

Igiugig News & Notes

Igiugig Tribal Village Council

DOUBLE ISSUE

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Exceptional Indeed! By AlexAnna Salmon



Kristin receives her prestigious award for exceptional teaching at the award luncheon.

At Dartmouth graduation 2008, secondary teacher Kristin Hathorn received a prestigious award in recognition for her excellence in teaching at Igiugig School. She was one of four recipients of the Dartmouth Prize for Exceptional Teaching Award and was honored at Commencement, at a luncheon and reception. She also received an honorarium and an award for Igiugig School.

This all began with a campus-wide e-mail from the Education Department to Dartmouth seniors to nominate an exceptional

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Beautiful Flowers by Stacie Garrison

I was happy to be back in the village and able to plant flowers at the hanger and around the village again this summer. Even though there wasn't near as many flowers to plant as last summer, it was still a lot of fun and the village looks beautiful! I had a lot of helpers, so planting went fast and quite smoothly. Some of the flower boxes were too high up for anyone to reach, so my helpers and I came up with a solution; Camille and Dolly Ann would take turns sitting on my shoulders while I stood beneath the flower boxes. At their new height, the girls were able to see and

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Birthdays this month

- July 1
Kiara Nelson
- July 8
Ida Nelson
- July 19
Betsy Hostetter
Michael Andrew, Jr.
- July 21
Keilan Wassillie
- July 31
Kyle Andrew

Kvichak Smolt Crew 2008 by Shelley, Pamela, Janelle, Lani, and Guy



Get to Know Us...

Guy Wade, our crew leader from Girdwood, commercial fished for 10 years, and has now found himself on the research side of fisheries. Shelley Woods, from Dillingham, is one of our star interns and is currently finishing up her BS in Fisheries at UAF. Pamela Edwards, from New Stuyahok, is working on her degree in General Science at UAF, and adds a lot of joy to our team. Lani Luhrs, from Togiak, is amazing with any outboard motor, and is focusing her BS on Mathematics and Biology at UAF. Janelle Mueller, from Anchorage, works for ADF&G and will be attending UAF in Juneau this fall to work towards her MS in Fisheries. The Bristol Bay Science and Research Institute and the Alaska Department of Fish and Game are working together to gather smolt information.

The two approaches to data collection are fyke net fishing and a new sonar technology. At the upper and lower sites, there are sonar pods connected by cable that run across the width on the river. Our sampling site is located in between the two sonar sites, which is where we deploy our fyke net. On average, we sample 600 smolt in one evening, and have a minimal amount of daily sonar duties.

We are truly enjoying being a part of the wonderful Igiugig community, and want to thank everyone for their kindness and friendship. Special thanks to Annie for supplying Maqis, the folks who run the awesome store and the administration office for letting us use their facilities and helping answer all of our questions. Also, thanks to Buck for all of the laughs and stories you provide.

A poem for Igiugig...

Winds blowing from the East, a place of peace and quiet.
Finding ourselves relaxed and calm, an ancient joy abides here.
Swaying trees and river flowing swift, a community like no other.

FLOWERS! (Continued from page 1)

reach into the flower boxes so they could plant the flowers. Not only was it fun for them, it gave me quite a workout! My favorite parts about planting flowers was that the whole community was involved, and I was able to reconnect with my friends from last summer and make new friends, such as Hunter and Shealayla. I'm looking forward to planting flowers and meeting new people next summer!



1. Fewnia, the happy planter
2. Hunter helps Sister plant at the RecHall.
3. Tatyana, Kiara and Ida enjoyed digging in the dirt by the clinic.
4. Shaun helps Betsy with the satellite dish containers.

Library/Computer Lab News

The Summer Reading Club has been in full swing for over a month now, so if you have yet to join you should hurry and sign up so you can start working on your beaver dam! One can check out the Reading Club progress on the downstairs bulletin boards where all the beaver dams have been growing over the weeks. Running out of reading materials at home? Then head on down to the library where we have a variety of books! The library also has internet access and computer games for children to play (remember, a guardian must help the children).

The library continues to run from 10:00-11:00 AM & from 7:00-8:00 PM Monday through Saturday.



"Any views, findings, conclusions or recommendations expressed in this publication do not necessarily represent those of the Institute of Museum and Library Services"

Librarian's Pick of the Month:

(Books that I have picked can be found on the black rolling rack at the library for easy access.)

Alaska: The Winter Walk by Loretta Outwater Cox "is a woman's story. A mother's story. A true story. Handed down daughter to daughter for more than a century, the tale burdened each who learned it. Although separated by generations, each woman could imagine a long-ago winter, starvation, and an unbearable choice some would condemn while others would call the ultimate act of love." Anchorage Daily News.

Non-Fiction: The Long Walk: The True Story of a Trek to Freedom by Slavomir Rawicz. "In 1941, the author and six other fellow prisoners escaped a Soviet labor camp in Yakutsk—a camp where enduring hunger, cold, untended wounds, untreated illnesses, and avoiding daily executions were everyday feats. Their march over thousands of miles by foot-out of Siberia & through China, the Gobi Desert, Tibet, & over the Himalayas to British India—was a remarkable journey through some of the most inhospitable conditions on the face of the earth."

JUNIOR FICTION: Danny the Champion of the World by Roald Dahl. "Danny has a life any boy would love—his home is a gypsy caravan, he's the youngest master car mechanic around, and his best friend is his dad, who never runs out of wonderful stories to tell. But one night Danny learns the shocking secret that his father has kept hidden for years."

Children's Book: How Are You Peeling?: Food With Moods by Saxton Freymann & Joost Elffers. "What better way for a child to identify different emotions than with the very expressive 'faces' of fruits & vegetables! Simple rhyming text & a bright array of emotional produce make this the perfect introduction to the complex world of feelings."

NAME	books read	pages read
0 to 4		
Shealayla	58	1755
Leif	40	1131
Keilan	97	3380
Aiden	185	6090
Madison	164	5051
Kiara	58	1763
Kyle	21	1463
Hunter	29	875
Fewnina	17	551
Camille	20	2282
Dolly Ann	5	328
Shaun	19	5716
Tess	4	1690
April	5	2367
AlexAnna	2	944
Bernadette	10	2779
Betsy	6	2299
Bonnie	8	1383
Christina	17	5209
Ida	1	341
Jack	4	727
Jon	1	382
Julie	7	3799
Martha	11	3556
Sandy	4	581
Sheryl	2	1192
Stacie	7	2073
Tanya	12	3372
TOTALS	814	63079

Sudoku

Answer can be found on page 9.

							1	
				4	3	9		
	9		1				3	2
3	7	8		9				
	6			1				
	2				4			5
						1	4	7
	3				7	5	2	
		9						



1



2



3

1. Willie took Dolly Ann in for a dunking.
2. Fewnia and Camille try to warm themselves up by coating themselves in sand.
3. Madison and Aiden enjoying playing together at the beach.

WORD BUILDING

Use the following letters to make words in the slots provided.

GRFLUA

1. □□□

2. □□□

3. □□□

4. □□□

5. □□□

6. □□□

7. □□□

8. □□□

9. □□□

10. □□□□

11. □□□□

12. □□□□

13. □□□□□□

Answers can be found on page 9.

teacher. I seized this rare opportunity to show Kristin how thankful I was for her teaching and dedication to Igiugig. The nominations were reviewed by a nine-person committee of students, faculty, and administrators; it was chaired by Jay Davis. The semi-finalists were contacted to submit a personal statement and school principals also submitted a recommendation. (Following this article are both my nomination and Kristin's personal statement). At the reception, Andrew Garrod, a member of the selection committee and the chair of the Education Department, was a guest speaker. He explained the significance of the award: "By establishing this award, the college is encouraging its graduating seniors to reflect on the extraordinarily gifted and dedicated teachers whose work enabled them to be successful once they arrived at Dartmouth."

It was an honor to have both Mark Battaion and Kristin Hathhorn attend my graduation and to be recognized for their hard work as well. They were able to tour the campus and attend graduation receptions alongside my family and me. The other teachers that also received an award commented that we seemed like good friends and hung out together. Little did they know, Mark and Kristin are much more than teachers—they are true family friends. Others would be shocked to find out that Mark and Kristin stopped in New York, met my Uncle Bobby for the first time, drove his truck to Dartmouth, attended graduation, helped me pack up my room and drive my belongings back to New York, and then attended my family graduation reception before heading to Haines for their summer vacation. Talk about "above and beyond the call of duty!"

So please welcome Mark and Kristin home with a big congratulatory hug! We are so lucky to have them.

Nomination By AlexAnna Salmon

Kristin Hathhorn is the single most qualified teacher deserving the Dartmouth Prize for Excellence in Elementary and Secondary Teaching. She has taught the secondary students in the remote village of Igiugig, Alaska for the last five years—beginning with my senior year. I can honestly say that I am graduating from Dartmouth College because of her mentorship, which did not end with my graduation, but continues today.

I am writing this nomination as a former student, a life-long friend, and as one with first-hand experience in the rural Alaskan teaching system. As an eye-witness to the high teacher turn-over rate of the Lake and Peninsula School District, I know that most teachers are daunted by the challenges of teaching in an environment that is isolated, physically and culturally foreign, lacking in materials and teacher aides; there is no training which adequately prepares incoming teachers. Igiugig's two-room school is staffed with two teachers (one secondary, one elementary) for a student body ranging from 12-21 students, K-12 grade. Our teachers are responsible for *ten* subject areas. Furthermore, we lack on-site guidance counselors, college counselors, volleyball and basketball coaches, student government advisors, etc. Our teachers are expected to fulfill these roles.

Rural Alaska demands creative, improvisational, and endlessly energetic teachers—qualities which Kristin exemplifies. She does not see our situation as one of challenge, but one of *opportunity*. For example, Kristin knows that the school is the heart of the community so we have a metaphoric classroom without walls. Kristin has fostered community building by applying for grants for activities such as bringing back our traditional Yup'ik dance. She was the first teacher in Igiugig to capitalize on her students' potential, especially in public oratory. Together, her secondary students fundraised and entered state-wide contests such as the Alaska Native Oratory Society, returning home with awards from college competitions! Last year, her students organized a field trip to Costa Rica, the first international travel Igiugig School has ever endeavored.

I can describe Kristin in one word: genuine. Students and parents know from the first day of class that here is a teacher who genuinely cares about our academic, social, and physical well-being. She is a profound influence in my life. During my senior year she walked me through every step of the process, from the initial interest in post-secondary education, through college applications, letters of recommendation, scholarships,

(Continued on page 6)

and even enrolling me in distance college courses. In a village where we are the first-generation college students, the last five graduates under Kristin have pursued post-secondary education. That is Kristin's style, she equips her students with the tools they need for whatever path they choose whether it is to attend an Ivy League institution, join the Navy, or become a civil engineer. It takes a whole village to raise a child, but it only takes one great teacher to inspire an entire generation of leaders, and that is Kristin's legacy in Igiugig. Therefore, my success at Dartmouth is because I am standing on the shoulder of giants; I am a reflection of my parents and extended family, my village of Igiugig, and especially the dedication of teachers, of which Kristin has proven the most exceptional.

Kristin Hathhorn's nomination is spoken from my heart because I know how she is revered by the village of Igiugig, and accepted as a community member when most teachers do not build such relationships. However, if my personal experience with Kristin is not convincing enough, then perhaps recent statistics speak more highly of her profound influence: Igiugig School was rated the number one performing school in the entire state of Alaska in meeting state standards in reading, writing, and math in 2007. This level of excellence can only be achieved through the work of a teacher whose belief in her students is so genuine that her students embody the vision. Perceived limitations vanish as dreams become reality and our potentials crystallize. No words can express our sincere gratitude for our education under Kristin. Her lessons are self-less, priceless, timeless, and most definitely worthy of recognition.

Personal Statement By Kristin Hathhorn, February 16, 2007

First, I am both honored and humbled to be nominated by AlexAnna Salmon for this award. In reality, it is AlexAnna and my Igiugig School students, as well as the entire village of Igiugig who have enriched my life over the past 5 years. I feel incredibly fortunate to have had the opportunity to teach in one of the few small schools left in our nation, and to have seen what can be accomplished when motivated students, supportive families, and community members work together with dedicated teachers toward a common goal: to make sure that each and every student succeeds.

Even as a life-long Alaskan with experience teaching in remote locations such as Mongolia, it was with a fair amount of naivety that I ventured out to "bush Alaska" seven years ago to teach first in a village of 100 residents on the Alaska Peninsula. My eyes were opened to issues I had previously only read about (most related to alcohol abuse), but I also witnessed the potential of these beautiful, bright young people to succeed given the chance by a supportive environment. It has been here in Igiugig that my goal of helping young rural Alaskans find the confidence to follow their dreams has come to fruition.

When my husband and I arrived in Igiugig and were introduced to the fifteen youngsters that would depend solely on the two of us for their education, AlexAnna was a senior. I remember clearly the look of excitement on her face, that same look that is commonly seen on the faces of elementary students on the first day of school, but sadly, is most often faded by the time students reach adolescence. I looked around the room, and though maybe not quite as exuberant, saw most students had similar expressions. "Wow," I remember thinking, "This is going to be fun." And fun it has been.

Of course, with the fun has come challenges and a lot of hard work. Students in small schools like ours benefit from one-on-one interaction with their teachers and a truly individualized educational experience. For teachers, this means preparing lessons on a student-by-student basis and teaching both inside and outside our areas of expertise. My background is in linguistics and language arts; in subjects like chemistry, I have worked hard to keep one step ahead of my students. Some of my students have exceeded my abilities in math

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GARDENERS GOODIES

JULY garden activities:

- ❑ JULY – Water and fertilize well this month. Your flowers should be treating you to a nice show of blossoms by now.
- ❑ JULY – Mulch...check out the wood chip mulch on the flower bed by the office. These are the chips that were made when the landfill road was put in some six or seven years ago, and they serve at least three good purposes on the flower beds--it keeps the sand down, smothers some of the chickweed that has become very invasive, and it contains some good nutrients for the flowers. As it mixes into the soil it will make it richer and fluffier in years to come. If you are going to harvest some for your flower beds, just look for a chip pile along the road, preferable one that has been there awhile and is getting rotten because fresh chips have a lot of acid and tend to slow down plant growth. If you dig in and some tundra roots have started growing in this is a good sign that it has aged enough.
- ❑ JULY – Consider transplanting or splitting perennial plants. This should be done early on in the month so they will be well established. Local wild flowers also make good additions to your flower beds and boarders. Wild geraniums are especially nice looking and well growing if you treat them right. Although they are not blooming very profusely yet, you can recognize their umbrella type leaves if you are looking to transplant them.



What's blooming now?

The Tundra—Woolly Lousewort fondly called “Bumblebee Flowers” & Wild Arnica

REMEMBER those Re's

***Reduce – Refuse – Reuse – Renew – Recycle – Remodel – Refurbish – Rebuild – Recharge –
Refill – Refinish – Repurpose – Recover – Reclaim***

Reload –Re...(just pondering: if “re” is supposed to mean do something again, than why do you suppose that “member” as in remember doesn't mean knowing something for the first time?!)

Bits 'n Pieces

What about those words:

Thinking about what we say can sometimes be a head-ache – test your knowledge of the language – match the following words or phrases with their meaning.

There are all sorts of words out there, along with the Standard English language, there are some that make you stop and think, and others that we may not even remember that we know until we hear them again in a sentence—

Old Words:

- | | |
|--------------|--|
| 1. Span | a. The length of a man's forearm from elbow to fingertip (approximately 18") |
| 2. Fortnight | b. 25-cents |
| 3. Two bits | c. The width of a man's hand (approximately 6") |
| 4. Cubit | d. Two weeks |

Symbol Words:

- | | |
|--------------|------|
| 5. Ampersand | e. : |
| 6. Accent | f. – |
| 7. Hash | g. ‘ |
| 8. Colon | h. & |
| 9. Hyphen | i. # |

Weird or Interesting Words and Phrases:

- | | |
|--------------------------|---|
| 10. Rule of Thumb | j. Encourage or urge |
| 11. Flea Market | k. Substantial or hardy meal |
| 12. The whole nine yards | l. Talking about the same thing |
| 13. In lieu of | m. Succeed |
| 14. Make muster | n. Full effort |
| 15. Square meal | o. Instead of |
| 16. Egg on | p. A place to buy secondhand merchandise |
| 17. On the same page | q. The standard or regular way to do things |

Jargon is language that is specific to a trade, group or activity. For example “highmarking” is jargon used by snowgo riders, “corking off” is specific to fishermen, and “chilling” has two entirely different meanings depending on if you are a chef or a teenager.

Speak the same language to “stay on the same page”!!

before they have graduated and have relied on online courses to take them to the next level.

Like, most things, there is a trade off. Graduates of Igiugig School do not have the exposure to the wide-range of courses offered at large schools, nor do we have facilities like well-equipped science labs or woodshops. In exchange, my goal is for each student who graduates from Igiugig School is to be an independent learner who is responsible for their own actions and confident in their ability to choose a path for their futures. I want each and every one of my students to feel like they have the skills necessary to make the transition from high school to “the next step”, and whatever that step may be, I want them to move on with confidence, passion, and excitement about their futures. So far, I have been lucky to have witnessed five Igiugig School students receive their high school diplomas; three are studying in colleges, one has enlisted in the Navy, and the other, AlexAnna Salmon, is graduating from Dartmouth College in June. I cannot even express the pride I feel for these young people – my role has been somewhere between a teacher and parent for all of my students, and I can say with certainty, that they will always be part of my life.

Over the years I have been in Igiugig, I have tried to expose my students to the “outside” world as much as possible. We have made annual educational trips to Anchorage, Alaska’s largest city, to participate in the Alaska Native Oratory Speech Contest or State Drama, Debate, and Forensics competition. Last summer, I traveled to Costa Rica with our seven high school students. I hope the exposure has made them comfortable in various environments, but what I notice most wherever we go is that others are drawn to my students’ enthusiasm and positive behavior. Indeed, I believe they “teach” as much as they “learn”.

In thinking about the nomination for this award, I have come to realize that it is me who has truly benefited from my teaching and life experiences here in Igiugig. Students here have an openness and innocence that is both refreshing and a reminder of what is truly important in life. In our school we do not deal with bullying, cliques, abuse of property, or any form of phoniness. Students are limited by Igiugig’s small population in choosing friends and developing relationships, so they have learned to simply overlook shortcomings and focus on the “good” in a person. These are not qualities I have taught; the students have learned these lessons from their community and have passed them on to me. I am thankful.

Answers to WORD BUILDING

(game on page 4)

LAG, LUG, GAL, GAR, RAG, RUG, FLU, FAR, FUR,
GULF, FLAG, FURL, FRUGAL

Odd Word Definitions: (from
www.dictionary.reference.com)

Gar [gahr]

noun.

Also called garfish, garpike, any predaceous freshwater fish of North America, covered with hard, diamond-shaped scales and having long jaws with needlelike teeth.

Answers to SUDOKU (game on page 4)

6	5	3	8	2	9	7	1	4
2	1	7	6	4	3	9	5	8
8	9	4	1	7	5	6	3	2
3	7	8	5	9	2	4	6	1
4	6	5	7	1	8	2	9	3
9	2	1	3	6	4	8	7	5
5	8	2	9	3	6	1	4	7
1	3	6	4	8	7	5	2	9
7	4	9	2	5	1	3	8	6



Environmental Report

Contributed by Environmental Staff

I am sure by now that everyone has noticed the potato garden in the middle of the village! Thanks to the backbreaking labor of Sheryl and Ida. Many long hard hours went into planning, ground breaking, weeding, and preparing the soil before planting and the two of them did it, for the most part, on their own. We are looking forward to a bountiful harvest of potatoes early October. Community members are welcome to assist in weeding, water and care taking of the garden as they wish! By the end of this month we hope to have the sign for the garden up as well. Through an informal vote we decided that we would name our garden after Dan Salmon, simply put, it will be the Dan Salmon Memorial Garden.

George Riddle is back and re-certified in water quality testing! He will complete the first test by the end of June and Sheryl will be going along with him to have a first hand look at the process.

Sheryl has started can crushing with the kids, every Tuesday and every Thursday she has activity day as well.

I just came home from a weeklong conference in Billings, MT. The theme of this year's conference was, "Nurturing Mother Earth, Our People's Destiny." It was the 8th Annual Conference on Environmental Management. I enjoyed listening to lectures and presentations on challenges other tribes, not just communities in Alaska, but nation wide are dealing with as well. We are not alone in recycling and backhauling efforts. I realize how much we take what we have for granted. We live near the largest fresh water lake in AK and there are communities in the Lower 48 that have a hard time getting fresh water to their members!

DID YOU KNOW?

- **That the Indians in Peru were the first people to cultivate the potato over 4000 years ago?**
 - **A potato is about 80% water and 20% solid.**
- **The potato is the second most consumed food in the U.S., trailing only milk products.**
- **An 8-ounce baked or boiled potato has only about 100 calories.**



WALK TO BE FIT

Take a tip from people who never have weight problems

An Article straight from Prevention Magazine – January 2006 issue:

50 Habits of “Naturally Thin” People

1. Do a Wake-up workout (stretch and move to start your metabolism in the morning)
2. Go for the Grains (fiber in ‘whole’ anything helps)
3. Add some protein
4. Balance Booster (balancing on one leg develops core muscles)
5. Be a ballerina (leg extensions while you stand at the counter waiting for things like coffee or the microwave to finish)
6. Coffee saver (lower the fat—2% instead of half-and-half)
7. Better your bagel (low fat spread in place of regular cream cheese)
8. Tone in Traffic (save this one for travel somewhere else—not much bumper to bumper days around here)
9. Snack smarter (put bulk snacks into small bags so you will stop eating before you go through the whole huge bag)
10. Casual day payoff (people dressed casually tend to walk more)
11. You know squat! (do a couple of squats when you’ve been sitting for a half hour)
12. Switch your soda (diet or flavoured seltzer in place of regular soda or juice)
13. Talk it UP (stand and pace whenever you are on the phone)
14. At lunch, pick a pita (half the calories of sandwich bread)
15. Get face time (skip the email if you can walk over and talk)
16. Firm as you file
17. An apple (or more) a day
18. Try a chair workout (dips, pushups, leg raises, squats, etc.)
19. Carry some weight
20. Tweak your treat (less sweet/fat, more fruit/veggie)
21. Pump at the pump (another one of those things to do in Anchorage)
22. Do the Pizza pat (blot the visible grease off the surface of the cheese with a napkin)
23. Shop till the pounds drop (aka mall walking or window shopping)
24. Eat like a kid (small servings)
25. Recharge yourself (any time you have to stand around, straighten posture and stand tall)
26. Jog for junk mail
27. Use better butter
28. Step on it (stretch and strengthen calf muscles by standing with just toes on the edge of the first step)
29. Start with soup
30. Play footsie (stretch your legs out under the table when sitting)
31. Make perfect pasta (whole grain versions are more filling)
32. Climb up (take the stairs)
33. Fill up with fruit
34. Have your cake (angel food instead of pound cake)
35. Ease into evening (stretch and relax to leave work behind and energize for you time at home)
36. Get your chocolate fix (low fat pudding instead of a candy bar)
37. Crunch for your clicker (put it just out of reach so you have to almost stand up between TV shows)
38. Lift those hips (a quick exercise while just laying down on your bed—pull your feet in and lift your hips off the mattress and hold for a few seconds—your abs will thank you)
39. Sing a song
40. Make it bacon (much lower fat than sausage)
41. Move it, soccer parents (walk up and down bleachers or along the edge of the field/court)]
42. Movie time (small butter-less popcorn please)
43. Orient yourself (Chinese food is naturally low cal)
44. Catch this (toss a ball or Frisbee)
45. Cut the cheese (put half the regular amount)
46. Have a hot dog (with everything—ketchup, pickles, onions, sauerkraut—good fiber rather than eating a second dog)
47. Think about your drink
48. Fix your fries (remove extra fat with another pass of the paper towel)
49. Scream for sorbet
50. Skip the bedtime ice cream

*Do just one or two or even all 50—every little bit helps
your health in the long run!*

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Weather Watch

June 2008

Highest Wind Speed . . . 53 mph

Average Wind Speed . . . 9.8 mph

Dominant Wind Direction . . . SSW

Highest Temperature . . . 68.8°F

Lowest Temperature . . . 33.5°F

Below Freezing . . . 0 days

Below Zero . . . 0 days

Precipitation . . . 1.19 inches

Recipe Corner

Contributed by . . . Martha Crow

Fish Head Soup

Ingredients:

12 salmon heads

8 slices galanga root (thai root)

3 stalks lemon grass

3 lime leaves torn in half

1/2 pound oyster mushrooms

6 tomatoes, sliced into eighths

3 stalks of celery

1 whole sweet onion

2 jalapeno peppers, cut into long quarters

Soy sauce/fish sauce to taste

Juice of 3 squeezed limes, added at the end

Directions:

Cover twelve fish heads with water, and boil for broth about one hour. Keep the cheeks and fish meat, and discard the bones. Reduce heat to medium and add: onion, celery, lemon grass, lime leaves, jalapeno peppers, galanga root, and soy sauce. Cook for about ten minutes. After it is done cooking, add mushroom, tomato, lime juice, and cilantro for garnish. Serve over rice and enjoy.

