

KALIKAHPET



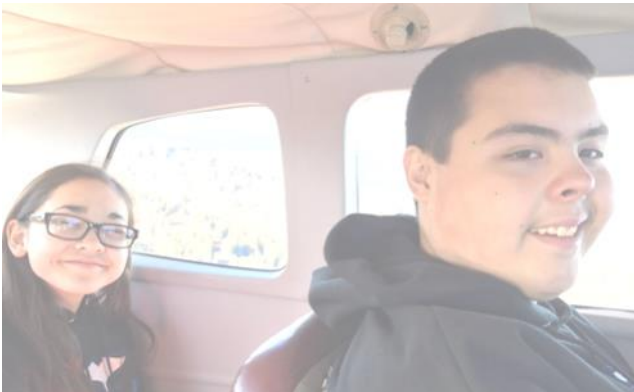
Port Graham Killer Whales Are Running!

Teacher, Coby Way proudly says the Port Graham School runners are: Malachi Joseph, Suzanne LaBelle & Monique Cook for the High School Team. The Middle School runners are Tyson Breedlove and Ashlen Malchoff. Malachi ran in races at Bartlett High School, Palmer High School, Homer Spit, and Regionals in Talkeetna, Suzanne ran races at Bartlett High School, Homer Spit, and Regionals in Talkeetna. Monique ran in races at Homer Spit, and Regionals in Talkeetna. Ashlen ran in a race at Nikiski High School, and will be running in Homer and Kenai. Tyson will be running in Homer and Kenai.

It's been a great season. Every student athlete worked extremely hard. All of the High School students broke their personal records for time at the regional meet. A team was formed, and it was great thing to witness. Devin and I are proud of the runners commitment.



Malachi, Suzanne and Monique are ready to run.



Ashlyn and Tyson, PG middle school students

A *HUGE* thank you

to the community of Port Graham for all of the support and believing in our program. **GO Killer Whales!**

◀ Osi Kaspi — Chugachmiut's new Behavior Health Clinician



Hello Port Graham, My name is Osi, (pronounced Oh-see) I was born in the US and raised in Israel from age 3, my mother tongue is Hebrew. Like all high school graduates in Israel, I was drafted to mandatory active duty of 2 years in the Israeli Defense Army. I served as a social worker and a commander of the women on the base. I became a lieutenant and even got to do parachute course, and jump out of an airplane 3 times.

Half year after my release from active duty, I was called to duty in the Lebanese war of 1982. I lost friends. My duty in the reserves was to accompany and attend to the needs of grieving families. I was young and that experience weighed heavy on my heart.

After that experience, I got to travel to the Far East (Nepal, India) and trekked in the Himalayas (The Annapurna Pass). That soothed me and I was ready to return to the US and continue my higher education. I did both my Bachelor's and Master's degrees in the Northeast coast (NY, NH, ME) and became a licensed professional counselor.

I studied Counseling Psychology and Dance/Movement Therapy. I love dance and the arts. I believe in their power to heal when used as a tool to

express the self. I find solace in nature, and also go camping and hiking.

I worked with survivors of domestic violence, adolescents and adults, specializing in expressive arts therapy, in emergency mental health as well as trauma/grief counseling. I like working with individuals but also facilitate groups. I can support and counsel people who wish to recover from drug/alcohol addiction.

I came to Alaska in 2008 to work in Kotzebue and the Northwest villages of the Inupiaq people I greatly enjoyed working and living up in the arctic. From there I moved to Homer

▶▶▶ Continued on page 4 'Osi Kaspi'

A black and white line drawing of two people in traditional Alutiiq clothing. The man on the left wears a large, pointed hat with a star and geometric patterns, and has a pipe in his mouth. The woman on the right wears a beaded headpiece and multiple necklaces. The background is white with faint, repeating patterns of the man's face and the woman's headpiece.

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:
Unconditional Love



ICWA



INDIAN CHILD WELFARE REPRESENTATIVE Jim Miller



Are You an Alcoholic?

Before we can successfully treat any disease we must *diagnose* or *recognize the disease* by the symptoms. Alcoholism is a disease that can be diagnosed and treated early, not everyone has to “hit bottom”. This screening tool has been internationally recognized as useful and accurate for use by doctors and professionals in primary care settings.

Let's make Port Graham a healthier, happier village one recovery at a time. Wouldn't it be wonderful if every child grew up in a sober, safe, and loving home?

The CAGE Test for Alcohol Addiction

This simple test is surprisingly accurate. Answer yes or no to each question.(1)

1. Have you ever thought you should **C**ut down your drinking?
2. Have you ever felt **A**nnoyed when people have commented on your drinking?
3. Have you ever felt **G**uilty or badly about your drinking?
4. Have you ever had an **E**ye opener first thing in the morning to steady your nerves or get rid of a hangover?

Your score:

Score one point for each yes answer.

- If you scored 1, there is an 75% chance you're addicted to alcohol.
- If you scored 2, there is an 85% chance you're addicted to alcohol.
- If you scored 3, there is a 99% chance you're addicted to alcohol.
- If you scored 4, there is a 100% chance you're addicted to alcohol.

If you have scored two or more on this simple self-test you may want to see a professional counselor or seek help from other people who have found sobriety through 12 step programs like Alcoholics Anonymous (A.A.).


We are very fortunate here in Port Graham to have resources available.

Call the clinic to make an appointment with **Tosha Saincome** for a more in-depth assessment or other services.

Also notice the public service notices that are prominently displayed around the community in regards to A.A. meeting times and locations.

One Day At A Time

AA Meeting



Monday, August 15, 2016 @ 6PM
@ Behavioral Health Building

ACCEPTANCE GRATITUDE FELLOWSHIP HUMILITY SERENITY

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, **KalikaHpet**?

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

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



PLEASE PAY YOUR WATER

FOR YOUR CONVENIENCE WE ACCEPT:

MasterCard AMERICAN EXPRESS

DISCOVER NETWORK VISA

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.

Regional Addictions Coordinator



Tosha Saincome, Port Graham's Regional Addiction Coordinator will be coming in every other week, Monday thru Wednesdays, if you would like to schedule an appointment, please call 284-2261 or 334-0134.



Behavioral Health Clinician
Nyia is Back!

Nyia Charest is a Licensed Clinical Social Worker. She serves the villages of Port Graham and Nanwalek. She's honored to be back in such a beautiful place and to get to know the people here again!

Reminder:

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

Continued from page 1 'Osi Kaspi'

where I've been living and working for the past 4 years. I served as an on-call emergency mental health clinician.

Inherent in my way of life and therapy is respecting all being, available to listen and guide. I see counseling as a joint effort and participation. I treat the person as a whole: Body/Mind/Soul. Paying attention to all aspects of one's life, as all is connected. I use positive psychology, humanistic and client-centered approach. I use tools such as mindfulness, relaxation and emphasize self-compassion.

I look forward to continuing to learn about the Alutiiq culture, it's so fascinating! I'm honored to serve the people of Port Graham and Nanwalek. I thank you for opening your doors to me. Please feel free to reach me anytime I'm here in the village at the clinic, 284-2241.

October Travel to Port Graham Chugachmiut Behavioral Health



Will be in **Port Graham**

Behavioral Health Clinician

Osi Kaspi

October 3, 2016 to October 4, 2016
October 10, 2016 to October 11, 2016



Regional Addictions Coordinator

Tosha Saincome

October 10, 2016 to October 12, 2016

Behavioral Health Clinician

Nyia Charest

October 19, 2016 to October 21, 2016
October 26, 2016 to October 28, 2016



Please call the Clinic to set up an appointment.

For Behavioral Health emergencies, please call the Chugachmiut 24/7 Behavioral
Health Crisis Line at
1-844-891-0444.

CRAFT NIGHT

Tuesday Nights at 6:30 pm

At the Behavioral Health Building

Bring a craft project in and & work on it with us!



One Day At A Time

CALL THE CLINIC FOR DATES, TIMES AND LOCATIONS FOR **AA MEETINGS** IN PORT GRAHAM

DENTIST IN PORT GRAHAM

Dr. Nolan & Angela McKinney
will be in **October 25-28,**
to serve **ADULT PATIENTS**



Angela McKinney will be in
October 31-November 4, to DO CLEANINGS

PLEASE CALL 284-2241 to set up an APPOINTMENT



Chugachmiut

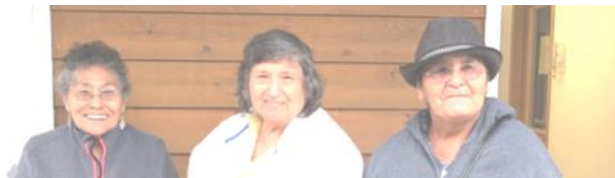
Local Education Coordinator

Tim Malchoff, Local Education Coordinator

Chugachmiut's Local Education Programs Retreat held August 8 through 12 turned out GREAT!

Local Education Coordinators, Sugt'stun Teachers, regional staff, various school district employees and Patty from CRRRC attended and contributed to the events. Much was learned and passed on to each other during the retreat. Chugachmiut Heritage kit displays were set up for viewing at the school during the retreat. It was a good opportunity to see what Chugachmiut's Heritage Kits contained. On the final day, we got to have a huge bon fire. Everyone there enjoyed all the comradery of all the Local Education Coordinators and Educators.

I will be holding Elder meetings on the 15th and 30 of each month to discuss the new Heritage kit, 'Traditional Weather Forecast'. I will provide a small lunch and hope Elders come and share information!





Port Graham Village Water Treatment

Water Leaks to the Port Graham Village Council

Is my water safe?

Yes, our Water Treatment Facility is monitored 24 hours by computer software and inspected twice daily by our Operator. All Testing and Reporting Requirements are completed in a timely manner. And The Water Operator holds a Level 2 certification from the State of Alaska.

Do I need to take special precautions?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Water Drinking Hotline (800-426-4791). Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Water Drinking Hotline (800-426-4791).



Water Conservation Tips

Did you know that the average U.S. household uses approximately 400 gallons of water per day or 100 gallons per person per day? Luckily, there are many low-cost and no-cost ways to conserve water. Small changes can make a big difference - try one today and soon it will become second nature.

- Take short showers - a 5 minute shower uses 4 to 5 gallons of water compared to up to 50 gallons for a bath.
- Shut off water while brushing your teeth, washing your hair and shaving and save up to 500 gallons a month.
- Use a water-efficient showerhead. They're inexpensive, easy to install, and can save you up to 750 gallons a month.
- Run your clothes washer and dishwasher only when they are full. You can save up to 1,000 gallons a month.
- Water plants only when necessary.
- Fix leaky toilets and faucets. Faucet washers are inexpensive and take only a few minutes to replace. To check your toilet for a leak, place a few drops of food coloring in the tank and wait. If it seeps into the toilet bowl without flushing, you have a leak. Fixing it or replacing it with a new, more efficient model can save up to 1,000 gallons a

Where does my water come from?

Port Graham's water originates from a reservoir that is a dammed creek southwest of the village. The water is treated to protect the system and consumers from sediment and microorganisms that may be in the source water



Source water assessment & its availability

To learn more about your water, including the source water assessment, you can visit the Alaska Department Of Environmental Conservation's Drinking Water Watch webpage. <http://dec.alaska.gov:8080/DWW/>

How can I get involved?

If you are interested in learning more, contact the Port Graham Village Council Offices. Report any



month.

- Adjust sprinklers so only your lawn is watered. Apply water only as fast as the soil can absorb it and during the cooler parts of the day to reduce evaporation.
- Teach your kids about water conservation to ensure a future generation that uses water wisely. Make it a family effort to reduce next month's water bill!

Visit www.epa.gov/watersense for more information.

Source Water Protection Tips

Protection of drinking water is everyone's responsibility. You can help protect your community's drinking water source in several ways:

- Eliminate use of lawn and garden fertilizers and pesticides - they contain hazardous chemicals that can reach your drinking water source.
- Pick up after your pets.
- If you have your own septic system, properly maintain your system to reduce leaching to water sources or consider connecting to a public water system.
- Dispose of chemicals properly; take used motor oil to a recycling center.
- Volunteer in your community. Find a watershed or wellhead protection organization in your community and volunteer to help. If there are no active groups, consider starting one. Use EPA's Adopt Your Watershed to locate groups in your community, or visit the Watershed Information Network's How to Start a Watershed Team.
- Organize a storm drain stenciling project with your local government or water supplier. Stencil a message next to the street drain reminding people "Dump No Waste - Drains to River" or "Protect Your Water." Produce and distribute a flyer for households to remind residents that storm drains dump directly into your local water body.

Changes to Water System over the past year:

The Amount of chlorine required by the state was doubled from .20mg/l to .40mg/l



Congressman Don Young Visits Port Graham



A Potluck for Congressman Don Young was hosted in Port Graham on August 3, 2016. The community center was abuzz with preparations for the potluck to honor him and the work he's done for our state and in turn our community.



Port Graham's Chief Patrick Norman and Chief John Kvasnikoff from Nanwalek both attended the festivities. Everyone was happy to get their photos taken with the Congressman.



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

**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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