

KALIKAHPET



Port Graham Had Some Record Snow Fall This Year!!

Port Graham Village Council and Community Members Say Thanks!

During Port Graham's record snow fall in April, there were some snow removal elves that deserve a HUGE THANK YOU from all of us. Between the men who were hired to help us clear the snow from business areas, and the 'elves' who did some snow removal with their own shovels and/or Honda's, some people found their driveways, and walkways cleared and are extremely grateful. THANK YOU, Thank You, thank you, goes out to all of you who helped out, It was an awesome show of unity in our community!

Port Graham Village Council Has 2012 Annual Meeting

Port Graham Village Council held their 2012 Annual Meeting on March 24, 2012.



During the meeting, tribal members heard what the Village Council and Staff completed during 2011 and some plans for

2012 as well. It was very well attended, and lots of door prizes were given away throughout the meeting.

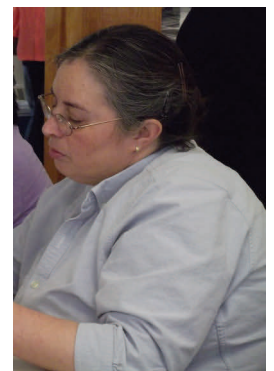
Ann Salomon who helped put together the book: ***Imam Cimiucia Our Changing Sea*** was here too! Other visitors came to give presentations about their work which



involves our community; They included Olen Harris, North Pacific Rim Housing Authority President; Cheri Hample, Chugachmiut Health Program Coordinator; Jan Vanderpool, Chugachmiut Grant Writer; Jim Henkleman, Mental Health Counselor and Aldrige Mazonna, Chugachmiut's new Social Worker were also in attendance, Thank you all for coming to share this day with us and, of course for all the work you do for us as well.

Certificates of Appreciation were given out to various people to show our appreciation for all they did and do for Port Graham:

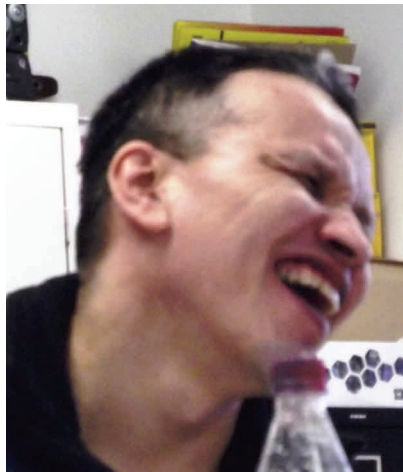
- Staff Member of the year: Jonathan Anahonak
- Elders of the Year: James Miller and Patsy McCommack
- Volunteer of the Year: Jeff McMullen
- Hunter of the year: Calvin George Jr.
- Hunter of the year: Nicholas Meganack
- EMS of the year: Tania McMullen and Darlene Anahonak
- 3 council member seats were open and were filled by returning council member:
 - Walter Meganack, Olga Fomin and Stella Meganack





More 2012 Annual Meeting Photos

(Clockwise: Aldrige Mazzona, Judy & Edgar Otis, Richard Moonin, Polly Ann Thiele, Harrietta McGhan, and her son Nelson, Felicia Yeaton, Olen Harris, TNPRHA, oh, and Yummy Food!

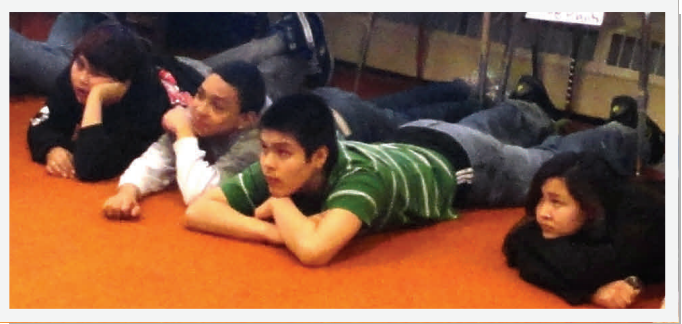


David Thomas Visits Port Graham

NYO Specialist & Motivational Speaker, **David Thomas** Assisted Port Graham Native Youth Olympians Prepare for NYO Tournaments in Kenai and Nanwalek



Port Graham Students gave David their rapt attention while he gave a very inspirational presentation.



David Thomas came for a week and spent time with each class. It was a lot of fun for the students to be able to be with him one on one and as a group. There was a lot of laughter coming from the gym all week. David met the kids in every one of their own environments from classroom, to gym. He came and told stories of his own culture up north, hunting adventures, and how each of them linked to life and respect. Thank you David for coming to visit Port Graham!

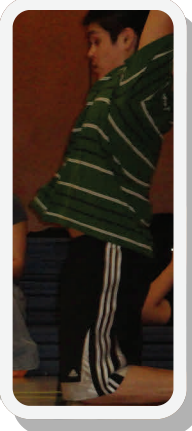


Above, David demonstrates a perfect two foot high kick.

The kids had fun all week long while learning new things about Native Youth Olympics and other adventures David has had.

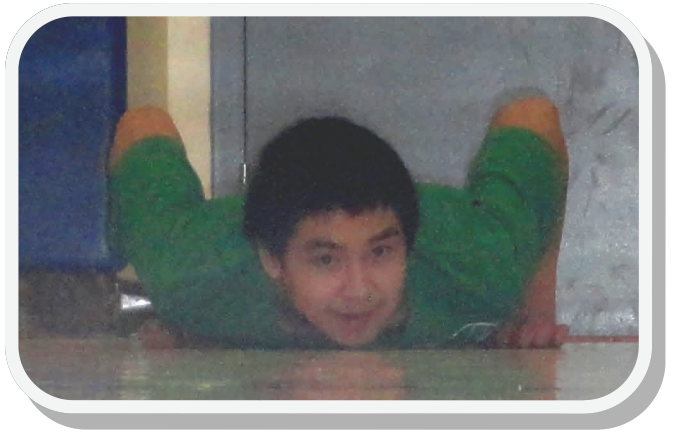


Nicolai Norman, shown here practicing his kneel jump technique ... awesomely !!



David Thomas's Visit Photos continued:

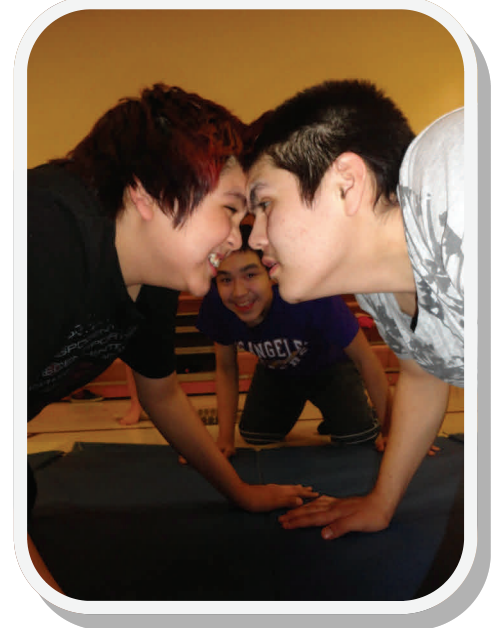
Michael Anahonak readies himself for a seal hop race.



Nikalai Norman and Michael Anahonak are learning how to do the butt hop.



Nikalai and Kobe Norman butt heads as brothers but here David Thomas encouraged it as Michael Anahonak urges them on.



Bonita Jager tries her turn at the butt hop while David Thomas, Nikalai Norman and Nicholas Meganack look on.



Koa Smith and Zeth Meganack became pro's at the stick pull.





Tribal Youth Coordinator

By Joshua Anahonak

Hello again Port Graham! I am the Tribal Youth Coordinator for the Port Graham Village Council. I'm very excited about this position. We've already had a couple fun activities around town like the Valentine dinner and the Island Getaway.

In this new position, I will be coordinating activities for the youth of Port Graham. I want provide fun, safe activities with hopes to prevent drug and alcohol use among our tribal youth. I will also be providing outreach services to parents of tribal youth to encourage participation in teaching and reinforcing drug and alcohol abstention with their youth at home.

Along with the new activities I have planned, some of my other duties will be:

- Conducting surveys and interviews to collect baseline data on targeted behaviors.
- Providing and overseeing all afterschool and summer program activities.
- Conducting ongoing surveys and interviews to measure the results of the program in reducing or preventing delinquency among tribal youth.



Shown above is Tatiana and Charlie Moonin working on homemade Valentines for the elders Valentine dinner.

Shown below is Kobe Norman and Joshua Anahonak, Tribal Youth Program Coordinator making more heart decorations for the center before the valentine dinner.





Island Getaway 2012





Community Events and Information

DO YOU HAVE SOMETHING TO PUT IN 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, **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 GRAHAM 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.



Village Council Library
Hours of Operation :
9:00 – noon &
1:00– 4:00 pm

SPEED LIMIT
15

KEEP IN MIND
OUR SPEED LIMITS

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 is **20 MPH**.

SPEED LIMIT
20

- REMEMBER -
Pedestrians have the right of way!

Family Fun Night!

Family 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") Is held 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!

! REMINDER !

please remember to pay your water and sewer bill outstanding accounts will be scheduled for shut-off

The Port Graham Village Council has 4 part time job openings that will be starting in May

Position Title: Laborer **Duration:** 4 weeks **Pay:** \$15/hr

Hours of employment: Monday-Friday from 10 am to 2 pm with lunch for 1 hour

Qualifications: 40 Hr HazWoper Certificate

Job Description: Lifting up to 45 pounds, able to sort #1 and #2 plastics, crushing aluminum cans, separating used batteries, used oil, must have good organizing skills, burning large woodpiles and the ability to learn and use a bulb crusher.

If you are interested in this job please come to the Village Council office and pick up an application from Violet Yeaton if you have any questions, please call Violet at the Village Council office between the hours of 8 am and 5 pm Monday - Friday at 284-2227



**PLEASE REMEMBER TO BRING
YOUR CLOTH/CANVAS BAGS
WHEN YOU SHOP!**

*HEY! if you have any
extra cloth bags, you
can donate them to the
stores (and they, in turn, can
loan them out when needed,
instead of using paper bags)*



Thank You!

**Happy
28th
Sobriety
Birthday
To Anesia
Metcalf**



WAY TO GO! CONGRATULATIONS!



**Behavior Health
Schedule:**

If You'd like to talk with Jim Henkleman, Behavior Health Counselor, please call 284-2247 and leave a message as to when you'd like to meet. Leave your name and number and he will call you. His cell number is 230-6693.

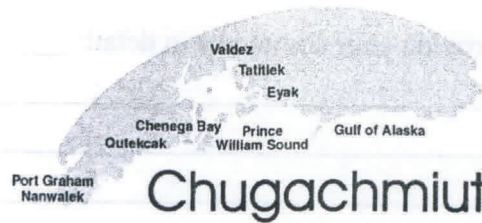
Jim is scheduled to come in every Thursday and over night. This schedule is subject to change according to weather, so please be patient if the weather is inclement.



NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

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: _____



Port Graham Students are Fund Raising and For Native Youth Olympic Trips and for Graduation too! Please Give what you can to help !



SUMMER YOUTH EMPLOYMENT

DON'T MISS THIS JOB OPPORTUNITY!!

14-21 Year olds please stop by the Council office for a Chugachmiut Summer Youth application. Income will be a factor in the Summer Youth Employment (SYE)

Income Guidelines:

Family members	Income
1	\$18,860.00
2	\$25,542.00
3	\$32,225.00
4	\$38,907.00
5	\$45,590.00
6	\$52,272.00
7	\$58,955.00
8	\$65,637.00

Applications will be available in May. Ages 14 - 21 may apply. All applications MUST be complete:

Applications will include:

- ◇ Application
- ◇ W-4
- ◇ I - 9
- ◇ Work Permit (under 18y)
- ◇ Alaska ID

- ◇ Social Security Card
- ◇ CIB or Tribal Enrollment Certificate
- ◇ Birth Certificate

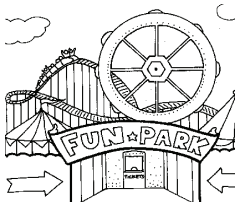
- Participants MUST be between the ages of 14-21 years of age
- Participants MUST be economically disadvantaged (or from economically disadvantaged families)
- Participants MUST be Alaska Native or American Indian
- Participants MUST be in school



PROJECT GRAD IS TUNING UP FOR SUMMER !!

By Elizabeth Ukatish

Spring has sprung and that means the Project GRAD Spring Showcase is just around the corner. May 5th at the Ninilchik Fairgrounds from 12-4 there will be a showcase for the students and all of their accomplishments this school year. Any and all are welcome to come and celebrate. There will be free popcorn, food, music, and conversation with your very own Project GRAD Scholars.



The Port Graham Mural is complete. The AASB



mural and banners to be posted in the gym are complete and will be unveiled at graduation. Every student had a hand in this from designing, drawing, and painting. Middle School drew the whale onto the board, the younger grades painted the letters, and the middle school and high school did the painting. Good Job Students!

Plants are planted and ready for summer! Project GRAD had a planting party that was a total success. We planted various vegetables and herbs and they were popping up out of their pots in less than 5 days. They are waiting for the hoop house. Unfortunately, we were not able to set up the hoop house but it is here, and ready to go once the snow thaws.



Enjoy your spring, hope to see you at the Spring Showcase!

This is a submission by Olga Fomin:

Learn About Parenting

If you have ever rocked a baby in the stillness of the night, then got up with the light of morning exhausted from lack of sleep, you know how difficult parenting can be and also what joy your child can bring. If you have ever cuddled your baby and had that very same sweet-smelling baby spit up on your freshly washed shirt, you know how frustrated you can feel while at the same time your heart wells up with overwhelming love. If you have ever resented spending your hard-earned money on piano, tennis, swimming, ballet, or gymnastics lessons that seem to be taken for granted, then watched with pride your child's sense of accomplishment, you know the difficult journey you face and what rewards it will bring.

Sometimes you get so annoyed that you want to scream, rant, and rave about all you have done for them; then they bring you a bouquet of dandelions and your heart melts. As they grow they seem to challenge you at every turn—they no longer accept your guidance unquestioningly, but seem to disagree with every word you utter; then when you're sure you'll go mad, out of the blue they make an observation, see a new angle, or put a new twist on things, and you marvel at the brilliance of their perspective.

No one ever said parenting is easy. Parenting means giving unselfishly when you are exhausted. It means buying your children while you go without. It means going by someone else's schedule. It means staying up and not being able to sleep in. It means sharing everything—your money, your food, your makeup, your socks. It means looking out for another's welfare. When your children are babies it seems as though you pack up the entire house just to go to the grocery store, and when they are older you drive them to the movies, but they won't sit next to you. Some days they won't leave your side, but other days, without knowing how, you embarrass them, and they refuse to be seen with you in public. You strive to be a good parent, but you struggle with self-doubt.

Although parenting is perhaps the most important calling, it is the least-taught art in this culture. As a society we seem to think that the mere biological capacity to bear children qualifies us to raise them well. But we are slowly recognizing that we could all use some lessons, some skill building, and fortunately there are many great classes around. Parent Effectiveness Training is a wonderful course taught almost everywhere or look for classes at your local community college, talk to other parents, or read books on parenting and child development. You might consider joining or starting a parenting support group, or taking a class to help you heal and grow. If you are not happy with yourself and who you are as a person, you can't give your child what you don't have yourself. Perhaps you might benefit from counseling. Whatever your need, if you look, you will find it; if you need help, please ask for it.

Handle with Care

When a package arrived in the mail marked "handle with care," no one would consider throwing it around carelessly. No one would ignore it, regard it as a nuisance, or be annoyed with it. The package would be opened slowly, tenderly, because it is fragile, Loving attention would be given. Perhaps if we think of children as precious little bundles sent special delivery directly from the heavens, we might be more patient with their troublesome behaviors.

Our children do many things that frazzle our nerves and push our buttons, but remembering that their hearts are delicate might help us be more sensitive. It is possible to devastate children's spirits with harsh words, or by ignoring them, or brushing them off. So instead of threatening, "If you don't stop it this minute, I'll really give you something to cry about," or asking the ridiculous, "Do you want a spanking?" try stopping for a moment to ask yourself, "Why am I overreacting?"

There is a big difference between acting and reacting, and as a parent it is important to learn the distinction. This requires thought, practice, and a lot of deep breathing. When Tommy broke his mother's favorite vase after she asked him repeatedly to stop throwing the ball in the house, for a moment she thought she would come unglued. She didn't react; instead she counted to a thousand and waited to see what would happen. She told me she learned a lot that day; Tommy had to focus on his on behavior instead of dealing with her hysterical reaction. He quietly picked up the broken vase and brought it to her and she could see that he had learned a painful lesson. They talked about what had happened, and he promised never to throw the ball in the house again. And he didn't.

When you find yourself coming down hard on your child, or when your reaction is out of proportion, take a long deep breath, count to ten or ten thousand, and ask yourself, "What is going on with me, right now?" or "Why am I feeling this way?" Breathe, breathe, breathe and think before you act, so that once again you can feel the extraordinary sweetness of your child. Nothing is more important than handling their bodies and souls with tender loving care.

The Village Council encourages our tribal members to submit articles to be placed in this newsletter, thank you Olga, for this interesting article



ADMINISTRATION FOR NATIVE AMERICANS PROJECT COORDINATOR

Daryl Kreun

ANA GOVERNANCE PROJECT HAPPENINGS

ANA OFFICE 2010 SOFTWARE TRAINING



Updates and trainings have been taking place with the Council Office Staff. The ANA Program recently provided Microsoft Office 2010 software training in Excel and Word. Council Office staff had an opportunity to learn the basics on newly installed software in the council offices to help provide better commu-



nication between programs with sharing documents and spreadsheets which are needed and important when full filling grant reporting responsibilities. The software and training also enhanced office skills to better utilize the many functions the software has to offer.

The ANA Program had an opportunity to invite Ryan of Design-PT in Homer to provide a full day of hands-on training, working with the fundamentals of Office 2010. The trainings were such a success the ANA Program and Council Offices would like to invite Ryan again in the near future to provide more computer networking and in-depth software trainings.



ANA PORT GRAHAM SURVEY



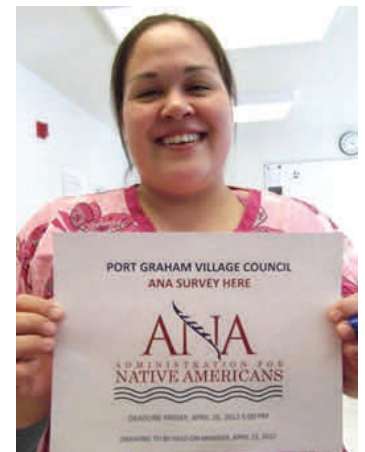
Quyana to all the local, tribal members who recently participated in our ANA Survey. We received 70% of the surveys and will have the results available soon. The purpose was to gather and provide information to assist the ANA Advisory Committee evaluate and determine relevant trainings for Council Members and Council Office Staff. If you still have your ANA Survey we are still accepting them to use in our information gathering, every survey counts!!!!

Congratulations to Tania McMullen and Ephim "Moose" Anahonak Jr.!!! The Port Graham Village Council authorized a drawing for 2 round trip tickets to Homer for Local Tribal Members who turned in their completed ANA survey before the



deadline. Thank you all for participating and look for more ANA Happenings. If you have any questions regarding these articles or about the ANA

Program please contact Daryl or stop by the ANA Office.



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

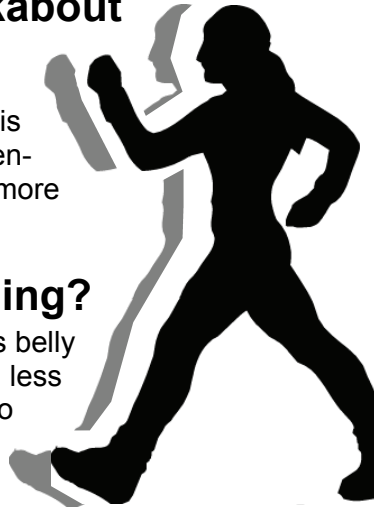


Port Graham Clinic Staff Walkabout

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!!

Do You Do Interval Training?

It not only beats boredom, but it also targets belly fat, makes you faster, burns more calories in less time, and increases your endurance. Try to do at least one interval workout a week.



Interval Training Benefits:

- ☺ You'll burn more calories
- ☺ You'll improve your aerobic capacity
- ☺ You don't need special equipment
- ☺ Adds variety to your routine to ward off boredom

Take the kids for a walk too! It's an excellent family activity too!



Interval Training

Interval training is a powerful tool for novice exercisers and accomplished athletes alike. It's not as complicated as you might think. Interval training is simply alternating bursts of intense activity with intervals of lighter activity. Take walking. If you're in good shape, you might incorporate short bursts of jogging into your regular brisk walks. If you're less fit, you might alternate leisurely walking with periods of faster walking. For example, if you're walking outdoors, you could walk faster between certain mailboxes, trees or other landmarks.

ANNUAL PORT GRAHAM VILLAGE CLEAN-UP 2012

May 18th, 2012
at the Community Center



Spring is here and all the trash is starting to show from all the melting snow. We need volunteers to help with our Annual Village Clean Up. There will be a BBQ at the Community Center afterwards for all participants. If anyone would like to get started early, please feel free to come into the office to pick up free trash bags.

This is all made possible by the Variety Store, General Store, ALPAR, EPA and Homer Air.

Port Graham Environmental Program is working with Seldovia Village Tribe in conducting a fish consumption survey. 2 community members from Port Graham were hired to do a house to house survey. If you have any questions regarding the survey, please contact Violet Yeaton at the Port Graham Village Council office PH#284-2227



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

**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

**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

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