



## ‘Tamamta Litnaurluta’ (Learning Together)

### Language Training Was Attended by Many!



Nita Rearden working with Shane & Michelle

*First off, Thank you very much for coming to our Sugt’stun Language parent / community training. The amount of parents, grandparents, and extended family attending showed me that there is interest in our community to carry on learning our language. From what I saw at the training, I believe there will be many of the ideas taught at the training practiced at home and around our community during summer break!*

*This is a very exciting time in our community. With all of us working together on our language and strong traditional values, I believe we will be bring up the next generation of leaders with stronger traditional ties to their families and in turn to their tribe.*

*in our children and themselves as they learned. Let’s continue to use this information throughout the community. It will benefit all of us.*

*Please feel free to contact Rita or myself with any questions or comments.*

Patrick Norman, PGVC Chief  
ANA Immersion Project Director  
Rita Meganack, Coordinator



Cyrena passing on knowledge to Joslyn



Patrick Norman, helping out a youngster

*Information and suggestions were offered on how to keep up the language lessons and how to use various materials at home. Along with all that training, there was also a new sense of belief in themselves given to both parents and our children in those two days. I watched as the parents and community members beamed with pride*



Mary and Stella discussing the lesson plan





**The Native Village of  
Port Graham  
Traditional Values**

**With guidance and  
support from our  
Elders, we teach our  
children Alutiq values**

**Sugpiaq/Alutiq Value of the Month:**

***Growing Sobriety***

# 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, **Kalihakpet**?



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](http://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: M-F  
9:00 – 11:00 am

## PORT GRAHAM CLINIC INFORMATION



### 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 Providers are Michael Horton, Pheobe Proudfoot & Cisco Panamera

If you have questions or need to schedule an appointment with any one of the Behavior Health providers, you can contact them at the PG Office, 284-2247 or Call the Clinic Receptionist. (If there's no answer, please leave a message, your call will be returned)



Left to Right: Michael Horton, Pheobe Proudfoot and Cisco Panamera

PLEASE REMEMBER TO BRING YOUR CLOTH/CANVAS BAGS WHEN YOU SHOP!



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)





## Focusing on What Matters Most...

Preparing for the end of life often is a very stressful time. It can be a time of reflection, resolution and peace. Nationally recognized end-of-life care authority Ira Byock, MD, has worked with many people as they end life's journey. He says there are four simple phrases that become even more meaningful during this time. They are everyday guides for doing the right thing, reconciling rifts in relationships and cutting through "old" history: "Please forgive me," "I forgive you," "Thank you" and "I love you." In his book, the Four things that Matter Most, he notes that these "four things" simply address what is important in life and extend to every day. "These four simple sentences are powerful tools for improving your life," he says. "But the four things can be used at any time. These four short sentences carry wisdom. They are what matters most in life."

Hospice of Homer is sensitive to the many personal and sacred moments clients and families experience when a loved one is facing death. With our team of service coordinators, volunteers, chaplain and grief counselors, we journey with each family, providing being supportive and encouraging environment for families to explore these four things.



### Please Forgive Me \*

Asking for forgiveness can be difficult, yet when a person admits a mistake and expresses this simple, powerful phrase it can feel like a heavy weight has been lifted. People do not want to carry this guilt.

### I Forgive You \*

Forgiving someone can sometimes feel close to impossible yet it can free a person from pain, bad memories and suffering. When a person is dying it can start the healing process and allow them to die in peace.

### Thank You \*

When someone says "Thank you," they are affirming all the things that made a difference in their life. As people get closer to the end of their life, sometimes it is difficult to remember the many good parts of life. Saying thank you is a gentle, yet powerful reminder of what matters in life and affirms the sweetness life held for them.

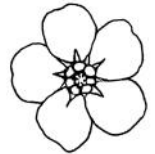
### I Love You \*

Saying "I love you," is how we prove that relationships matter. Reminding a person who is dying that he is loved is very important.

*find*  
**JOY**  
*in the*  
**ORDINARY**

## 50 Things to do Sober

1. Read a book
2. Take a walk
3. Play a musical instrument
4. Knit
5. Clean your closets
6. Research your genealogy
7. Cook a gourmet dinner
8. Write an article for a local paper
9. Go take some pictures
10. Clean mildew in a bathroom
11. Start writing a book
12. Plan a garden
13. Plant a garden
14. Play with a pet
15. Read to a child
16. Visit someone older
17. Watch a news special on TV
18. Set up a family budget
19. Make a web site
20. Take up archery
21. Exercise
22. Go to an online meeting
23. Surf the internet
24. Call your mom
25. Learn a foreign language
26. Write a poem
27. Play golf
28. Take a bubble bath
29. Draw
30. Teach a parakeet to whistle
31. Take a nap
32. Listen to music
33. Paint
34. Clean your desk
35. Start a stamp collection
36. Go window shopping
37. Browse in a book store
38. Go to an art gallery
39. Go for a drive
40. Paint a room
41. Watch the clouds go by
42. Play darts
43. Do target shooting
44. Do home repairs
45. Clean your garage
46. Sort your photographs
47. Make a scrapbook
48. Climb a tree
49. Plant a tree
50. Make marmalade





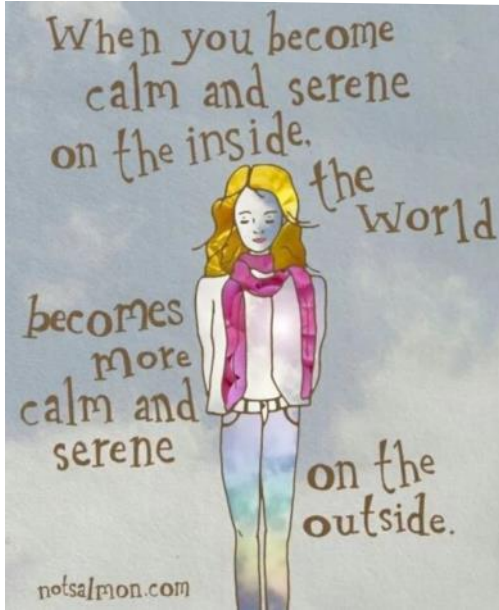
# ICWA

INDIAN CHILD WELFARE REPRESENTATIVE Jim Miller



# SOBRIETY ROCKS

## Good Thoughts on Sobriety...



“Nothing is more worthy of our time than the joy right in front of us, because in any given moment, that is where we have the opportunity to fully experience life. Not where someone else is, not where we suspect we should be, but right where we are.” Life as an alcoholic can be cold, lonely and bleak. It can cause you to lose people, opportunities and things that you really love in life. Sobriety is definitely achievable, as many people in the past have achieved it and many people will in the future. It will take some hard work, willpower and dedication, but if sobriety is your ultimate goal, then as long as you concentrate on

“I get to spend more and quality time with my family today. I found that I was pushing everyone who loved me away! Today I feel more connected and in touch with my community and my family than ever before. I have been blessed with Sobriety.” ~CJFJ~

“I really, really, really love being sober. For me it means freedom and restoration of sanity. It also made all of my relationships better and I have finances for other stuff. Anger, guilt, shame and fear no longer control my life.” ~JLM ~

the priorities in life, you can achieve it. Sobriety is a life-long fight for a normal, happy life, and sometimes it may seem to be impossible to maintain, but nothing is impossible, and as long as you set your mind to it, you can do almost anything. ~SAP~

“Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma – which is living with the results of other people’s thinking. Don’t let the noise of other’s opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.” ~Steve Jobs~

“This work kept me sober. It wasn’t a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.” ~Grapevine, 1958~

“Life is meant to be a celebration! It shouldn’t be necessary to set aside special times to remind us of this fact. Wise is the person who finds a reason to make every day a special one.” ~Leo F. Buscaglia~

“Sobriety was the greatest gift I ever gave myself. I don’t put it on a platform. I don’t campaign about it. It’s just something that works for me. It enabled me to really connect with another human being – my wife, Sheryl – which I was never able to do before.” ~Rob Lowe~

GETTING SOBER JUST EXPLODED MY LIFE. NOW I HAVE A MUCH CLEARER SENSE OF MYSELF AND WHAT I CAN AND CAN'T DO. I AM MORE SUCCESSFUL THAN I HAVE EVER BEEN. I FEEL VERY POSITIVE WHERE I NEVER DID BEFORE. AND I THINK THAT'S ALL A DIRECT RESULT OF GETTING SOBER

JAMIE LEE CURTIS

# PAIUWIK QILAM NUNII 2014



It was good to see Port Graham Tribal Members 'Celebrating Life' on the Third and Fourth of July this year at the Community Center.

Thank you for all the donations to help make this activity possible:

Variety Stores Deborah McMullen, Port Graham General Stores Alice Anahonak, Port Graham Corporations Lloyd

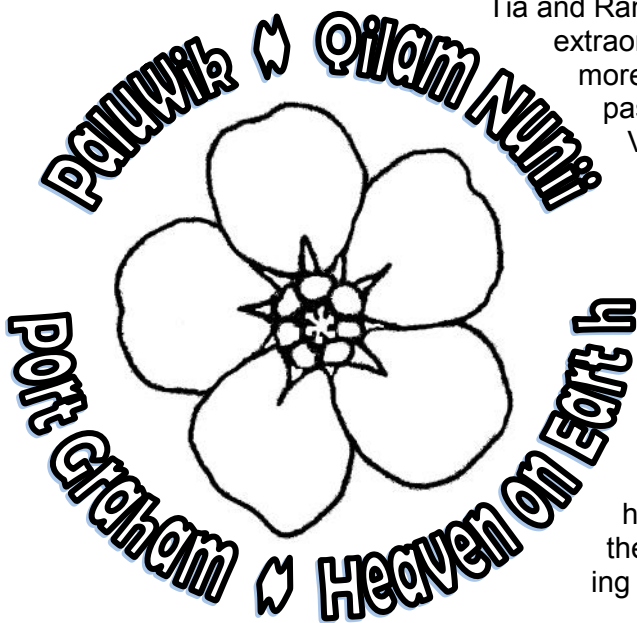


Stiassny, Chugachmiuts Jan Vanderpool, Smokey Bay Airs Gary, Homer Electric Associations Joe Gallagher, Church of the First Borns Rick Rictor, All Seasons Honda and Peninsula, ANTHCs Roald Helgesen, Port Graham Developments Walter Megnack Jr., NPRHAs Olen Harris, North Star Health Clinics Phyllis Wimberley, and last but certainly not least, Homer Air Services, Dave Rush.

A barbeque provided by North Pacific Rim Housing Authority on the first day was delicious, as usual. Thank you

Tia and Randy for showing up to be our chefs extraordinaire. There was a parade with more vehicles participating than in years past. A huge *Thanks* goes out to the Village Council for providing decorations for everyone to enjoy draping their cars with. They sure were red, white and blue banded!

Kids and grownups alike had fun playing games. A big game was tug of war. Watching the line of characters' throwing eggs and water balloons at each other was rousingly funny, the contestants' had everyone in stitches. Of course, the balloon popping game was exciting as well.



# PAIUIK QIAM NUNII 2014



Thanks to Trudy, from Chugachmiut, we got to make tie dyed t-shirts again this year! And Christalina had a line of people for face painting both days.

The Traditional Native Food Celebrate Life Cook-off was as competitive as ever with traditional dishes of seafood chowder, crab salad, and

sikyag in the running for first, second and third places! Although there was a little snafu with the who was the owners of each of the dishes because of the confidentially plan of who cooked what. The judges fortunately knew which dishes they had chosen, and here's the results:

- 1st place** Fran Norman,  
with her infamous Sikyag
- 2nd place** Daryl Kruen,  
with a Crab Salad
- 3rd place** Tia Wakole,  
with a Seafood Chowder

## DESERTS:

- 1st place** Charlemain McMullen  
with a luscious pudding cake
- 2nd place** Anesia Metcalf,  
with a Banana Cream Pie
- 3rd place** Heather Joseph & Darlene  
Anahonak tied for 3rd

On a personal note, It was fun celebrating the Fourth of July again this year. We used to celebrate the Fourth of July here all the time. It sure does take me back to some good old days...

I still remember Lydia encouraging us to participate in a talent show every year, and we did. And I remember those red and white uniforms of the drill team. I always thought they looked so patriotic when they marched on the fourth. Another fond memory is one of when Jackie sewed clown outfits for a bunch of kids and did up their faces to walk in the parade. I hope that each year we are able to enjoy celebrating it one way or another.

Christalina Jager, 4th Enthusiast



This year, we had a special coloring activity to color a fish and add it to a mobile here in the center. We had a lot of wonderful contributions as you can see in the photo above.



# 2014 Chive Picking



Feona and  
Melissa walking  
the meadow.

6 mile

Chive Meadow



Mia showing  
the correct way  
to pick chives.



# Picking & Jarring Wild Chives

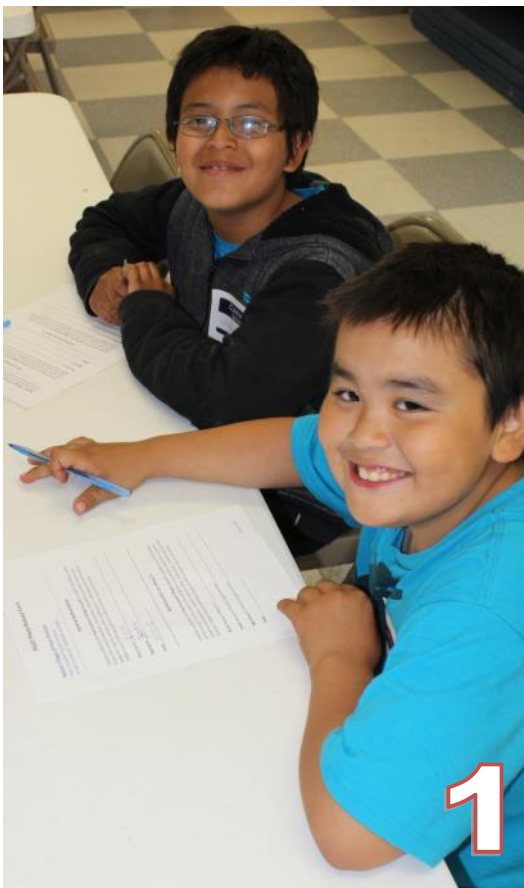
The materials you need when you're going to pick and jar chives are: a Ziploc bag (or garbage bag), bug repellent, field cards, knife, cutting board, rock salt, jars, pressure cooker. This was the first information given to the dozen or so that showed up to do chives picking on June 24<sup>th</sup>.

Three programs have come together to participate in parts of a NEW plant project together. They are the Language, Tribal Youth, and a NEW Plant Program. All of us coming together are in keeping with our traditional values theme here at the Village Council. The plant project will make use of the metal name boards we have of the various medicinal plants that can be found in the Port Graham area. The Plant project will also be constructing an application that can be downloaded to an electronic device. The application will



have information about these and other plants. The expectation of this project is for the youth to learn from the elders about local plants that they and their parents used long ago and still use today.

The Language program 'lessons' are being used during these 'plant lessons'. It seemed like a perfect opportunity to learn the suq'piat words used to describe the plants and the processes. As for the work with the Tribal Youth Program (TYP), one of the main pushes for our TYP has been to bring our Youth and Elders together and to encourage interaction with each other. Hopefully our Elders would then be able to seize the opportunity to pass on their extensive traditional knowledge to our younger generation.



1. Nauvan and Mister enjoyed the chive picking and preserving lesson.
2. Jenny Kamluck cutting her chives.
3. Mary Malchoff explains how she was taught to process chives.
4. Stella Meganack also shared her elder knowledge during the activity.
5. Mia worked a special language lesson for youngsters too.
6. A nearly completed jar with rock salt to preserve the chives.




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

See us on the Web at:  
[www.portgraham.net](http://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*
- **Melinda Kamluck,**  
*Member*
- **Tania McMullen,**  
*Member*

# Emergency Phone Numbers:

**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 &**  
**On Sundays 11-noon: 284-2320**  
**Behavioral Health 284-2247**

*In This Issue*

Tamamta Litnaurluta'	1
Traditional Value	2
Community News	3
Focusing on What Matters Most	4
Good Thoughts on Sobriety	5
Paluwik Qilam Nunii	6-7
Chive Picking/Preserving	8-9