
NPRHA BBQ, Face Painting, Tie Dying, Relay Races, Native Foods Cook-off, Aleut Baseball, Parade/Dress-up Contest, Tug of War, Water Balloon Toss, Scavenger Hunt, Greased Pole Fun, Food Venders, and A Dance!**

A black and white line drawing of two people in traditional Alutiiq clothing. The man on the left wears a large, pointed hat with intricate patterns and a small star on top. He has a wide, toothy smile and a small object in his mouth. The woman on the right wears a headpiece with a wide band and a necklace with large, round beads. She has a gentle smile. The background is plain white.

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:
***RESPECT AND WISE USE
OF NATURAL RESOURCES***

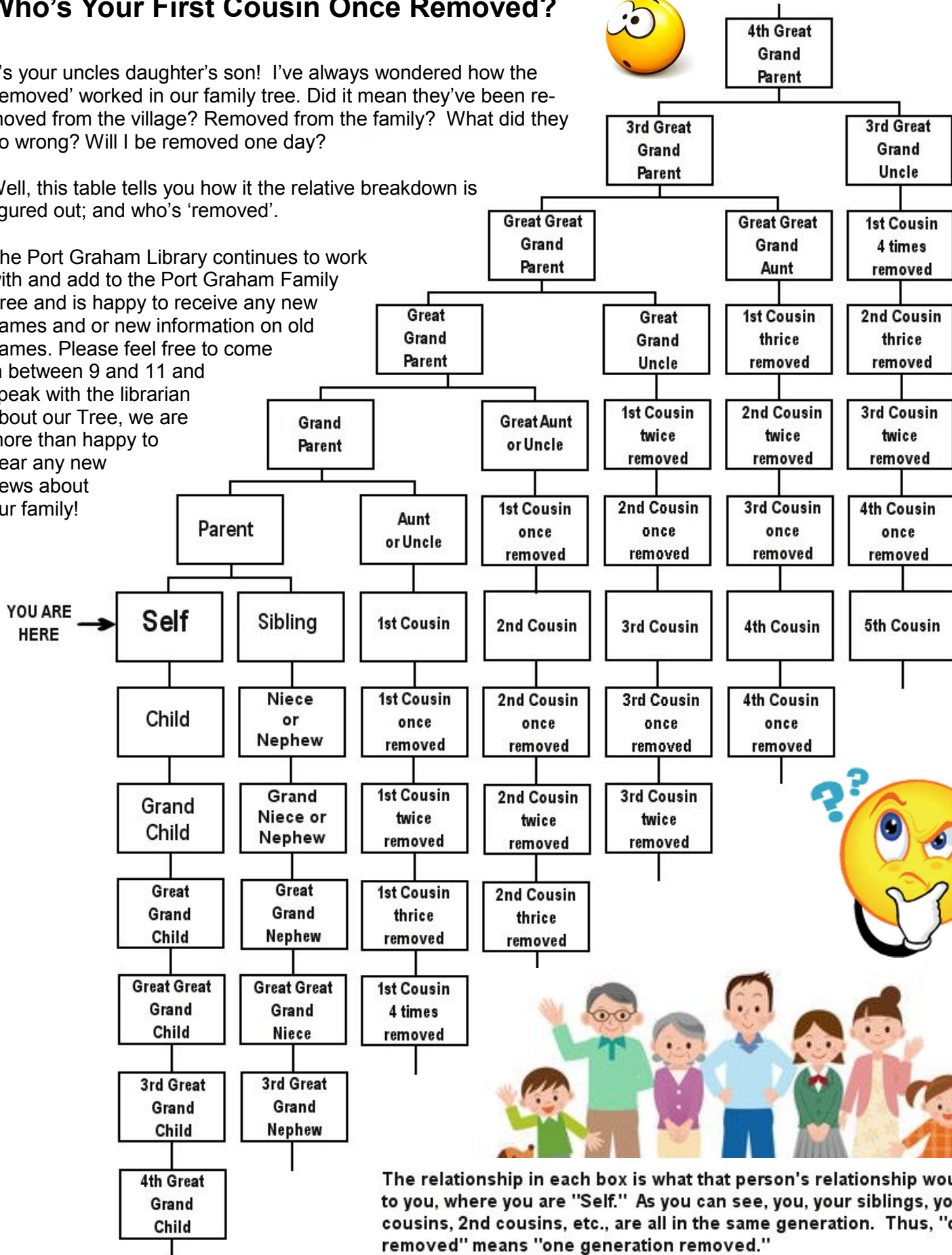
Who's Your First Cousin Once Removed?



It's your uncles daughter's son! I've always wondered how the 'removed' worked in our family tree. Did it mean they've been removed from the village? Removed from the family? What did they do wrong? Will I be removed one day?

Well, this table tells you how it the relative breakdown is figured out; and who's 'removed'.

The Port Graham Library continues to work with and add to the Port Graham Family Tree and is happy to receive any new names and or new information on old names. Please feel free to come in between 9 and 11 and speak with the librarian about our Tree, we are more than happy to hear any new news about our family!



The relationship in each box is what that person's relationship would be to you, where you are "Self." As you can see, you, your siblings, your 1st cousins, 2nd cousins, etc., are all in the same generation. Thus, "once removed" means "one generation removed."

Port Graham Community Events and Information

ADULT BASIC EDUCATION

at Kachemak Bay Campus

Individualized Instruction


- Reading, Writing, and Math
- Open to *anyone* to improve academic skills
- Prepare for a job
- Improve reading and spelling
- Math classes - Basic computation through geometry and pre-algebra
- Preparation for GED or college placement


Learn English


- Reading
- Vocabulary
- Writing
- Conversational Practice

Life & Career Skills


- Career Interest Surveys
- Time Management
- Goal Setting
- Interviewing
- Resume Writing
- Budgeting
- Computer Skills
- Much, much more!







Lolita Brache
Coordinator/Instructor
(907) 235-1606
lgbrache@kpc.alaska.edu






Michelle Waclawski
Instructor
(907) 235-1602
mwwaclawski@kpc.alaska.edu

This is a federally funded program under the ABE Program funded by a grant from the Alaska D.O.L.

PLEASE PAY YOUR WATER AND SEWER BILL TODAY

FOR YOUR CONVENIENCE
WE ACCEPT:



PORT GRAHAM CLINIC INFORMATION

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 regarding an emergency or for an appointment: 284-2295




If you have questions or need to schedule an appointment with any of the Behavior Health providers, you can contact them at the PG Behavioral Health Office at 284-2261 or call the clinic receptionist.

PG CLINIC SUMMER HOURS

MAY 29 - SEPTEMBER 4
(9.375 hour days w30 minute lunch)

Mon—Thurs
7:30am—5:30pm

Friday
8:30am—5:00pm
Darlene/Agnes 8:30a-5:00p M-F
Tania 7:30a-5:30p M-Th



12 Steps

12 Step Meeting Notices will be Posted at the Center, the Clinic and at each of the stores.

Please feel free to call the clinic for dates, times and locations of
12 STEP MEETINGS

Reminder:

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

*Clinic Summer Holiday Closures
4th of July and Labor Day (Sept 4)*





Nausak

(Sweet Coltsfoot)

Nausak is a great mild cough medicine and antispasmodic; effective enough that its distinctive leaf was used as the sign of the apothecary in times when most people could not read. Tea is drunk for colds, sore throats, tonsillitis, pneumonia, tuberculosis and other lung and respiratory problems. At least one person has said coltsfoot roots cured measles.

When to Gather: May – July (usually May through June, however, this year, it seems some plants are coming out about a month or so late; (this plant can be chopped out of the ground with an axe in winter (Port Graham students 1981))

Physical Characteristics: The leaves of the plant are generally toothed and triangular. The underside of

Medicinal Warning:

It's said by some that while coltsfoot is likely to be effective for minor respiratory complaints, its leaves and flowers contain pyrrolizidine alkaloids, which can damage the liver.

dried and chopped up so that they can be added to pancakes, fritters, etc. Young leaves can be added to soups or stews and small quantities of fresh young leaves can be used in salads. The leaves have a bitter taste unless they are washed after being boiled. An aromatic tea is made from the fresh or dried leaves and flowers. The dried and burnt leaves can also be used as a salt substitute.

Preparing for freezer storage:

People harvest sweet coltsfoot plants and roots during the growing season and freeze or dry them for future use. When dried, they boil them for five minutes or soak them in water overnight and then boil them.

Nutritional Value: mucilage, alkaloid, saponins, tannin (especially in the leaf), zinc, potassium, calcium.

Preparation Idea: dry and store it in mason jars; make a cup of tea with one average-sized leaf when in need of something just strong enough to get me to sleep without the throat-tickling cough that so often goes with winter colds.

the leaf is white with pubescent fuzz. Leaf width ranges from .3 to 12 inches. A central stem bears a single whitish, yellowish, or purplish flower or a cluster of flowers. Coltsfoot is found growing in bogs, wet meadows, creek sides, and other wet places.

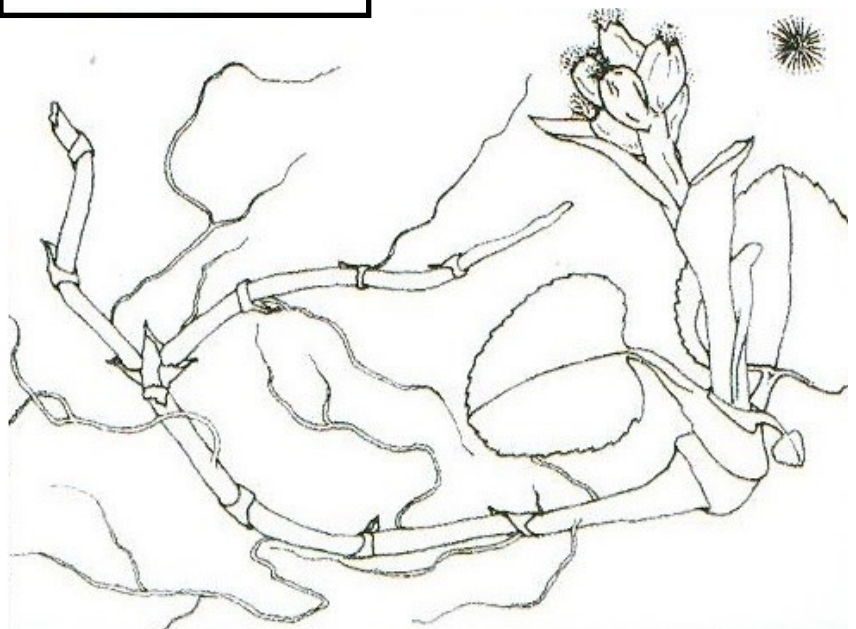
Collect: Flowers and Leaves and Roots

Clean: Rinse well (Rinse well after being boiled to alleviate bitter taste.)

Preparing and Cooking: When working with the...

Roots: After the long roots are cut into smaller lengths and mashed they are steeped or boiled and the tea drunk. (or stored)

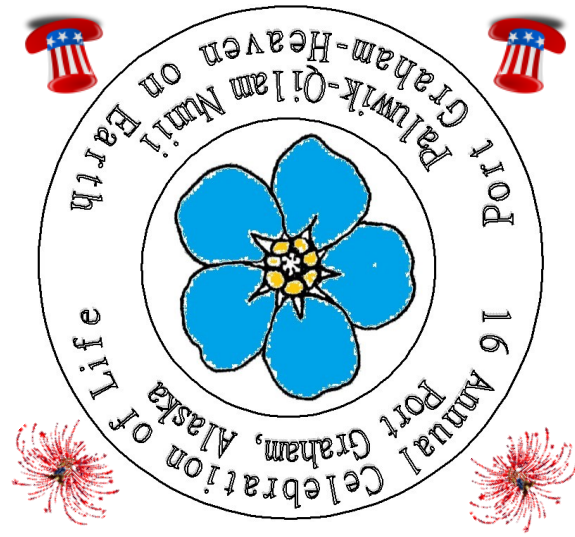
Flowers, Leaves, and Stems: Flowers, leaves and stems can also be eaten. They can be tossed into salads to add a wonderful aromatic flavor; or fill a jar with the flowers and add honey to make a remedy to help calm a cough or to sweeten a bitter herbal tea. Flowers can be





3rd and 4th of July

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



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

63795 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

TELEPHONE DIRECTORY FOR EMERGENCIES

PATRICK NORMAN:
CHIEF
OFFICE: 284-2227
HOME: 284-2203

Clinic: 284-2241
Visiting Provider: 284-2295
Darlene Anahonak: 284-2220
Tania McMullen: 284-2332
Agnes I. Miller: 284-2229
Behavioral Health 284-2247

**'POST OFFICE'
DIRECT LINE
284-2206**



**PORT GRAHAM
VILLAGE COUNCIL
MEMBERS:**

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

In This Issue

Celebration of Life	1
---------------------	---

Traditional Value	2
-------------------	---

Who's Your First Cousin?	3
--------------------------	---

Community Events and Information	4
----------------------------------	---

Nausak	5
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