



Welcome Home

*Specialist
 Lawrence Thomas
 (LT) Yeaton!*

We are all very
 proud of you!



**Attention Port Graham
 Regarding Water Maintenance**

We will continue turning off the water in different sections of the village from midnight to 7 am until he can find the water leak. The Port Graham Village Council will post a sign to let everyone know when we have found the leak in the village

Thanks and sorry for any inconvenience this may cause anyone

**Port Graham Village Council
 Water Maintenance**

Chugachmiut Job Description

Position: Sugt'stun Language Teacher

Department: Heritage Preservation Department

Supervisor: Regional Culture and Language Project Manager

Nature of Work:

Responsible for providing Sugt'stun classes in Chugach Region schools and Head Start programs helping all students to develop the ability to understand and speak Sugt'stun. Willingness to travel to meetings throughout the year is required.

Essential Functions:

1. Teach Sugt'stun in Chugach Region schools and Head Start programs.
2. Continue to study Sugt'stun to develop proficiency in understanding, speaking, reading, and writing.
3. Participate in all Chugachmiut training programs including at least the following:
 - a. Ongoing work with the Master Speaker, individual conference calls three times per week and weekly group conversations in Sugt'stun, leading to a higher level of fluency in Sugt'stun;
 - b. Meet weekly with the Regional Master Speaker via telephone or Skype or PolyCom to review language gained, for assessment, and to learn the Chugach Region Sugt'stun Orthography;
4. Participate in a formal Sugt'stun Teacher training programs, including Quarterly Regional Conferences and college classes.
5. Take and study for at least six (6) credits per semester in university course work sponsored by the project with a goal of a K-8 Professional Development Certificate and eventually a baccalaureate degree;
6. Observe in classrooms at all levels at least one hour per week to gain an understanding of child and adolescent development.
7. Use Sugt'stun; speak as often as possible in the home community.

Qualifications

A high school diploma or equivalent is required. Mastery of Sugt'stun at the level of a semi fluent is required. Preference will be given to a person with knowledge of the community and an understanding of the language.

Work Condition:

Chugachmiut employees strive both for excellence in the services they provide, and through our Employee Values Statement, to serve with integrity. This requires working in an environment where blame and shame are not tolerated. Instead, we use Lean Administration tools for managing processes, and Baldrige quality criteria for measurement of effectiveness. Effective communication is essential in a Lean/Baldrige workplace and employees must learn how to share problems with fellow employees with a purpose of solving them.

Work hours will vary, but between 8:30 am and 5:00 pm Monday through Friday are generally expected. This position will work a 12.5 hour week. Chugachmiut maintains a drug free and no smoking environment. This is a learning and developmental position, which may require the ability to lift packages weighing up to forty (40) pounds. Occasional travel by light aircraft is required.

Paluwik Qilam Nunii

translation = Port Graham—Heaven on Earth

'Mardi Gras In July' A Ginormous Success!



This year's Celebration of life theme was Mardi Gras! It was raining during most of the celebration, but still, we celebrated, right down to the English Bay Band Masquerade Ball on Friday night! Thanks to the band for a very good performance.

The Center was dripping with purple, green and gold crape paper, and a huge mask covered the east wall in preparation for the two days full of fun and prizes. The kids came with a twinkle in their eye's, curious about what festivities were planned for them.

There was many competitions and just as many competitor's this year even though we had to do most of the activities inside the center because of weather. On the second day, we had a few breaks in the rain and everyone seemed relieved to be outside.

Here are the list of winners who took home 2012 Certificates of Recognition:

- Provider:Patrick Norman
- Funniest:Nikalai Norman
- Most Warm Hearted:Bobbi Sue McMullen
- Most Awesome Teacher: Stella Meganack
- Most Cultural Pride:Jim Miller
- Strongest Man:Nicoali Norman
- Strongest Woman:Kimber Moonin
- Fastest Aleut 1st:Storman Norman
- 2nd:Jon Romanoff
- 3rd:Kristan Norman
- Mask Maker Jr's 1stJared Wilkie
- 2nd:Kaela Wilkie
- 3rd:Josaih Wilkie
- Mask Maker 1st:Christalina Jager
- 2nd:Kimber Moonin
- 3rd:Billy Meganack
- Native Cook Off 1st:Cheryl Geiser
- 2nd:Richard Moonin
- 3rd:Fran Norman
- 4th:David Malchoff



The Village Council and all of Port Graham would like to thank everyone who participated and everyone who donated time or products to help make this event the success it turned out to be including of course, Felicia and Joshua for coordinating the whole thing, Randy Norman & Tia, Jim Henkelman, Mr. Dave Rush with Homer Air Services, Justina Meyer with CIRI, Olen Harris with North Pacific Rim Housing Authority, Jan Vanderpool with Chugachmiut, Cheri Hample with North Star Health Clinic, Joe Gallagher with Homer Electric Association, Gary Brandenburg with Smokey Bay Air, Lloyd Stiassny with Port Graham Corporation, and Deborah McMullen with The Variety Store.



Wamluk- Lets Play

I am *still* looking for at least two more games and need some help. If you know of a game that I am missing from this list,



please give me a call. Polly Thiele at 284-2227

Aleut Baseball

Quliarguam Atatii (Story Songs)

Umiacestaq (Guessing Game)

Kakanaq (Darts)

Sungaq (dolls)

Maqasuq (Dice)

Qayaq (Kayak)



Indian Stick Pull

Iqsaguasuutuq

(Fishing Pole)

One Called Over

String Games

Leg Wrestling

Restrictions of Toys and Games



Skuunuq (Toy Boat)

Eskimo Stick Pull

Bow and Arrow

Rock Throwing Game

Sharks and Minnows

Sand Stories

Kneeling games

One Foot High Kick

Lets Dance

Sling

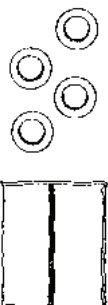
Song and Dance

Bowl and Spoon

Carving

Alaskan High Kick

Carving Skills



Listen From Your Heart *a submissions by Olga Fomin:*

Listening from your heart is completely different from listening with your ears. Few people know how to do this, and very few parents listen to their children this way. Listening from the heart means a person being genuinely interested, open and caring. It means being eager to hear, to learn, to be astonished-without the need to argue, interrupt the flow, or give advice (the really hard part!). Listening from the heart means not jumping in with your point of view, but rather hearing what life is like from your child's perspective. It is listening with a sense of wonder. When you listen from your heart, your child feels safe to tell all, for a child who is with a receptive adult opens up and shares freely.

When Jake was caught cutting high school, he was upset and called his dad, John, insisting he pick him up right away. While driving to the school John reminded himself not to jump to conclusions but to allow Jake to do the talking. Jake told his dad that he didn't want to return to school that day, that he needed time to think, so instead of scolding, lecturing, or dispensing advice, John took his son for a walk and continued listening. Jake talked about everything from soccer to grades to money. The more John listened, the more Jake shared. He talked about his girlfriend, sex and his future. Because of John's heartfelt listening, what might have been a confrontation softened into an intimate father-son conversation, ending with Jake listening to his father's point of view.

A child who is upset needs sensitive listening where few words are exchanged. Remember that saying "Oh" or "Hmmm" is sometimes enough; the fewer words from you, the better. Don't try to coax for more information than your child wants to give. Crystal cried and gasped for air while she told her mother how Lissy wouldn't share the dolls. Fortunately, mom avoided the tendency to fix the problem. She listened, nodded in understanding, and, as often happens; within an hour or so Crystal was playing with Lissy again.



A child who is crying does not want to be asked questions or be given advice. In fact, he wants you to understand without his having to explain. When your child has finished crying or is no longer so upset, you might ask a simple question, such as, "Something happened?" or "Bad day?" Too many questions and your child will feel defensive. Some children will share more; others will want to keep it to themselves, and you need to learn to respect their way.

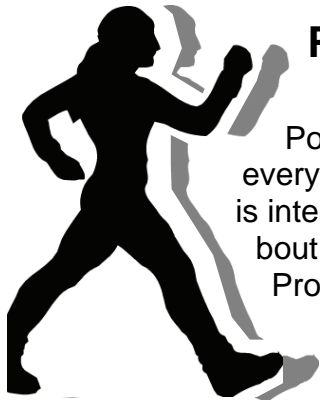
Listening from your heart will heighten the sense of closeness with your child, and many times you'll discover that your gentle, quiet listening is all that's needed for your child to find his own solution.

PORT GRAHAM CLINIC ANNOUNCEMENT

Cindy Langmade will be in the clinic August 6 - 11 please call for an appointment

Public Health Nurse, Bonnie Bentley

will be in the clinic for immunizations before school start, date will be announced, please call clinic for an appointment.



Port Graham Walkabout

Port Graham Clinic staff has begun walking every Tuesday and Friday @ 10:30 am if anyone is interested, please meet at the clinic. This walkabout is sponsored by the Diabetes Prevention Program and everyone is welcome...The more the merrier! Please come join us!!

What To Say When You Talk To Yourself!

Many years ago, a psychologist by the name of Shad Helmstetter wrote a book entitled, "What To Say When You Talk To Yourself". Over the years I have found this to be an excellent book for myself and for others I have worked with. Most of us do not realize that we can actually control our brains and choose what we want to think about. In Proverbs 23:7 it says, "As a man (or woman or anyone) thinks in his heart, so is he."

Whatever we choose to think about is what we become. I recently saw a Facebook post that said, "Loving people live in a loving world. Hostile people live in a hostile world. Same world." – Wayne Dyer. Basically, we choose what to think about and what we think about determines our attitude, often our feelings and clearly affects our relationships with others. Last week at our Summer Work Youth luncheon, we were talking about bullying and I heard wonderful ideas from our youth about how they could choose to handle situations. They were recognizing that they can choose what to think, what to say and how to choose to respond to others.

When you decide to talk to yourself, i.e. sitting around thinking about life, others or what you are going to say to someone, make sure and tune into your mind and what it is that you are saying to yourself. Ask yourself whether what you are thinking is going to help you to feel better; help the other person to feel better; or is it going to suck you and/or someone else down. Nobody wants to feel bad, so choose to think positive and feel positive.

Think Positive
Feel Positive!

If you want more information or just want to talk, give me (Jim Henkleman) a call at 284-2247 or call the Clinic at 284-2241 to schedule time to come in and meet.



12 Simple Ways To Ward Off Cancer

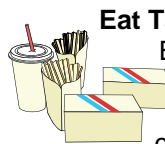
Try out any one of these simple tips each day



Sleep More: People who logged fewer than six hours a night were 50 percent more likely to develop colon cancer than those who got more than seven, a study in Cancer reports. "Sleep helps cells repair themselves," says Marisa C.

Weiss, M.D., president and founder of BreastCancer.org.

Run on Side Streets The highest concentration of air pollutants is found near busy intersections and heavily trafficked streets surrounded by tall buildings, research from the University of Leeds finds. Also, check AirNow.gov: If the air-quality index score is above 150, hit the gym.



Eat Takeout Off Real Plates:

BPA, a synthetic estrogen linked to cancer, is in many plastic food containers and can leach into your meal when the container is heated and possibly when simply exposed to hot food. Transfer your pad thai to a ceramic plate before digging in.

Make a Date: Texting and tweeting are great but shouldn't replace actual face time. "A strong social network helps people take better care of themselves," says Alyson Moadel, Ph.D., director of the psychosocial oncology program at the Montefiore-Einstein Center for Cancer Care.



Take a Desk Break:

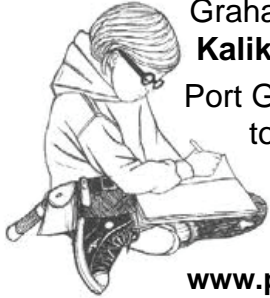
"Too much sitting can lead to insulin resistance and metabolic syndrome, both of which may up cancer risk," says Brigid M. Lynch, Ph.D., a postdoctoral fellow at Alberta Health Services. "Standing for a few minutes every half hour may be enough to minimize the effects."

(Continued on page 9)

Community Events and Information

DO YOU HAVE INFORMATION FOR THE KALIKAHPET NEWSLETTER?

Do you have an announcement, news or an upcoming event you would like to include in the Port Graham Village Council's Newsletter, **Kalikaahpet**?



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 HAS COMPUTER FOR PUBLIC USE



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.

Library Hours of Operation are:
9:00 – 4:00 pm w/lunch @ noon

**REMEMBER TO
SLOW DOWN
on the village roads
to prevent DUST clouds**

THANK YOU!

SPEED
LIMIT
15

**KEEP IN MIND
PG 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!



! 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.

Fun Night!

Fun Night is postponed until September.



PLEASE DO NOT PUT ANIMAL CARCASSES IN THE LANDFILL

And please remember to remove plastic wrapping, etc. from waste before disposing of it on the back beach



School Starts August 21, 2012 @ 9:00 am

**KENAI PENINSULA BOROUGH SCHOOL
DISTRICT JOB VACANCY**

Job Title: Title VII Tutor **Salary:** \$17.37/hr **Hrs/Day:** 3.5 hrs/day

JOB PURPOSE: To provide instructional support to individual students and small groups under the Indian Education/Title VII guidelines, and responsible to facilitate the site Native Youth Leadership Program. The tutor will work directly with regular education teachers to ensure targeted students improve their learning in identified content areas. May include an after school program Monday through Thursday.

Duties, Responsibilities, and Accountabilities:

Preparation: Reviews assessment scores with the teacher, assists in the administration of Pre-Post assessment in area of identified need, and in assessing students' academic progress under the direction of the classroom teacher. Under the direction of the building principal and teacher, prepares a class schedule, organizes materials for students, and plans for delivery of services.

- **Communications:** Attends staff meetings and in-service meetings, and Parent Advisory Council meetings as requested. Confers often with teachers regarding the teacher prescription for the child and the child's progress. Confers with the child's parent about the program and the specific objectives for the child.
- **Instruction:** Meets with small groups of students or individual under direction of classroom teachers. Assists in the administration of criterion referenced tests as necessary. Uses materials to work with students that match the district philosophy and blend with the style of the teacher.
- **Administration:** Completes paperwork as required by the program. Obtains permission slips for testing and admitting students to the program. Maintains records of lessons and progress of students. Conduct regular assessments of targeted students to ensure program effectiveness.
- **Develops and facilitates Native Youth Leadership** through regularly scheduled meetings. Promotes and supervises community projects. Organizes and chaperones field trips that build and reinforce leadership skills.
- **Teamwork:** Performs other related duties as required or assigned. Works cooperatively with school employees, students, and visitors.

Knowledge, Skills, and Abilities

- Requires ability to understand test scores, understand teacher prescription for student, and understand how to put materials together for students to deliver the lesson.
- Requires good oral and written communication skills, and ability to synthesize the information gathered from parents, teachers and children for improving each child's program.
- Requires skill in working with children in a classroom model. Requires ability to work well with children. Knowledge of good teaching practices is important.
- Requires excellent organizational/leadership skills
- Requires knowledge of, and sensitivity to Alaska Native cultures.
- Requires knowledge of reporting requirements and paperwork.
- Requires willingness to perform various job-related duties as situations require a strong sense of teamwork, and ability to work cooperatively with others.
- Must be willing to work in an after school program
- Must meet federal highly qualified standards for paraprofessionals

Additional Information regarding this and job can be obtained at the Village Council Office and/or at the Kenai Borough School District Site online at www.kpsbd.k12.ak.us



Interested Parents & Community Members in Port Graham are Cordially Invited to a Back to School With Project Grad Planning & Introductions Event

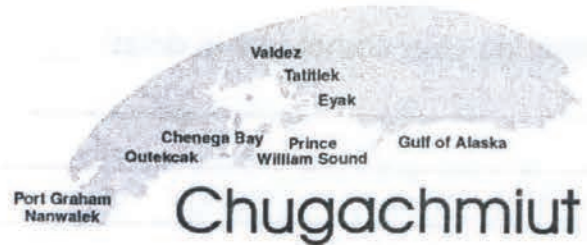
Project Grad is planning an Introduction to the new Project Grad Representative before school starts along with inviting ideas for this years activities. The date will posted. Project Grad looks forward to another full year of activities with Port Graham Students.

FYI: Project GRAD is a **nonprofit K-16 school reform model** that is currently underway across the country. The mission of the program is to ensure a quality public education for all children, increase high school graduation rates and prepare graduates to be successful in college.

As a result of GRAD's success in the lower 48, the **Kenai Peninsula Borough School District** invited Project GRAD to work with its lower-performing schools on the Kenai Peninsula. We are located in Homer, Alaska and we work with seven schools in the Kenai Peninsula; Nanwalek, Niniichik, Nikolaevesk, Port Graham, Razdolna, Tyonek and Voznesenka. The variety of our students is expansive. Project GRAD Kenai Peninsula works within the vast variety of cultures in all seven schools from the Niniichick school, Native Villages, and Russian Old Believer Villages.

Your opinion counts!

Our mission is to provide the highest quality services to our beneficiaries. Many of the changes and improvements we make are based on the ideas and opinions of our customers.



Please help us continue to improve services by submitting comments and suggestions.

If you prefer to speak with someone directly, call 1-800-478-4155 and ask for a Customer Feedback Representative.

Providing your contact information will help us look into your concerns. Your comments are strictly confidential but details of your matter will be shared with key personnel who will conduct the investigation.

Name: _____

Phone: _____

Address: _____

Email: _____

Date: _____

Please indicate your affiliation:

Native Tribal Member

Native Non-Tribal

Non Native

If you choose not to provide your name and contact information, an investigation will NOT be performed but your comments WILL be recorded.

Do your comments pertain to a specific Chugachmiut division? If so, please check the appropriate box.

Health Services

Community & Family Services

Enterprise & Trust

Self Governance & Human Resources

Finance & Administration

If your comments pertain to a particular Chugachmiut service or department, please specify:

Do your comments pertain to a specific Chugachmiut employee or employees? Please indicate:

Please provide your comments in detail: _____

Besides the issue you commented on above, how would you rate the overall performance of Chugachmiut?

Excellent Good Average Below Average Poor

Thank you for taking the time to share your thoughts with us.

FOR CHUGACHMIUT USE ONLY

Case Number: _____ Date Feedback Received: _____

Feedback Category

Positive Neutral Negative

Staff Contact in Charge of Resolution:

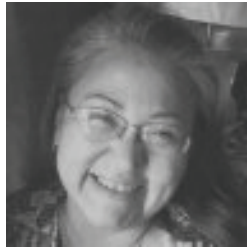
Notes/Comments: _____

Resolution: _____

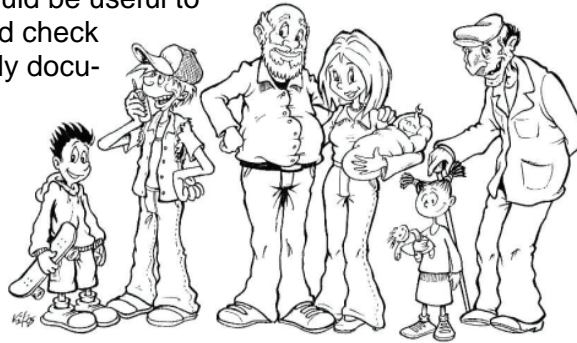
Resolution Approved by: _____ Date: _____

Library Chatter on PORT GRAHAM'S FAMILY TREE'S

by Christalina Jager

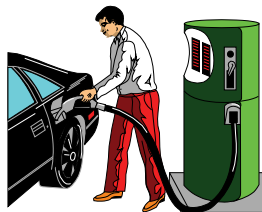


I am *still* adding to the family tree project I began a couple years ago on the library computer. The first name I started with was Timofie Maltsov who was married to Mariia Miiakakhkuk. As I added their children and their children's children I began to see how we are all connected to one another either by blood or marriage. It has been an exciting experience putting this 'family tree' together. Today there are 1,100+ names typed into that program. If anyone is interested in seeing where they are in the Port Graham Family Tree I'd be happy to help them pinpoint themselves. As a matter of fact, it would be useful to have people come in and check to see if I have accurately documented your family's names. So please come in to the library between 10 am and Noon and check this family tree stuff out. It's really quite interesting!



12 Ways to Ward off Cancer (continued from page 4)

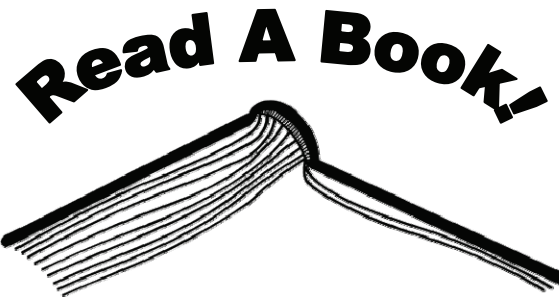
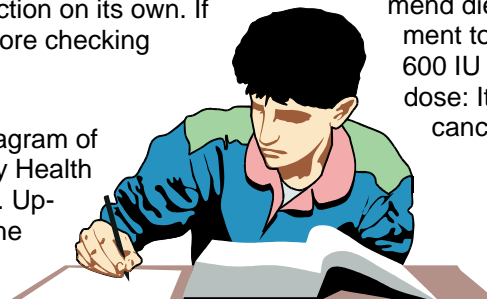
Don't Top Off Your Gas Tank: Squeezing out that last drop of gas can release toxic fumes into the air, including benzene, which has been tied to leukemia, the Environmental Protection Agency says. When you fill up, stand upwind of the pump and stop when the nozzle clicks, even if it's at \$29.97.



Open Wide: Poor dental hygiene can increase your risk for gingivitis, an inflammation of the gums. Over time, high levels of inflammation may increase your risk for cancer, Dr. Weiss says. Another good reason to see your dentist: She can screen you for early signs of oral cancer.

Schedule an HPV Test: If you are 30 or older, request a human papillomavirus test along with your Pap smear. HPV causes most cervical cancers; as you get older, your body is less able to clear the infection on its own. If both tests are negative, you can wait three years before checking again.

Create a Virtual Medical Log: Create a detailed diagram of your relatives' health history by clicking on the Family Health Portrait Web tool at <http://www.hhs.gov/familyhistory>. Upload it to the free Microsoft HealthVault, then email the link to loved ones



One of the advantages of reading books is that you get to play with someone else's imaginary friends, at all hours of the night.

~Dr. SunWolf,

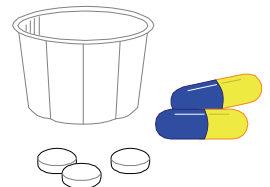


Find Dr. Nice: A rude doc can mean poorer health for you. To provide the best care, "physicians need to have good social skills, because medicine is all about teamwork," says Johns Hopkins University

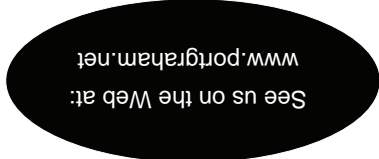
Civility Project cofounder P.M. Forni, Ph.D. If yours doesn't measure up, make a switch.

Test Your Home: Exposure to radon is the second-leading cause of lung cancer in the United States after smoking. The odorless gas can seep through cracks in your home from the surrounding soil. Ensure your space is safe by using a home-testing kit, available at hardware stores.

Do a Vitamin Check: Vitamin D appears to help breast cells grow normally, Dr. Weiss says. Ask your M.D. for a blood test. If levels are low, she may recommend dietary changes and a supplement to help you get the suggested 600 IU daily. (Don't tan to up your dose: It can cause cancer!)



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