

KALIKAHPET



Hello Port Graham!

Last year we implemented a idea to reintroduce Port Grahams Traditional Values. Again this year, each newsletter will have a page titled "*Traditional Value of the Month*". We invite all of you to post it up in your house to remind you and all who visit or dwell in your home to practice and exercise the specific *Traditional Value of the Month*.

This activity regarding our traditional values is also going to be shared at head start and grade school by our Sugt'stun Language Teacher, Mia Dumont.

Here is the list of values which we will be putting in each newsletter:

"SPIRITUALITY, RESPECT FOR ELDERS, GROWING SOBRIETY, HONESTY, RESPECT AND WISE USE OF NATURAL RESOURCES, LOVE FOR CHILDREN, FORGIVENESS, OPENNESS, TRUSTING, SHARING, LOYALTY, UNCONDITIONAL LOVE, CARING, TENDERNESS, HUMILITY, STRENGTH, COURAGE, HUMOR, HELPFULNESS."

'in living our Traditional and Spiritual Values with our family and community we practice...knowledge of language, unity, heritage, subsistence, family roles, survival skills, life skills, medicinal herbs, artistic expression, knowledge of family tree, community uniqueness....and this makes us who we are.'

We have all seen our values being practiced and exercised throughout the village, by our young people and our hunter/fisherman and all of us can be encouraged by the interest being shown to practice our values everyday.

Patrick Norman, Chief Port Graham Village Council



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:
*LOVE FOR CHILDREN***

Masking in Port Graham 2013



John K and his son play together A >



A Masker's entertained the masses in Port Graham



< Feona gives a dancing lesson



LANGUAGE EDUCATION

By Ephemina Dumont

Alasistuaq, Slawik, and the meaning of Christmas

Christmas is the celebration of Jesus Christ's birth. (Gregorian calendar December 25th; Julius Calendar January 7th) The Russian Orthodox use the Julian Calendar, so Christmas is celebrated on January 7th. For 4 days (Jan. 6th-9th), we celebrate Christmas joyously by taking the beautiful, radiant star to people's homes and sing about the birth of Jesus Christ.

Every day from the 6th-9th, the choir starts at the Chief's house because he is respected as the town's leader. January 6th (Christmas Eve) is the day when the star visits only the Chief's, elder's and newborn's homes. January 7th-9th is when they go to everybody's homes each day singing church hymns and prayers. Houses are beautifully decorated with an ornamental fir or spruce tree in front of the icons, the ceiling can be decorated with bright garland, windows decorated with flashy, colorful lights, and the families are dressed up in their nicest clothes as guests and family members are open-heartedly welcomed into their home. With hospitality, families set food on the table for the guests and other family members to respectfully take after hymns are sung. Warmth and laughter fills the home and hearts of others, people chant and exchange blessings to one another "Christ is Born! Glorify Him!"

Continued on page 11 (the meaning of Christmas)



ANA GOVERNANCE PROJECT HAPPENINGS

**ADMINISTRATION FOR NATIVE AMERICANS
PROJECT COORDINATOR, Daryl Kreun**

JOB OPENINGS IN PORT GRAHAM



Community Health

Representative (CHR):

Acting as the liaison between PG's CHR program and community residents, coordinating community activities with the assistance of the village council or its representative and providing outreach and assistance to individuals and families and the community.



Tribal Youth Coordinator:

Organizes and schedules activities for the Youth and Youth Advisory Committee. Conducts surveys and interviews to collect baseline data on targeted behaviors. Provides and oversees all afterschool and summer program activities. Conducts ongoing surveys and interviews to measure the results of the program in reducing or preventing delinquency among tribal youth. Provides outreach services to parents of tribal youth to encourage participation in teaching and enforcing prevention lessons with their youth at home.

See the posted listings for more information at the council office .

A Summary on the Effectiveness of Trainings Port Graham Village Council Members & Office Staff

We have utilized an Evaluation Tool & Personal Assessments that were developed by the ANA Advisory/Training Committee to measure how well trainings were accepted and how much was learned to determine additional and/or follow-up trainings as needed. This project will present the current (2014) Office Staff and Council Members with a follow-up personal assessment to compare with previous assessments to

determine additional and/or follow up trainings as well as giving us the effectiveness of trainings. Since the ANA Governance Project began in 11/2011, (33) trainings have been provided for Council Members



and Council Office Staff, (2) of which were follow-up trainings. There were (19) on-site trainings provided and (14) off-site trainings, numbers have shown when on-site trainings are provided we can expect a better attendance, not only do we have a better turn out we also utilize our travel and training budgets. Off-site trainings have been ranging from 1-3 attendees and on-site trainings average 9-18 attendees, with one training session with (39) attendees.

- 12/2011-12/2012 (19) Trainings provided- Year One
- (13) On-Site Trainings
- (6) Off-Site Trainings
- (8) In-Kind Trainings provided by Project Partner; Chugachmiut
- (2) Follow-Up Trainings

- 02/2013-12/2013 (14) Trainings provided- Year Two
- (6) On-Site Trainings
- (8) Off-Site Trainings
- Training with Two Phases (Strategic Planning Training Sessions I & II)
- (2) In-Kind Trainings provided by Consumer Direct (CPR) & Alaska Summit Enterprise, Inc. (ICWA)

In-Kind trainings or Non-Federal share trainings are provided and funded by other organizations and usually non-profit or Project Partners. Of the (33) trainings Project partner; Chugachmiut has provided (9) of the (11) In-Kind trainings and will be utilized to continue to provide In-Kind trainings to Council Members and Council Office Staff after this ANA Governance Grant is completed by September 2014.

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 online at our website: 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: 9:00 – 2:00 pm w/lunch @ noon

PORT GRAHAM CLINIC ANNOUNCEMENT



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



Port Graham Behavioral Health Michael & Phoebe

(please leave a message)

If you have questions or need to schedule an appointment with the Behavior Health provider you can contact Michael or Phoebe at the PG Office, 284-2247 or Call the Clinic Receptionist.

SPRAASNIKAM—SNUIKUUTEM

Port Graham Village Council hopes that everyone had a safe and joyous Christmas / New Years holiday!



Port Graham School held their Christmas program at the school on December 20th. Mr. Tone and the students really out did themselves this year with a reenactment of Scrooge. There were going to be some students traveling when the play was planned so they came up with an idea that would allow them to still be part of the Christmas play. Parts of the play was videoed beforehand and the students who couldn't be in town were right there as big as life. It was a very ingenious way to have all the students be part of the show. Thank you to each and

Continued on page 11 (Santa Visits)

Happy Valentines Day



February 2014



Port Graham Clinic Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 Phoebe P.	7	8
9	10 Phoebe P.	11 Phoebe P.	12 Annual Safety Meeting	13 Narcisco Annual Safety Meeting	14 Narcisco	15
16	17 Presidents day Dental Hygiene	18 Dental Hygiene	19 Michael H. Dental Hygiene	20 Michael H. Dental Hygiene	21 Dental Hygiene	22
23	24 Cyndy L	25 Cyndy L	26 Cyndy L.	27 Cyndy L.	28 Cyndy L.	

Pilot program pays for health insurance

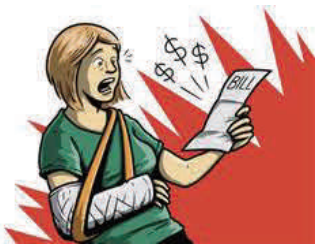
Learn about the new Tribally-Sponsored Health Insurance Program



What is Tribally-Sponsored Health Insurance?

Tribes and Tribal health organizations may now pay for health insurance for Alaska Native and American Indian people who qualify. The Alaska Native Tribal Health Consortium (ANTHC) is now offering Tribally-Sponsored Health Insurance in Alaska on a limited trial basis.

Will Tribally-Sponsored Health Insurance cost me anything?



No. ANTHC pays the insurance premium cost. Alaska Native and American Indian people also do not have to pay any co-payments or deductibles when you are seen or referred by Tribal health facilities.

Why should I have Tribally-Sponsored Health Insurance?

Health insurance can help make more services available for you and all Alaska Native and American Indian people. Health insurance can also help you get medical care when you are traveling or away from tribal health facilities.



How do I qualify?

You and your family can get Tribally- Sponsored Health Insurance if you:

- Are eligible for Alaska Native Health Services,
- Meet the income guidelines in the chart below, and
- Are not covered by or eligible for Medicare, Medicaid (Denali Care), Veterans Health, or health insurance through an employer.

You will need your 2012 tax forms to apply.

	You are eligible if your income is above this amount:	And below this amount:
If your family has:		
1 person	\$14,350 a year	\$43,050 a year
2 people	\$19,380 a year	\$58,140 a year
3 people	\$24,410 a year	\$73,230 a year
4 people	\$29,440 a year	\$88,320 a year

How and when do I sign up?

Call ANTHC at (907) 729-7777 or (855) 882-6842. You can also email sponsorship@anthc.org. Soon the ANTHC website (anthc.org) will list participating Alaska Native hospitals and Tribal health clinics. You can contact their Patient Benefits or Alternate Health Resources offices to see if you are eligible and to receive help with enrollment.

Does this affect my current Alaska Native Health benefits?

No. You still get all services at Indian Health Service and Tribal hospitals and health clinics throughout Alaska and the United States. We want you to keep using our hospitals and health clinics wherever and whenever possible!





ICWA



INDIAN CHILD WELFARE REPRESENTATIVE Jim Miller

Raising Healthy Happy Children



We all want our children to be healthy and happy, but that is not always the case, health and happiness do not just happen. It is no secret that there is a connection between our psychological condition and our physical condition (mind & body).

When our children are very young they are totally dependent on the adults in their lives to meet all of their emotional and physical needs, as they grow these children will learn how to holistically take good care of them-selves.

Very much of the disease and sickness in the world today is a result of putting questionable “foods” into our bodies, foods that are overly processed or have toxic additives. Young children do not have the intellectual reasoning ability to make good choices about how much sugar, salt, fat etc. is truly good for them. But it is at this young age that habits and preferences are developed. Traditional hunting and gathering is a wonderful gift and tradition.



Child’s play is very important to their development. Do you remember the joy of running or riding a bike? There are many ways to encourage a child’s creativity and curiosity. Please don’t be too grown up to

be actively involved with your children or grandchildren’s play. As adults we refer to child’s play as exercise.

Much has been learned about environmental health. Children will flourish where there is love, acceptance, hope, faith and courage.



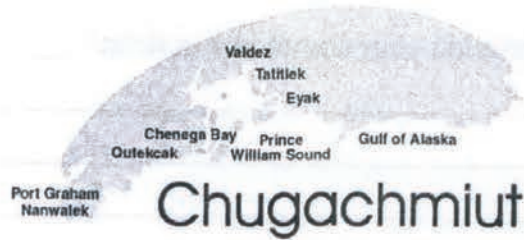
It is a fact that childhood neglect, abuse and trauma will have serious negative consequences into adulthood and may cause lifelong difficulties. Children and other living things will pick up on things like anger and high stress.

We cannot say “Do as I say and not as I do” because when we abuse drugs, alcohol, tobacco, food or other people we are actually teaching our children to do those things.



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: _____

THE MEANING OF CHRISTMAS— (CONTINUED FROM PAGE 3)

then it's on to the next home. Although starring was introduced by the Russians way back then, it was adapted to our Alu'utiq culture. Elders taught us (younger generations) about slawiking so that we may carry on (the meaning of Christmas) this glorious tradition. With respect and kindness to our ancestors we will carry on this wondrous festivity for many more years. Remember, Christmas is all about the celebration of Christ's birth, not just about the presents. The holiday is a great boost for your spiritual well-being. Generosity



is used when we invite people into our homes for feasts, feeding the hungry, helping the helpless, nurturing people's spirituality with kindness, and the joy of giving. Be courteous of people's kindness and please celebrate Christ's birth responsibly. Quyanaa!



SANTA VISITS PORT GRAHAM (CONTINUED FROM PAGE 5)

everyone of you who took part in the play, it was an awesome show. Afterward, Santa distributed gifts provided by the village council office. The village council received donations from several businesses and was able to purchase gifts and goodies to give to the children for the holiday. Thank you to all the people and businesses that made this possible. The students were very happy to receive these goodies.




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

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www.portgraham.net

63998 Graham Road, Unit 1
 P.O. Box 5510
 Port Graham, AK 99603-5510
 PH: 907-284-2227 fax: 907-284-2222

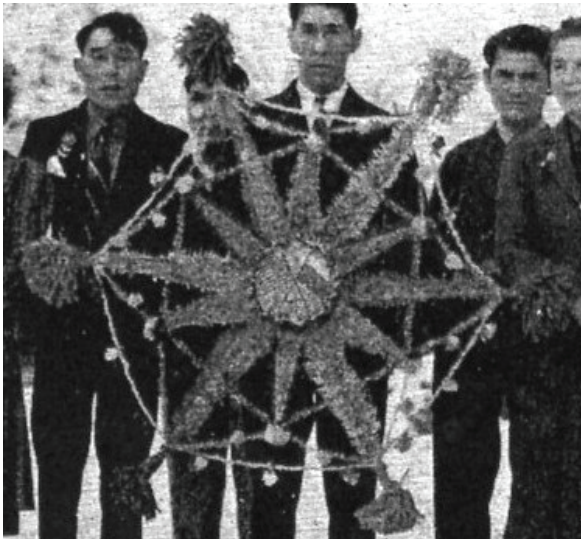
PORT GRAHAM VILLAGE COUNCIL



PORT GRAHAM VILLAGE COUNCIL MEMBERS:

- **Patrick Norman,**
First Chief
- **Martin Norman,**
Second Chief
- **Agnes Miller,**
Secretary
- **Debbie McMullen,**
Treasurer
- **Stella Meganack,**
Member
- **Walter Meganack Jr.,**
Member
- **Melvin Malchoff,**
Member

SPRAASNIKAM-SNUIKUUTEM



In This Issue

MESSAGE FROM CHIEF NORMAN	1
TRADITIONAL VALUE OF THE MONTH	2
MASKING IN PORT GRAHAM LANGUAGE PROGRAM	3
ANA HAPPENINGS JOB OPENING	4
COMMUNITY EVENTS	5
CLINIC CALENDAR	6
HEALTH INSURANCE	7
ICWA—HAPPY CHILDREN	8
YOUR OPINION COUNTS SHEET	9