

KALIKAHPET



PORT GRAHAM VILLAGE COUNCIL ANNUAL MEETING



The Village Council's Annual Meeting Port Graham Village Council held their 2016 Annual Meeting on Thursday, April 14, 2016.

There was a good turnout of community members in attendance this year. Each of the Council's employees gave a report on what activities were provided during this past year, and what is expected for this year.

One of our regular guests who we have join our annual meeting is NPRHA Executive Director, Olen Harris; he talked about how the housing program is running and reminded community members to fill out a weath-erization application as each applica-tion is considered on a case by case basis and, if accepted, housing can make (in some cases, much needed) improvements that can dramatically change a homes fuel burning de-mands.

Jan Vanderpool, from Chu-gachmiut also came and talked about the programs and grants that Chugachmiut has that Port Graham benefits from. She explained how a few things have changed in regards to General Assistance through Chu-gachmiut. Jan also introduced a new Health Director, Kelley Baker. Kelly comes to our region with an exten-sive background in the health man-



Our CHA's were honored for their tireless work in the clinic helping all of us stay or get healthy! Thank you Tanya, Agnes and Darlene!

agement field. She brings to our region a wealth of information and she's raring to start working with the people she's here to serve.

Three (3) council seats were open and were filled by the follow-ing returning council members:

- Stella Meganack, as Member**
- Melinda Kamluck as Member**
- Tanya McMullen as a Member**

Chief Patrick spoke of the con-tinuing efforts through an ANA grant to enhance our communities traditional values with our ANA Immersion Project, Tamamta Litnarluta, meaning We All Learn Together. There is still many ac-tivities left for community mem-bers to participate in.

The council continues to place an encouraging emphasis on Port Graham's Traditional Values and celebrates people young and old who are practicing these tradition-al values:

“SPIRITUALITY, RESPECT FOR ELDERS, GROWING SOBRIETY, HONESTY, RESPECT AND WISE USE OF NATURAL RESOURCES, LOVE FOR CHILDREN, FOR-GIVENESS, OPENNESS, TRUST-ING, SHARING, LOYALTY, UN-

Continued on page 6



DIVISION OF SUBSISTENCE — ALASKA DEPARTMENT OF FISH AND GAME WILL PRESENT A NEW RESEARCH PROJECT FOCUSED ON SUBSISTENCE SALMON HAR-VESTING AND MONITORING

THURSDAY MAY 12, 2016 AT 10 AM (light refreshments will be provided) at PORT GRAHAM COMMUNITY CENTER

For more information, please contact Malla Kukkonen, subsistence resource specialist in Anchorage at 907-267-2119 email mal-la.kukkonen@alaska.gov.



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:

RESPECT FOR ELDERS

ANA IMMERSION PROJECT

Tamamta Litnaurluta: We All Learn Together



Rita Meganack, Program ANA Language Coordinator

Quyana to all, for your continued support!

Chugach Alaska Corporation

Port Graham Community Members

Port Graham Corporation

Kenai Borough School District

Chugachmiut

Port Graham General Store

Port Graham Village Council and Staff

Variety Store

Camai Paluwik!

Activities to complete from now until July 31st are listed below; These activities are open to for the community to join.

ACTIVITY	HOW MANY	DATES
Saturday Camp	(3)	May thru July (please watch for flyers)
Parent Classes	(20)	Start May 32 — end June 20
Education Committee	(6)	May thru July (please watch for flyers)
TPR Training	(1)	Date to be determined

Saturday Camps are based on cultural events on what is in season; Last year we did trout in May and taught students how to round haul schools of trout up the bay, then how to clean and hang them.

Parent Classes is where we teach parents what is taught at the school based on curriculum.

Education Committee is the ANA staff who meets to discuss the current needs of the ANA grant

TPR Training (TPR = Total Physical Response) is taught by *Nita Rearden* who has experience in this area to expand our teaching abilities to students /parents / community members.

Questions/Comments please stop by or give us a call:

Rita Meganack. Language Coordinator

Office Hours - M-F 8:00 A.M. to 5:00 P.M. 284-2227
or email me at ana.language.coordinator@gmail.com

Ephimia Dumont

Office Hours Mon.-Thur. 9:00 AM to 4:00 PM Fridays, 9:00AM—3:00 PM
School Schedule – 9:00 AM—9:15 AM, 1:00 PM – 2:15 PM

When not at the school, you can contact Mia at the Council Office 284-2227 or email

Ephimia.dumont@gmail.com



Our Mission is
to “*Firmly establish a
community wide environment
which supports the learning
and revitalization of
Sugt’stun, so that it becomes a
natural medium of
communication in our village*”

Daryl is Leaving Port Graham!! : (

Daryl J. Kreun breezed into Port Graham like a williwaw five years ago and really made a mark on our little town. He first crushed it as a secretary at the school, then went on to help put together some excellent grants that totally benefit the whole village and finally, he's helped bring CAC's furthering education information to everyone qualified and or interested. You've been a GREAT asset to our little village and we thank you for all you've done. We look forward to seeing you again once you become a certified massage therapist and come back to dazzle us with your aromatherapy knowledge! Good Luck Daryl!



Christalina Jager, Librarian

Library Chatter on Must Reads.....

Here are 10 Books Every Child Must Read or be Read to Before Kindergarten... and Why

One Fish Two Fish Red Fish Blue Fish by Dr. Seuss (1960)

You can't go wrong with any Seuss book, but the singsong verses, real and imagined beasts (like a seven-hump Wump), and simpler story line in this classic tale will have kids roaring. It's also chock-full of "sight words" for 4- and 5-year-olds and colors for younger kids.

One Family by George Shannon and Blanca Gomez (2015)

Featuring multicultural families of many sizes, this counting book cleverly introduces the concept that "one" can mean a single item or a collection of things. A page reads, "One is eight. One box of crayons. One row of ducks. One family."

Monsters Love School by Mike Austin (2014)

Bright colors and cheery monsters sweep kids up in the excitement of starting school. But the book also touches on children's fears and apprehension, like when monster Blue asks, "What if I get hungry?" and "What if no one likes me?"

Where the Wild Things Are by Maurice Sendak (1963)

Wild child Max gets sent to bed without supper after threatening to eat his mom. But her next move puts this book on the list because the message of unconditional parental love—even when you misbehave—is reassuring to kids.

Where the Sidewalk Ends by Shel Silverstein (1974)

No one will appreciate these nonsensical poems more than preschoolers. One silly rhyme: "Teddy said it was a hat/ So I put it on/ Now Dad is saying/ 'Where the heck's the toilet plunger gone?'"

Dane Tashima Bully by Laura Vaccaro Seeger (2013)

This 21-word story gets to the crux of teasing and forgiveness: A bull calls a chicken, well, "Chicken!" and tells a turtle he's a slowpoke. But when a goat retorts that the bull is a bully, he apologizes and the animals play together.

Llama Llama Time to Share by Anna Dewdney (2012)

One of most compelling stories about sharing, this book explores what happens when a llama won't let the new neighbor girl play with his toy.

Chicka Chicka Boom Boom by Bill Martin Jr., John Archambault, and Lois Ehlert (1989)

In this fun rhyming tale of A to Z climbing up and falling from the coconut tree, kids learn their letters without even realizing it. Bonus: The front and back inside covers colorfully depict the upper- and lowercase alphabet so you can work on letter recognition with your child after the story.

Don't Let the Pigeon Stay Up Late! by Mo Willems (2006)

From "I'm not even tired!" to "Can I have a glass of water?" to "I'll go to bed early tomorrow night instead!" the stalling tactics of a cute pigeon who claims he isn't sleepy sound familiar. This book will help your child laugh at his own behavior—just when you need to stick to a bedtime routine the most.

Charlie and the Chocolate Factory by Roald Dahl (1964)

Chapter books aren't just for older kids! The story of Willy Wonka's mysterious candy-making operation will hold your child's attention night after night and expose her to a more sophisticated plot.

You can read full reviews of all the books at [Common Sense Media](http://CommonSenseMedia.com)



Port Graham 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 in *startling color* online at our website:
www.portgraham.org

PORT GRAHAM 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



PLEASE PAY YOUR WATER AND SEWER BILL TODAY

FOR YOUR CONVENIENCE WE ACCEPT:







+ **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

MEETING!

Behavioral Health Information

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 284-2247 or call the clinic receptionist.



Domestic Violence Advocate Information

Ingrid Harrald, Port Graham's Domestic Violence Advocate will be in town May 9—11th If you would like to schedule an appointment with her, please call 284-2241.

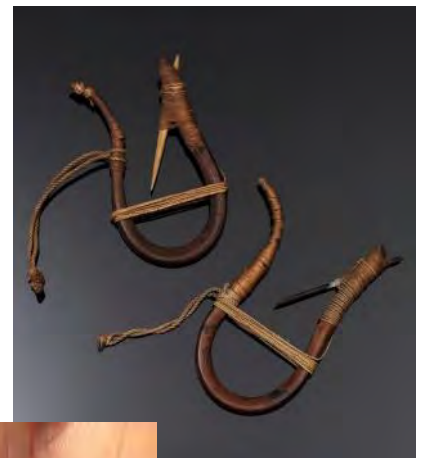
DENTAL VISITS

ADULTS

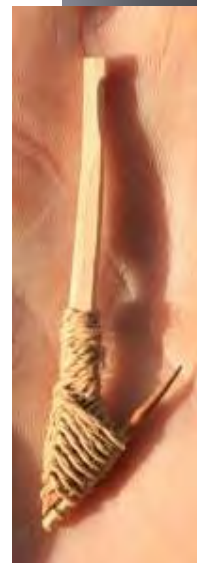
Dr. Nolan and Angela McKinney will be in May 23-27, 2016

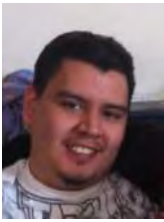
CHILDREN

Dr. Holander with SCF will be in June 6—10, 2016



DIY FISH HOOKS





Chugachmiut Local Education Coordinator

Tim Malchoff, Local Education Coordinator

Continued from page 1

PGVC ANNUAL MEETING

CONDITIONAL LOVE, CARING, TENDERNESS, HUMILITY, STRENGTH, COURAGE, HELPFULNESS.”

‘in living our Traditional and Spiritual Values with our family and community we practice ... knowledge of language, unity, heritage, subsistence, family roles, survival skills, life skills, medicinal herbs, artistic expression, knowledge of family tree, community uniqueness...and this makes us who we are.

During the Council’s Annual Meeting a great number of certificates were passed out to *many* deserving people. The Port Graham Village Council places an encouraging emphasis on Port Graham’s Traditional Values and celebrates people, young and old, who are practicing them.

Staff recognition:

Rita Meganack

2014 Elders:

Marlene Norman and Nick Moonin

2014 Hunter:

Bobbie Sue McMullen

2014 Jr. Hunter:

Ashton Meganack

Growing Sobriety:

Ephim Kamluck

2014 Volunteer:

Richard Moonin

Melinda Kamluck even surprised Fran with a certificate of appreciation for all the hard work she puts in doing her job as Tribal Administrator.



Working to Preserve our Heritage and Culture

As a reminder, some of you may know, I have taken a position with Chugachmiut as a *Local Education Coordinator* (LEC).

Each of the 7 communities in our region have an LEC and we will be working together to revise and develop sets of curricula that can be used in the schools to educate students about our heritage and culture. Along with the curricula, we are also working on expanding on 10 Heritage Kits. These kits are used in conjunction with the curricula and can also be used as exhibits in the museum, schools, and even the council office.



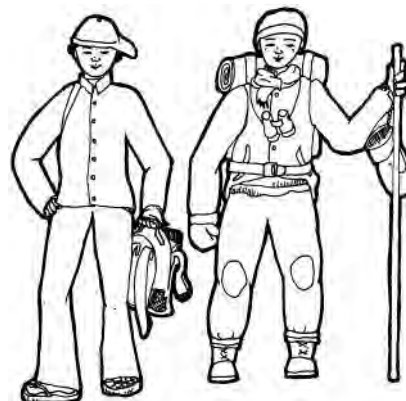
Valdez LEC Fran Kompkoff and I at a recent training session in Valdez.

Since we want to include as much Tradition Knowledge as possible, I will be asking for help along the way. I will be developing a Cultural Advisory Committee that will include Elders, teachers, parents and community members that have the knowledge needed to make culturally relevant kits and curricula.



help me develop this kit? I would love the opportunity to sit down with you and learn more about our past!

The kit I am currently working on is “**Pisurtut—They are Hunting**”. I am looking at the current set of curriculum activities and making sure they include Sugt’stun vocabulary and appropriate activities to teach students about traditional hunting techniques. Do you have any great stories, pictures or legends that would



Of these two young men, Which is the best prepared hunter, and why?



ICWA



INDIAN CHILD WELFARE REPRESENTATIVE Jim Miller

Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Resilience



“Resilience is the ability to recover from difficulties or change – to function as well as before and move forward. Many refer to this as “bouncing back” from challenges.” In fact resilience comes from the Latin work ‘resalire’ which mean ‘springing back’. The really good news is that resiliency can be learned even at a very young age.

Many of our children have suffered physical, sexual, or emotional abuse. More of our children have experienced emotional or physical neglect. Household and family dysfunctions that negatively impact the children are too common. These dysfunctions include substance abuse, divorce, mental illness, domestic violence and having incarcerated family members. Living at or below the poverty level is associated with higher prevalence of risk factors to emotional health & well-being& diminished protective factors. As the number of traumatic or adverse childhood experiences increases, so do the risk of disease, victimization, un-healthy behaviors, impairment, and premature death.

Developing Resiliency . . .

“I am not what happened to me, I am what I choose to become.”
~Carl Gustav Jung~

Make connections. Good relationships with family and friends are very important. Being active in school, community, and church to develop support systems that are good for everyone. Learning to give and receive help.

Avoid seeing crises as insurmountable problems. You can’t change the fact that highly stressful events happen, but you can change how you interpret and

respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

Move toward your goals. Develop some realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”

Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.



“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.”

~Elisabeth Kubler-Ross~



'POST OFFICE' DIRECT LINE 284-2206

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

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

In This Issue

PGVC Annual Meeting SOA Presentation	1
Traditional Value	2
ANA Language Immersion Project	3
Daryls Leaving! Library Chatter	4
Community Events and Information	5
Local Education Coordinator News	6
ICWA	7

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



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