

Igiugig News & Notes

Igiugig Tribal Village Council

June 2009

Volume 12, Issue 6

26th Annual Community Clean Up: the low down on our pick up

By Christina Salmon

9:30 am, May 12, 2009, our school gym was packed with children, adults and elders alike, all excited to pick up some trash. After the long winter was over and our white blanket of snow melted, out of hiding came an ugly sight: garbage. Paper, plastics, Easter basket filling, pop cans, and the dreaded cigarette butts showed their ugly faces. 8 out of the 14 homes in our community had 100% participation in the clean up this year; all 39 volunteers eager to make our community beautiful once again.



We divided into groups of six, armed with bright yellow trash bags, gloves, and bright green ALPAR vests. I am sure we were quite a sight to see! Teams tackled garbage along side all the roads, from Mike and Dalia's to the new landfill, the public beaches and all the swampland in between. We were done surprisingly fast, actual cleaning time only lasting an hour and a half.

Everyone reconvened at the ball field for some delicious hot dogs, grilled by our very own Grill Master, Mark Battaion. Locals brought scrumptious desserts, salads and beverages. Mary Hostetter, our resident cake connoisseur made a sponge cake with special frosting, that was to die for, no one could resist – just one more bite. Bernadette brought a black bean corn salad

with avocado dish that was melt in your mouth goodness, and much to our disbelief, very healthy as well! Thanks to everyone else who brought dishes as well, I am sure yours tasted just as great as these two mentioned above, it just seems this article has gotten a little off topic! After all the food was devoured, remaining school children and adults played baseball and visited until it was time to get back to work.

(Continued on page 3)

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Birthdays this month

- June 5
Christina Salmon
- June 15
Kevin Olympic
- June 20
Jeremy Salmon





The 4-1-1 in the 5-3-3

By AlexAnna Salmon

Lake Iliamna icebergs float downstream, sparkling and glinting like a chandelier in the May sunshine. The breaking ice makes a crystalline chiming noise, almost to say "tick, tock". Fishing is not open yet, nor is the lake. I enjoy the quiet before the storm—before the barrage of equipment that needs to be transported to the village and the influx of tourists. This is our time to prepare for another whirlwind of a summer.

Within the last month we've received visits from: a Bulk Fuel Farm inspector, the National Park Service about their Alagnak River Study, ANTHC to service our water distribution line, and the district conservationist to look at the site we will develop for agriculture. In the meantime, we have also enjoyed "R" Carnival, the annual village clean-up, and end-of-the-school-year festivities. Soon we will have the flowerboxes and gardens planted and the village will be beautified for the season. On that note, our gift shop is looking rather bare, so if you have handicrafts, finish them up and bring them for display!

The new tribal clerks—Mary Hostetter and Sheryl Wassillie—are doing an incredible job learning the ropes of the "office" and Mary, with the assistance of the Environmental Department, has a nutritious assortment of vegetables growing in our make-shift greenhouse. One employee that deserves special recognition for the month is Annie Wilson—a devoted council board member and the most self-motivated janitor on staff. She and Yako Nickoli spent the weekend applying three coats of wax to our hangar terminal—so shiny I was afraid to tread upon it! Betsy Hostetter is running the Summer Reading Club for her first time and kids are already reading their Battle Books for next school year. Jared Nelson successfully completed certification for our Bulk Fuel Farm and we welcome him to our workforce. We look forward to Iliamna Lake Contractors arriving to build the new HUD homes, and we welcome home Kevin Olympic.

As most are already aware, the Andrew family will be moving to Anchorage this fall. This issue marks the last month of the Newsletter edited and published by Bernadette Andrew, our Social Services Director. At our monthly council meeting Kevin Olympic was appointed to fill Michael Andrew Jr.'s position as board member. Both Bernadette and Michael Andrew have dedicated the last decade to the council; their presence will be missed beyond words. On behalf of the village of Igiugig, I extend our sincerest "thank you" for their years of dedication and service that have enriched our community.

I appreciate the village input I have received over the last month, and want to remind you that if you have any concerns, there is a section of our monthly meetings dedicated to "Village Concerns." I urge you to voice your thoughts and opinions; our next date is set tentatively for the evening of June 18, and I will try to keep it to a minimum!

AAIG Announcement by AlexAnna Salmon

In April, IVC received an Alaska Agriculture Innovation Grant (AAIG) that will provide 50% of the funds to purchase farming equipment. With this funding, we are expecting the arrival of a walk-behind-tractor with various implements: rotary plow, tiller, wood splitter, and snow-blower. The new versatile equipment is built to accommodate rural farmers, and will allow Igiugig to expand our local community garden into a small-scale farm, will increase our productivity, and extend our growing season. We will also save in labor costs! As a mandatory requirement for this grant, we have to document our success with the new equipment to present at a local conference, and keep the community informed via the newsletter. So, expect to hear updates about our new friend “Berta”!



Compost Anyone? By Mary Hostetter

Yearning for a learning about compost? Jeff Smeenk, agriculturalist and greenhouse connoisseur, will be leading a class on producing and using compost. Start saving your greens (grass, vegetable scraps) and browns (cardboard boxes, dried grass, dead branches) and we'll have the beginnings of a great compost heap.

Classes start on June 5th and continue until June 6th at the office/hangar building. More information will be available within the next week.



CLEAN UP (Continued from page 1)

Sadly, community clean up day is not a national holiday and we still had our jobs to attend to.

Again, community clean up day was a success, like it is every spring. We would like to thank the following adults for taking time from their busy day to make this effort a success:

Mary O, Martha, Julie, Jack, Christina, Annie, Betsy, Dave, Mary, Yako, Gordon, Jackie Joe, Sheryl, Michael, Bernadette, Kristin, Mark, Jeff,

Sandy, Dallia, and Chuck. Thank you!





Library/Computer Lab News

Fathers Day is on the 21st of June, which is also summer solstice.

We started our annual “Summer Reading Club” this year with 22 members, and more to come. Our theme this year is “Counting YOUR lucky stars!” Our weekly gathering will be every Tuesday from 10:30am to 11:30 am. But you can come to the library anytime it is open.

Our new books are slowly trickling in. So please be patient with me. I promise that I will have them all on the shelves before July.



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

Easy Fiction

Olvina Swims by Grace Lin

“Olvina, a chicken in more ways than one, overcomes her fear of swimming with help from her friend Hailey.”

Fiction

The Memory of Old Jack by Wendell Berry

“This is the inspiring chronicle of a man who has spent a lifetime close to the land.”

Nonfiction

Mouse Woman and the Mischief Makers by Christie Harris

“Mouse Woman- the feisty *narnauk*, or spirit being. Devoted to maintaining order in the world, Mouse Woman appears as either a mouse or a tiny grandmother who keeps a particularly close eye on young people.”

Alaska Nonfiction

The Firecracker Boys by Dan O’Neill

“On July 14,1958, ‘Father of the H-Bomb’ Edward Teller arrived in Alaska to unveil Project Chariot, a plan to carve a new harbor out of the Alaskan coast by detonating up to six thermonuclear bombs...”

INTERESTING WEBSITE OF THE MONTH

<http://www.cf.adfg.state.ak.us/region2/finfish/salmon/bbayhome.php>

Interested in knowing about the sockeye salmon run that is going passed Igiugig? The ADF&G site has information on the daily catch from commercial fisheries, as well as what has escaped in the rivers. There is also a link to the announcements for commercial fisheries in case you missed them on the radio. Lots of interesting information!

Pebble Fund Grant Recipient by AlexAnna Salmon

At the end of March, Igiugig Village Council was notified that our Renewable Energy grant was awarded in full: \$60,000. This grant was made possible through the generous support of The Pebble Fund, a fund of The Alaska Community Foundation (ACF)*. ITVC applied for this grant to support the energy component of our greenhouse and chicken cooperative. With the generous funding, we have purchased an outdoor central wood boiler and three wind turbines. This renewable source of energy will heat and power our facilities (year-round greenhouse and chicken coop). By drawing upon renewable energy to produce health-foods locally, this project furthers our collective mission to build a sustainable community with a diversified local economy. It promotes Igiugig's vision to minimize our carbon footprint by converting waste-to-energy, reducing the quantity of waste in the landfill, and transitioning to renewable energy to eliminate our dependence on diesel-generated power. We appreciate the opportunity

for a flexible funding source, and look forward to installing the new equipment to monitor our progress.

*ACF is a nonprofit statewide organization offering a range of charitable funds allowing donors to advance a cause, support an individual organization, or provide flexible support for community needs. Since 1996, ACF has helped people connect with causes they care about, now and for generations to come. The Foundation receives gifts from thousands of generous individuals and families, and awarded grants of more than \$10 million to a broad range of nonprofit organizations in the past year. For more information, visit www.alaskacf.org.



Answer can be found on page 11.

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

A Beautiful Day for a Picnic & Baseball Game!

By Sheryl Wassillie

The Igiugig No-See-Um students waited as the days passed for the last week of school to come, and the rest of the Igiugig-ians waited for the hot summer days to come back. As the twelfth day in May started, the sun rose and everyone was preparing for the village clean up to begin.

The village clean-up went well and we all pulled together to finish the clean-up in less than two hours. Afterwards the villagers gathered at the ball field and began the feast and ball game.



Maggie helped out her nephew, Andrew, when it was his turn to bat.



Mark, Georgie, Jeff, Yako, Michael, and Gabe enjoyed sitting around and chatting during the school picnic.

Once everyone arrived we dug into the delicious food that everyone contributed in making. There were yummy hot dogs, many different salads, cake, brownies, chips and beverages for everyone.

As soon as everyone was done eating, no one had time to digest the food they just ate because all the kids wanted to start the ball game. After two hours of playing baseball, we ended the game and packed up. In the end, the students went back to school and the villagers went back to work. It was a fun event for everyone!

WORD BUILDING

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

UECRSS

1. □□□

2. □□□

3. □□□

4. □□□

5. □□□

6. □□□□

7. □□□□

8. □□□□

9. □□□□

10. □□□□

11. □□□□

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19. □□□□□

20. □□□□□

21. □□□□□

22. □□□□□

23. □□□□□□

Answers can be found on page 11.

BEWARE! FIRE DANGER IS HIGH!

'Pre Green-up' is the time before tree leaves and new grass develop. It's the higher risk time of year in regard to forest fires.

Use extra caution with burn barrels, open fires, or fireworks. Keep extinguishers or water nearby when working with flammables.



Smokey the Bear

"Remember. . . only **YOU** can prevent forest fires!"

IGIUGIG FARM STAND NEWS

Beginning June 1, the eggs produced by the chickens will cost \$4.00 per dozen.

If your egg carton is returned, you will get a \$0.50 discount. Eggs will continue to be free to the elders.



1

Beautiful weather, accordion music provided by Mike (picture #2), lots of delicious food, and baseball! What more could we ask for after having cleaned up the village?

Dallia and Annie enjoyed cheering on the kids during the baseball game. (picture #1)

Julie and Jeremy (picture #3)

Tess sprints to first base after getting a hit. (picture #4)



2



3



4

Bits 'n Pieces

Organic?

One of the world's richest sources of wild 'organic' protein is swimming our direction as we speak...salmon, yes! And sockeye is the best of all, according to the dietitian who operates the website www.joyfullyfit.com –

“The best salmon is red sockeye, whose color comes from the carotenoid astaxanthin. This pigment is a powerful antioxidant that is preventive against cancer and nervous system disorders such as Alzheimer's and Parkinson's.”

–Verna Groger

Check out the dietary facts at the right and the fun recipe also from the above website.

Salmon Salsa Omelet

Combine all these in a bowl:

- a few eggs, beaten
- 1/2 cup or more of red sockeye salmon, canned
- 1/3 cup chopped scallions
- 1/4 cup fresh salsa or Rotel Tomatoes with Green Chilies (canned)
- 1-2 tbsp sour cream
- small handful of chopped fresh basil (optional)

Pour this into a lightly oiled frying pan over medium heat.

Sprinkle a couple tablespoons of Feta or Gorgonzola cheese over the top along with a handful of grated cheddar.

Cook gently, turning once or twice until done.

This is delicious served with rice, toast, potatoes, or any other starch. If you make it for a meal other than breakfast, some steamed broccoli and a baked sweet potato would be the perfect accompaniments.

Nutrition Facts

Serving 3 oz

Size 85g

Amount Per Serving

Calories 142.8 Calories from Fat 65.5

% Daily Value*

Total Fat 7.28g **11.2%**

Saturated Fat 1.27g **6.4%**

Polyunsaturated Fat 1.6g

Monounsaturated Fat 3.51g

Cholesterol 52.7mg **17.6%**

Sodium 39.95mg **1.7%**

Potassium 332.35mg **9.5%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugar 0g

Protein 18.11g

Water 59.7g

Alcohol 0g

Caffeine 0mg

* Percent Daily Values are based on a 2,000 calorie diet.



Keilan and Madison, sporting ketchup faces after eating hot dogs, enjoyed playing in the sand at the baseball game.



Mary throws the ball to Jackie Joe in a valiant attempt to not let any more runs in.

GARDENERS GOODIES

JUNE garden activities:

- ❑ Early JUNE – Get your transplants into the ground. The soil should be nicely warmed by now and frost should be minimal (we hope).
- ❑ Early JUNE – Take time to attend the one day composting workshop scheduled with Jeff, the UAF instructor, which will be held this week.
- ❑ Early JUNE – Direct seed your root crops, making sure they have good soil contact. If you water them in with warm water, it will also inspire quicker germination.
- ❑ JUNE – Begin to add mulch and compost to the surface of your flower beds, this adds nutrients, helps maintain steady temperatures and moisture levels, and it keeps down the weeds. (This is especially helpful if chickweed has invaded your plot.)
- ❑ JUNE – Plant up some more leaf lettuce, and other quick growing crops to keep the fresh greens coming. If the garden spot is still growing the current crop of leafy greens, start the next batch in trays so they will be ready to transplant as soon as a spot opens up.
- ❑ Late JUNE – Begin thinning veggies that were direct seeded outdoors. Carrots and other root crops should end up at least an inch apart to grow well, so removing the extra when they are ‘baby carrots’ will let you eat some early and still end up with a fall crop.



*What's blooming now?
Nasturtiums and lots of other window box flowers started by the kids!*

REMEMBER those R's
Re – Re – Re – Re – Recycle
If you have a cool recycling tip for gardening be sure to share it with others.

The Greenhouse by Mary Hostetter

It's a green life, after all. Though the weather has postponed much of the planting in Igiugig soil, our newly built and relocated greenhouse has been furnished with various salad greens, tomatoes, and green beans.

Starting the growing season a couple weeks early indoors, AlexAnna, Christina, Martha, and I ensured that our plants would be ready to plant when the weather was perfect. Though the greenhouse protects the precious sprouts and young plantlings from most of the cold, the nights are still chilly and thus dangerous for the plants wellbeing. Salad greens, jade bush beans, melons, and watermelons were planted and kept on tables in the hangar, to guarantee sunlight and warmth while numerous volunteers in the village were building the greenhouse.

Jeff Smeenck, the professor who taught us the most about greenhouses and agriculture began the task of putting together our own greenhouse out of a garage-in-a-box kit. Plastic covered our garage, now greenhouse, and we were ready to move it. Not wanting to destroy our masterpiece by transporting by vehicle, eight people lifted the greenhouse (complete with wooden frame and plastic) and carried it to the proposed greenhouse site. It was not a task for the faint of heart!

Placing over a pile of topsoil, the greenhouse was left unattended while the soil thawed and the plants in the hangar continued to grow stronger. Dave Hostetter completed the greenhouse, adding a door and window for ventilation. Within days the greenhouse was coming together, the soil heap was spread evenly throughout the greenhouse and fishy peat mixed with regular soil was added to make raised beds.

Growing in the raised beds are salad greens, which are good to harvest twenty-one to twenty-five days into the season, tomato plants donated by Dave, and jade bush beans. Later in the month or in early June we plan to plant watermelons, melons, and pumpkins when the nights aren't as frigid. Cucumbers, peppers, and zucchini are going to be grown in the hangar so that they'll be warm all summer long.

The nights are still cold, but during the day, if you ever happen to pop your head into the greenhouse, you'll find that it's a lot warmer inside than out, and the humidity is high. Feel free to explore the greenhouse, just be sure to not step on the plants!



Moving the greenhouse to its destination!



Kyle and Joshua helped with getting the flower beds ready for planting the flowers their class grew for the village beautification project. The girls: Dolly Ann, Camille, and Fewnia, were busy preparing the flower boxes.

Summer Reading Club

It's that time of year again. Crack open those musty books and start tallying your pages for the 2009 Summer Reading Club! If you haven't joined already and have already read some books, don't worry, it's not too late; join on Tuesdays between 10:30AM and 11:30AM at the library.

This year's theme is 'Counting Your Lucky Stars,' where participants have little men to color as they choose. If you haven't already, sign up, join, and see how many books you can read this summer!

Check out the chart to see where we stand as of May 26, 2009.

Name	No. of Books	No. of Pages
Infant to 4 years		
Dannika	10	162
Leif	88	2032
Keilan	35	997
Aiden	11	359
Madison	24	1281
5 to 8 years		
Kyle	7	352
9 to 18 years		
Camille	3	446
Shaun	6	1547
Tess	2	842
April	2	604
19 years and older		
Bernadette	1	326
Christina	3	907
Martha	3	704
Mary	4	1357
Totals:	199	11,916



Shaun goes to bat against Joshua, while Kyle anxiously awaits his turn to bat.

Answers to WORD BUILDING (game on page 6)

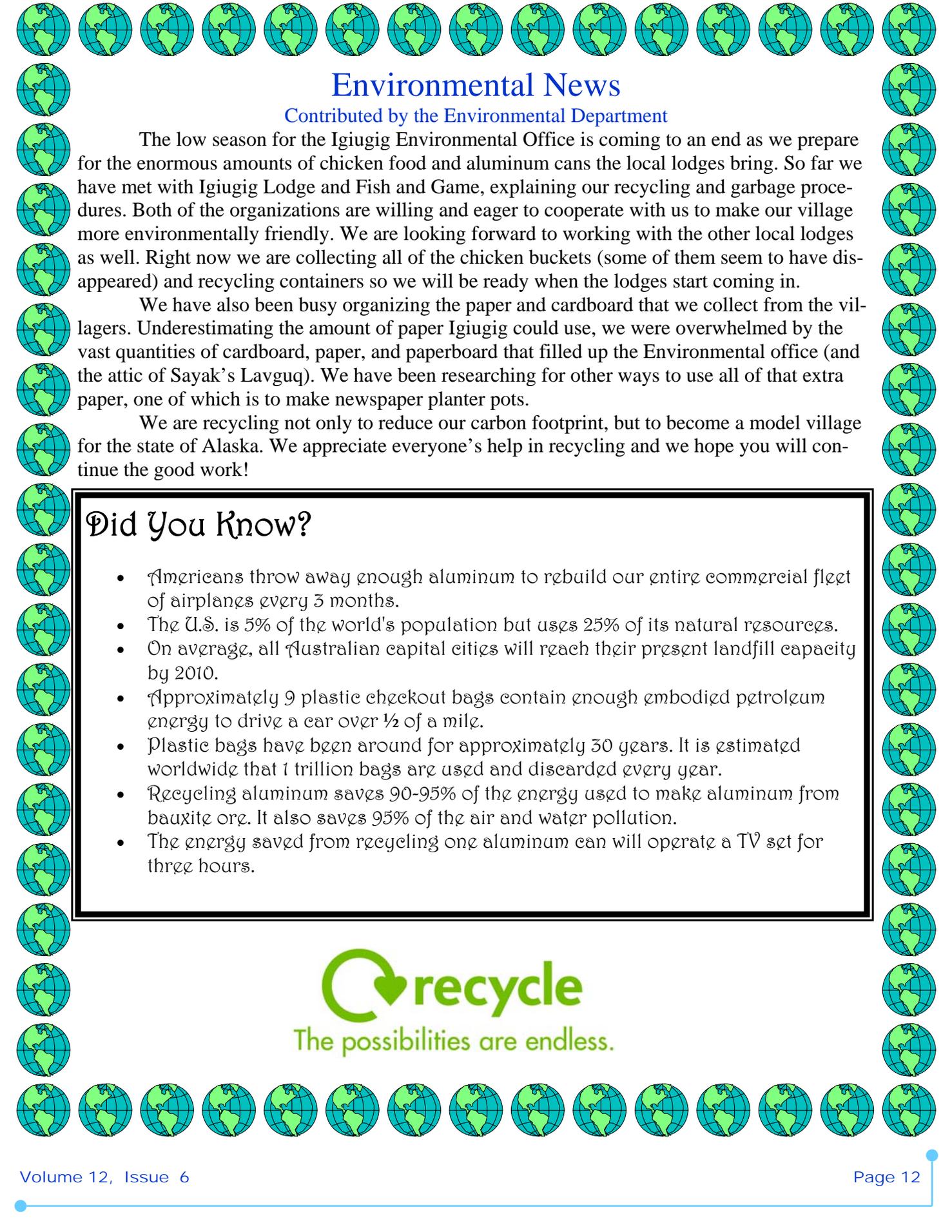
SUE, RUE, USE, CUE, CUR, ECRU, SUES, SURE, RUES, RUSE, USES, USER, CUES, CUSS, CURE, CURS, ECRUS, RUSES, USERS, CRESS, CURES, CURSE, CURSES

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

ruse (rooz)
-noun.
A trick, stratagem, or artifice

Answers to SUDOKU (game on page 5)

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



Environmental News

Contributed by the Environmental Department

The low season for the Igiugig Environmental Office is coming to an end as we prepare for the enormous amounts of chicken food and aluminum cans the local lodges bring. So far we have met with Igiugig Lodge and Fish and Game, explaining our recycling and garbage procedures. Both of the organizations are willing and eager to cooperate with us to make our village more environmentally friendly. We are looking forward to working with the other local lodges as well. Right now we are collecting all of the chicken buckets (some of them seem to have disappeared) and recycling containers so we will be ready when the lodges start coming in.

We have also been busy organizing the paper and cardboard that we collect from the villagers. Underestimating the amount of paper Igiugig could use, we were overwhelmed by the vast quantities of cardboard, paper, and paperboard that filled up the Environmental office (and the attic of Sayak's Lavguq). We have been researching for other ways to use all of that extra paper, one of which is to make newspaper planter pots.

We are recycling not only to reduce our carbon footprint, but to become a model village for the state of Alaska. We appreciate everyone's help in recycling and we hope you will continue the good work!

Did You Know?

- Americans throw away enough aluminum to rebuild our entire commercial fleet of airplanes every 3 months.
- The U.S. is 5% of the world's population but uses 25% of its natural resources.
- On average, all Australian capital cities will reach their present landfill capacity by 2010.
- Approximately 9 plastic checkout bags contain enough embodied petroleum energy to drive a car over 1/2 of a mile.
- Plastic bags have been around for approximately 30 years. It is estimated worldwide that 1 trillion bags are used and discarded every year.
- Recycling aluminum saves 90-95% of the energy used to make aluminum from bauxite ore. It also saves 95% of the air and water pollution.
- The energy saved from recycling one aluminum can will operate a TV set for three hours.



The possibilities are endless.

WALK TO BE FIT

Total Village Mileage through April - 71,350

Prevention Boy!



Prevention is one of those things that you can hardly ever prove the actual value of, in a monetary sense, because it's hard to know what didn't happen as a result of education and safety instruction; however there are certain things that can truly be justified as a saving in the long term. Prevention is what it is all about.

Consider the following scenarios:

Wear a helmet - \$50

Wear a lifevest - \$30

Eat healthy foods - \$30/wk

Don't ride with drunk drivers - \$25/cab

Wear sunglasses - \$20

Learn CPR - \$75

Exercise – \$10 and up (equipment/Video)

Walk to be fit - \$50 (shoes)

Avoid the need to medevac and treat a brain injury - \$100,000 or more

Lose a life – priceless

Avoid cancer & heart disease - \$1 million or more

Stay alive - priceless

Avoid cataracts, glaucoma and other eye disease - \$50,000 and up

Give someone else their life back (maybe your own family member) - priceless

Build a healthy immune system, heart, lungs, muscles and bones – invaluable for quality of life

Avoid diabetes and other disabling diseases - \$250,000 or more.

So consider your own life style and give some thought to the benefits that just could be obtained because of your everyday choices. If you chose to practice healthy living, you probably never will know what diseases and health problems you managed to avoid, but you can certainly smile at the knowledge that you've done good things for yourself.

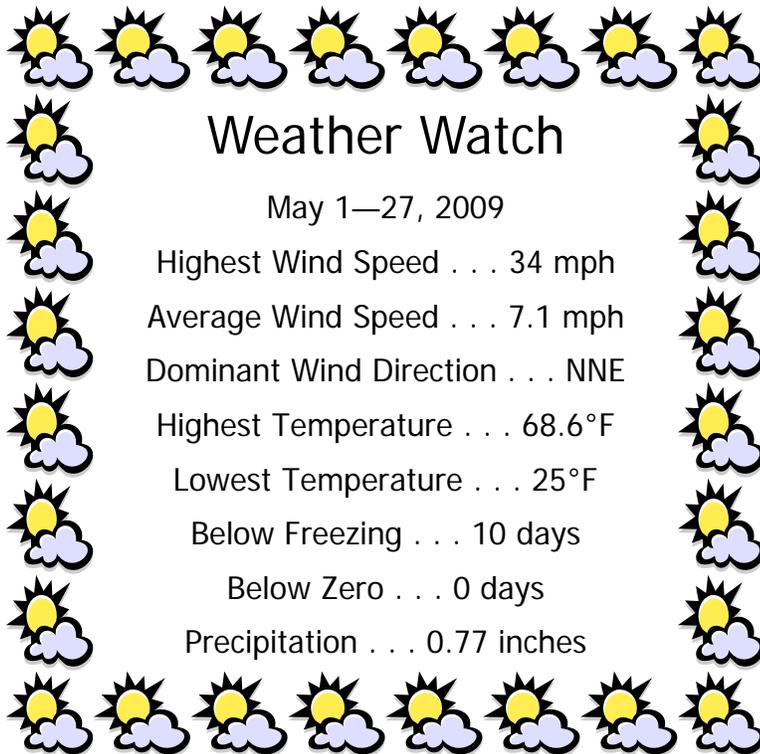
Take a Walk to be fit...

...maybe lose some weight, and gain more benefits than you will ever know!

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Christina Salmon, IGAP Director
April Hostetter, IGAP Intern
Tanya Salmon, ICWA Worker
Sheryl Wassillie, Tribal Clerk
Mary Hostetter, Tribal Clerk



Recipe Corner

Contributed by . . . Frank Plunk

Salmon and Quinoa Salad

SALAD

2 four to six ounce salmon fillets
1 tbsp. Dijon mustard
1 tbsp. maple syrup
¾ cup quinoa
1 ½ cups chicken stock
½ cup cucumber, diced
½ cup baby spinach, torn
2 green onions, sliced
1 ½ tbsp. fresh dill, chopped
1 tbsp. capers, rinsed

DRESSING

¼ cup plain yogurt

1 ½ tsp. red wine vinegar
salt and pepper

HOW TO MAKE IT

1. Preheat oven to 375*.
2. Put salmon skin side down on a cookie sheet lined with foil.
3. Mix mustard and syrup, and then spread over salmon.
4. Bake 10 – 12 minutes.
5. Put dry quinoa and chicken stock in a sauce pan and heat to a boil. Turn down to low and cover for about 10 minutes, until liquid is absorbed and quinoa is slightly chewy.
6. Toss quinoa, cucumber, spinach, green onion, dill, and capers with yogurt dressing.
7. To prepare the salad, serve a big scoop of quinoa with a salmon fillet on top.

(per serving 490 calories, 43 g protein, 58 g carbs, and 9 g fat)