

KALIKAHPET



November



December

It was a brisk, windless morning and a modest turnout for the re-grand opening of the Riley Meganack Memorial Walkway. Port Graham Village Council Board Members, Pat and Martin Norman were on hand to hold the ribbon for Stella Meganack to cut the ribbon reverently while the crowd looked on. It was a stoic moment. Everyone on hand was jovial walking around seeing the new signage and relaxing on the bench that's finally made its way onto the Walkway. People chitchatted about the various plants that are available around the walkway and many pledged to check closer next summer to find the plants shown on the signage. Afterwards, everyone went to the Community Center and enjoyed an awesome lunch provided by Cosmic Kitchen and Elder's were recognized for their assistance in passing on the knowledge of the plants. We invite anyone who hasn't seen the new signage on the walkway to take a stroll and enjoy the relaxing view from the newly placed bench!



The Re-Grand Opening of the Riley Meganack Memorial Walkway



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:

Tenderness

ANA GOVERNANCE PROJECT HAPPENINGS

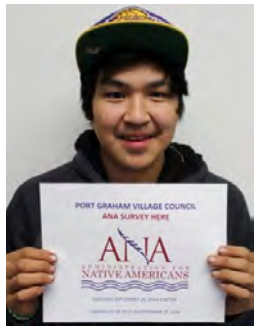
ADMINISTRATION FOR NATIVE AMERICANS PROJECT COORDINATOR

Daryl Kreun

I would like to thank everyone who participated in the local ANA Post-Project Survey. We only had 40% participation; 31 returned out of 75 issued to all local Tribal Members 18 years of age and older, if you have or need a new survey form please contact myself at the Council Office and I'd be happy to issue another survey form or we can complete the 2 minute survey over the phone.

The purpose of the ANA Post-Project Survey is to compare it to the Pre-Project Survey that was completed in the spring of 2012 in which we had an 80% participation, also these surveys were developed to also measure how well this ANA Governance Project was accepted and your opinion counts. Thank you again for your participation and if you have any questions about this project please feel free to call myself here at the council office.

Sincerely,
Daryl J Kreun
ANA Project Coordinator



Winners

The two winners of the round-trip tickets donated by Homer Air and Smokey Bay Air were *Michael Anahonak* and *Violet Yeaton*, Congratulations and Thank you for returning your completed survey before the deadline!!!



ICWA

INDIAN CHILD WELFARE REPRESENTATIVE Jim Miller



How to Change Negative Thinking In Addictions Recovery



It is important to "think about what we think about" in recovery. How we choose to think about a certain situation or event will determine how we feel about that situation or event. Then our thinking and feelings will determine how we behave or act. Remember, our actions have consequences.

Let's say someone is looking at me, I think they are challenging me, I feel disrespected and I say "what the heck are you looking at?" I am quickly ready for a fight. Let's challenge the thought. OK, someone is looking at me, maybe they like the looks of my shirt and are wondering where I got it. If that is the case I certainly don't want to fight them. What changed? My thought, belief or interpretation of the event. Changing the thought led to a different emotion which led to a different action.

Here are 5 ideas about changing the first thought that pops into our heads, ask yourself:



1. What is REALLY going on here?
2. Do I NEED to do something about it NOW?
3. How important is it in the big picture?
4. Reason it out.
5. Make sense out of nonsense.

"The greatest weapon against stress is our ability to choose one thought over another."

~William James~



Tenderness

adjective \ˈten-dər\ : very loving and gentle : showing affection and love for someone or something

How far you go in life depends on your *being tender* with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these.

[George Washington Carver](#)



“Being tender and open is beautiful. As a woman, I feel continually sh’ed. Too sensitive. Too mushy. Too wishy washy. Blah blah. Don’t let someone steal your tenderness. Don’t allow the coldness & fear of others to tarnish your perfectly vulnerable beating heart. Nothing is more powerful than allowing yourself to truly be affected by things. Whether it’s a song, a stranger, a mountain, a rain drop, a tea kettle, an article, a sentence, a footstep, feel it all – look around you. All of this is for you. Take it & have gratitude. Give it and feel love.”

— [Zoey Deschanel](#)

Knocking Out Cold & Flu From A to Z

Acupuncture

This complementary medicine, a go-to treatment for conditions like back pain and migraines, is now recognized as a viable way to help prevent colds and the flu. “Acupuncture aids in the production of natural killer cells, our primary defense against organisms that make us sick,” says Jamie Starkey, lead acupuncturist at the Cleveland Clinic. This means your “army” will be larger and stronger if a virus invades. Starkey recommends one session per week for five weeks.



Berries

Eat more of Mother Nature’s “pills” — blueberries and other dark berries help strengthen your immune system. They contain anthocyanins, shown to reduce inflammation. Aim for 1/2 to 1 cup per day (fresh or frozen)



Chicken Soup

A soothing bowl of this homemade goodness has anti-inflammatory properties that may ease symptoms and shorten upper respiratory tract infections. Make some tonight, then freeze for when you need it.

Decongestants

If you need short-term breathing relief, doctors suggest choosing sprays or drops over pills to clear sinuses faster. Experts caution against using sprays or drops for more than three days, though,

(Continued on page 6, Cold/Flu from A-Z)

Things to do Sober



1. Start a free blog at [WordPress](#).
2. Bake cupcakes or a cake, and decorate. There are many ideas at [Bake Decorate Celebrate](#)
3. Visit a museum, or a historical landmark.
4. Go to a spa and get pampered.
5. Make a tie dye t-shirt. Check out ideas here: [Spoonful.com](#)
6. Explore a city or a town close by.
7. Find things to donate to [Goodwill](#).
8. Go to the local hardware store – I am telling you, it’s an amazing place really!
9. Make a pop-up greeting card ([YouTube](#)).
10. Read the [dictionary](#) - you’d be surprised what great words you can find.
11. Make Fruit Leather – aka Fruit Roll-Up. See this easy recipe at [Simply Recipes](#)
12. Watch an old “feel good” movie.
13. Join a Photo a Day Challenge. Check out the prompt for today at [Fat Mum Slim](#)
14. Rearrange the furniture in your house.
15. Design your own Nike shoes at [NIKEID](#). Very cool!
16. Learn about something at [About.com](#).
17. Try on ALL the clothes in your closet.
18. Start a garden! Here is a how-to at [BHG](#).
19. Pamper yourself with a facial.
20. Check out [In The Rooms](#), a great recovery community.
21. Bring a blanket and lie on the grass at an outdoor concert.
22. Make homemade ice cream, there are many great recipes at [AllRecipes.com](#).
23. Redecorate your bedroom. Maybe a new coat of pain might just be what it needed!
24. Learn how to make something at [wikiHow](#).
25. Get lost on [Pinterest](#), and find ideas for all your projects and interests.
26. Meditate! There are many ways to do this and you don’t have to be an expert either. Check the [How to Meditate](#) site.
27. Take a fitness class, martial arts, rock climbing, yoga. Sometimes first time classes are free or discounted.
28. You want to chat? Click the Google + button at the bottom, or [Sober Courage](#) on Twitter, or email: sobercourage@gmail.com.
29. Take an art class at the local community center.
30. Research your ancestor at [Ancestry.com](#), they have a 14 day free trail.
31. Create a Photo Book of your greatest memories, or a recent vacation. See [Shutterfly](#) for some cool ideas.
32. Learn origami with this [tutorial](#). You don’t have to be Japanese to be good at it!
33. Design your dream room or make 3D structures on [Sketchup!](#) The program is completely free!
34. Take a class to learn how to play a musical instrument.
35. Sell your stuff online, you can use [eBay](#), [Craigslist](#) and now even [Amazon!](#)



Elders Are The Carriers of Our Future With Their Knowledge of Our Past...

Port Graham Librarian/Local Artist, Christalina was hired as a plant lore assistant. Through her, plant lore was researched and gathered for creating web pages that will pass on some of Port Grahams Traditional Knowledge. Our hope was to bring together Elders with local community members (especially focusing on youth) to harvest subsistence plants, gather information about them and document it onto a web page. We utilized local herbalists and Elders to share information on traditional methods of gathering, processing and preserving as well as the health and medicinal benefits.



Harvesting of plant lore was a collaboration with the ANA Language Program Coordinator, ANA Governance Program Coordinator, TYP/ICWA Representative, Tribal Chief, Community Members, Elders, and Youth. The ANA Language Program utilized their Sugt'stun Language materials to incorporate harvesting chives; the proper gathering methods, processes and preserving. Elders assisted in gathering, teaching and sharing stories about harvesting in traditional ways, i.e., not to over harvest, methods of preserving and the different uses in traditional dishes.

Part of the process of gathering information included students

interviewing an Elder one on one. After school began, this process was incorporated into a social studies / traditional education hour in the classroom an hour a week during the month of September. Feona Sawden, Jim Miller and Walter Meganack Jr. each volunteered to do a presentation and be interviewed. All of the students in the upper grades got to participate in the Plant Presentations of the Elders at the school before the one on one interviews took place. Thank you all very much for sharing that Traditional Elder Knowledge (TEK) with our youth.

After all plant lore information is developed and in web page form, we plan to have one large gathering to share the accomplishments. Because of a late start on this grant, we discussed what to do about the plants that we missed harvesting because, either we could not schedule them or the very short season, i.e. black seaweed, horsetail jointed grass, licorice fern, rockweed, wild celery, and Sitka spruce tips. We decided that we still will provide the plant lore information on the gathering, processing and preserving processes and would provide documentation from community members in the form of video or digital from year to year to add to our website.

One challenge that was overcome for this grant was during this spring/summer months we had to adjust the age limit of participants for the activities; we anticipated to have all nine of our high school/junior high students to participate.

However, most were out of the village, either visiting family or fishing, and others were working. Because of this, we opened the harvesting activities to youth of *all* ages. This brought more participation of *whole families*, so it was a blessing in disguise.

A part of this grant was to complete the Riley Meganack Memorial Walkway. Martin Norman, PGVC Maintenance along with Michael and Julie, Summer Youth Workers installed some plant information signage at the Riley Meganack Memorial Walkway late in September. To showcase the activity, we had a community ribbon cutting ceremony with our elders, youth and community late in October. The entire



project was explained and discussed during the potluck following the ribbon cutting ceremony.

The grand opening was also an opportunity to show gratitude to our Elders for passing on their Traditional Elder Knowledge (TEK). Christalina gathered yarrow and distributed it, along with an honorarium tea strainer, to each of Port Graham Elders thanking them for sharing their knowledge with us.

In Closing, *all Elders* are encouraged to *continue* to pass on knowledge of the plants and Thank you for being *the carriers of our future with your knowledge of our past.*

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.



Thank You Port Graham! from The Staff of Port Graham Village Council

WE HOPE YOU ALL ENJOY A
HAPPY THANKSGIVING!
ABC'S OF GIVING THANKS

T Is for Treats

Treats come in many forms, from an after-dinner piece of cake to the goodies you collect on [Halloween](#). But treats aren't always sugary desserts to chew on -- treats can also be a stop at the playground on the way home from school, a movie with your parents on a school night, or discovering that a fantastic surprise has arrived in the mail. Be grateful for how treats have sweetened your life in more ways than one!

H Is for Happy Birthdays

What fun it is to have a birthday! For one whole day, everyone piles good wishes (and gifts and cake!) on you, and you feel like the most special person in the world. How do you respond when someone wishes you a happy birthday or gives you a present or a card? You say "thank you," of course! Think back on your most recent birthday and appreciate those who took the time to share the celebrations. Also, remember gratefully all the fun you had celebrating other friends' and family members' birthdays.

A Is for Animals

We human beings inhabit this planet in the company of some pretty amazing creatures, from the fuzzy to the slimy to the towering to the teensy-beansy. You might be most grateful for the companionship of a beloved furry, scaly, or feathered family pet, but don't forget the fascinating animals of yore (T-Rex, anyone?), the mythological beasts from legends (hello, unicorns), and the spectacular creatures that live only in your imagination.

N Is for Nature

"Look deep into nature, and then you will understand everything better," said scientist Albert Einstein. Think about all the natural beauty you got to see this year -- a tall and majestic mountain, a beach full of seashells, a strong and silent forest, a unique tree you pass on your way to school, or a garden your family cultivated to bring more nature to your backyard. How lucky are you to live in such a beautiful world?

K Is for Kites

The inspirational author Dan Zadra wrote, "I made you a kite so you would have to look up." It's true that kites invite imaginations to soar. When there's a colorful kite whipping and diving against a clear, breezy sky, we can't help but be amazed by -- and grateful for -- things we can let fly into the wind, as well as all the things that keep our feet firmly rooted to the ground.

Y Is for Your Special Place

Everyone needs a private place to relax and reflect without the distractions of ringing phones, chattering sisters or brothers, or parents carrying chore lists. Where is that place for you? Give thanks for your bedroom where your own clothes, toys, books, and cozy bed await. Or be grateful for a tree house, a secret corner of your playroom, or a favorite chair that is always around when you need quiet time in your very own space.

O Is for Opportunities

Sometimes, opportunities can disappear as fast as they come. So be thankful for those moments when you seized the chance to do something exciting, new, and fun. How about your decision to sign up for the spelling bee? Or the moment you introduced yourself to someone who became a best friend? These are all smart opportunities that you recognized!

U Is for Umbrellas

An umbrella is one of those everyday items you forget about if you don't remember how much it helps you. On stormy and wet days, your umbrella is a cozy rain repellent and personal protector. If you have a colorful or patterned one, your umbrella might also be a cheerful way to brighten up a gray and gloomy day. So next time you take a walk in the rain, be grateful for your very own storm shield!



Coordinator: Rita Meganack

ANA Immersion Project



Camai Paluwik,

We have successfully completed Year 1 of our ANA Immersion Language Project. We will continue projects throughout this year as we did during year 1:

- Total Physical Response (TPR) Training
- Parent Classes
- Saturday Camps
- Teaching at the Chugachmiut Head Start School
- Teaching at the Kenai Peninsula Borough School District



TPR: Nita Rearden our TPR Trainer/Curriculum Developer and Sugt'stun Editor/Rhoda Moonin, will host trainings based on the curriculum, we are currently utilizing the Chugachmiut Sugt'stun/Alutiitestun Litnaursuait Lessons which were put together by Elders throughout our region.

Nita Rearden, Trainer

Parent Classes: Families that have students in Head Start and K-12th Schools, we are asking you to join us in learning what our Sugt'stun Teacher – Teacher Aides are teaching in class. We have class materials and other resources, come by and check it out. We will post flyers up when we are hosting the parent classes.

Saturday Camps: We will schedule more Saturday Camps throughout the year, please watch for flyers, postings on the web, come and join us, we base the Saturday Camps around our Subsistence, come and learn or advise us as we teach.

Further Trainings: Elder Trainings, we will keep you up to date on those as we are needing more parent and elder participation, two of which are much needed to continue learning outside the school. We are open to all suggestions, information and comments on how else to involve our community members and families.

With the New Year comes new employee's:

- Sugt'stun Teacher Aide: **Michelle Hetrick** *(in need of a backup/substitute)*
- Sugt'stun Teacher: **Rick Richter** *(who's last day was Sept 30)* & **Louise DeVault**
- Early Childhood Teacher: **Rhonda Wulf LaBelle**
- Early Childhood Teacher Aide: **Heather Joseph**

Michelle Hetrick has been training as our sub Sugt'stun Teacher Aide (TA) Since July. Ephimia will be on medical leave until December. Our program, Tamamta Litnaurluta: We All Learn Together is always looking for Backup/Substitutes for the Sugt'stun TA's position. We can always use the extra support so we can continue teaching, without interruption during additional training or

illness. If you're interested in being involved, stop on by the Port Graham Village Council office and see Rita Meganack, Project Coordinator to fill out an application.

Here are a few of the most important requirements: *(others will be discussed during an orientation process)*

- Background Check
- Knowledge and Ability to speak our Sugt'stun Language
- Works well with children 3 – 18
- Computer Knowledge
- Daily Sugt'stun lessons
- Flexible with work schedule (well structured)
- Communication is a must

Quyana'ii

Rita Meganack
ANA Project Coordinator



because prolonged use can damage your nasal passages and make stuffiness worse.

Exercise

Doing some form of moderate daily activity, whether it's walking, biking or jogging, can cut your number of colds in half, studies report. The increased breathing and blood flow and temporary rise in body temperature are believed to aid the immune system.



Fist Bump

Ditch the handshake: A study in the American Journal of Infection Control reveals it transfers far more germs than popular alternatives like the fist bump and the high five, which pass a whopping 90% less and 50% less, respectively.

Gargling

Yep, simple tap water can help prevent upper respiratory tract infections, say Japanese researchers. Do three 15-second gargles three times a day.

Honey

If you're already hacking, try a spoonful or two before bed. In a Penn State study, it was more effective than cough syrup at calming coughs.

Iron

Get your iron levels checked, because a deficiency can decrease the number and effectiveness of certain immune cells.

Jasmine Green Tea

If you find plain green tea bitter, try this sweeter, aromatic version and you'll still get a health boost: Green tea has been shown to reduce days with a cold or the flu by 35%.



Keep Your Distance

Flu droplets can travel up to six feet, reports the Centers for Disease Prevention and Control (CDC), so if you see someone sneezing and coughing, step back to avoid catching the virus.

Lots of Liquids

Staying well hydrated helps prevent colds. And if you do get sick, liquids help thin out mucus and clear it away.

Mushrooms

Ordinary white button ones enhance key immune system cells' antiviral activity.

Nose Know-How

Never blow hard. It can actually push germs back into sinuses, which may lead to a bacterial infection.

Outdoor Time

The Japanese practice of "forest bathing" — a.k.a. hanging out in the woods — can increase our natural killer cells. Researchers suspect that, aside from nature's relaxing effect, trees emit antimicrobial compounds that may boost immunity.



Probiotics

Eat that yogurt: Researchers believe its probiotics may have flu-fighting potential. A recent review study in the Canadian Medical Association Journal also suggests that probiotics can help stave off upper respiratory tract infections.

Quiet Your Mind

You can dramatically reduce your sick days by practicing mindfulness meditation. In the study, volunteers reduced cold frequency, length, and severity by 33% to 60% after an eight-week course in mindfulness-based stress reduction. Learn some techniques at mindfulnesscds.com.

Rinse

When blocked sinuses are making you miserable, get relief by using an OTC saline nasal spray or mist throughout the day whenever you feel the need to clear nasal passages.

Sleep More

Sleep away your cold. Scientists are learning more about the sleep/healing connection: Getting more shut-eye when you're sick ups the activity of proteins that help to clear infection faster.



Time Off

Over 40% of Americans let vacation time go to waste each year. Yet stress from lack of downtime is associated with a weaker immune system. So consider those play days a prescription for better health — and use them.



Understand Your Symptoms

Knowing if it's a cold or flu can help you make better treatment choices. If it's flu, take extra care, since it could lead to other complications like bronchitis or ear infections. Here are some ways to recognize the difference: Fever, chills, and aches all over? Common with the flu, rare with colds. Sneezing, stuffy nose, sore throat? Common for a cold, not the flu.

Vaccine

"Getting a flu shot is the best preventer," says Michael Jung, M.D., of the CDC. Experts say to get it as soon as it's out, usually in early fall. So yes, like now!



Wash Your Hands

Always clean your hands after high germ-transfer times: when you arrive at work or home (especially after a trip on public transit) and before every meal. Just mild soap and water will do the trick.

X Out Echinacea

The herb hasn't stood up to scrutiny from researchers. Save your cash for more effective (and proven) options.

Yoga

Hatha yoga practice, which is composed of gentle poses and breathing exercises, can activate beneficial genes in our immune cells. In a study from the University of Oslo that compared pre-yoga and post-yoga blood cells, this benefit was seen within two hours after practicing.



Zinc

Multiple studies suggest that at the first sign of a sore throat, sucking on zinc throat lozenges is a great defense; research shows they can shorten the duration of a cold. Scientists speculate that zinc hinders a virus's ability to reproduce or attach to cells. So go ahead, stock upon some zinc lozenges. Now you're ready — bring on cold and flu season!



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

PORT GRAHAMS 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



Greetings: My name is Nyia Charest and I am Licensed Clinical Social Worker. I serve the villages of Port Graham and Nanwalek. I have worked as a Counselor for fifteen years on the East Coast and in Alaska (Kodiak and

Anchorage). I am honored to be in a position that allows me to be flown to such beautiful places in Alaska and to get to know the people here. My hope is I can support the community as the needs reveal themselves.

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



Pheobe Proudfoot,
Behavioral
Health Clinician



Narciso Penamora,
Addictions
Coordinator



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

**'POST OFFICE'
DIRECT LINE**

284-2206






**THANK YOU FOR YOUR
WATER & SEWER PAYMENTS!**
For those who have not, please don't forget to
To pay your water and sewer bill.

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

See us on the Web at:
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

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