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Igiugig News and Notes

Issue 7

August/September 2012

Volume 15

My Favorite Time of Year by Christina Salmon

Like many parents across the US, I start getting excited for the first day of school like children get excited for Christmas. It's the one time of the year I happily buy new clothes, shoes, back packs, afterschool snacks and not be totally annoyed that my kids are growing too quickly. Two weeks before school starts, we begin "Practice for School" drills in our home. This entails early to bed and early to rise, chores we let slip over summer are reissued, and the last 30 minutes before bed are set aside for reading. Mornings begin with "good morning! How was your sleep? Here's to another great day!" and of course bed making and room checks!

As a mother of 3, I take pride in knowing my children love school, are excited for homework, and have a passion for learning. These are attributes I hope last with them the rest of their lives. I often look back at all the challenges I had raising them, working full time, and worrying about being the "perfect" parent. 8 years later, I can finally accept the fact that the most important thing I can do is love my children unconditionally and remember that I am a mother first, friend second, I will still "boof" you when you need it.

- Birthdays this Month**
- **October 19th**
Kannon Lee
 - **October 23rd**
Loretta Peterson
 - **October 27th**
Dallia Andrew
 - **October 31st**
Caleb Decker
 - **October 31st**
Yako Nickoli
 - **November 8th**
Julie Salmon
Stacie Garrison
 - **November 13th**
Kaylee Hill
 - **November 17th**
Brian Tinker
 - **November 21st**
Mary Olympic
 - **November 29th**
Shealayla Nelson

The Decker family (minus Blaise) is moving to Dillingham on October 12th. We will do newsletter articles on the new teachers, Tate & AJ Gooden as well as our new health aide family, Alexandria & Angel Nuñez, in next months issue. Good luck Deckers on your move, we will miss your family! Welcome to Igiugig Tate, AJ, Ella, Walt, Jem, Lauren, Alexandria, Angel, Riley, & Rhianna!

The 4 1 1 In The 5 3 3

By AlexAnna Salmon

The summer may have been a slow, chilly start, but activity has really ramped up this fall. The Igiugig Barge Landing Road was finally approved after three years of right-of-way issues. All of the work is already completed in a few weeks! The barge landing ramp went to bid and the project awarded to ILC. Unfortunately, however, we received news that Denali Commission does not have the funding for Phase II of the High Ridge Road to Float Plane Lake. In addition to these larger projects, we have made progress with the cultural tourism project: renovate the front fence of the Russian Orthodox Church and provide signage. The Greenhouse will be receiving a water well and interior piping to aid watering efforts. The hangar building will be operating a wood boiler soon, and we have a years' supply of wood to feed it. Recently, the Alaska Energy Authority, the Lake and Peninsula Borough, and our new Representative Bryce Edgmon visited Igiugig to see the improvements.

The month of August also saw the end of the Summer Reading Club, the beginning of the school year and the welcome of a new teacher family, and a new health aid family.

I took time out of the office to help with a park service project: "Evaluating the Effects of Tourism on the Alagnak Wild River". This involved taking four Igiugig elders to visit traditional home sites and subsistence use areas. The trip was the highlight of my summer and a reaffirmation that the knowledge our elders have of this region is priceless. I enjoyed listening to the old time music played on an accordion and harmonica and think that we need to get back to impromptu dances!

I hope all of you enjoy the fall!



Left: The new fence around the church. Right: Gilbert working on the new barge landing road.



Environmental Report

By Christina Salmon

With school in full swing, we have to remember that now, more than any time of the year, our children are in constant contact with each other and rapidly swapping germs. Common skin infections are easily passed from one kid to another.

Impetigo, one of the most common skin infections among kids, usually produces blisters or sores on the face, neck, hands, and diaper area. Impetigo usually affects preschool and school-age children. A child may be more likely to develop impetigo if the skin has already been irritated by other skin problems, such as eczema, poison ivy, insect bites, or a cut or scrape due to minor trauma. The two types of impetigo are bullous impetigo (large blisters) and non-bullous impetigo (crusted). The non-bullous or crusted form is the most common. It's usually caused by *Saureus* but can also be caused infection with group A streptococcus. Non-bellous begins as tiny blisters, which eventually burst and leave small wet patches of red skin that may weep fluid. Gradually, a tan or yellowish-brown crust covers the affected area, making it look like it has been coated with honey or brown sugar. Impetigo is contagious and can spread to anyone who comes into contact with infected skin or other items, such as clothing, towels, and bed linens that have been touched by the infected skin.

It is important to keep our kids home from school if they are diagnosed with impetigo. We don't want to infect everyone!



Left: Avery reading to her younger cuzzie Erika. Right: Hunting can be exhausting. Alicia sneaking in a nap.

Cross Country by Lukas Zackar 10th Grade

Cross Country is the first thing I look forward to at the beginning of each school year. I really look forward to this sport because it is one of my favorites, and it is the first sport of the year. It is good because we don't have to wait for sports to start. Cross-country is extraordinary because it teaches consistency, keeps you out of trouble, and helps you stay in shape.

This amazing sport is a great way to get and stay in shape, if you need it. Everything that is involved in cross-country is basically just running, ab workouts, and other slight techniques that can help. Some people join this sport just to get in shape, but if you like to run, then getting in shape is just a bonus. Also, being in shape gives you an excellent feeling. Exercising and staying in shape is healthy; so cross-country is a perfect fit.

Participating in practice every day is the most important thing to do in any sport; mainly because you have to show up to practice a certain number of times in order to travel and take part in

the races. Also, as the saying goes, "practice makes perfect." In cross-country it is important to run everyday to try and improve upon your personal best. If you do not keep up on running, it is hard to keep a consistent pace for three miles. Practice can help you keep a good pace for three miles. It helps because we usually start off with a short distance, and then keep advancing the dis-

tance as the season goes on. Once the soreness is gone from the first couple days of practice, you will notice a big improvement in your running.

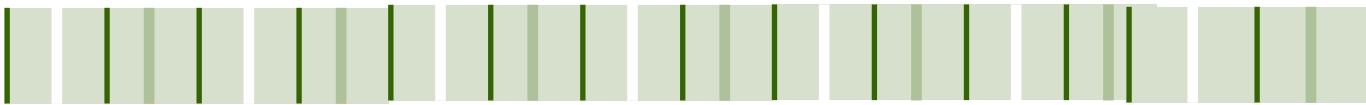
Joining cross-country, or pretty much any sport, can help you keep and stay out of trouble. One good example is that about an hour or two of your time after school will be used for practice. That will decrease your chances of getting into trouble because it would give you less time to hang out with "trouble makers." In my opinion, people who join sports will try their hardest to stay out of trouble because if you do get into trouble you will not be able to travel and you may be kicked off the

Our coach's name is Tanya Salmon. This is her second year coaching us here in Igiugig. Tanya already knew what to do in practice from the previous year, so we weren't looking for things to do.

I like the way Tanya coaches because she has us start off running short distances before we begin running 3 miles a day. She doesn't want us runners to compare our times with each other, instead, we just have our own personal bests. We have an easygoing coach that runs practices just right. I think we have an awesome coach.

Cross-country running isn't easy. It can be painful. You can sprain your ankle, pull a muscle, or

pop out a knee. The weather can also affect your running. If it is windy, it's hard to run against the wind. When it's too hot, you're sweating practically the whole way and you get dehydrated quicker. When you first start, it's tough to show up to practice every day. But at the end of the season, you may feel proud because not everyone finishes. You can feel proud that you accomplished something difficult.



Lukas, Tess, & Blaise participated in Regions in Naknek on September 22nd. Although the course was shortened due to bad conditions from the constant rain, it was still a tough course to conquer. Lukas came in 23rd out of 70 with a time of 17.30, Blaise came in 62nd with a time of 21.58 & Tess came in 31st out of 55 with a time of 25.38. Three LPSD students qualified for the State competition.

Photos on page 5



Cross Country Regions in Naknek! Teams from all over Southwest Alaska (from Bethel to Sand Point) competed. This was our first & only race & I think the No-see-ums did an exceptional job seeings as many of the teams had multiple meets! Top picture shows the 55 (give or take a few) girls who competed (Tess is in white) & the Bottom picture shows the 70 (give or take a few) boys who competed for State (Lukas is wearing all black & is standing next to Blaise who is wearing a blue shirt & red shorts).



NOT SO NEW CURFEW

by Josephine Decker 10th Grade

Why the “new” curfew? Some might ask (mostly teens). Actually, there has been a curfew in place since early to mid 2011. It has recently been enforced because kids were out later than they needed to be, and the Village Council doesn’t want the school attendance as poor as it was last year. The curfew ordinance was written not to criminalize, but to urge and build responsibility, though not everyone agrees that a curfew is necessary.

What are the consequences if someone is out after curfew? If a person under the age of 18 is seen out after 10 O’clock p.m. on weekdays and 12 a.m. on weekends, he/she will be brought home by the VPSO. The VPSO will then have a talk with his/her parents. Then the parents and offender will be brought before the Village Council to explain why the underage person was out after curfew. The offender will also be given a penalty: community service hours. But wait! There is a way to avoid all this, you could call VPSO Decker and give him a good reason why you’re going to be late or you could just be home on time!

The teens and adults of Igiugig feel very differently about the curfew. “It’s kind of lame,” one teen said. While most teens don’t want the curfew to stay in effect and think that it isn’t necessary, others (adults) would call it a good thing. “As the writer of the ordinance, I think it’s good. It’s a good thing for kids to be home when they need to be.” Says VPSO Dan Decker about the newly enforced curfew. Some might not even care if there is or isn’t a curfew in effect and being enforced.

Either way, the curfew is being enforced and there isn’t really anything anyone under 18 can do about it. If you don’t want to get into trouble, don’t caught out after curfew, or just go home when it’s time (recommended). Even though some may feel very strongly, or not at all, about the curfew all it comes down to is responsibility.

WALK TO BE FIT By Sandy Alvarez

The Veggie Zone?

Apparently the older we get the more important diet is to stay slim, trim and in good health. Younger people with high metabolism and growing bodies can have all sorts of carbohydrates (lovingly known as "carbs") with no ill effects.

New Old Info---

Recent interaction with doctors has provided the following advice for those 50+ folks among us —knock off bread, rice and pasta...increase calcium, vitamin D and exercise. Loosely translated—"drink your milk and then go outside and play!" So I guess what we were saying to our kids two or three decades ago is what we are supposed to be doing ourselves now.

Of course, as we work on losing the carbs it also means focusing on enjoying the meats and vegetables. In our situation the meat part of the equation is an easy one, since all varieties of fauna tend to meander around the area and most of us enjoy harvesting our own protein in some version or another, be it running after it on the tundra, or snagging it out of the passing waterway.

But the veggie portion of the equation is the one that is not quite as easy or familiar to us. Hopefully, we will more frequently have good fresh produce available locally as Kannon and volunteers find ways to turn our local foods project into a booming endeavor. On the home front there are also always things we can do to help keep them available including buying in bulk when good stuff is available in season elsewhere and then freezing or home canning what you can't use fresh. For most people though the biggest question is not how to keep them around, but how to keep liking them!

Experimental Zone--

On that topic, the advice is "go overseas"--skip the cookbooks you usually use and look for recipes from other cultures. The other spices and flavor combinations they offer up will make eating your veggies a whole new adventure and some are actually almost a meal in themselves.

For online help with healthy recipes check out www.WebMD.com and click on Food & Recipes under the Healthy Living section, or if you have a smart phone or iPad, there are lots of recipe apps like "Cook it Frozen (Alaska Seafood)", "Allrecipe", "Whole Foods", "Live strong", and many more that will provide ideas for a change of pace from the regular cooking methods. Many of them also offer the ability to search by ingredient and it will give you all the recipes that use the veggie that you have at the moment.

You may find a new favorite food in the most unexpected way! And at the very least you will be challenged into learning new things in the process.

Savor the experience and the new food item and if you get your kids onto the new menu, maybe they will be less sad about losing the "bland" foods when they also get "old" if they find veggies to be a wonderful taste sensation rather than something to be choked down so you can grow!

Let the New Way Be Your Favorite!

Barging on Lake Iliamna by Fewnia Zharoff 7th grade



Igiugig Transport is a barge service operating on Lake Iliamna, the largest fresh water lake in Alaska. It has been in business since 1998. The barge is made of two fishing boats pushing a Flexi-Float which is owned by the Igiugig Village Council. The Flexi-Float can be taken apart, making it a unique and easy way to transport to other bodies of water. The boats names are Chulyen that means "Raven" and the other one's name is 11th Hour, which belongs to Marc Watson.

Igiugig Transport takes Mark Watson's boat barging and he takes their boat fishing. AlexAnna Salmon is the Manager. AlexAnna uses a GPS Tracker to see where the barge is and where it's going.

Igiugig Transport mostly move freight on Iliamna Lake to the communities of Pile Bay, Pedro Bay, Iliamna, Igiugig, Kokhanok, and lodges around the lake. The freight is mainly things that can't fit on airplanes, such as heavy equipment. Most of the things they barge come from Homer. It takes anywhere from 3 hours to 8 hours to barge to a different community depending on the weather. Fall is the worst time to barge because there is darkness and horrible weather. In late fall the boats get put up at Naknek, and the Flexi-Floats get put away at Pile Bay or Igiugig.

Right now Terek Anelon is the main captain. Terek loves working on the barge because he is the boss, although he gets told where to go, and he loves being on the water. He is barging with Robbie Hill. Usually 1-3 people work on the barge. It's a dangerous working place. That's why the workers get paid a lot. Nobody has been hurt on the barge in their records. However in 2011 Igiugig Transport sunk a boat, the Island Runner, and that was their first incident. The largest business expenses are fuel, insurance, maintenance, and Flexi-Float Rentals.

There is a website if anybody has any questions: www.sayakrentals.com.



Right: Jon, Jem, & Avery Walking to Be Fit! Left: Dannika picking pieces of tundra for her nature bracelet in pre school.

ANNOUNCEMENTS

- Need gas? If you have a Village Council or an Electric bill over 30 days past due, you must PRE-PAY at the Office before filling up. Please fill up during office hours: Monday– Friday 8:30-4.
- The Hangar is now locked. Please drop your trash off during Office hours.

Vehicle Parking Notice

- If you are leaving on a flight, please park on the sides or back (North Side) of the hangar.
- If you are at the airport working, doing business, garbage, etc., & need to stop in front of the hangar (South side) **please park within 30' of the building.**
- **DO NOT** leave your vehicle out on the apron where airplanes need to taxi, park, or unload & **DO NOT** park right in front of the hangar doors, or office door. Thanks!

Heating Assistance Applications are now available at the office. If you need help filling out your application, please stop by the office between 12:30-3:30 & Tanya will be able to help you.

Remember to separate #1 plastics, aluminum cans, glass, food scraps, & cardboard. Signs have been hung around the hangar directing you where to dispose of your trash. Properly segregating your trash will help keep the cost of dump fees down. Thank you for your cooperation & understanding!

- The Village Council is accepting applications (& donations) for the Dan Salmon Scholarship Fund. Stop by the Office to pick up an application or e-mail Tanya at tjsalm-on@hotmail.com & she can send you a copy online.
- Interested in having an **article or picture(s)** published? **Please submit an article or photos to Tanya.** A variety of authors always make the newsletter a more interesting read!

Turn Out The Lights

It's a simple task. When you leave any public building, please turn out the lights behind you. Even if you plan on returning later. The next time you look at your light bill and start to complain about the cost of it, remember that we can't keep electric bills down when you keep public lights on! We can only help you if you help yourself!

KANNON'S KORNER by Kannon Lee

Greenhouse

No Substantial updates about the greenhouse. We are waiting for an electrician to come in to rewire the facility into a main "switchboard" that will accommodate all of the upgrades. Also, a hole was dug to the east of the building for the water well and construction should begin once the new barge-landing road is complete.

Fence

With the help of Tony and Stacie placing the posts, cutting the supporting 2x4s, and marking the picket locations, I was able to alter the height of the fence, place all 270 pickets, and make adjustments dependent on the slope of the ground. A 6'x3' sign was ordered and should arrive in a month and be placed in front of the church. The pickets will not be painted, but instead will be stained to match the stained cedar sign. Additionally, Dallia Andrew requested that the ramp leading into the church be replaced due to deteriorating wood and the possibility of a future accident.

By next spring, I hope to enlist the help of the Russian Orthodox Sacred Sites in Alaska, Inc. (ROSSIA, Inc.) to assist in the rehabilitation efforts. As many of you can see, the exterior of the church is in need of attention, including the need for new paint, roof maintenance, grounds improvement, and attention to the old church now surrounded by vegetation overgrowth. ROSSIA Inc. has already been very helpful in sharing historical documents of the current church, including pictures from the Historic American Buildings Survey taken in 1981; these pictures will be entered into Igiugig's digital archives.

We hope to extend the picket fence in phases to eventually half-surround the front portion of the plot where the church is located, leaving the other half fenced in chain-link. The Igiugig Native Corporation provided the funding to cover the picket fence and sign.



Left: Picture of the church in 1981. Right: Kaleb checking out the progress of the plants in the greenhouse.

Just a Thought by Christina Salmon

Being raised in a small remote community, the fact that I had a white dad and native mom didn't mean anything to us. We were humans and we treated every race, religion, and nationality like so. Now that I am a mother myself, I am constantly talking to my children about how we treat people, with respect no matter what their skin color is. For the most part, I don't feel judged when I am in Anchorage or any other city, but there are still those hesitant waitresses when I order a glass of wine with dinner. And that overwhelming feeling of being judged for my race floods every defense mechanism I have and I assume she's thinking, "Another dumb drunk native." It takes all I have to not spill out my guts, explain that I can have one drink and be done! That I am a mother of three, that I work a full time job, that my kids excel in school, that I am in a healthy relationship, that I own a home and a truck and manage a small business! I want to plead to her that we are not all dumb drunks, that in every society, there are people who battle alcoholism. Then I gather my confidence, smile, (with all my pretty white teeth) and overly politely, thank her. I remind myself that I won't let the ignorance of others bruise my ego. I know who I am, what I stand for and the beliefs I live by. And then I came across this from Jeanie Greene's Facebook post and felt like I needed to share because I can relate to her all too well.

Jeanie Greene

To all who stereotype Natives as drunken deadbeats. I was raised in a house by Native parents. My Dad always worked, sometimes two jobs. My mom worked when she needed to, cleaning and taking in ironing. They brought up 7 kids who never knew what it was like to be hungry or to be abandoned or unloved. Not only that...

, these Native parents often fed high schoolers from Mt. Edgecumbe who were hungry for Native food from up North. We were taught to share and to do good. I learned early on to please mom by cleaning house and helping her. She liked that because she grew up scrubbing floors and doing chores in the school house where her Inupiat father was the village teacher, doctor, and dentist, choir leader and church deacon. I work and have trained many, many editors. My 72 year old husband works. My sisters work. Some retired. My brother always worked. Retired over 30 years with Teamsters. We are good citizens, contributing to the society we live in; civic minded and tax payers. When you speak of Natives in general, you are speaking of me. I take that personally and I'd love to meet you and hear your story.



Left: the completed Igiugig Barge Landing Road.
Right: Where has the beach gone? High water & strong east winds make our beach disappear!



Summer Reading Club

By Betsy Hostetter



Name	Goal Books	Goal Pages	Total Books	Total Pages
Avery	250	N/A	313	N/A
Dannika	300	N/A	190	N/A
Erika	100	N/A	110	N/A
Kadin	135	N/A	100	N/A
Shealayla	75	N/A	11	N/A
Jonathan	N/A	N/A	10	N/A
Aiden	19	N/A	22	N/A
Bobby	N/A	N/A	1	N/A
Benise	100	N/A	0	N/A
Jolynn	100	N/A	0	N/A
Kaylee	50	N/A	12	N/A
Keilan	200	N/A	45	N/A
Katelyn	N/A	N/A	1	N/A
Kiara	10	N/A	8	N/A
Kaleb	5	1500	2	700
Dolly Ann	N/A	N/A	5	778
Tess	10	4000	5	N/A
April	10	2000	1	809
Betsy	7	1500	4	1152
Tina M.*	50	5100	106	10,4780
Christina	10	3000	3	N/A
Ida	5	1200	8	3,480
Julie*	15	4000	19	5,810
Alicia	10	3000	13	4,219
Stacie G.	10	2500	3	N/A
Tanya	10	3000	13	3,285
Sandy	N/A	N/A	1	N/A
Sheryl	N/A	N/A	2	665
Derrick			5	2188
AlexAnna	N/A	N/A	2	N/A
Lydia	N/A	N/A	5	1,864
Martha	N/A	N/A	23	7,594
Stacy H.	N/A	N/A	1	391
Jeremy	N/A	N/A	1	N/A
Jon S.	N/A	N/A	7	N/A

School started on the 20th of August, and our famous Summer Reading Club ended on the 17th. This year was quite slow... we barely made our goal of 1,000 books. The total of books read was 1036 and total of pages were 43,669. But we did make our goal to have our annual BBQ and banana split party. Thank you to all of our readers to make it possible. Our back to school potluck, the BBQ, and the banana split party all will be held on the 7th of September. So, please remember that important date. The Battle of the Book books are in & labeled. BOB title bookmarks were also made for parents, students, and coaches who are interested in the books. Please feel free to call me library gathering ideas. On 9/11/12 I will be doing a presentation on the Enhancement grant. We will have a "Show-and-Tell" and brochures to hand out

Easy books



**** BOB for kindergarten****

Humpty Dumpty Climbs Again by Dave Horowitz.

Humpty Dumpty used to love to climb—but after his infamous fall...

JUNIOR FICTION

*** BOB for 3rd/4th graders***

Alvin Ho allergic to Girls, School, and Other Scary Things. By Lenore Look

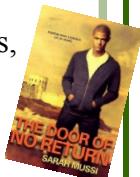
He is afraid of everything. Trains, bridges, substitute teachers, girls, school. Everything!!

Fiction

*** BOB for high school***

The Door of no return By Sarah Mussi Tracking down a treasure can be deadly....

NONFICTION



The Greatest Fishing Stories Ever

Told By Lamar Underwood

Twenty-eight unforgettable fishing tales.

DVD

Arctic Dinosaurs

Warm-blooded creatures of the Cretaceous?





Amara, Cole, Shealayla, Kiara, & Blaise biking.



Karl & Kaleb showing off their buckets o' blueberries.



Erika & Katia showing off their cry faces.



Birthday boy Bobby blowing out his candle!



Mary & Gabe taking advantage of a sunny day.



Randy, with the help of Jon, shows off his moose rack.



Shea's 1st day of preschool with an apple of her teacher!



Rylee, Rhianna, Erika, & Fewnia.



Tess, Betsy, & Fewnia going to Culture Camp.



Kaylee, Karl, & Kaleb hunting.



Terek checking out newly opened channels.



Dannika at the BBNC Rally



Little Erika in the tundra!



Avery picking fall cranberries.



Loretta & Katia!



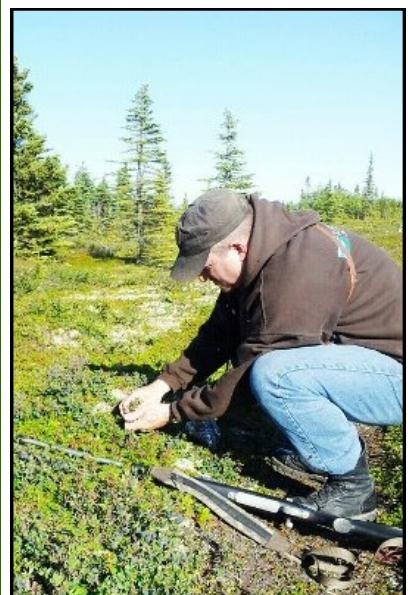
Jon, Danni, & Shea in pre-school.



Kaylee, Aiden, Keilan, & Kaleb checking out a creek.



Fewnia sporting her new headband that she bought at the Fair.



Dan picking berries with his gun nearby in case of bears.



Kiara getting her eyes checked. Too bad she didn't get her wish: glasses!



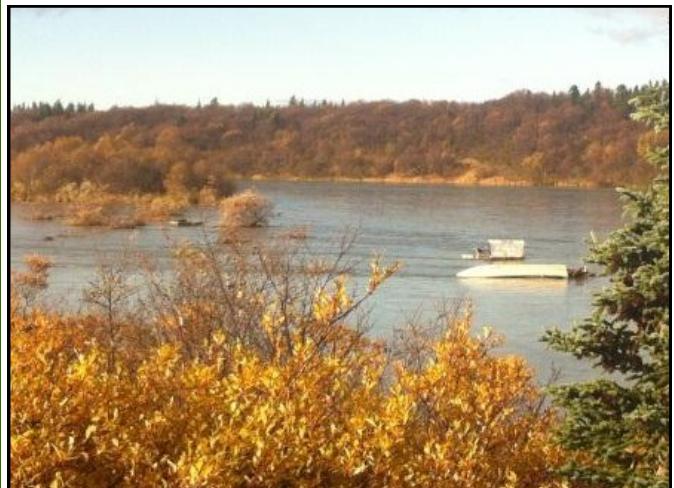
Jon riding "his" horse Sunshine at the Alaska State Fair.



Tess and her friends in Naknek for the XC meet.



Makenzie & Cole playing together.



Strong winds & high waters took more than 8 boats from the landing!



Jocko, Martha, & Katia comparing Jocko's & Randy's moose antlers.



Double rainbow over Lake Iliamna.



Davy with his silver.



Tess at the starting line in Naknek for XC Regionals.

Igiugig Village Council

August Weather

AlexAnna Salmon, President

Randy Alvarez, Vice President

Dallia Andrew, Member

Christina Salmon, Member

Mary Olympic, Member

AlexAnna Salmon, Interim Village Administrator

Sandy Alvarez, Director of Accounting & Finance

Christina Salmon, Environmental Director

Tanya Salmon, Social Services Director, Newsletter Director

Betsy Hostetter, Library Director

Dan Decker Sr., VPSO & Fire Chief

Ida Nelson, Local PLP Delegate, Tribal Clerk

Visit us on the web!

www.igiugig.com



First Class Mail

PO Box 4008
Igiugig, AK 99613

Front Page Photo Credit: April Hostetter

Igiugig Beachfront

Back Page Photo Credit: AlexAnna Salmon

Kvichak River Braids

Igiugig Tribal Village Council Newsletter