

KALIKAHPET



MERRY CHRISTMAS



From All Of Us Here at The
Port Graham Village Council

Sledding Safety

CHECK THE FACTS BEFORE YOU CHECK OUT THE HILL:

Sledding and tobogganing are popular and enjoyable winter recreational activities. Every year, thousands of people take to the hills for a sport the whole family can enjoy. Unfortunately, sledding activities can lead to injuries and even result in death. Hundreds of children visit emergency departments every year for injuries while sledding. This winter, make sledding a SAFE, fun activity.

SLEDDING INJURIES OCCUR AS A RESULT OF: Colliding with another sled or obstacle, Losing control of equipment AND falling off equipment while sledding.

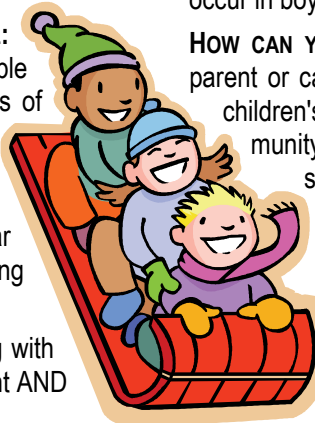
MAKE VEHICLES AWARE OF YOUR PRESENCE: Always be sure to make your presence obvious while your are sledding so any vehicles will not run you over while you are enjoying yourself.

WHO IS AT RISK? Although sledding injuries can and do occur in all age groups and to both genders, some age groups are at a

higher risk. The majority of sledding injuries occur to children between the ages of 5 and 14. In this age group, 60 to 70 percent of the injuries occur in boys.

HOW CAN YOU PROTECT YOUR CHILD FROM SLEDDING INJURIES? As a parent or caregiver you have one of the greatest influences on your children's behavior. Educate yourself, your children and your community about sled safety and how to operate and maintain safe sledding areas.

CHECK OUT THE VIEW: Choose hills with a gentle slope and long run-off area. Choose snowy hills and avoid icy surfaces. Be sure hill is free of holes and obstacles such as trees, signs, fences and rocks. Stay away from **roads, rivers, railways and parking lots**. Only sled in the daylight or on well-lit hills.



**Drivers, Please
watch for sledders!**

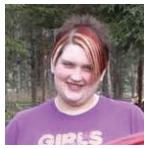




School Blurbs:

PROJECT GRAD'S COLORING IT UP!

By Elizabeth Ukatish



Interested parents and community members from Port Graham are invited to join us Saturday, December 3rd from 10 to 3 at the school.

This will be a Student-Led Training to introduce

“Helping Kids Succeed
— Kenai Style —”

7 Phactors of this
Full-Spectrum Approach
— ROYGBIV—

The mnemonic used to remember the colors, and their order, in the rainbow.

Red / Orange / Yellow / Green /
Blue / Indigo / Violet

Phactor Red

- RED is the foundation of Helping Kids Succeed.
- RED represents the Rule of Five.
- For a majority of the world's young people, five is the number of adults needed to ensure their rich development.
- The presences of these adults decreases the likelihood of kids falling through the cracks. These adults (called ANCHORS) guarantee that kids will achieve in school and become active participants in their community.

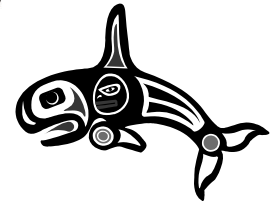
Port Graham K—12 School is having a

Children's Christmas Program

December 16th at 6:30pm



Please Come Help
Us Celebrate the
Season!



Killer Whale Dates to Remember:

Dec. 09 Black & Whites!/School out at 2:45

Dec. 16 No School/In Service for Staff

Dec. 16 6:30PM/School Christmas Program

Dec. 23 & 26 No School/Traditional Christmas Break

Dec. 30 Black & Whites!/School out at 2:45

Jan. 02 No School/ Day After New Years

Jan. 9—20 No School/ Winter Break

Jan. 23 BACK TO SCHOOL!!

Site Base Committee Meeting



December 13, 2011

At 5:30 pm

In the Port Graham School

The Site Base Committee is a great place to voice your opinions and any ideas you may have for the best interest of our school. Community members are always welcome and encouraged to come and join in our meetings. If you have any questions please contact Adrienne Moonin at 907-284-2210.

COMMUNITY EVENTS AND INFORMATION

THIS HOLIDAY SEASON,
SUPPORT
LOCAL AND
INDEPENDENT
ARTISTS, DESIGNERS
AND CRAFTERS



Family Fun Night!

Wednesday, December 14th
6 till 8 p.m.

Holiday Bazaar

Buy, sell or trade your Native arts & crafts, Native foods, or other special Christmas stuff at the community center.

Monday, December 19th
7 till 9 p.m.



Contact

Felicia or Josh at 284-2227

if you have any questions
or suggestions.



Create Your Own Stocking!

For more Information Contact
Adrienne at 284-2210

Or

Polly at

284-2227



New Hire, or New Position, Welcome!

CAC BOOKKEEPING APPRENTICE

by Felicia Yeaton



DO YOU WANT TO LEARN Bookkeeping?

That's what they asked me in June, at first I was cross training to be a back-up for the existing bookkeeping, then Dana was hired as a Village Bookkeeper, so the I became the new CAC Bookkeeping Apprentice. I will be receiving bookkeeping training throughout the next year so I can be backup for Dana should the need arise. My office hours are 9-4 Monday through Friday.



ENVIRONMENTAL TECHNICIAN

by Moriah Marquez



Camai Paluwik,

I am Moriah Marquez, formally known as Morial Kvasnikoff. I work for the Village

Council as the Environmental Technician. My job is to work with the community on specific environmental issues. If you have any recommendations or questions about our environment in the community, please don't hesitate to call me at the Council office. My office hours are 9-4 Monday through Friday.

ADMINISTRATION FOR NATIVE AMERICANS PROJECT COORDINATOR

By Daryl Kreun



My name is Daryl Kreun and I have been hired as the Project Coordinator under Administration for Native Americans, a grant funded by the Department of Health and Human Services.

As the Project Coordinator my primary goal is to fulfill the grant objectives: A Governance Project; to provide and assist training with roles and responsibilities to create the most effective Tribal Council and Tribal Administration in order to fully respond to the needs of the community of Port Graham.

My past work experience will help me complete these objectives, worked at REI and Senior Management at Macys in Seattle, worked with CRRRC, Chugachmiut and Nanwalek IRA Council as the Tribal Youth Program Coordinator in which completed a grant through the Department of Justice and finally the Port Graham School Administrator Assistant just last year through the Kenai Peninsula Borough School District. I've volunteered at Anchorage Military Youth Academy, Kenai Peninsula Project GRAD, and Kenai Peninsula Tribal Youth Council.

I am the grandson of Demetri and Barbara Moonin and a Port Graham Tribal Member. I enjoy kayaking, hiking, fishing, camping and photography in my spare time, this will be my 6th year living back in Alaska and looking forward to many more here in the Village of Port Graham.

Please feel free to contact me at the Tribal Village Council if you have any questions about this grant and looking forward working with the Community, Council Members and Administrative Staff. My office hours are 9-4 Monday through Friday.

GOVERNANCE- A better informed council to provide more thoughtful and effective leadership in the future of Port Graham



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, 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)

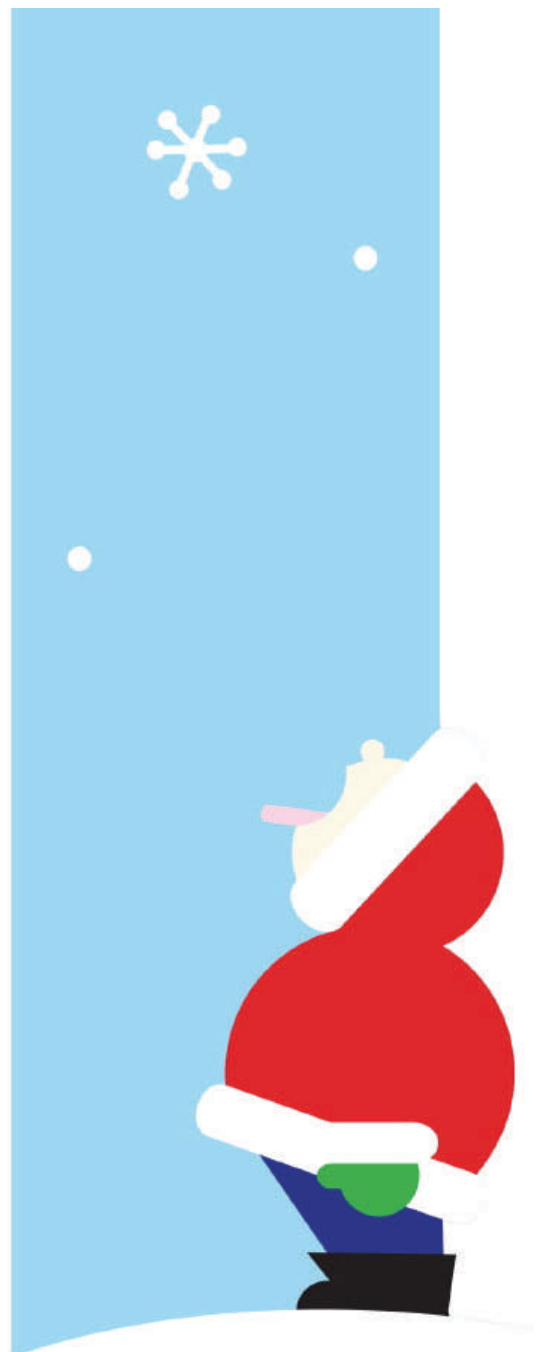
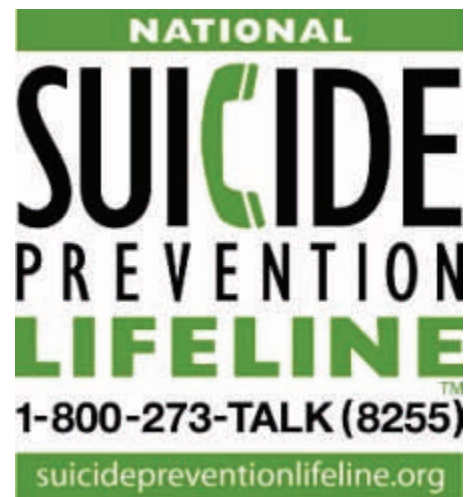


Drink Plenty of Fluids

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.



Happy Holidays



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



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

P.O. Box 5510
 Port Graham, AK 99603

PORT GRAHAM VILLAGE COUNCIL

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
 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
- **Walter Meganack Jr.,**
Member
- **Olga Fomin,**
Member

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Don't miss the Port Graham

holiday bazaar