



Port Graham Village Council Raffle Drawing Results:

1. \$200 fuel certificate, Phoebe Proudfoot
2. 1 r/t Homer Air, Adrienne Moonin
3. 1 r/t Smokey Bay Air, Stella Meganack
4. Kindle Fire, Richard Moonin
5. 32 Inch Samsung TV, Jim Miller
6. 25 Gallon Fuel, Dennis Anahonak
7. 25 Gallon Fuel, Rita Meganack
8. Foldable Kitchen Cart, Christine Noah Seville
9. Ninja Blender, Lydia McMullen
10. Buffet Server, Pat Norman
11. Ninja Prep, Richard Moonin
12. Ugly Fishing Rod, Lawrence Yeaton
13. Pressure Cooker, Naomi McMullen

CONGRATULATIONS AND THANKYOU FOR PARTICIPATING

Coordinator: Rita Meganack

ANA Immersion Project



Camai Paluwik,

It has been a successful year for our program! Thank you all for your participation and we look forward as we move on to year 2 and hope to have your continued support and continue to teach us our sugpiaq Language and pass on the values of our cultural ways.

We will continue to host:

Parent Trainings: Teaching parents what is taught to their children in Class at the Head Start and the K-12 School.

Saturday Camps: Seasonal activities held throughout the year, based on our subsistence way of living.

Education Committee meetings: All who are involved in the program will meet and gather information, ways to improve what we are teaching in the schools.

We ask that you and your families join us in all these activities, we value input

from all. Your voice will be valued in ways we are teaching and learning.



**Quyana,
Patrick Norman,
Rita Meganack,
Ephimia Dumont &
Michelle Hetrick**



Camail



I am Malaniakcak (Michelle Hetrick) I was hired by the Port Graham Village Council as an ANA Language Assistant Substitute (I will substitute for Mia, in her absence during maternity leave September 14 - December 16)

I am very excited to be able to learn and speak sugt'stun!

I became interested in learning our language because my Godfather would always talk to me in sugt'stun forgetting that I didn't know how to speak or understand. It would be great to be able to one day understand him and speak to him clearly!

Being able to work with the children and learn at the same time is going to be a great experience for all of us!



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:

HELPFULNESS



ICWA

INDIAN CHILD WELFARE REPRESENTATIVE Jim Miller



ANA GOVERNANCE PROJECT HAPPENINGS

ADMINISTRATION FOR NATIVE AMERICANS
PROJECT COORDINATOR Daryl Kreun

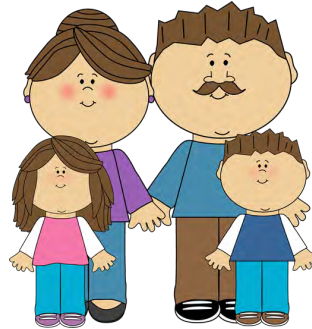
Why Do Some People Become Addicted?



For two decades, researchers have been struggling to identify the biological and environmental risk factors that can lead to addiction to alcohol and other drugs. These factors form a complex combination in which the influences combine to bring about addiction and to make its treatment challenging. But scientists know more about addiction now than they did even 10 years ago, and have learned much about how the risk factors work together.

The widely recognized risk factors include:

- **Genes:** Genetics play a significant role: having parents with alcoholism, for instance, makes you four times more likely than other children to become alcoholics. More than 60 percent of alcoholics have family histories of alcoholism.
- **Mental illness:** Many addicted people also suffer from mental health disorders, especially anxiety, depression or mood illnesses.
- **Early use of drugs:** The earlier a person begins to use drugs the more likely they are to progress to more serious abuse.



- **Social environment:** People who live, work or go to school in an environment in which the use of alcohol and other drugs is common - such as a workplace in which people see heavy drinking as an important way to bond with coworkers - are more likely to abuse drugs.

- **Childhood trauma:** Scientists know that abuse or neglect of children, persistent conflict in the family, sexual abuse and other traumatic childhood experiences can shape a child's brain chemistry and subsequent vulnerability to addiction.



Continued on page 4 "Why..."

Survey Reminder: ANA Governance Post Project Survey was mailed out last week to all local Port Graham Tribal Members with a total of (75) surveys, and if you return your completed survey you will be entered to win 1 of 2 round trip tickets to Homer Air and Smokey Bay Air.

NEW DRAWING DATE
This ANA Governance Post Project Survey drawing will be held on
September 29, 2014

The previous scheduled date for the drawing was scheduled for September 26, 2014. The (2) winners will be notified on the day of the drawing and good luck! Thank you to the few that have already returned your completed survey!

About the ANA Post Project Survey: This survey is part of the grant requirements to measure the success of this ANA Governance Grant and to compare it to the survey from 2012 in which both surveys are confidential.

The numbers on the survey are to keep track of the tickets for the drawing, the one stipulation is that if you return the survey completed you will be eligible for the drawing. This is one way to make sure that all entered tickets have a completed survey so that their ticket can be entered for the drawing, plus this helps me keep organized to make sure that we have an 100% participation.

Please if you have any questions about the ANA Post Project Survey contact me at the Port Graham Council Offices during business hours.

"The kids most likely to get addicted are the ones who also have other problems," says Dr. Mark Willenbring, who directs the Division of Treatment and Recovery Research of the National Institute on Alcohol Abuse and Alcoholism (NIAAA). Forty percent of people who start drinking before they are 15 years old develop alcoholism. Addiction is at the end of a spectrum of substance use problems; for most people, though not all, addiction arrives after other phases of drinking or drugging go uninterrupted. That's why it is so important to treat substance use problems in their earliest stages. Although genetic researchers are trying to identify the genes that confer vulnerability to alcoholism, this task is difficult because the illness is thought to be related to many different genes, each of which contributes only a portion of the vulnerability.



Stress and Addiction

Science shows that stress and addiction are so closely intertwined that to recover, people with addictions must learn new ways of coping with stress.

Co-occurring Disorders

A significant portion of people with addictions also suffer from other mental health illnesses, called co-occurring disorders. Without comprehensive treatment, people with co-occurring disorders are far less likely to recover from their addictions.

Port Graham Behavioral Health Information

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

(If there's no answer, please leave a message, your call will be returned)

Michael Horton, Behavioral Health Director

Michael has experience with both mental health and addictions issues throughout Alaska. He writes a weekly newspaper column called, "Counselor's Corner" for the Copper River Record and has written five books on various topics.



Pheobe Proudfoot, Behavioral Health Clinician

Pheobe is a traveling Behavioral Health Clinician. She likes to write and has written poetry. She has skills in several areas of arts & crafts. Pheobe has run women's support groups, and worked as a counselor for military families. She has an extensive history with many forms of therapy.



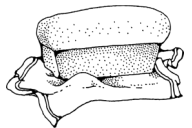
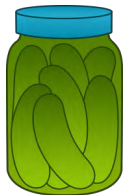
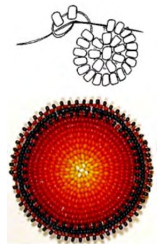
Narcisco Penamora, Addictions Coordinator

'Cisco' is our Addictions Coordinator and comes to the region with decades of addictions counseling experience. Cisco has organized and coordinated Recovery Camps around Kodiak Island and is highly respected around the state for his attention to consistent and caring service.



50 Things to do Sober

1. Make a list of things to do
2. Write a letter to the editor
3. Volunteer somewhere
4. Take a hike
5. Take a college class
6. Try yoga
7. Meditate
8. Get a massage
9. Make fruit smoothies
10. Bake cookies
11. Do a crossword puzzle
12. Go to the gym
13. Plant a color bowl
14. Sharpen your pruning tools
15. Change your engine oil
16. Sew Something
17. Groom your dog
18. Go see a play
19. Write a sonnet
20. Sort your recipes
21. Play solitaire
22. Go bird watching
23. Write a letter to a friend
24. Read a poetry book
25. Repot your houseplants
26. Go to a movie
27. Mow your lawn
28. Take down Christmas lights
29. Make pickles
30. Go jogging
31. Watch sitcoms
32. Plan menus for a diet
33. Do a jigsaw puzzle
34. Play chess
35. Write a country-western song
36. Watch a video
37. Go for a bike ride
38. Plant an herb garden
39. Start an online journal
40. Dye your hair
41. Go to a restaurant
42. Lift weights
43. Bake some bread
44. Learn a martial art
45. Polish the furniture
46. Make a flower arrangement
47. Read the newspaper
48. Start some seeds
49. Sort your magazine
50. Do some laundry.





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!



Alaska Conservation Foundation

YOUTH PLANT GRANT INFORMATION GATHERERS NEEDED...

Here's a few of the pictures taken for "the Plant Grant". We still need pictures of Sweet Colts-foot, Bethlehem Star, Seaweed, Licorice Fern, and Labrador Tea. If any of you out there are closet photographers, and want to participate and share, we welcome the input!



Plants were used by our ancestors to eat and they were used as medicine for various illnesses. Information about plants used in our area has been hard to find. The way to use plants is usually passed on from generation, to generation. However, the western world came and brought with it grocery stores, and pharmacies. The ways of our ancestors have been set aside in favor of modern medicine and fast food. Recently there are some of us with a desire to go back to some of our ancestors' plant practices and we, here at Port Graham Village Council, want to help everyone do just that.



Watermelon Berries



The Village Council has received a grant that will enable us to place some plaques up on the Riley Meganack Board Walk on the back road. These plaques show pictures of some of the plants in that area which can be used medicinally.

The grant that I affectionately call "The Plant Grant" will also allow us to develop an application that will explain what some of our medicinal plants look like, when to harvest them and what to do with them once they're collected. This application would be available online.



Fireweed

Because we want to have our Youth learn from our Elders, we've written into the grant a plan for our Youth to interview our Elders on local Plant usage. We want to document what our Elder's remember from their past, to preserve it for the future tribal members.



We also want to plan more harvesting trips for different plants. Watch the regular places for notices on harvesting dates. The chive harvesting took place with a nice turnout. Our harvesting trips will hopefully include whole families, whenever possible, to get as many community members involved as we can.



Yarrow



As an incentive for the students, each of these activities do and will qualify for the *iPad Mini Give Away* for participation.

Any students interesting in interviewing, please see Jim Miller, or myself.

These plants were used by our ancestors and they lived to a ripe old age. Let's bring some of those practices back and hopefully the ripe old age of our ancestors will continue on with us, our children and our children's children as well!

Quyana, Christalina
Plant Grant Project Coordinator

NOTICE OF JOB VACANCIES

KENAI PENINSULA BOROUGH SCHOOL DISTRICT Is recruiting for a Tutor

Job Title: Title VII Tutor
Salary: \$18.43/hr
Location: Port Graham School
Hrs/Day: 7 hrs/day

JOB PURPOSE: To provide instructional support to individual students and small groups under the Indian Education/Title VII guidelines, and responsible to facilitate the site Native Youth Leadership Program. The tutor will work directly with regular education teachers to ensure targeted students improve their learning in identified content areas. May include an after school program Monday through Thursday.

MORE JOB INFORMATION IS POSTED AT THE CENTER



ENDEAVOR

Is recruiting for
**General Helper
&
Baker**

Salary: \$11 & 14 / hr
2 weeks on 2 weeks off

MORE JOB INFORMATION IS POSTED AT THE CENTER



Chugachmiut, the Native tribal consortium serving the Chugach Region is recruiting for a Village Public Safety Officer (VPSO)

Location: Port Graham **Salary:** DOE
Opening Date: August 29, 2012 **Closing Date:** Until Filled

Position Summary

Under the supervision of the EMS & Safety Program Manager, the position provides public safety services including the enforcement of local ordinances and state laws. It also requires participation in and development of public safety education, emergency response to fire, medical emergencies, and search and rescue. The VPSO will work closely with the local Village Council and the Alaska State Troopers. Position is dependent upon annual funding.

Qualifications

- ◇ State of Alaska Police Standards for VPSO
- ◇ 21 years of age or older
- ◇ US Citizen
- ◇ High school diploma or equivalent
- ◇ Must be able to pass State and Federal Background checks (with no barrier crimes)
- ◇ Must pass Medical/Psychological evaluation

Work Conditions

Chugachmiut employees strive both for excellence in the services they provide and, through our Employee Values Statement, to serve with integrity. This requires working in an environment where blame and shame are not tolerated. Instead, we use Lean Administration tools for managing processes, and Baldrige quality criteria for measurement of effectiveness. Effective communication is essential in a Lean/Baldrige workplace and employees must learn how to share problems with fellow employees with a purpose of solving them.

Chugachmiut offers a smoke, drug, and alcohol free work environment. Work hours are Monday to Friday from 8:30 a.m. to 5:00 p.m. with an hour for lunch, to include a 37.5 hour work week. Incumbent must be willing and able to travel in small aircraft occasionally throughout the Chugachmiut service area.

Application

Please download an [application here: http://chugachmiut.org/Employment/employment.html](http://chugachmiut.org/Employment/employment.html) or call (907) 562-4155 or 1-800-478-4155. Mail application to: Chugachmiut Human Resources, 1840 Bragaw St., Suite 110, Anchorage, AK 99508-3463 or fax to (907) 743-0644. Attach a resume if desired. *Resumes without an application will not be accepted.*

Chugachmiut is an EOE that practices diversity in its hiring practices with Native Preference under P.L. 93-638. Certification must accompany application to be considered for preference.



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 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)



A FRIENDLY REMINDER:

To pay your water and sewer bill.



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



Be helpful!




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

See us on the Web at:
www.portgraham.org

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
- **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

Raffle Results	1
Immersion Project	
Traditional Value	2
Why do we Become Addicted?	3
ANA News	
Why continued Behavior Health News	4
Plant Grant Information Gatherers Needed	5
Job Openings	6
Community Events	7