



Camai Paluwik: ANA Language Project  
**Tamamta Litnaurluta:**  
We all learn together

We are currently half way through year 2 with completion of one Saturday Camp, and continue to teach at both the Head Start and the School District K-12.

We submitted grades this semester, all the students are passing with flying colors! We've been Hosting Total Physical Response (TPR) Trainings as needed, some are specific to train our teachers, staff or elders; However, most of our trainings are open to the public, and we do like to see all age groups join in so we can get input from the entire community. We had a large number of Students/Parents/Elders attend AFN-Elder's and Youth Conference, they came back with a great deal of information from attending.

Finishing out the year we are looking at hosting more Parent Classes and 2 more Saturday camps. There's been a little delay on hosting these two subjects due to holidays. But the class days also are required Trainings / conferences. We will start planning soon. Please keep an eye out for flyers on these two subjects. Thank you all who participate in keeping our Sugpiaq Language going!



November Elder Training,  
Jean Huntsman and Mary Malchoff



Ephimia Dumont and Michelle Hetrick  
teaching the 5<sup>th</sup> thru. 12<sup>th</sup> grade students

**If you have questions or comments  
please stop by or give us a call:**

**Rita Meganack**

Office Hours - M-F 8:00 A.M. to 5:00 P.M.  
284-2227 or email me at  
[ana.language.coordinator@gmail.com](mailto:ana.language.coordinator@gmail.com)

**Ephimia Dumont**

Office Hours Mon.-Thur. 9:00 A.M. to 4:00  
P.M. Fridays 9:00 A.M. – 3:00 P.M.  
School Schedule – 11:15 A.M. - 11:45 A.M. –  
1:00 P.M. – 2:15 P.M.

When not at the school you can contact  
Ephimia at the Council Office 284-2227  
or email [Ephimia.dumont@gmail.com](mailto:Ephimia.dumont@gmail.com)



Michelle Hetrick  
teaching the K thru. 4<sup>th</sup> grade students



# 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:**

***Humility***

# ANA GOVERNANCE PROJECT HAPPENINGS



ADMINISTRATION FOR NATIVE AMERICANS PROJECT COORDINATOR Daryl Kruen

The ANA Governance Project had been approved for “No Cost Extension”; what does that mean? Well, when objectives and activities have not been accomplished by their anticipated due dates we have opportunity to apply for a “No Cost Extension” in which we are given an extension to complete the remaining objectives and activities. With this extension we invited OSIYO, Leigh Ann McGee to work with our Tribal Council Members and Tribal Court Committee to complete one of the three remaining activities; to develop a Strategic Plan for our Port Graham Tribal Courts. We are still in the development but do have a great outline/rough draft that still has to go through the processes of final approval from the Council and Tribal Membership.



We are also working with a third party contractor, Kimberly Martus, Judge from Dillingham. Kimberly will be reviewing our Tribal Ordinances and By-Laws so that she can develop a recommendations report, this report would cover Ordinances and By-Laws that would need to be either rewritten and or updated as

needed. Again, this will be just a recommendation and would go to the Council and Tribal Members for final approval. The final report is scheduled for the end of April 2015.

During the month of February we had the opportunity to attend the National Administration for Native American Grantee Conference held this year in Santa Fe, New Mexico. This 3-day conference gave ANA grantees the opportunity to attend workshops that pertain to their ANA Grant; Governance, Language, Social and Economic & Development, Environmental Regulatory Enhancement and Native Asset Building Initiative. Grantees had the opportunity to share their grants as well to hear from other grantees about their projects, from the challenges to achievements as well as updated on new federal regulations and changes ahead for ANA.



## Things to do Sober

Live Love Laugh



1. Pick something you love, and then make a website on it! Get started at [Webs](#).
2. Get a pedicure or a manicure, they are fairly inexpensive and make you feel well pampered.
3. Listen to your old CDs – I have boxes of those!
4. Make a wiki page at [WikiPedia](#).
5. Take some fun quizzes. Are you left brained or right brained? Take the test [Here](#).
6. Take up fabric crafts. [Knitting](#), [sewing](#), and [crochet](#) are fun to do.
7. Play some fun mind games and sharpen your memory at [Luminosity.com](#).
8. Do crossword puzzles. You can find free kakuro puzzles at [Kakuro.com](#) and free Sudoku puzzles at [Livewire Puzzles](#).
9. Design your own T-Shirts at [www.cafepress.com](#).
10. [Netflix!](#) Find a series you never watched before but wanted to. Or revisit a series you loved
11. Make a collage of inspirational [pictures/quotes](#).
12. Go swimming, indoor pools are always available!
13. Re-watch a cartoon from your youth. Check out these classics on [YouTube](#).
14. Visit an aquarium. We recently went to the [National Aquarium](#) in Baltimore, MD and I absolutely love it!
15. Check out the [Bubble Hour](#) recovery podcast!
16. Write your bucket list, check out the 100 ideas at [Bucket List Ideas](#).
17. Shopping! Of course who doesn't like going shopping!
18. Take a long bike ride on a bike trail through the woods.
19. Check out [Google Translate](#) and translate some words or sentences into any language you want.
20. Volunteer at an animal shelter, they are often looking for people to just pet the animal shelter.





# ICWA



**INDIAN CHILD WELFARE REPRESENTATIVE** Jim Miller

## The Family Role in Addiction; Denial, Enabling & Codependency

How much a family is affected by a substance use problem depends on how long they have lived with it, how advanced it is, how much shame and secrecy surround it, and the roles and responsibilities of the person with the disorder. If the problem is left untreated, family members will also develop destructive behaviors, such as denial, enabling, and co-dependency.

Because certain behaviors become routine, you may have trouble seeing how unhealthy they are, and how they contribute to the problem.



### DENIAL

Denial occurs when family members do not recognize, or refuse to admit, that substance use is causing serious health, work, school, relationship, or financial problems. Family members are prone to denial about how serious the problem

is, how it has "spread" through the family and affected family relationships, and how they themselves may contribute to the problem. As addiction in the family becomes more severe, the family's denial may also, until the truth becomes so obvious and the crises so dramatic that denial doesn't work anymore.

### ENABLING

Enabling includes behaviors by family members that allow people with substance use problems to avoid the negative consequences of their actions. It can include many things, such as:

- collecting money from family and friends to pay the person's bills.
- repeatedly covering up for someone at work.
- moving someone when they pass out in the living room.
- staying silent in the face of repeated inappropriate or destructive behavior.

Enabling can be done by parents, siblings, co-workers, supervisors, neighbors, friends, teachers, doctors, or therapists. Although enabling begins as a way to protect the person from harm, the enabler eventually becomes part of the problem.



### CODEPENDENCY

Like enabling, the term co-dependency refers to being over-involved in another person's life, having a preoccupation with other people's behavior and a sense of guilt when not tending to the other person's needs. Melodie Beattie, in her book *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*, describes the "rules of codependency" as the following:

- It's not OK for me to feel.
- It's not OK for me to have problems
- It's not OK for me to have fun.
- I'm not lovable
- I'm not good enough.
- If people act bad or crazy, I'm responsible.

Experts encourage codependent family members concerned about a loved one to remind themselves regularly (perhaps several times a day): "I did not cause the problem. I cannot cure the problem. I cannot control the problem. I can offer assistance, but the person with the substance use disorder must take responsibility for it and must be the primary person responsible for getting help."

Experts also urge all family members to take care of themselves by getting enough sleep, eating right, and having time for themselves. Family members living with substance users often neglect their own care because they become preoccupied with caring for the other person.

### Today's Healthy ChickLit:

Before anything (or anyone) else, make sure you are taking care of yourself. If you are not treating yourself well on the inside, you will not be healthy or happy on the outside. Self care is essential to your wellness.



# Port Graham Ethnobotany Web Page Project / Traditional Knowledge and Gathering of Local Plant Lore Project



## HOME

**RULES FOR GATHERING WILD PLANTS**

**2014 PHOTO ALBUM**

**DOWNLOAD PLANT GUIDE**

## PLANT GRANT INFO

### PLANT PROGRAM DISCLAIMER

*Information contained on this webpage is NOT intended to be used as a guide for healing or self medication.*

*Historically, medicinal plants were used only by skilled and knowledgeable people, such as traditional healers.*

*Inappropriate medicinal use of plants may result in harm or death.*

### INFORMATION ABOUT THE GUIDE

This project was made possible with Grants from Alaska Native Fund through Alaska Conservation Foundation and Chugachmiut Mini Heritage Fund. Thank You for your contribution!

### Acknowledgments

Many people provided support, encouragement, and time towards the completion of the Port Graham Ethnobotany Web Page Project / Traditional Knowledge and Gathering of Local Plant Lore Project. Their thoughts, ideas, and concerns about traditional plant use are entwined throughout our web page. I would like to extend a heartfelt thank-you to Daryl Kreun, Project Manager for the Port Graham Ethnobotany Web Page Project / traditional knowledge and gathering of local plant lore project for the Port Graham Village Council because, without his awesome grant application, we may have never had the

### Plant Links

[Mountain Ash](#)

[Labrador Tea](#)

[Sitka Spruce](#)

[Thinleaf Alder](#)

[Tundra Rose](#)

[Wild Celery](#)

[Horsetail Jointed Grass](#)

[Devils Club](#)

[Rockweed](#)

[Salmonberry](#)

[Sourdock Wild Rhubarb](#)

[Twisted Stalk Watermelon Berry](#)

[Goose Tongue](#)

[Prickly Rose](#)

[Nettle](#)

[Seaweed](#)

[Lyme Grass/Beach Grass](#)

[Licorice Fern](#)

[Fireweed](#)

[Dandelion](#)

[Cranberry](#)

[Chives](#)

[Sweet Coltsfoot](#)

[Blueberry](#)

[Black Current](#)

I am very excited to announce the local plant information has been gathered, and our Web-master, Vanessa Norman is in the process of creating a beautiful web page. Although the web page is still under construction, the pages to the plant information is accessible. All you have to do is go to Port Graham Village Council's internet site, (portgraham.org) and click on the "come back soon for updates" and you will be taken to the Port Graham Ethnobotany Web Page Project / Traditional Knowledge and Gathering of Local Plant Lore Project web page.

(<< the Web Page looks like this)

On this page, you can see the plant name links that you can click on and get information on each plant.

As you can see, the Port Graham Ethnobotany Web Page Project / Traditional Knowledge and Gathering of Local Plant Lore Project is nearly complete.

Finally, I wish to express my appreciation to all of the youth, parents & families that participated in gathering, processing and preserving this year's plant lore who has helped shape this Web Page through conversations and stories about cultural plant use. Pass it on!

Quyana, Christalina



Funds from Alaska Conservation Foundation and Chugachmiut Mini Heritage Grant make the Port Graham Ethnobotany Web Page Project/Traditional Knowledge and Gathering of Local Plant Lore Project possible.



**Alaska Conservation Foundation**





**Niah Charest,**  
Chugachmiut  
Behavior Health Clinician

# POSITIVE CHANGE

Welcome to the year 2015! For many of us, we began the year with an energetic pursuit to make positive change in our lives...some of us committed to a daily exercise regimen, some bought a book on healthy cooking and/or some just decided to be better people to those around us. So, how are we doing as we move into the 2<sup>nd</sup> month of the year? Have some of you stayed on course, have some of you wavered or have some



of you given up altogether? Well, for those who fall into the last two categories, please know that you are not alone....



For many of us, our pursuit of change comes from the understanding that if we change our "attitude" toward something of our choosing, than our behaviors will ultimately change too. For example, if I change my attitude about working out at 7:00am to the Max 30-Insanity Workout, than I would jump up out of bed every morning with a smile on my face, a physical eagerness and a "pep in my step." Well, folks, that has not been the case...I find myself waking up begrudging and wondering if I am in fact "insane" for doing it. So, this must mean that the relationship between attitude and behavior is not as simple as we propose.

So, what is an "attitude?" An attitude is described as a feeling, belief or opinion of approval or disapproval towards something. And a behavior is an action or reaction that occurs in response to an event or internal stimuli, for example, a thought.

During the late 1800s and early 1900s, in the field of psychology, many who studied the relationship between attitude and behavior assumed that the first controlled the second. They believed that by understanding attitude than one could possibly predict behaviors with great accuracy. However, in more recent studies, it was revealed that attitudes unquestionable influence behavior, but behaviors clearly have an influence on attitudes as well.

So, how are attitudes developed? Attitudes can be formed in a number of ways. They are direct results of our personal experiences. For example, your attitude toward college may have been influenced from your parents' strong encouragement of education. Attitudes can come out of personal observations. For example, you see young, beautiful people having fun on a tropical beach while enjoying a soft drink in a television commercial. This appeal-



ing imagery has now shaped your positive attitude about that particular beverage. They can be formed by how people are "expected" to behave in a particular role or context. For instance, a young man has just started smoking and whenever he lights up, people complain or ask him to leave the area. Or they can be developed by social rules; what is socially acceptable. For example, in Latin American countries, it is acceptable for a daughter to not move out of the house until she gets married, regardless of her age. This social rule can influence one's attitude toward self-sufficiency and family unity.

By now, I am guessing that you are probably asking, "what does all this have to do with my pursuit of change?" Well, for many of us, it means that we have more work to do than just changing our atti-



tudes. (Oops, I really hope that doesn't change your attitude about change!) It means that we have to change our behaviors at the same time. That might mean, trying out new experiences and adapting new behaviors in order to change our attitudes toward a particular something.

As for me, I will continue to get up at 7am to workout with the hope that my behavior will change my attitude about exercise and commitment. Good luck!

# 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, **Kalihakpet**?



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

## PORT GRAHAM'S LIBRARY COMPUTER

The library computer is available to find jobs with the State of Alaska Jobs site and to enroll in the State of Alaska Library system, and also to check emails and general research. If any of the rules are broken you will lose your privilege to use the computer.

Hrs of Operation are:  
M-F 9:00 – 11:00 am



## PORT GRAHAM CLINIC INFORMATION



CLINIC  
PHONE  
NUMBERS



When the Clinic's direct line: (284-2241) is not in service, and the On-Call Cell phone: (284-3030) is also not working Please use the clinics other number to reach the Clinic regarding an emergency or for an appointment: 284-2295

**Reminder:**  
Every  
Thursday  
morning the  
entire clinic  
staff is in an  
online meeting.  
The only patients  
who will be seen  
are emergencies.  
Thank you



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



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 or plastic bags)

## Port Graham Behavioral Health Information

If you have questions or need to schedule an appointment with any of the Behavior Health providers, you can contact them at the PG Behavioral Health Office at 284-2247 or Call the Clinic Receptionist.

Michael Horton,  
Behavioral  
Health  
Director



Niah Charest,  
Behavior  
Health Clinician



Pheobe  
Proudfoot,  
Behavioral  
Health Clinician



Narcisco  
Penamora,  
Addictions  
Coordinator



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




*(If there is no answer at the Behavior Health office, please leave a message, your call will be re-*

**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**



**PORT GRAHAM VILLAGE COUNCIL MEMBERS:**

- **Patrick Norman,**  
*First Chief*
- **Martin Norman,**  
*Second Chief*
- **Agnes Miller,**  
*Secretary*
- **Debbie McMullen,**  
*Treasurer*
- **Stella Meganack,**  
*Member*
- **Melinda Kamluck,**  
*Member*
- **Tania McMullen,**  
*Member*

**TELEPHONE DIRECTORY FOR EMERGENCIES**

**PATRICK NORMAN: CHIEF**  
**OFFICE: 284-2227**  
**HOME: 284-2203**

**Clinic: 284-2241**  
**Visiting Provider: 284-2295**  
**Darlene Anahonak: 284-2220**  
**Tania McMullen: 284-2332**  
**Agnes I. Miller: 284-2229 &**  
**On Sundays 11-noon: 284-2320**  
**Behavioral Health 284-2247**

*In This Issue*

Tamamta Litnaurluta	1
Traditional Value	2
ANA Governance Project Things to do Sober	3
The Family Role in Addiction	4
Port Graham Ethnobotany Web Page Project	5
Positive Change	6
Community Events / Information	7