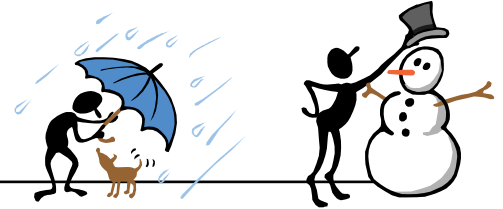


KALIKAHPET



HOUSING IMPROVEMENT PROGRAM ANNOUNCEMENT

The Housing Improvement Program (Bureau of Indian Affairs) (BIA-HIP) is a grant program to help eligible Alaska Native/American Indian beneficiaries repair, renovate, or in special cases, build new homes. The program is intended for those who are unable to obtain housing assistance from other sources.

To apply, pick up an application at the Tribal Council Office or download an application from the Chugachmiut website, or call Jerry at 1-800-478-4155 to request one.

You must also update your existing application, Call Jerry if you don't have a copy of last years submission.

Complete the application and send it to Chugachmiut on or before December 2, 2011.

You must include the following:

A copy of your Tribal Enrollment and Date of Birth

Proof of Income for all Household members

Proof of Land/Home ownership or obtain a 25 year lease agreement from the owner

If you or a family member are claiming disability; include a letter from your doctor stating the disability exists

Chugachmiut will rank and prioritize the applications based on BIA criteria and submit them to BIA before December 31, 2011



LANGUAGE EDUCATION NEWS

By Polly-Anne Thiele

Cama'i,

I have some items in my office from the Alutiiq Museum Kodiak if any one wants to see them. I will have them till November 18, 2011.



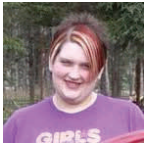
I am still looking to find some people who are interested in being my Native Education Committee; you can call me at 284-2227 if you are interested.



I am now working on lesson plans for K-12 on Toys and Games from Long Ago and still need some information on what I can work on.

Quyanaa Polly Thiele,
Chugachmiut Local
Education Coordinator

PROJECT GRAD'S GROOVING! By Elizabeth Ukatish



Hello Port Graham!

Port Graham's Project GRAD Scholar students would like to invite all community adults, parents, and teens to a Training Program "Helping Kids Succeed Kenai Style" December 2-3.

Friday, December 2 from 6-8pm will be a Family Night. Saturday, December 3rd from 10-3pm will be a training session. Lunch will be provided on Saturday for participants. This is a fantastic program that will connect the community and enhance the success of Port Graham kids. The Project GRAD, students and students from KPNYL (Kenai Peninsula Native Youth Leadership) will be leading the event.

I look forward to seeing everyone there. If you have any questions or are unable to make it, please contact Elizabeth Ukatish or Bonnie Pierce at 907-235-5612 xt9.

Port Graham School Students are looking for NYO/WEIO event pictures of the past and present for an art project! Pictures chosen are going to be reprinted on canvas to hang up in the gym. If you have a picture of any NYO/WEIO event that you would like to share, please bring them down to the school. It does not matter how old or new they are, we would just like to be able to put them up and show pride in our sport.

People to bring them to in Port Graham are Shane Hill, Adrienne Moonin, and/or Polly Thiele.



Library Chatter on

Tap Into Joy by Susan Jeffrey Busen

by Christalina Jager

There is a new book in our library called Tap into Joy by Susan Jeffrey Bussen that I would like to showcase in this newsletter. It expands some information that was given by a recent visit from Cathy Stingley, who was sent by Chugachmiut's Mental Health Department from her office in Homer called Thoughtful Therapies, to give us a presentation on *Emotional Freedom Techniques (ETF)*. She also gave a presentation to our Port Graham students at the school when she was here.

She writes in her book, *"I have seen many lives transformed with ETF. I have facilitated hundreds of sessions that have changed people's lives. I have witnessed my own children excel in many areas using this technique."*

"... If I could turn back time, I know how different my childhood would have been if I had this tool at my fingertips. We can all remember how it felt to be afraid of the boogieman or monster in our closet or under our bed. How much time did we waste lying in bed worrying about something that was never even there? We know how it felt if a classmate made fun of us. Often, we never quite trusted them again. We carried those injuries with us for a long time. Many of my adult clients have carried issues from elementary school into their adult lives. Approximately 30 percent of my adult clients end up clearing at least one issue from elementary school during their first visit. Many times, there are family issues that need to be cleared from that stage of life, but so often they need to clear things that a teacher or classmate said to them in order to be free of their current emotional patterns. I have seen senior citizens come to tears telling a story about a grade school teacher who told them they would never amount to anything. While we adapt and move on, often times these emotional scars stay with us forever because we never clear the negative emotional connection associated with the event. Over time, this takes its toll on us and often manifests in physical health consequences. Life is short. The time we have is precious. We have all spent too much time worrying about and dealing with things that can easily and quickly be resolved with EFT. It is critical that we clear the negative emotions, forgive ourselves, forgive others, and move on."



The more I saw the true power of the tool, the more I wanted to help "fix" everyone. What better way to make a difference in the world than to start with our children. With this tool, and the ability to clear these issues as they arise, we spare our children from having to carry any baggage at all. I realized that I personally could not see every child who needs help. Even if I were to see clients around the clock, it would be an impossible feat. I decided that the only way that I could reach more children to write this book. Every child deserves to have a way to release negativity from their being.

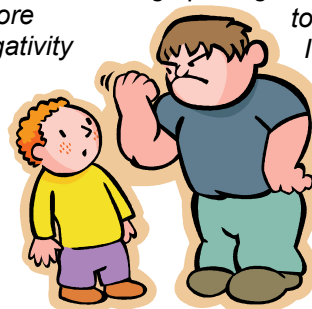
I want to ensure that people learn to use the technique properly so that they get the maximum benefit ... It does work, and it works all the time. As Gary Craig says, it often works where nothing else will. It is sometimes difficult for someone who has not had experience using this technique to fully understand its power. Therefore, I must caution you. You need to carefully con-



sider the consequences of the wording that you choose if you are going to use this technique on your own.

I am a perfect example of what can go wrong. When I first began learning EFT, I eagerly applied it to everything that bothered me. One of the things I used EFT on was "feeling guilty about overeating." Viola! The guilt was gone. Great! Or so I thought. The problem then became that I noticed myself overeating and feeling no guilt or remorse whatsoever. I gained several pounds before I realized what was happening. While I had effectively eliminated the guilt, I certainly did not want to be gaining weight. I should have been tapping on "not being able to control portion sizes", or "not making good food choices" instead of tapping on the emotion of guilt. I present this example for you to have an awareness of the importance of proper application and wording.

There are no coincidences in life, and luckily I have always believed everything happens for a reason. This inspired me to create fail-proof dialogues to address common emotional issues. I began to write dialogues for my clients to do as homework. I wanted to make sure they got it right. I did not want them having any problems with thinking up things to say on their own, only to find similar failures like I did at first. I then realized that I was spending a lot of time at the end of client's visits preparing dialogues. After spending much time writing the same things over and over, it finally dawned on



me to create handouts for my clients. Then I realized that other people could benefit from this work. Each segment in this book has been carefully thought out to eliminate the possibility of any such failures.

We are living in a very exciting time – a time where information is so readily available. There is no reason that someone in these times should be without this tool. I have seen a number of great books on EFT but not one that specifically addresses children's issues and contains fail-proof dialogues. So, I was inspired to write this book. I wrote the entire book, secured the editors, reviewers and publisher in four weeks. It is amazing what can happen when you work in harmony with the energy of the universe."

She goes on to write about the book's intention and how parents can help steer their children in the right direction with the assistance of her book which may be found in Port Graham Library.

We also have other books on tapping and/or Emotional Freedom Techniques! We want to invite anyone interested in learning more about any of these EFT things to please feel free to come in and check out our new books!

Besides 'Tapping into Joy', here's a list:

'The EFT Manual'

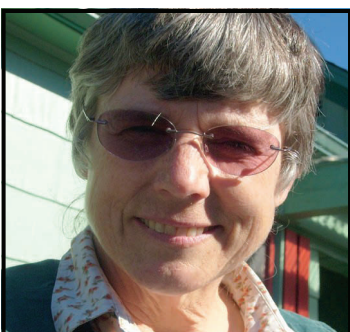
By Gary Craig

'EFT Emotional Freedom Techniques for Children and Young Adults'

by Angie Muccillo

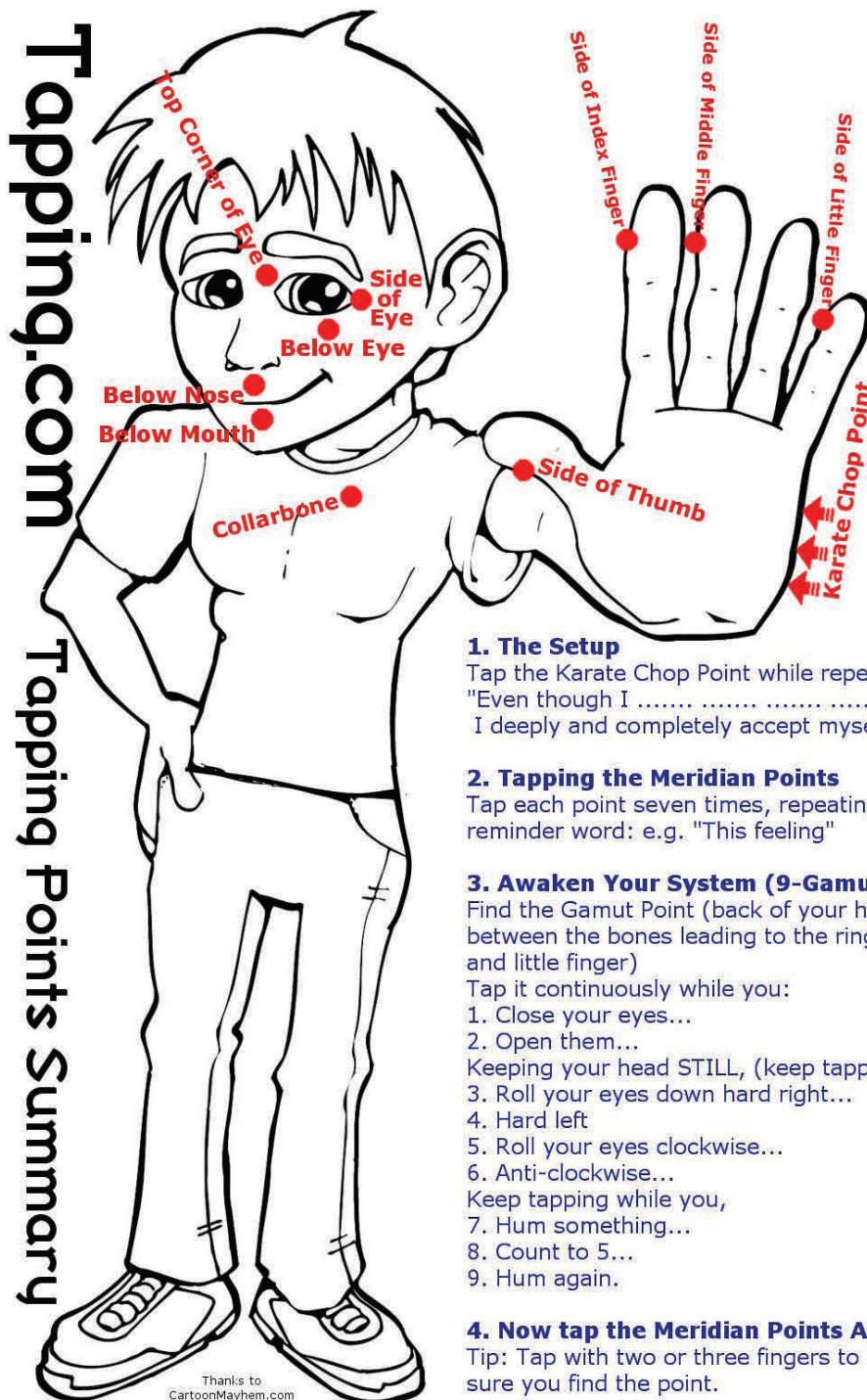
'The Wizard's Wish'

by Brad Yates



Cathy Stingley

If you'd like more information on Cathy Stingley, she is located in Homer and is called Thoughtful Therapies (formally Handle of Homer) at 1044 East End Road, Ph no. is: 235-6226.



1. The Setup

Tap the Karate Chop Point while repeating:
"Even though I ,
I deeply and completely accept myself"

2. Tapping the Meridian Points

Tap each point seven times, repeating a reminder word: e.g. "This feeling"

3. Awaken Your System (9-Gamut)

Find the Gamut Point (back of your hand between the bones leading to the ring and little finger)

Tap it continuously while you:

1. Close your eyes...
2. Open them...
Keeping your head STILL, (keep tapping!)
3. Roll your eyes down hard right...
4. Hard left
5. Roll your eyes clockwise...
6. Anti-clockwise...
7. Hum something...
8. Count to 5...
9. Hum again.

4. Now tap the Meridian Points Again

Tip: Tap with two or three fingers to make sure you find the point.

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



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: 9:00 – 4:00 pm w/lunch @ noon

Fun Night!

Fun night will be held at the Community Center Building from 7:00 p.m. until 9:00 p.m. Every Monday night folks of all ages are encouraged to come and have a little fun together like arts & crafts, games, and playing music!



! CRAFT NIGHT !

Craft Night (formally "Women's Night") will be starting up again in October, on Thursday nights at 7 pm; We welcome anyone who are interested in sharing company, tea, their hobby & laughs with others!



Please Come!
We'd love to see you!

Site base committee meeting on November 22, 2011

PORT GRAHAM CLINIC ANNOUNCEMENT

Regarding **Rebecca Moore, PA**
Women's Specialist

Rebecca Moore will be coming to Port Graham November 28th thru December 4th, 2011. If anyone from Port Graham needs to be seen by her, they need to contact the clinic.



SPEED LIMIT
15

**KEEP IN MIND
SPEED LIMITS**

SPEED LIMIT
20

The Speed Limit is **15 MPH** on all roads *except* for the back road starting from Wayne Norman's intersection to the first street light before Duncan Heights Subdivision which is **20 MPH**.

REMEMBER
Pedestrians have the right of way!

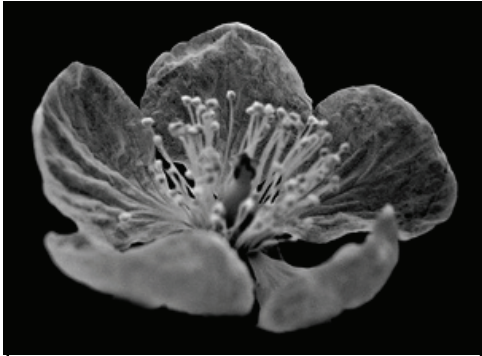


Reminder: Internet Hacking Put an End to KALIKAHPET Birthday lists

Unfortunately, It has come to our attention that our birthday and anniversary list in our newsletter may be putting our village members names 'out there' in the internet world in an unsafe way and we have decided to err on the safe side and discontinue publishing the lists in our newsletter. We will, however, post the list locally at the community center so we can continue our tradition of celebrating our tribal member's



November is National Native American Heritage Month!



Our Sincere Condolences'

We would like to express our sincere condolences on the recent passing of a couple of people who many of us here in Port Graham knew. We send our thoughts and prayers to the families at this difficult time.

We were all truly fortunate to have these loving people touch our lives. We hope that you who have been touched by these losses find comfort and happiness in knowing that your beloved one has touched the lives and hearts of so many others and gave them the eternal gift of many happy memories.

**Nathan John Tanape
and
Nadia (Massa) Ukatish**



Kachemak Bay campus offers Adult Basic Education in Port Graham, Alaska!

Who can use "adult basic education"? **ANYONE!** Here are some examples:

- Someone who feels nervous when the boss asks for written reports because his writing skills are "rusty".
- A mom who wants to help her kids with homework, but can't remember how to do algebra.
- "Joe" is interested in going to AVTEC for diesel mechanics classes, but needs to bring up his math scores to be able to enroll.
- Students interested in college classes, but their Accuplacer scores are low so they need to improve reading, math or language skills.
- Anyone who did not finish high school but wants to get a good job (so they need to study for and pass the GED exams).

What should you do if you want to know more about adult basic education? Call your ABE instructor: Lolita Brache 235 1606.



Lolita Brache

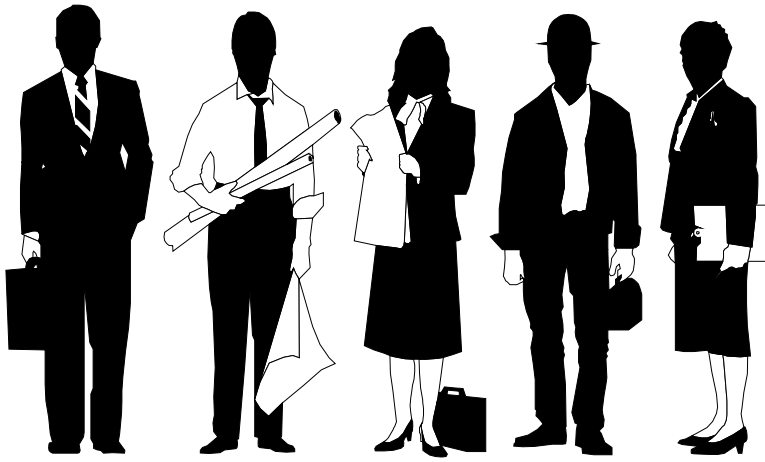
I will talk to you about your personal situation. I can assess your skills and help develop a plan of study to meet your goals. If you want to prepare for the GED exams, I will meet with you regularly, we can work via computer, and/or you may be able to have a local tutor help you with your homework. All these services are FREE! Lolita is scheduled to visit Port Graham on Friday afternoons. Call for an appointment if you are interested in working on your "basic education". Lolita's email is inlgb@kpc.alaska.edu

Those who are ready for University classes should call Dean Sundmark 235 1655. He can discuss the Accuplacer and help you understand college programs. Dean Sundmark's email is indss@kpc.alaska.edu



Dean Sundmark





JOB OPENINGS IN PORT GRAHAM

POSITION TITLE: Tribal Youth Coordinator

STATUS: Full-time @ 37.5 hours per week

SERVICE AREA: Port Graham, Alaska

SALARY: DOE

ADMINISTRATIVE SUPERVISION: The Tribal Youth Coordinator reports to the Tribal Administrator

PROGRAM SUPERVISION: The Tribal Youth Coordinator coordinates activities of the Youth Advisory Committee

DESCRIPTION: This position oversees all program activities for the prevention program including the evaluation process and completes required program reports.

- Organizes and schedules activities for the Youth Advisory Committee.
- Conducts surveys and interviews to collect baseline data on targeted behaviors.
- Provides and oversees all afterschool and summer program activities.
- Conducts ongoing surveys and interviews to measure the results of the program in reducing or preventing delinquency among tribal youth.
- Provides outreach services to parents of tribal youth to encourage participation in teaching and reinforcing prevention lessons with their youth at home.
- Attends all training and activities as required by OJJDP.
- Submits accurate program reports to OJJDP in a timely manner.
- Serves as primary contact for OJJDP.
- Travel as necessary and required.

POSITION TITLE: Tribal Youth Assistant

STATUS: Full-time @ 30 hours per week

SERVICE AREA: Port Graham, Alaska

SALARY: DOE

ADMINISTRATIVE SUPERVISION: The Tribal Youth Assistant reports to the Tribal Youth Coordinator

PROGRAM SUPERVISION: This is a limited supervisory position

DESCRIPTION: This position assists in all program activities for the Tribal Youth program

including the routine evaluation process and completes required program reports.

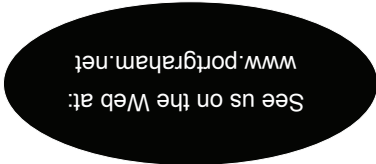
- Provide Clerical support to the Tribal Youth Coordinator including typing, filing, copying, and other administrative duties as requested.
- Prepare/develop documents for mass mail out projects.
- Perform copy and facsimile assignments as requested.
- Maintain administrative-filing systems to ensure efficient documents retrieval.
- Executes special assignments and tasks assigned by the Tribal Youth Coordinator
- Participate in staff and management meetings of the organization as requested.
- Customarily and regularly exercises discretion and independent judgment required to complete assignments.
- Provide limited supervision over youth activities.
- Travel as necessary and required.

QUALIFICATIONS FOR BOTH TRIBAL YOUTH POSITIONS ARE:

- Must Be a tribal member.
- Familiar with local Alutiiq culture.
- Ability to communicate effectively orally and in writing.
- Ability to work cooperatively as a team member.
- Good interpersonal communications skills.
- Willing to work flexible hours as required.
- Able to adapt professional knowledge and experience to a cross-cultural setting.
- Must pass a thorough background check.

Port Graham Village Council is an equal opportunity employer practicing Indian Preference in accordance with the requirements of its contracts

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



63998 Graham Road, Unit 1
P.O. Box 5510
Port Graham, AK 99603

PORT GRAHAM VILLAGE COUNCIL

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**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

! FREE TRASH BAGS !
The Port Graham
Environmental Program
has litter bags available for those
who would like to clean their yards,
etc.
You can pick up the litter bags at
the council office during office
hours.