

# KALIKAHPET

# Happy Turkey Day





# 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:

# LOVE for CHILDREN



## Tamamta Litnaurluta: We All Learn Together



Rita Meganack, Program ANA Language Coordinator

### “Where Are Your Keys”

With Evan Gardner & Susanna Ciotti



October 18-31 Evan Gardner, original of ‘WAYK’, came to Paluwik to help structure our teaching style with our Sugt’stun staff. Setting up a two week training, and splitting the day into group sessions, working with different Speakers and Learn-

ers everyday, for us to learn to use his WAYK structure.

#### Feedback from Participants:

**Michelle “Malaniakca”**...“Where are Your Keys Training’ taught me how to hunt for Sugt’stun Conversations! Yeah!”

**Ephimia “Apamia”**...“I learned how to use complete questions and responses’ in Sugt’stun.”

**Naomi**...“The ‘Where Are Your Keys’ training was amazing to be part of. I got to expand my language skills, interact with Elders in our language. I was able to teach 2 night sessions from 7—8pm. I know how to ask anyone if they want coffee. Quyana for letting me be part of this!”

**Pat**...“I knew a lot of single words, but with these past trainings, I am learning how to put them into sentences, so I can have conversations with Elder speakers”

**Rita**... “Seeing all the different participants throughout the two weeks has amazed me. Seeing non speakers learning our language, to people who speak it, riddle their brain on the next sentence they need to comp up with. This training has impacted our Learners and Speakers; We are now on a path of learning how to interact with our Sugt’stun language! This training has made a difference in our Sugt’stun teachers, staff and community members that attended.”

**Mary**...“Lots of learning, waking up my Alutiiq brain, beautiful language we have and fun bonding with groups, I have a better understanding of our roles as an Elder.”

#### NEXT VISIT:

*‘Where Are Your Keys’ next visit, we are working with them and our grant to bring them back. Please, if you missed this training and want to learn our language, this is a great start for you! Come and experience for yourself how this “WAYK” works!*

#### 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](mailto:ana.language.coordinator@gmail.com)

**Ephimia Dumont and Michelle Hetrick**

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 or Michelle at the Council Office 284-2227 or email

[Ephimia.dumont@gmail.com](mailto: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”*

# Everyday Habits That Improve Mood ... According to Science



- **Smell the roses**

Harvard research found that folks who kept freshly cut flowers in their home for a week reported feeling more energized and less anxious.

- **Spend wisely**

San Francisco State University researchers discovered that splurging on life experiences (like a weekend trip) made people happier than purchasing material items.

- **Switch to Iced Coffee**

Downing four or more cans of sweetened soda a day raised a person's risk of depression by 30 percent, while drinking four cups of coffee a day lowered the risk by 10 percent, according to a 2014 study.



- **Consider a Vitamin D supplement**



A study of more than 12,000 people found that those with the lowest levels of vitamin D were the most likely to be depressed.

Talk to your doc about getting a blood test to see if you're deficient.

- **Work out regularly**

Starting a fitness routine between the ages of 20 and 40 that includes three sweat sessions a week could reduce one's risk of depression by about 16 percent.

- **Cut back on Facebook...**



The site was associated with a decline in overall happiness and life satisfaction in a 2013 University of Michigan study.

- **... And Meditate instead**

A daily practice might help *some* people relieve anxiety and depression, found Johns Hopkins research published last year in JAMA Internal Medicine.



Community Health Representative (CHR),

**Lydia McMullen**



**Cama'i !**

Greetings! I recently returned to work as your Community Health Representative (CHR) with PGVC. Please stop by or call me at 284-2227 Monday thru Friday, 9:00am-12:00 noon, and 1:00pm - 3:00pm.

If you have **concerns or need help** as one of our respected elders or community members in our Traditional Native Village of Port Graham please contact me.

With Joy, we will be holding an **Elders Tea Luncheon** twice a Month. Our first luncheon on Wednesday, November 11<sup>th</sup> at 12:00 NOON at the PGVC Community Center. So Elders please stop by for a snack and visit.





INDIAN CHILD WELFARE REPRESENTATIVE Jim Miller



## Love of children

We all *want* to be loved, to have someone truly care how we are feeling and if our needs are being met. It is wonderful to be loved unconditionally through life's ups and downs, to know that someone will be there for us no matter what. To be loved when we're not really looking good or doing good is when we need that love the most.

Traditional natives begin loving their child even before it is born, we sing to them, tell them stories, feed them only good food and pray with them. We know that their lives are sacred. After they are born we continue to meet their physical, mental and emotional needs. Scientists have shown that infants that are not held and loved do not thrive the way a child should, the child may even die without love. It requires selfless devotion and sacrifice to raise that child up in a safe nurturing home. Love is a choice. The child who is not loved is at a higher risk of disease and addictions than the children who are surrounded by loving family.

To understand  
your parents' *love*  
you must raise  
children **yourself.**

Chinese proverb



I am pleased to announce that I was hired as the Chugach Alaska Corporation (CAC), Social and Economic Development (SED) & Education, Employment and Training (EET) Apprentice for the Port Graham Community. This new, 1 year pilot program created SED & EET Apprentice positions throughout the CAC region to assist with SED & EET Opportunities within our communities.

During this one year program, I will continue my work at the Port Graham Village Council Office as the CAC Apprentice. This position will work with the Tribal Administrator to identify a list of current local project areas pertaining to social, economic development, education, employment and trainings opportunities. Also may include tasks in support of strategic planning, community outreach, and coordination, development of new funding proposals, reporting on existing projects and programs and working with regional affiliated organizations.

One major accomplishment was the **Career, Job & Educational Fair** in partnership with the community of Nan-

During fourth quarter, we continued to work with Kimberly Martus, P.D. with two scheduled on-site visits in August and September. The July schedule visit was postponed due to technical issues with the contractor but resumed the next few months after to provide trainings and recommendations to the Council and Tribal Court Committee. These recommendations were made to the Tribal Ordinances, By Laws, and Policy and Procedures but also included recommendations on the Tribal Constitution and Tribal Court Strategic Plan which was developed in January during a visit from Leigh Ann McGee from OSIYO.



One key recommendation for Tribal Ordinances was to combine Ordinances into Codes, mainly to Ordinance 10; *Providing for a Tribal Court* and Ordinance 10; *Tribal Court Structure* with the intention to unite ideas and concepts into Codes to further enhance and improve continuity and to also connect both Ordinances 10 and more defined terms, recommendations as follows;

- Section 3. Jurisdiction;
- Section 4. Tribal Court Judges; Qualifications, Age, and Criminal Background Check Requirements.
- Section 5. Judge Disqualifications; Define Close Relative and Protection of Conflict of Interest.
- Section 6. Removal of Judges
- Section 7. Appellate Court Structure.

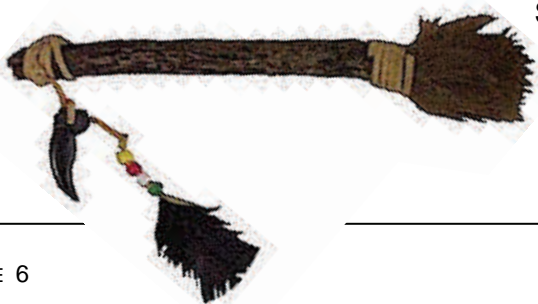


Additional recommendations to the Tribal Court Committee and Council Members regarding Tribal Ordinance 10 included additional Judicial Codes; Age Requirements, Training Requirements for Judges, Criminal History and Background Checks, Elected or Appointed and a Pool of Judges. Topics also covered Traditional Law, Qualification for Judges, and the Role of the Tribal Court

Committee; Protocols created for Law Enforcement, Tribal Court Advocates, Tribal Model Program, Treatment Opportunities for Domestic Violence, and continuing Peace Making Development.

These final activities will provide a solid foundation for our own Port Graham Tribal Court System. Again, I would like to thank the Council Office Staff, Council Members, Committee Members and Community Members that participated in trainings, informational activities and the ANA Pre & Post Project Survey's that have made this ANA Governance Project a success.

Sincerely  
Daryl J. Kreun  
ANA Project Coordinator





walek and their EET Apprentice; Sarah Evans. The Nanwalek IRA Council and Port Graham Village Council assisted to develop, schedule, and invite local and regional business, profit and nonprofit agencies and continuing educational programs to attend the Port Graham and Nanwalek Career Fair that was held on October 8, 2015. Thanks to the continuing

support from the Kenai Borough School District and Principal Nancy Kleine for allowing our programs to hold this year's Career Fair onsite at both schools.

We had (19) attendees that flew into Port Graham and Nanwalek within one day to meet and greet with community members and youth from both communities to provide information about continuing education, career and job opportunities. One program; National Park Service also provided on-site



**Graham Corp, English Bay Corp, NPRHA, KPBSD, ANTHC, AVTEC, Project GRAD, Kenai Peninsula College, Kachemak Bay Campus, Alaska Job Corp, National Oceanic & Atmospheric Admin, Cook Inlet Aquaculture Association, Bullet Proof Nets of Homer, & National Park Service!**

**Daryl J Kreun, PGVC**

presentation on Resume Building in both communities on October 9, 2015. Fiona, Park Ranger and Distant Learning Specialist from the National Park Service facilitated these on-site classes and will continue to work with local community members and youth on Resume Building development.

Thank you to all that attended the Career Fair as well as the presenters that made this event a huge success; **Port Graham Village Council**; Volunteer Firefighter Program, Environmental Program, **Nanwalek IRA Council**, **Chugach Alaska Corp**; Shareholder Development, **Chugachmiut**; Forestry & Fire Management, Social Services, & Health Services Programs, **Port**





# 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, **KalikaHpet?**

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



PLEASE PAY YOUR WATER AND SEWER BILL TODAY

FOR YOUR CONVENIENCE WE ACCEPT:



## Bookmarks



## 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.

Michael Horton,  
Behavioral Health



## Welcome Adrienne!

Welcome a New Receptionist at the Port Graham Clinic! Adrienne Moonin will be taking your calls at the clinic as well as making appointments. If you have questions or need to schedule an appointment you can contact her and she will take care of your every need.



Narcisco Penamora,  
Addictions Coordinator





Christalina Jager,  
Librarian



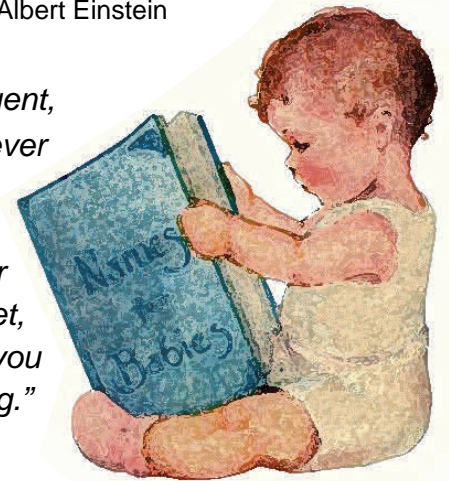
*The more that you read, the more things you will know. The more that you learn, the more places you'll go.* —Dr. Seuss

*I will defend the importance of bedtime stories to my last gasp.* —JK Rowling

*Books are a uniquely portable magic.* —Stephen King

*If you them to be more intelligent, read them more fairy tales.* —Albert Einstein

*You want your children to be intelligent, read them fairy tales. You should never read just for "enjoyment." Read to make yourself smarter! Less judgmental. More apt to understand your friends' insane behavior, or better yet, your own! Pick "hard books." Ones you have to concentrate on while reading.* — John Waters



# The Power & Importance of Reading

*Children are made readers on the laps of their parents.* —Emilie Buchwald

*A house without books is like a room without windows.* —Garrison Keillor

*There is no such thing as a child who hates to read; there are only children who have not found the right book.* —Frank Serafini

*One of the greatest gifts adults can give-to their off-spring and to their society - is to read to children.* —Carl Sagan

## Read to Your Child, then Talk about It..



It's *really* important for parents to read books to their children. It's also important to have discussions about the books you read to them because as children get older parents see that their child is

decoding a word, but because they spend their time decoding, they can't have a conversation about a book.

It's important at a young age to *really* have deep conversations about books. Ask questions like, 'Why did a character do something? Do you agree with what they did?' It's really asking them 'Why do you think that. What makes you think that? Would you do that? How would you do something differently?'. Set up your little readers to have conversations and be able to think about books even before they're doing the reading.





# 'POST OFFICE' DIRECT LINE 284-2206

See us on the Web at:  
[www.portgraham.org](http://www.portgraham.org)

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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



### 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*

## 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**

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