

Igiugig News & Notes

Igiugig Tribal Village Council

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A Perfect Day for a Wedding

By: Christina Salmon-Wassillie

East wind gusting to 78 mph, pelting rain, white caps on the Kvichak River, what a day for a wedding! In perfect Salmon Sister fashion, Tanya's wedding was a day to remember.

(Continued on page 6)



Memories to Last a Lifetime

By Kannon Lee

Never have I experienced a July 4th with a firework display laden with remnants of smoke and faint color with the sun high in the sky at 5:30pm. The sound of ignited gunpowder exploding filling my ears with a familiar sound coupled with unfamiliar visual. It is something I will always remember, my first 4th of July experience in Alaska.

It had been 5 whole days that I spent in Igiugig by the time July 4th came to vill. Already I had befriended many and been elevated to "buddy" status with Aiden. July 4th in Igiugig was by far one of my best times spent in life.

In preparation for the festivities Matt, Keilan and I aired up the floatie toys bringing Nemo and Shamu to life for the kids. Keilan reminded me that "my grammy bought these" while climbing around the Honda smiling and laughing as much as ever. He sat in silence while the little raft unfolded wondering what it would become. Ever so slowly the raft took shape and Keilan's smile grew wider until he laughed and again reminded me "my grammy bought these."

Earlier that day Aiden and I drove out to collect drift wood along the beach for the fire. The bugs were bad and Aiden had little interest in drift wood. "Kannon! What are you doing? How come? Let's throw rocks." His curiosity and his love for adventure amaze me. We took multiple breaks throwing rocks, I skipped them and he tossed them. He was determined to learn how to skip and worked on it every time we stopped along the beach.

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Birthdays this month

- August 4
Andrew Williams
Jack Wassillie
President Obama
- August 13
Bernadette Andrew

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

By AlexAnna Salmon

The month of July proved to be an explosion of activity, ending in a whirlwind. For a split-second, it began to feel like one big Animal House, but orchestrated.

Firstly, we made it through major celebrations: the greatest 4th of July beach party on record, Tanya and Jared's beautiful wedding, and various birthday parties in between (including both my foster girls).

Meanwhile, at the office it was business-as-usual: a daily influx of tourists, random pilots landing to spend the day, community inspections, etc. The Environmental Department was awarded a large grant for the Indian General Assistance Program for FY2010—Congratulations Christina! I worked diligently with Rose Heyano of BBAHC to apply for the Indian Community Development Block Grant for the new health clinic. We will go forth with site development in August; Iliamna Lake Contractors is generously donating the site development. ILC busily constructed around us: three houses were sided, roofed, and inspected. The Kokhanok sites were developed and ILC returned to Igiugig to build Dallia's and Kevin's sites. The building and celebrating continued on throughout the month as the sockeye ran the river. I even managed one night of what is quickly transforming to combat fishing on the Kvichak River! Near the end of the month we welcomed home our fishermen.

Our July heatwave was rudely interrupted by ferocious windstorms that were the climax of such a busy month. After seeing the winds mercilessly rip our short-term greenhouse to shreds, I awakened with new excitement for raising the wind turbines to harness renewable energy that will power our permanent greenhouse.



During the month, I received many unannounced visits to my office (even if I tried to keep my doors closed), with visitors just beaming to tell me that "Never have we experienced such a friendly place before". If we keep this up, these tourists will start coming to see you, rather than the fish, so proceed with caution! Somehow, despite the long, strenuous workdays, we all managed to do it in smiles, because the compliments kept coming. Lastly, kudos to the dedicated and loyal work crew. Several times I heard IVC employees being offered tempting jobs, with the same response, "My first priorities are to the village, how can we work around it?" And that has made me very very proud to be called "Boss" especially because I am keenly aware of what you may have endured in one workday at IVC!

The "Back to the Wild" month ended appropriately with brown bears roaming through town, visiting windbreaks, and frequenting fish camps. All this leaves me not sure what to expect for the month of August. I am however, eagerly awaiting "Moving In Day", and the normality and routine associated with "Back to School".

Memories to Last a Lifetime (continued from page 1)

We had collected a few sticks and short logs by the time Joe and Shanelle drove up, trailer in tow filled with wood. Our pile in comparison covered in the shadow of their collected wood. Defeated, I chose skipping rocks with Aiden for a few minutes longer until we retired and drove back.

Christina and I unloaded the table from the old blue pickup, Dannika strapped to her back, trudging through the sand down to the beach. With every turn Christi would take, Dannika twirled around whimsically dancing in the sun sometimes looking up, arms extended, and then staring down intently with curiosity in her eyes as to what we were doing.

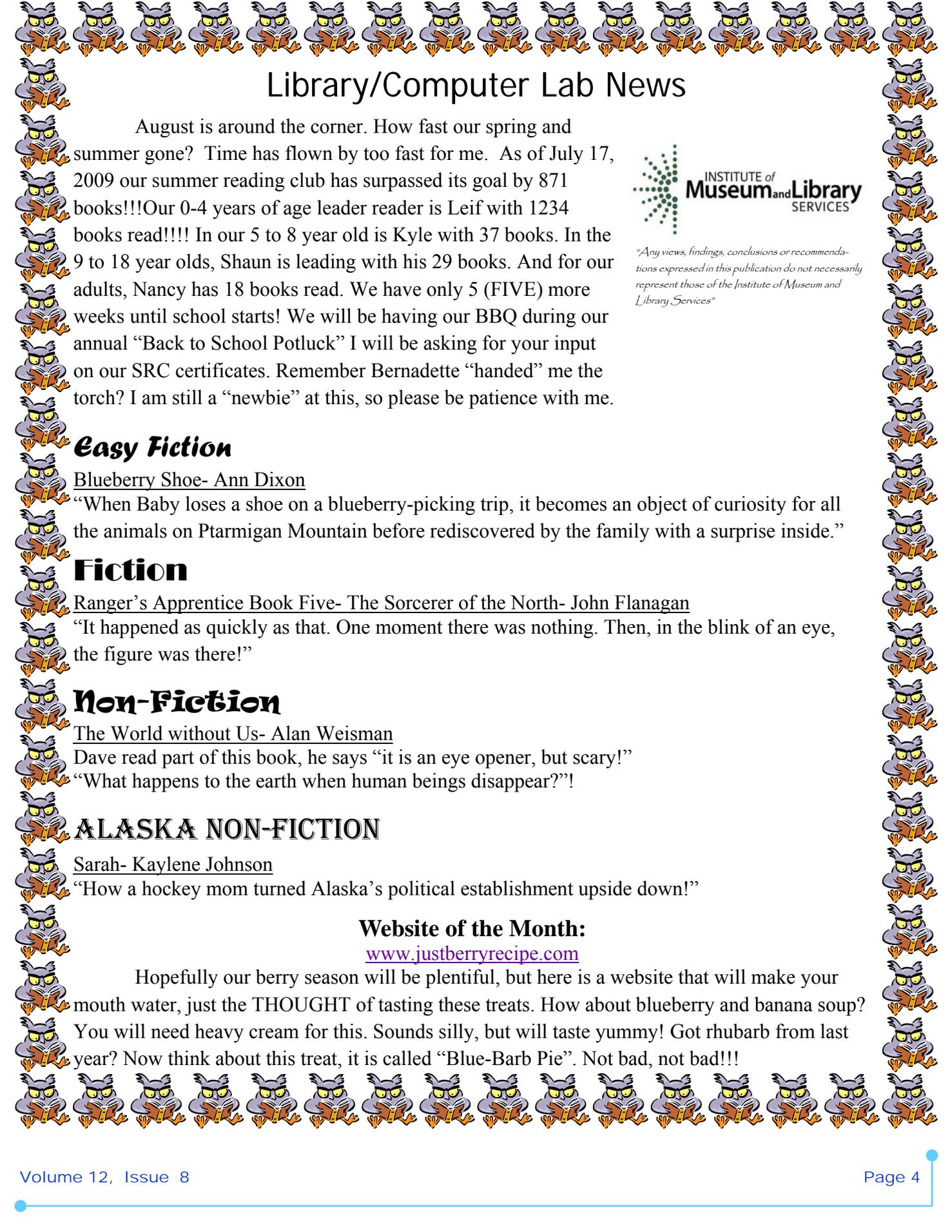
The table was set, legs in the sand, patiently waiting for the burden of weight it would soon support. People on Hondas arrived and so did happiness on a plate, in a bowl, in a cup, and in foil. More food than I could have ever imagined, more weight than I thought the table could support; it slowly sinking deeper and deeper into the sand with every new dish of food. My first experience with Akutag and my second with Fish Egg soup were delightful and memorable. I loved the smoked salmon strips and “Grams” Mary Olympic’s delicious Salmon spread sandwiches. The salmon was cooked to perfection and the caribou, my first taste, tenderly fell off the bone. I sat next to Alex, Tanya, and Jared, the four of us with plates mounded with happiness from each dish. Aiden came by and we shared a bowl of Fish Egg soup.

The kids were clad in their life coats; some were shivering, others were jumping off the barge. Maddy held on to Nemo, Kyle hung on to Shamu, Leif splashed on shore, Kiara holding on to a floatie asking her curious questions, Keilan in the raft competing with Aiden as to who got to go in first. Camille, Dolly Ann, and Fewnia jumping from the barge, at first trying to coerce Joe into jumping with them, Shaun in the second raft rowing nearby. Endless smiles and laughter occupied the shore. The chill of the water had no effect and the day continued on, seemingly endless.

I marveled at the sight and sound of Mike playing his accordion. He attracted the visitor fishermen and women as he sat on his Honda playing the accordion facing the lake. It was a rare sight for me. Never had I seen the accordion being played apart from on television or film. It was an added touch that complemented the kids splashing in the water, relatives conversing and laughing, and the thought playing over and over in my mind, “this is amazing.”

Nearing the end of the festivities, Mike McDowell sped across the water on his boat towing a water skier. We watched as the skier held on to form but eventually the wipe out ensued and the skier was left bobbing in the water. Up to the beach Mike came and with him he brought two tubes. Mary and April were quick to seize upon the opportunity to be pulled behind the boat. It was an amusing sight as Tanya, Alex and I jumped in the boat to witness the hilarity of the ride. At times it seemed April was on the brink of letting go as we made a turn and the inertia catapulted the seemingly weightless tubes across the surface of the water. Screams of laughter erupted on the boat with every turn as the girls held on tossing their thumbs up to go faster. The boat returned to the shore two more times taking Alex and Tanya out and then followed by Christina, whose screams resounded throughout the village and around most of the lake during her ride. As the day grew old, timeless and sunny, the length of stay on the beach tired minds and little-by-little the food was packed in personal Tupperware, wrapped in foil, and placed on Hondas. The crowd diminished and kids tired. What better way to end the day with a float down the river. Four of us, Alex, Tanya, Jared, and I took to the river; two tubes and Shaun’s raft. It was a relaxing conclusion to the 4th of July as we let the river take hold of our vessels careening down the water way floating against the salmon run. We waved to onlookers, Rolf (Boarding House tenant) took pictures from the beach, and we continued down the Kvichak to the sound of running water and hovering gulls. That day can be summed up in one saying, “Life’s a Beach,” when one can forget life’s tribulations and focus on what is truly important, one’s family and friends.

My 4th of July experience was one that I will always remember and served as yet another marvelous day spent with friends of Igiugig. Day after day until I have to leave, my walk is accompanied by the sounds of Igiugig and the repeating thought in my mind, “this is amazing.”



Library/Computer Lab News

August is around the corner. How fast our spring and summer gone? Time has flown by too fast for me. As of July 17, 2009 our summer reading club has surpassed its goal by 871 books!!! Our 0-4 years of age leader reader is Leif with 1234 books read!!!! In our 5 to 8 year old is Kyle with 37 books. In the 9 to 18 year olds, Shaun is leading with his 29 books. And for our adults, Nancy has 18 books read. We have only 5 (FIVE) more weeks until school starts! We will be having our BBQ during our annual "Back to School Potluck" I will be asking for your input on our SRC certificates. Remember Bernadette "handed" me the torch? I am still a "newbie" at this, so please be patience with me.



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Easy Fiction

Blueberry Shoe- Ann Dixon

"When Baby loses a shoe on a blueberry-picking trip, it becomes an object of curiosity for all the animals on Ptarmigan Mountain before rediscovered by the family with a surprise inside."

Fiction

Ranger's Apprentice Book Five- The Sorcerer of the North- John Flanagan

"It happened as quickly as that. One moment there was nothing. Then, in the blink of an eye, the figure was there!"

Non-Fiction

The World without Us- Alan Weisman

Dave read part of this book, he says "it is an eye opener, but scary!"

"What happens to the earth when human beings disappear?!"

ALASKA NON-FICTION

Sarah- Kaylene Johnson

"How a hockey mom turned Alaska's political establishment upside down!"

Website of the Month:

www.justberryrecipe.com

Hopefully our berry season will be plentiful, but here is a website that will make your mouth water, just the THOUGHT of tasting these treats. How about blueberry and banana soup? You will need heavy cream for this. Sounds silly, but will taste yummy! Got rhubarb from last year? Now think about this treat, it is called "Blue-Barb Pie". Not bad, not bad!!!

WORD BUILDING

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

REMEDY

1. □□□

2. □□□

3. □□□

4. □□□

5. □□□

6. □□□

7. □□□□

8. □□□□

9. □□□□

10. □□□□

11. □□□□

12. □□□□

13. □□□□□

14. □□□□□

15. □□□□□□

Answers can be found on page 11.



Answer can be found on page 11.

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

A Perfect Day for a Wedding

By: Christina Salmon-Wassillie (*continued from front*)

Because of the previously mentioned weather conditions, the wedding was moved from the beach of Lake Iliamna to our favourite Uncle Mikey's Kvichak Lodge, right across from the village. Terek Anelon and Mason King were our brave boat captains, taking loads of eager wedding goers across the raging river. At one point, we became worried that the cake, flowers and most importantly the pastor would not make it in! By 5:30 pm all our worries vanished as our trusty friends from Denaina Air brought the cake and flowers in and Danny O'Hara arrived safely.



Once the last boat made it across, with the missing and very late bridesmaid, Christina Salmon, the wedding could officially begin. Huddled in the laundry room of the lodge, all the bridesmaids gushed over the beautiful bride, made last minute adjustments to hair and make-up, and were given walking orders. Ryan Joe Honea, the best man, first walked the mom out. Next, Dannika Jewell, the littlest flower girl, was carried by her mom while Aiden, the now experienced ring boy, followed closely behind along with the rest of the bridal party. Lastly, Tanya Salmon, the blushing bride, was walked down the aisle by her brother Jonathan Salmon.

20 minutes later, Mr. & Mrs. Nelson were introduced to the community. Cheering, whistling, and clapping filled the lodge. Immediately following, pictures were taken of the bridal party and extended family, the cake was cut, presents were

opened, and the party began.

Tanya and Jared honeymooned at Big Ku Lodge for two nights, courtesy of Chris and Linda Branham, owners of Royal Wolf Lodge! Another successful and fun event in Igiugig complete! Thanks to everyone who made this such a memorable experience for everyone!



From left to right: Christina Salmon, Sheryl Wassillie, Tanya Salmon, maid of honor Stacey Garrison, and Alex-Anna Salmon



From left to right: Jonathan Salmon, Adam Nelson, Jeremy Salmon, Jason Nelson, Ryan Honea, Jared Nelson, Tanya Salmon, Stacey Garrison, AlexAnna Salmon, Sheryl Wassillie, and Christina Salmon



Summer Reading Tally



As of July 21st

Name	Total of books read	Total of pages read
0 to 4 years of age		
Aiden	68	1914
Dannika	57	1170
Keilan	217	5824
Leif	1234	34,007
Madison	118	4635
5 to 8 years of age		
Danny	1	104
Fewnia	19	1833
Kyle	37	1757
9 to 18 years of age		
April	2	604
Camille	11	2191
Chase	4	590
Dolly Ann	4	735
Maggie	1	304
Peyton	3	672
Shaun	29	8788
Tess	3	1148
19 and older		
Barb	3	1507
Bernadette	5	1142
Betsy	3	1245
Brenda	2	788
Christina	6	1661
Chuck	4	618
Julie	2	906
Martha	3	704
Mary	13	4361
Nancy	18	8066
Sheryl	2	297
Yako	2	266
Grand Total	1871	87,837

Bits 'n Pieces

In the fix-it mode?

Everyone has repairs to their home sometimes, and while you may not be a natural handyman here are a few tips to make you feel a little more handy.

- Painting a room? Note the brand and color on the back of the main light switch plate for the room, then when you need to do touch up you can always get more in the correct color.
- Still painting? If it's taking longer than you thought and you need to stop and do something else, just slide the tray, rollers and brushes into a garbage bag and tie it shut tightly so the paint won't dry out. If it's going to be more than a few hours, putting it somewhere cold is a good idea. Varnishing—when waiting between coats, just wrap your brush in aluminum foil, seal in a plastic bag and store in the freezer.
- Nail hole in your sheetrock? Fill the hole with something before you spackle—a toothpick or cotton swab is often a correct size.
- Paint on your skin? Rub with a generous helping of vegetable oil. This works best for oil based paints and varnishes, but usually helps get off dried on latex paint too, and leaves you with nicely moisturized hands rather than that bad paint thinner smell.
- Screw loose? If the hole has stripped out you can probably reset your screw at least temporarily. In metal, fill the hole with steel wool and then reinsert. In wood, glue a toothpick, chopstick, or golf tee in the hole. After the glue dries just cut off the excess and then make a new hole for your screw.
- Clogged drains? If it's a grease clog, a bit of baking soda down the drain followed by boiling vinegar will probably do the trick. If it's a hair clog, a shot of Nair hair remover just may clear it.
- Greasy hands at the end of your household repair jobs? Wisk laundry detergent cuts grease much better than hand soaps.



GARDENERS GOODIES

AUGUST garden activities:

- Early AUGUST – Harvest regularly to keep your garden plants or flowers producing this time of year. Once they go to seed greens get tough and stringy.
- Early AUGUST – give your perennials a good dose of fertilizer so they can make a good growth spurt and then slow down again and harden off before freeze up.
- Early AUGUST – if you like radishes you should be able to direct seed one more batch to ripen before the frost sets in again.
- AUGUST – Do some serious mulching in preparation for cooler weather. The mulch helps hold the heat of the earth in the night to allow the plants to stay healthy and happy longer.
- AUGUST – take a run out the road and see the new greenhouse location. Construction may be underway soon and before we know it we will be looking at planting late fall crops. There is already a cleared area where it will be.
- Late AUGUST – Plan to volunteer with the greenhouse/garden project. As kids head back to school and the summer flurry of activity ends, this will be a perfect time for some of us adults to indulge in the joy of gardening.



*What's blooming now?
Nasturtiums amongst the fancy salad greens. (They're edible too you know!)*

**REMEMBER those R's
Re – Re – Re – Re – Recycle**

Worn out Honda tires, aka raised beds.

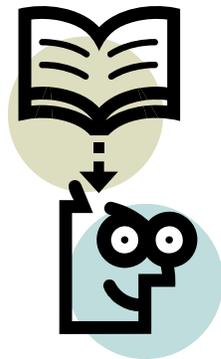
When they can no longer do what they were made to do they might as well do something else before going to the landfill...they should work for this at least another 50-years!

“THINK GLOBAL – EAT LOCAL”

4th of July!



Need Training for Vocational Skills?
 Contact Tanya Salmon at 533-3211 for financial help



Answers to WORD BUILDING (game on page 5)

RYE, RED, EYE, ERE, DYE, DRY, REED,
 MERE, EYED, DYER, DEER, DEEM,
 REEDY, EMERY, REMEDY

Check out some word definitions: (from
www.dictionary.reference.com)

Emery [em-uh-ree, em-ree]

-noun

1. A granular mineral substance consisting typically of corundum mixed with magnetite or hematite, used powder, crushed or consolidated for grinding or polishing

2. A male or female given name

Answers to SUDOKU (game on page 5)

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

July Environmental News

The Igiugig Environmental program has been doing great! We just received notice that we were awarded \$110,000 for the 2010 FY GAP Grant! Also, Wenona Wilson, our regional tribal leader, will be visiting Igiugig the week of August 24th, we are excited to show her our beautiful village. The number of staff in the IGAP department has been increasing and decreasing frequently, but despite the many changes, we've been keeping busy. Brian Reed and 2 other staff members from Bristol Bay Area Health Corporation visited our community to do our landfill, clinic and waste water plant inspection. Our landfill inspection was superb; we were told that we had the cleanest landfill in the region and maybe the entire state. Oddly enough, that is something we take great pride in!



We were able to send out 800 pounds of electronic waste – a huge thank you to Clearwater Lodge for letting us use their back haul. We also managed to send out 1,800 pounds of lead acid batteries in the middle of July. This would not have been possible without the help of TGI Freight, Interstate Batteries, and Charles Ward Jr. thanks! They made the coordination, pickup and delivery of our backhauls manageable!



Unfortunately, our beautiful greenhouse took a hit during the windstorm, but we've been working on salvaging the plants. We're going to transplant the tomatoes into the topsy-turvy tomato planter, and hope that the other plants survived. We put too much time, energy and love into these plants for them to not make it through the season!



WALK TO BE FIT

Total **V**illage **M**ileage through April - 70,00

Move it—Move it—Move it!

The old saying “move it or lose it” is out. For all of us who value our health it is better stated “move it and lose it”.

Lose what you would wonder? Obviously weight would be the first and most visible thing lost, however even better things that are lost are high blood pressure, high cholesterol, clogged arteries, back & leg pain, and lots of other things, maybe even things you would never suspect, like lost headaches or depression.

When you read and study up on the benefits of walking, it becomes obvious that it has a positive effect in almost every area of your life, right down to putting you in a better mood for your family.

What About Weight?

We wonder why it's so hard to maintain an acceptable weight, but all we need to do is take a look at the past. Watch old TV or flip through the family album of fifty years ago and you will notice mostly normal weight to skinny looking people. Why is that?

MAYBE SOME STATISTICS FROM THE GOVERNMENT'S DATA BASES WILL SHED SOME LIGHT:

(According to the USDA's Factbook, Chapter 2 Profiling Food Consumption in America)

- Average daily caloric consumption today is 2700, that's 800 more than in the 1950's
- Average annual meat consumption per person is 195 pounds, that's up 57 pounds.
- Average annual fat consumption per capita is 74 pounds, up 30 pounds from the 50's.
- Average annual grain consumption, 200 pounds, up 45 pounds.
- High fructose corn syrup wasn't in the food supply in the 50's, but is consumed at a rate of 64 pounds per person annually now.

THE USDA'S SUMMARY OF THE SITUATION—

Although multiple factors can account for weight gain, the basic cause is an excess of energy intake over energy expenditure. In general, Americans' activity levels have not kept pace with their increase in calorie consumption.

HAVE AN IN DEPTH READ FOR YOURSELF AT:

[HTTP://WWW.USDA.GOV/FACTBOOK/CHAPTER2.PDF](http://www.usda.gov/factbook/CHAPTER2.PDF)

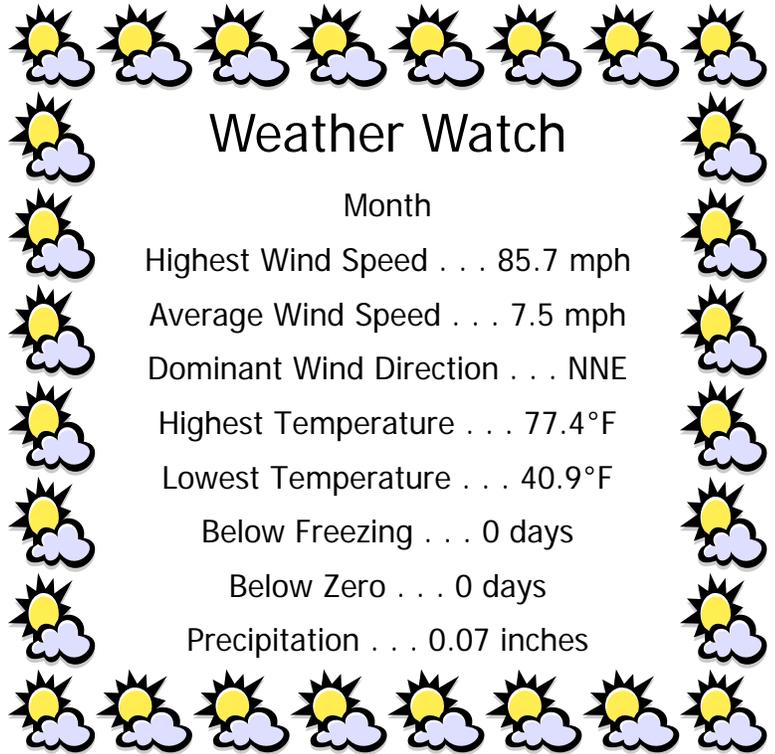
And on that thought WTBFit...

...while you ponder the more food/less work syndrome that our country has developed.

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Sheryl Wassillie, Tribal Clerk
Mary Hostetter, Tribal Clerk



Recipe Corner

Contributed by . . . Martha Crow

Ingredients:

1/2 cup sun dried tomatos
3 tablespoon basmatic vinegar
1/4 cup onion
2 cloves garlic
1 tablespoon basil
1 tablespoon thyme
1/2 cup olive oil
salt and pepper to taste
1/2 cup olives
1/2 cup artichoke heart
1 cup mushroom
1 1/2 cup diced chicken breast, browned and season
with salt and pepper
12 ounces penne pasta

Directions:

- 1) Blend tomatoes, vinegar, onion, garlic, basil and thyme
- 2) After blended slowly add the olive oil to the mixture
- 3) Once the olive oil is added, toss in olives, artichoke hearts, mushrooms and cooked chicken
- 4) Finally, add the cooked penne pasta
- 5) Serve at room temperature and enjoy!

Serves 6-8 people