

Inside this issue:

4-1-1 in the 5-3-3	2
Environmental Report	3
Volleyball	4
Turkey Shoot	5
Walk To Be Fit	6
Survival Kits	7
Announcements	8
2012 High lights	9
Battle of the Books	10



Igiugig News and Notes

Issue 1

March 2013

Volume 16



Avery exploring in the lovely spring weather.

Spring is by far one of the most joyous times of the year. After enduring the long, dark, cold days of winter, it is nice to see the sun & warming temperatures. The ice is still thick enough that people can enjoy the outdoors such as ice fishing or hauling wood, travel to different places, & still remain at a comfortable temperature! It is nice to hear the sound of ice & snow melting, to see the different icicles form because of the melt, & to observe creatures coming out of their dens. Soon geese & ducks will be making their presence & the sounds of shot guns will echo throughout the wilderness

as people busy themselves with hunting.

Spring, in all of its beauty, can also be dangerous. Remember to properly check the ice before venturing on it. When in doubt, ask someone who has recently been out or **DON'T GO at all**. Although it is warm during the day, once the sun goes down, so does the temperature. You may have not needed layers to enjoy the outdoors during the day, but in the evening on the return trip, it is a good idea to have extra gear.

The Office also has survival kits (read more about it on page 7) that they are giving away to village residents. Please pick one up, you never know when you may need one! Remember to enjoy the outdoors safely! Have a great Spring everyone!

~Janya Jo

Birthdays this Month:

- **March 6th**
Gabe Gust
- **March 12th**
Rhiana Nunez
- **March 21st**
Jon Salmon
- **March 24th**
Terek Anelon
- **March 27th**
Lukas Zackar
- **April 4th**
Katlian Gregory
- **April 23rd**
Mike Andrew, Sr
- **April 27th**
Randy Alvarez

Kukaklek Culture Camp by AlexAnna Salmon

The October 5th weekend at Kukaklek Lake Culture Camp was the fall highlight for 5 students, 5 elders, 5 chaperones from Igiugig Village and 2 researchers with the University of Alaska Fairbanks DEER STUDY (<http://www.uaf.edu/deer/>). The camp, funded by the First Alaskans Institute, the Igiugig Native Corporation, and the DEER STUDY, took place at Big Ku Lodge, at the outlet of Kukaklek Lake and the headwaters of the Alagnak “Branch” River.

We packed enough gear to camp the winter at Kukaklek—it took four floatplane charters to transfer us. Kukaklek, in the Yup'ik language, means “middle one” for it is located between Lake Iliamna and Nonvianuk Lake. Our meals and stories took place over an open fire-pit. On Friday we settled into camp, prepared dinner, enjoyed a demonstration of traditional games and had mini-competitions. We then listened to stories in Yup'ik by the elders. The elders that accompanied either hunted, trapped, fished, or were raised reindeer herding around Kukaklek Lake and Branch River. They mark the last generation of our villagers to live off the land and with freedom to live wherever.

On Saturday we hiked to an ancient Paleoarctic camp, which contains artifacts that suggest the site may be the oldest known archaeological site in the Katmai region. We ate lunch on a high bank overlooking the lake—sun shining warm on our backs. After a quick cranberry picking contest, we hiked back to the river to learn how to set a fish trap in the river. No fish were visible in the area, but the kids enthusiastically waded into the water and set to work! Back at camp, we finished handcrafting our own games, and learned how to make cranberry fish akutaq. We listened to the elders play the harmonica, accordion, and tell stories. The students were tasked with crafting their own stories to tell to the elders. They turned out surprisingly creative and humorous—their imaginations fed with being far removed from the comfort of modern day living, cell phones, and laptops!

The last day was spent packing up camp, canoeing, checking a full fish trap! The elders were preoccupied with interviews on the reindeer herding period in the Kukaklek Lake region. The weather was incredible, the elders in their element, the students true joys, and it all combined to make for the highlight of our fall. The project has just begun, however, the students will produce a coffee table photo book and short DVD about the culture and history of Igiugig, and a traditional place-name map for the benefit of future generations. It is our goal to host more culture camps in the future, and diversify each location. Next time, we will pack more lightly.



Top Left: Tess, Fewnia, & Betsy board their float plane. Notice Tess' “boots.”
Middle: the group gathers together around the fire for stories & food.
Right: The students set off on a journey.
Bottom Left: Mike plays his accordion while Dallia watches on.
Bottom Right: Dolly Ann, Fewnia, & Kaleb in one canoe while Tess in Blaise paddle the other on Kukalek Lake.

Environmental Report

By Christina Salmon



Karl & Christina giving a presentation about Igiugig at AFE (Alaska Forum on the Environment).

October and November were months full of travel and meetings. Karl, Kevin, and I went to Fairbanks and attended the Pebble Limited Partnerships 3rd quarter meeting and we also toured Fort Knox Mine. The meeting was brief, but highly informational. We appreciate all the effort and hard work that goes into making these trips run smoothly.

We also completed our Community for Self Reliance grant with the Alaska Native Science Commission and UAF, with Karl and AlexAnna attending the final meeting in Fairbanks. There they met the

other grantees and gave an overview on how our grant ran. Sadly I could not make this meeting, but I wrapped it up with a final report and hopes of continuing to work with this amazing team. We have been invited to present and sit on a panel for a Q & A session in February at the Alaska Forum on the Environment. A widely attended conference, we will appreciate the chance to network with other communities and government agencies. We like joking that for every meeting or conference we attend, we are invited to two more!

In the grant aspect of the environmental department I managed to complete all quarterly reports, with a brief moment of panic thinking we were WAY under budget, only to realize we still have another entire year to complete our monetary requirements.

I would like to apologize for the LATE newsletter (much of the news is "old news," seeing as I haven't created a publication since October). Newsletter articles will be due the SECOND WEDNESDAY of every month, that way the newsletter will be published in the middle of every month. Please look for next months' newsletter coming mid-April!

~Tanya



Left: Mrs. Gooden & Walt making dinner rolls. Right: Kaylee & Rhiana rolling out the bread dough.

Volleyball

by Lukas Zackar 10th grade



No-see-ums are the three man LPSD District volleyball CHAMPIONS!
Lukas, Tess, & Loretta all earned a spot on the All Tourney Team!

This year's Igiugig volleyball team members were Tess, Loretta, Dolly Ann, and Lukas. Our coach was Tanya. All of us started off not very confident in ourselves and we lacked skills. Practice really helped us get a lot better. The drills Tanya made us do definitely paid off. The community also contributed by supporting and scrimmaging against us every Thursday.

The first meet of the year was held here in Igiugig. All of the LPSD North schools came, which were Port Alsworth, Newhalen, Kokhanok, Levelock, and Nondalton. Each team got a chance to play each other because it wasn't a tournament. We went undefeated for both six-man and three-man games. Kaleb and Fewnia helped us win the six-man games. The community gave us a lot of support throughout the jamboree by

showing up to our games. The teams had to do service projects, such as getting wood for elders and recycling pop cans for the village council. During the week everyone enjoyed themselves and got along well.

The second and last volleyball district meet was held in Perryville. This time both North and South schools went. The South schools included Port Heiden, Chignik Lake, Chignik Bay, and Egegik. It was a double elimination tournament so a team had to lose twice before they were out. The six-man teams were there just to play each other for fun to get more practice for their district tournament. Many of the games were close and exciting. The championship game was evenly matched between Pilot Point and us. We lost the first match and won the next three in a best out of five game. Igiugig won the district championship going undefeated the whole season.

I think we really deserved this championship because we certainly worked hard to earn it. The team truly appreciates the time Tanya took to coach us and help us improve our game. She saw what we needed to work on and had us practice it until we got it down. Also the community boosted our confidence by showing up to our home games and the pep rally's that were held. The No-See-Ums are ready for another good volleyball season next year.



Right: Tanya introduces the No-see-ums: Captain Tess, Lukas, Dolly Ann, & Loretta. Middle: The No-see-ums making a grand entrance into the gym. Left: Lukas & Loretta ready for the return as Tess serves the ball.

The Turkey Shoot by Kaleb Hill, 6th grade



The lone turkey hanging by a rope, just waiting to be shot down.



Angel shooting with his daughter's pink 22 as Keilan, Rhiana, & Alicia watch.



Kaleb the winner of the Turkey Shoot with is prize.

The Turkey shoot was awesome! In this paper I will tell you about how the Turkey Shoot went.

I will start by telling you the rules. The rules were simple. You had to shoot the rope that the turkey was hung up on a tree until it broke and the turkey fell to the ground. The other rules were that you couldn't shoot the turkey or you were disqualified, and you could only use a .22 rifle.

There were 19 people shooting. The youngest was 6yrs old and the oldest was Randy. We started shooting one by one down a line at about 40 yards from the turkey. As we were getting closer people started hitting the rope.

I was getting nervous because I wanted to win and almost every shot that other people took, hit the rope. Soon we were about 10 yards from the turkey my heart was pumping like crazy. It was my turn and I wanted to beat my dad and Terek. I put my sites right on the rope and WAM!

The turkey had been yanked out of the yellow mesh and on to the ground. I had won and beaten my dad and Terek YIPPEE!

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.

- 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.

WALK TO BE FIT By Sandy Alvarez*The Wonders of Water**Water = Health*

Moisture your dry winter air with a humidifier.

The connection may not be immediately obvious when you think of the two. But give it some thought and it makes perfect sense....

Facts to ponder:

- ◇ 70% of the Earth is covered by water (mostly in liquid form, but some frozen).
- ◇ Water in vapor form covers up to half of the Earth at times (clouds).
- ◇ Vaporous water cleanses the air by clinging to particles of pollution as it condenses in the process of becoming rain.
- ◇ Liquid water cleanses the earth as it falls in the form of rain and washes pollutants into waterways and eventually out to sea.
- ◇ Water is necessary for plant growth both in itself and as a carrier for the nutrients that it wicks along into the plants

system.

- ◇ The earth is a closed system, similar to a terrarium, meaning that it rarely loses or gains extra matter. The same water that existed on the earth millions of years ago is still present today. (And any kid will gladly tell you that a dinosaur probably already drank the water we are drinking today!)
- ◇ Amazingly enough, just like the planet itself, most living cell are made up mainly of water--plant, animal and human, with adult humans approximately 70% and newborn babies as much as 80%.
- ◇ Water is powerful and extremely useful in moving things and producing electricity.
- ◇ Water puts out fires.
- ◇ Water stores heat and helps moderate climates by lessening the temperature swings from day to night.
- ◇ And water is fun--think swimming, waterskiing, waterslides, rafting, canoeing, boating, fishing, etc.



Sandy's healthy, thriving Plumeria plant.

Water is a requirement for almost all present activity on Earth.

You too require water--water to cleanse you on the outside, water to make your foods digestable, to help carry nutrients throughout your body, to keep your skin healthy, to keep your mucus membranes moist and well protected, to float and cushion your brain, to move bacteria and viruses through your system, and as a building block in each and every cell in your body. So love your water!

As winter comes on we tend to close up and seal off air leaks in our houses to keep the heat in and in doing so we also lower the humidity levels (i.e. lower vaporous water quantities in the air).

So as we move into this time of year when our living environments are less moist, remember to:

- ◆ Drink lots of water. (Recommended is 8 cups per day--this includes liquid in food consumed--so you don't really have to drink exactly that number.)
- ◆ Wash hands frequently.
- ◆ Shower often--especially when people around you are sick.
- ◆ Keep saline nasal sprays and eye drops available and use them whenever you feel itchy or sneezy.

- ♦ Moisturize the air with a humidifier or vaporizer of some sort, especially in the area that you sleep at night.
- ♦ Keep houseplants that also transpire water into your air while absorbing toxins from your indoor air.
- ♦ Aim for at least 30% humidity--40% is better. A hygrometer is the name of the thing that measures this and they are widely available whether you realize it or not. (If your toilet tank sweats, this is a good sign.)
- ♦ Enjoy water based meals--think *soup*.
- ♦ Drink other waterbased beverages--including coffee, tea, hot chocolate, cider, etc.

(The one caution in your choices of beverage being, avoid too much sugar not only for the sake of the calories, but also because sugar feeds bacteria and viruses, and could mean the difference between avoiding or succumbing to the passing cold viruses that come your way this winter.



FREE SURVIVAL KITS

Through the Injury Prevention Program under the Bristol Bay Area Health Corporation, Igiugig has received 48, SOL™ "Survive Outdoors Longer" Scout Waterproof Survival kits. The kits are intended to offer supplies to cover or improvise 7 of the

10 outdoor essentials.

The kit includes:

- SOL™ Survival Blanket

Able to fit two and reflect 90% of your body heat back to you

- Slim Rescue Howler™

A whistle that can be heard over one mile away

- Tinder-Quik

Waterproof and burns for 2 to 3 minutes

- 20MM Survival Compass

Liquid damped, fast acting dial

- Mini Rescue Flash Signal Mirror

Visible over 10 miles

- Fire-Lite™ Sparker

Windproof and waterproof

Produces a powerful shower of sparks

- Survival Fishing and Sewing Kit

Fishing line
Fishing Hooks
Needle, snap
swivel, and safety pins
-Duct Tape



These kits will be reserved for community members 1st grade and up.

We may have a tendency to keep these kits tossed in the corner unused or separate from our personal gear, kids may think it is the best toy to play with and then lose interest in 5 minutes leaving everything strewn about and left for mom or dad to pick up/throw away (I can already hear the annoying whistle sound), but my hope is that these kits be placed in your travel bags whenever you head out on the tundra, ice, or water. Place this kit in your Honda and snow-machine pouches or strap them to your gear during excursions beyond the village. Assign this kit to one bag that your child uses when going out on a daytrip beyond the village. At 3.5 ounces, this kit is small enough to carry along, no excuses!

If you end up having to use the kit, let us know!
Come pick yours up today at the Council Office!

*Note: with high winds blowing snow around, we have had several blizzards this year. Blizzards can strike unexpectedly & can be extremely dangerous, even to an experienced outdoorsman. With people excited to travel to carnivals or some other outdoor adventure, we have heard of two incidents involving people we know who have gotten caught in a blizzard & became lost. One group was found after several hours outdoors enduring the winter storm while one man had to spend the night outdoors. Thankfully, both were found healthy. These kits will come in handy during ANY SEASON, so please be sure to pack one with you. They are small enough to fit into a Honda compartment, backpack, or even a pocket.

ANNOUNCEMENTS

Important Dates:

3/20 @ 3:30: LSAC Meeting @ the School

3/22: End of 3rd quarter for school

42-4/5: State testing. Volunteer sign up sheet @ the school for cooking breakfast

4/15-4/19: AA Meet/Prom at Newhalen

4/22-5/3: Moses Wassillie, tool maker/mask carver, will be at the school to work with the kids.

The Rec Hall will be getting a Ping Pong Table as soon as it can be delivered to Igiugig. With that said, we need to refresh our understanding of the rules of the Recreation Hall. Currently, we are removing old equipment that does not work and removing any other items that are not in use.

Please observe the following:

- Power down any equipment, media devices, and lights upon exit of building
- Keep Toyo Stove at a minimum temperature and if temperature is increased, please turn down upon exit

- Use provided wipes or cloth to wipe down equipment after use
- Bring an extra pair of shoes to use on equipment
- Wipe shoes before entering so as not to track in mud
- Do not sit, lay, or climb on Ping Pong Table
- The paddles and balls are provided by IVC for community use, please do not remove from building.
- Children under 11 must be supervised by someone at least 16 or older.

No-see-um Bakers (elementary class) have been busy baking goods. Orders are due every Wednesday & are delivered every Friday. Please keep a look out for their flyers, seeing as they change their menu frequently!

The Igiugig Student Government is selling new items at the gift shop! The items include:

Long-sleeved shirts \$30.00
Colors: Black, Gray, and Maroon S-XL



Baseball hats \$20.00

Colors: Black and Maroon

New Zip-up hooded sweaters \$50.00

Colors: Black and Gray sizes from S-XL

Additional pull over sweaters along with Youth sizes of Orange

Youth size s-XL

If interested call the Igiugig Village Council during normal business hours of 830 am to 430 pm M-f excluding holidays. The Price of shipping will be a flat rate box depending on the amount of your order.

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!

2012 Highlights

- * New Additions: Angel Alvarez has son Grayson Randall Alvarez & Martha Crow had Katlian Kvichak Gregory on April 8th.
- * The new clinic opens & is in full use.
- * Kannon Lee moves to Igiugig & the old clinic is renovated & turned into a new IVC rental building.
- * Irmelin Gram-Hanssen, a Master of Arts major at UAF, completes her thesis based on Igiugig: "Youth Creating Sustainable Communities in Rural Alaska." You may check out her thesis at the library
- * Betsy started the Enhancement Grant & now hundreds of old photos & captions are available online.
- * IVC purchased 3 mini trucks to conserve gas usage.
- * One of the coldest 4th of July's ever! So chilly that many wondered whether it would snow instead of rain.
- * Decker's & Geffe's move.
- * Nunez family moves to Igiugig.
- * New teachers! The Gooden family moves to Igiugig.
- * No-see-ums raise enough money to fund their school trip to Boston & Florida.
- * No-see-ums are victorious in three man volleyball.
- * Barge landing road extension completed.
- * Wood boiler system installed at the hangar.
- * 5 students, 5 elders, & 5 adults attend Culture Camp at Kukakluk Lake.
- * Our landfill gets inspected & received a rating of 97%...the highest in the whole state of Alaska.
- * GCI Fiber Optic cable completed.
- * Cell phone service is available in the village!
- * Extremely high water levels & high winds cause 8 boats to float adrift.
- * Fish & Game trail gets repaired.
- * Chicken coop moved next to the Green House & is renovated.
- * The Church has a new picket fence & sign installed.



Left: Annie walking along the paths at Kukaklek. Right: Mary checks out her childhood lake.

Battle of the Books by Dolly Ann Zharoff, 8th Grade



6th-8th Grade BOB team: Dolly, Fewnia, Kaleb, & Coach AlexAnna.

Fewnia, who is in 7th grade, Kaleb, 6th grade and I, Dolly in 8th grade got ready for a battle which involves books, including our smart coach AlexAnna. She was the one that got us ready for the battle. By asking us questions, making sure we read our books, and made sure we memorized titles and authors.

Each Tuesday and Thursday we would all join together and ask questions, played memory games, like bingo, jeopardy, and card games with the title and authors on the cards. All those Tuesdays and Thursdays were really fun. We even got together on weekdays to practice.

On the day of the battle, Fewnia was the writer, Kaleb was the brains, and I was the speaker. We battled against Kokhanok, Levelock, and Egegik. We got 88 points and Kokhanok got 72 points. The second round we battled against Port Alsworth, whose team name was the Spartans. The Spartans won the battle.

The battle was awesome even if we didn't win. Karl Hill, who was present doing our battle says, "It was good to see us working together, win or lose. It was also good to see that we read all those books, and that Battle of the Books is encouraging more reading. Reading is important." So, thanks for reading! And read more, it's good for the brain.



1st grade BOB team: Rhiana, Walt, & Keilan & Coach Christina



2nd grade BOB team: Ella, Aiden, & Coach Ida.



3th-4th grade BOB team: Kaylee, Rylee, Kiara & Coach Stacy.

*Not pictured: High School BOB team: Tess, Lukas, Loretta, & Coach Tanya.

Battle of the Book Results:

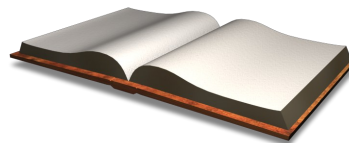
*High School did not advance to a 2nd Round.

*6th-8th: 2nd Place

4th-5th: 2nd Place

2nd-3rd: Tied with Port Alsworth for 1st

1st: Lake & Peninsula District Champs.



Kukaklek Photos



Fewnia & Kannon picking berries for agutak.



Kaleb, Blaise, Fewnia, & Mary playing ga-butch-gak, a traditional game.



Alex, George, & Karl enjoying the "camp grounds."



Alex & Annie making traditional foods to eat.



The group enjoying lunch & the scenery.



Fewnia, Doll, & Kaleb checking their fish traps,



Erika, Terek, Dolly, & Fewnia with an otter they trapped.



The champions of the North volleyball tournament.



Jon, Shea, & Danni painted their faces in support of the No-see-ums



Alicia & her first caribou.



Keilan enjoys watching the intense v-ball games.



Ida with the first caribou that she ever caught!



Kaleb caught his first bull moose.



Preschoolers: Jon, Avery, Shea, & Danni enjoying oranges.



Alex skating while Erika enjoys a ride.



No-see-ums shaving Principal Barnes beard for their victory in BOB.



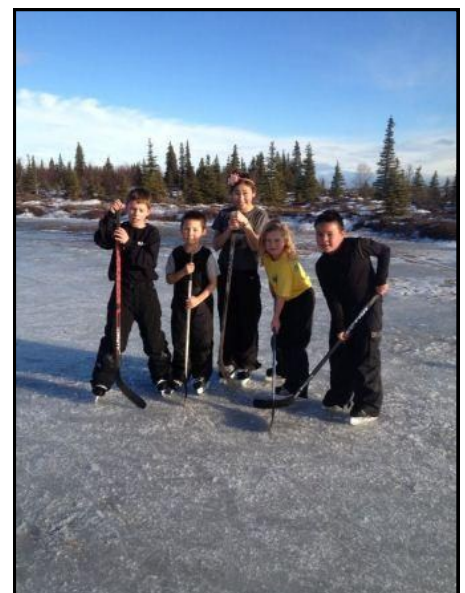
Tess enjoying the outdoors with Buster.



Aiden getting wood.



Battle Worms! All of Igiugig's BOB participants!



Kaleb, Keilan, Fewnia, Kaylee, & Aiden on Igiugig's ice rink.

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, News-
letter 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: Tanya Salmon

Ice melting

Back Page Photo Credit: Ida Nelson

A beautiful day for hunting.

Igiugig Tribal Village Council Newsletter