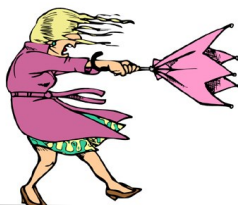


# KALIKAHPET



## 2017 PGVC Annual Meeting and Election

- Date: April 13, 2017
- Time: 10:00 a.m. to 5:00 p.m.
- Place: Community Center
- Voting: 3:00 p.m. to 4:00 p.m.

### Village Council Seats Open:

- 1. Chief 3 years
- 2. Member Seat 1 year
- 3. Member Seat 1 year
- 4. Member Seat 1 year

### **Election Rules:**

- 1. Resident of Port Graham.
- 2. Base enrollee or Tribal Member of Port Graham.
- 3. Twenty-one years of age.
- 4. Run for only one position.
- 5. Turn in written statement of background info & what seat running for.
- 6. No absentee votes unless bedridden & only tribal members of the Native Village of Port Graham can vote.



## 2017 PGVC Annual Meeting and Election

A black and white line drawing of a man and a woman in traditional Alutiiq attire. The man on the left wears a large, pointed hat with intricate patterns and a small star on top. He has a wide, toothy smile and a small object in his mouth. The woman on the right wears a headpiece with a wide band and a necklace with large, oval-shaped beads. She has a gentle smile. The background is plain white.

# The Native Village of Port Graham Traditional Values

**With guidance and  
support from our  
Elders, we teach our  
children Alutiiq values**

**Sugpiaq/Alutiiq Value of the Month:**

***TRUSTING***





**Behavioral Health  
Clinician,  
Beth Benson**

# YOU ARE NOT Alone



Port Graham has experienced a large number of deaths in the recent past.

I have been requested to speak on grief and loss. I will also provide group or personal services in regards to Grief and Loss. As a reminder, I am Beth Benson, A new Behavior Health Clinician for Chugachmiut. As a new Behavioral Health Clinician, I encourage you to give me a call if I can help you in any way. I am in Port Graham Mondays and Tuesdays, the number at the Behavioral Health Clinic is 284-2261. You can call anytime and leave a message (your privacy is assured).

Grief can be an overwhelming and debilitating emotion, but if processed with support grief can forge new and deeper relationships, and bring a community together. When I was 18 years old, my brother, father, and aunt all died in less than a year. My mother died a few years later. Though I will remember and think of these people often, the stabbing pain of grief is no longer a daily reality. Luckily I was able to reach out to my Priest, friends, family and school counselor for support. In talking with people who had lived through similar stages of grief, I was able to move through the pain, and not get stuck. I learned that no two people grieve the same, and to give myself permission to cry or to ask for help, for as long as needed.

Port Graham has experienced a large number of deaths in the recent past

An important healing moment came a few years after the deaths in my family, when a close family friend reached out when their son died in a plane crash. This family saw that my family had found a way to manage the pain, and looked to us for help. In being present for another person's grief, and helping them with how I had processed the grief was a relief both to them, and to myself. I found that in helping others, I was securing my foundation of growth, which has been invaluable when I relapse into feelings of hopelessness and pain.

Losing someone or something you love can be very painful and overwhelming. Extreme sadness mixed with other surprising emotions such as shock, anger, guilt – even hopelessness and fear about the future. These feelings are normal and necessary reactions to loss, to what may be the most difficult experience of your life . Everyone grieves differently, but allowing yourself to experience grief is an important and healthy part of the healing process. Over time these feelings should lessen.



There is not a *typical* response to a loss, nor a normal timeline for grieving. However, there are some common symptoms of grief:

- **Shock and disbelief** – Immediately after a loss or traumatic event, many people report feeling numb, have trouble believing what happened, or even deny the event. Many say they keep expecting the person they lost to show up or even think they see them.
- **Sadness** – The most universal symptom of grief is the deep sadness that comes as a result of an important loss. Feelings of emptiness, despair, yearning and loneliness are natural and healthy. As a result, you may cry a lot, but over time this pain will subside. However, if you do not feel any forward momentum day after day, you may be dealing with depression and may need to seek help from a professional grief counselor or therapist.
- **Guilt** – Another common emotion is regret or guilt about things left unsaid, or undone. You may feel guilty for not doing something to prevent the death, even if there was nothing you could have done. Or, guilt over feelings of relief, after a long, difficult illness by a loved one.
- **Anger** – Often the loss of someone or something can feel unfair, making you feel angry or resentful. You may feel the need to blame someone for this injustice – God, the doctor, the



person who died for abandoning you, even yourself. For many, working through their grief is an exercise in forgiveness or anger management. Out-of-control anger can lead to a pattern of negative behaviors that can hurt your relationships, career, even your mental and physical health.

- **Fear** – A significant loss can trigger feelings of anxiety, helplessness and insecurity. You may even have panic attacks. The death of a loved one may cause you to question your own mortality or feel anxious about your life and the responsibilities you now face alone.
- **Physical Symptoms** – Due to the intense levels of stress associated with grief, the body often responds both physically and emotionally. Common physical problems include fatigue, nausea, sickness, weight loss or weight gain, aches and pains, and insomnia.

## Do not grieve alone.

The most important factor in healing from loss is having the sufficient support from your family, your friends, your faith, a bereavement support group and/or a therapist or grief counselor. Sharing your loss makes the burden of grief easier to carry. Some ways in which a strong social support network can help with the grieving process include:

- Friends and family can help with the funeral arrangements or help with the many new responsibilities you may have
- Religion can offer comfort with mourning rituals and community
- Bereavement support groups provide an opportunity to share your sorrow with others who can relate
- A grief counselor can help you work through these intense emotions of grief in a safe and constructive setting

## Take good care of yourself.

The stress of a major loss can negatively affect your immune system

placing you at risk for illness. Now more than ever, it is imperative you take care of your physical and emotional health. The mind and body are connected and you will need your health in order to face and properly manage your grief. Avoiding your feelings will only prolong the inevitable, and unresolved grief can lead to complications such as depression, anxiety, substance abuse or prolonged health problems. Some tips to staying healthy through the grieving period are:

- **Do something creative.** Expressing your feelings in a physical or creative manner can help you to move through them more effectively – write, scrapbook, paint or get involved in a cause that honors the memory of your loved one.
- **Eat, sleep and exercise.** Your physical health is directly connected to your emotional well-being. Fight the stress and fatigue of grief with healthy lifestyle choices.
- **Be patient with yourself.** There is no set time-frame, or list of emotions you “should” feel. Let yourself feel what you need to feel without judgment or shame.
- **Understand your grief triggers.** It’s normal for certain milestones or holidays to trigger sad memories and intense feelings of grief. Be prepared. It can be very effective and therapeutic to plan ahead of time and make sure you have a constructive outlet to grieve on the impending day.

There can be a Grief Support Group for Port Graham. Call me if your interested in having one. Please call if you have *any* conflicts or questions. 284-2261.

# Port Graham 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, **Kalikaahpet**?

Port Graham Village Council invites you to *submit* information to be considered for publication in our *newsletter* which can be viewed in *startling color* online at our website:  
[www.portgraham.org](http://www.portgraham.org)

## PORT GRAHAM 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



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

## 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.



**Behavioral Health Clinician,**  
Beth Benson

Hello! I'm Beth Benson; I am a new Chugachmiut Behavioral Health Clinician for Port Graham and Nanwalek.

I have worked in behavioral health, substance abuse, and child welfare for over 15 years.

If you're interested in the crafts group, it's every Monday at 7 pm.

I'd like to plan parenting class as well, please call me at 284-2261 if your interested, leave a message if you'd like, I will check it privately.



**Regional Addictions Coordinator,**  
Tosha Saincome



**Behavioral Health Clinician,**  
Nyia Charest



**Behavioral Health Aide,**  
Jim Miller

## **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:



Tuesday Nights at 6:30 pm



At the Community Center  
Please Come and join us  
discover new and yummy  
dishes! Share some of  
your own!





I used Tabaco for about 18 years. Most of the time all I ever had to do was ask for what I wanted and it was mine. Other times I would work hard and share the spoils with my friends. I was an enabler before I even knew what it was.

# "I Quit!"

So keep in mind you never know who you are influencing, try today.

My first choice from 14-18 was chew. I learned quickly that if I wanted to keep the cans of chew coming my way I had to sell a few pinches here and there.

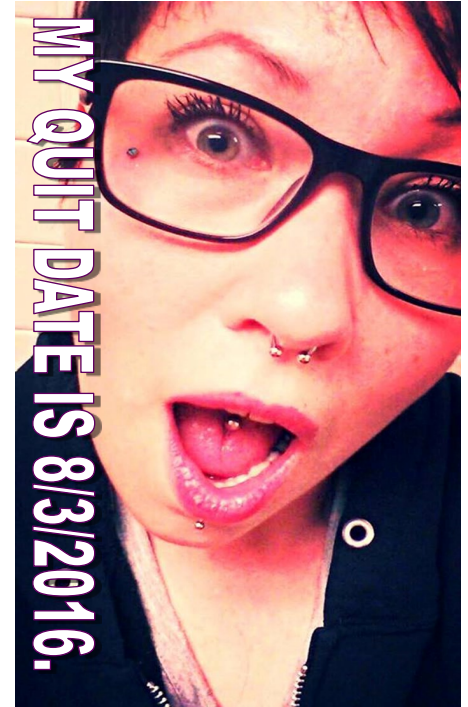
When I was 18 my boyfriend asked me to quit chewing, but the little rebel I was; I wasn't ready to give up the nicotine this was the year I asked for my first pack of cigarettes, Marlboro Lights (the gold pack).

Quitting after starting so young was not easy. I tried anything from sunflower seeds to gum and even hypnotism, but when I was upset the first drag of that cigarette was my go to. "It's an anti-depressant," Literally, after hearing that for the first time, it was always my first excuse. I even tried having no cash on hand so it was harder to come by, my enablers were never too far away. Then blind; I now see the error in their ways.

Much like me, when my daughter started learning the dangers of smoking she asked her loved ones to quit; she begged me to quit for years and I wasn't having it, I was even getting mad at her for asking and asking. What a silly way to behave when someone is trying to show you they love you. Today, I thank her for believing in me when I did not.

When I was actually ready to quit FOR ME and not for any other reason, I noticed I wasn't smoking as often as I used to, and when I did; BEFORE, I'd light up I would do SOMETHING / ANYTHING to keep me busy just a little longer to delay my usual light up response. Get a tall glass of water and try drinking water; withdrawal is hard on the body, and good hydration will help to ease the negative effects. You'll feel physically / mentally better too. Sometimes I try "meditation"; Close my eyes and breathe in slowly for a count of three, then exhale for a count of three. Repeat; I began to feel my body release the tension it was holding; deep breathing is a quick way to help reduce stress. What also helps would is I would play a game when I went out; a game that would take up all of my attention to distract me so I wouldn't pay too much attention to my cigarette; and let it burn out. Then I was lighting it just to hold it. Soon I didn't even have to light it; I was just holding it. AND after that I could use a pen and help my mental recovery. Share your story discuss how hard it is / was. Talk to your provider, they might be able to help make the process easier. Take your quit program one day at a time and trust that you'll find your way through recovery from nicotine addiction, just as others have before you. Not long after I quit; several people around me, quit too.

MY NAME IS  
ADRIENNE CELIA HOLLY MOONIN;  
MY QUIT DATE IS 8/3/2016



## ADULT BASIC EDUCATION

at Kachemak Bay Campus

**Individualized Instruction**


- Reading, Writing, and Math
- Open to *anyone* to improve academic skills
- Prepare for a job
- Improve reading and spelling
- Math classes - Basic computation through geometry and pre-algebra
- Preparation for GED or college placement

**Learn English**

- Reading
- Vocabulary
- Writing
- Conversational Practice

**Life & Career Skills**


- Career Interest Surveys
- Time Management
- Goal Setting
- Interviewing
- Resume Writing
- Budgeting
- Computer Skills
- Much, much more!



**KPC**

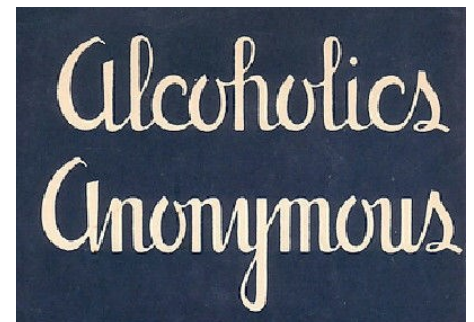


**Lolita Brache**  
Coordinator/Instructor  
(907) 235-1606  
lgbrache@kpc.alaska.edu



**Michelle Waclawski**  
Instructor  
(907) 235-1602  
mvwaclawski@kpc.alaska.edu

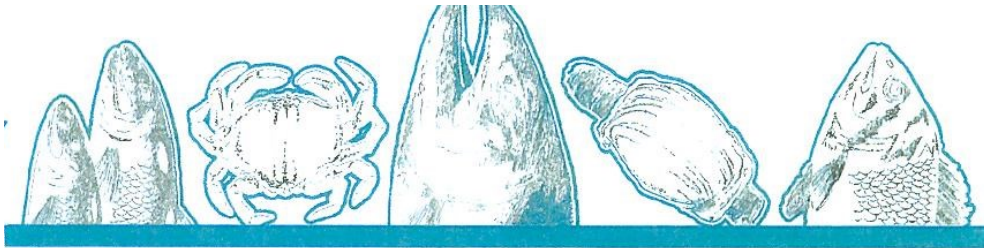
This is a federally funded program under the ABE Program funded by a grant from the Alaska D.O.L.



AA Meeting Notices are Posted at the Center and at each of the stores.

Please feel free to call the clinic for dates, times and locations of AA Meetings in Port Graham!

One Day At A Time



## CONSIDER A DYNAMIC CAREER IN FISH TECH

### 'Education on the fly'

By Reid Brewer

Have you ever thought about how to explore working in fisheries? Maybe the bigger question is, if you did, how you could go back to school to be able to make that move? If you have found yourself asking these questions, the University of Alaska Southeast Fisheries Technology program may have a solution for you.

The goal of Fish Tech program is to offer our students an information base and skill set that will serve them in the fisheries industry while being flexible to suit their needs. The Fish Tech program offers classes live face to face, live over the Internet, and semi-asynchronously with students completing course work at their own pace without regular meetings. The program has two main emphasis areas; fisheries management and Alaska salmon enhancement and offers a variety of degrees to include 13 credit occupational endorsements, 33 credit certificates and a 60 credit associate's of applied science. Since all of the credits for the occupational endorsements transfer to the certificate and associate's programs, many students are able to take classes at a slower pace, beginning with an occupational endorsement with the option to go to the next level. Many of the Fish Tech graduates have gone on to work with Alaska Department of Fish and Game, various private, nonprofit aquaculture associations, tribal organizations, and other government and nonprofit programs.

In 2014, the Fish Tech program was funded by a grant from the Department of Labor Trade Adjustment Assistance Community College Career Training program to offer Fish Tech curriculum using innovative teaching technology to make all the classes available on iPads. All of the lectures, reading materials, videos, frequently asked questions and even exams are loaded on the iPad, so coursework can be taken to a remote location without internet access. Brig Mallessa, a former Fish Tech student from Cake

who had to drop classes as a result of poor bandwidth said, "this is an absolute game changer for those of us that live remote! I had pretty much given up on the idea of classes for the time being—not anymore!"

In summer 2016, 33 students took three classes using the iPad format, and coming fall 2016, all six of the Fish Tech OE courses will be available on iPads.

"The beauty of these classes is students of all types can take

these classes from almost anywhere," says Joel Markis, a Fish Tech faculty member. "Not only do we have students from all over Alaska taking out classes, but we also have many students in the contiguous United States taking our classes. And because our iPad classes are semi-asynchronous (students have to call in to get exam passwords and discuss content three times a semester', they allow us to work with students that may not be able to meet during traditional semesters or cannot meet at a fixed time each week, like seasonal employees, deployed servicemen and fishermen."

Though many of the Fish Tech students take classes via distance delivery either online or via iPads, the program does require a hands-on component, which can be met by taking one-credit intensive labs that are taught each semester at hub locations throughout the state of Alaska or in the form of internships that can be done almost anywhere. "I have been to big universities that offer any face-to-face classes and have dabbled on online courses, but the UAS Fish Tech programs is different from all of the others," says Alex Lyons, a 2016 Fish Tech associate's graduate. "From the flexibility of online and iPad classes to faculty engagement to job placement assistance, the Fish Tech program is doing education the way it should be, with students' needs first."



For more information see [www.fishtechalaska.com](http://www.fishtechalaska.com)

Or

call program director, Reid Brewer at 907-747-7799.

# 2017 PGVC Annual Meeting and Election

More Info Inside!

# Don't Miss This!

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

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

63795 Graham Road, Unit 1  
P.O. Box 5510  
Port Graham, AK 99603-5510  
PH: 907-284-2227 fax: 907-284-2222


## PORT GRAHAM VILLAGE COUNCIL

### 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

**'POST OFFICE'  
DIRECT LINE  
284-2206**



**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*

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