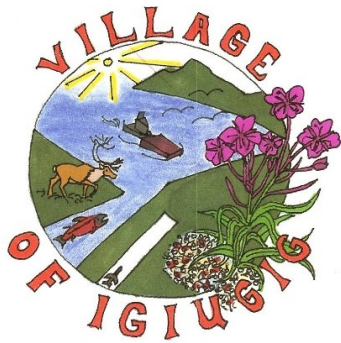




Inside this issue:

Welcome 2015!	1
411 in the 533	2
School Swarm	3
School Swarm	4
Plant of the Month	5
IGAP News	6&7
Library News	8
Pictures of Local Interest	9&10
Announcements	11



February Birthdays:

2nd-Mary Hostetter

7th-Mackenzie Nickoli

14th-George Wilson, Sr.

26th-Tess Hostetter

Welcome 2015 !



The Quonset hut that blew over during the high winds we endured early 2015

By Ida Nelson

After being blown away during last months' high winds it blew us right into February. The excitement of Slovi and Russian New Years welcomed 2015. In this edition you can get a glimpse of what we have been doing in AlexAnna's 411 since 2015 made her grand entrance. You can find out what type of changes we have endured in our Environmental department as we said good luck to one and welcomed another to the IGAP position. The No-See-ums students have been plenty busy already hosting a few Kvichak Cafes, growing fungi in the classrooms, and learning about birds from the Fish and Wildlife guests. The students can tell you more in their

"School Swarm" articles. During the summer have you ever looked around and wondered about plants that grow in our area and what are the possible uses for them? Renae Zackar has wonderful stories and pictures in the "Plant of the Month"; from there you can find out what IGAP has been up to lately with air monitoring and find out the results of our new sorting of trash of burnable and non burnable (the results are amazing, keep it up). This month we have embraced the love of reading and joined the Iditaread 2015; Tanya can give you all the details about it in the "Library News." Last but not least, check out your favorite people in the photos and stay warm and safe during your travels and adventures as we finally have winter and all the fun that follows!

471 IN THE 533

By AlexAnna Salmon

After exclaiming a last “Sprasnikom!” and ringing in the Russian New Year, January was already half over. It was back to school for the kids and time to take care of business for me.

“Dasvidaniya” (Russian: until we meet again) to my classmate Kannon Lee, who has helped our tribal government immensely in the three years he lived here – I am so thankful! After a month-long advertisement period, we hired a new Indian General Assistance Program (IGAP) Director – Stacy Hill. Jeff Bringham rose to the challenge of the newly created position: Local Foods Program Director. And our maintenance staff has been boosted with David Alvarez returning, and Willy Nickoli stepping in. Now, we really need an accounting assistant for the upcoming summer season and we will be set.

It has been a month of reporting: BIA Self-Determination contract closeouts for fiscal years 2003—2006; reviewed the ICWA grant application for 2015; and brainstormed with our grants administrator on priorities to pursue for different grant agencies. For example, we are looking into a Yup’ik language revitalization grant and a technology upgrade for our village. Meanwhile, we have applied to several opportunities to provide bulk fuel farm shoreline erosion protection, but funding is not materializing; therefore, we formally requested the Army Corps of Engineers’ assistance. Since

the cost of protecting the shore with either armor rock or sheet pile will exceed \$1 million, it may result in a cost comparison of relocating the farm further inland versus constructing an embankment. There was also a teleconference with Ocean Renewable Power Company on 2016 commercialization plans for the RivGen® Unit.

I’ve had a good balance of business and fun, the highlight being the Governor’s Inaugural Ball in Anchorage. I congratulated Governor Bill Walker and watched history unfold as the first Alaskan born Gov. and Lieut. Gov were elected on a Unity Ticket. The centerpiece at the dinner tables read “Better Together” and light-hearted speeches reflected the drive to “Rise as One”.



Inaugural Ball in Anchorage, Dena’ina Center. Governor Walker addresses the crowd, as his family stands behind him.

The crowd reflected a great cross-section of age groups, party affiliations, and I proudly attended in my dressiest kuspuk. In reading their biographies, I learned that each was the youngest to serve the mayor position in their hometowns – Byron Mallott in Yakutat at 22, and Bill Walker in Valdez at 27.

I’m also having great fun helping to plan the New Zealand community trip, and coaching the 3rd/4th grade Battle of the Books group –who are the DISTRICT CHAMPIONS! At the very end of the month, we hosted a wonderful visit from the Foraker Group complete with village tours, Kvichak Café featuring gourmet local cuisine, and discussions of Igiugig Village business ideas. The hangar offices were cleaned and polished, and IVC is off to a fantastic start to 2015.

School Swarm

Mushroom Growing

By Kiara Nelson Age 10, 5th Grade



A picture of a mushroom growing in the "big kids" class room

On January 13th Mr. Gooden gave us a science project to grow mushrooms. Taty and I had a pearl oyster mushroom project which came in a bag with a mixture of sawdust and pearl oyster mycelium. It also came with a humidity bag, which increases the humidity so the mushrooms can grow better. All that Taty and I had to do is get a wire coat hanger and twist from the top of the bag to the stem of the mushroom bag and the cover with the humidity tent. Then we had to mist it 2-3 times a day until it grew tiny buds. After 2 weeks or so the pearl oyster mushrooms grew bigger until Mr. Gooden cut them off. On Tuesday the 20th, in the morning Mr.

Gooden made pearl oyster egg scramble, which I didn't get to have because I wasn't there to have some since I was in the elementary room. The other groups have other mushrooms that are called shitas, blue oysters, and king of stropharia because we want to learn about how mushrooms grow.



Cooking with the mushrooms

Chicken Harvest

By Fewnia Zharoff



Jeff and Mr. Gooden plucking the chickens

On the 19th of January 2015 we killed and plucked chickens. First we chopped a chicken's head off, and watched it run around and die. For all the other chickens we only slit the jugular. The Jugular is on the left side toward the back of the neck. We put the chickens upside down in a cone and slit its jugular and I think it was brutal and violent. I didn't like watching them get killed. After the blood was drained, we dunked the chickens

in the pot of water that was 150°F, we did that about 5-6 times each so the feathers could come off easy. I didn't like plucking them. The killing was done at the Green House by the dump. The reason why we killed them is for food, knowledge, to learn how to pluck, gut, and butcher them. The chickens were old and weren't giving us eggs. Also the chickens were out of chicken food. The elementary made chicken noodle soup for the Kvichak Cafe on January 23, 2015.



How the chickens "hang" out

School Swarm

Kvichak Cafe

Written by the Elementary Students



Keilan and Walter being the host and welcoming crew

Once or twice a month on Fridays, Igiugig Elementary students make food for the village as a school fundraiser. We call it the Kvichak Café, and it includes three servers, two cooks, two hosts, and one beverage-cart boy. We all help prepare food and clean up. Aiden Wassillie says, "Kvichak Cafe is really fun 'cause we do a lot of stuff like bake lots of soup, rolls, pizza, and we take turns doing different jobs."



Kaylee, Aiden, Kiara and Ella preparing salad for the Café

Ella Gooden, a first-time server, commented, "At first I was really nervous, but not for long." For the most recent Kvichak Cafe we had fry bread, moose meat stroganoff, and salad. For dessert the choices were peach cobbler or akutaq. It was delicious. At the Kvichak Café, we put the FUN in fundraiser!

Fish and Wildlife Education



The students with their bird drawings

On January 20th, Fish and Wildlife agents, Sara and Katie, came to teach us about Art, birds, skulls, mammals and so on. They taught us how to determine the age of skulls. On the skulls they taught us about how to find if they were Carnivores or Herbivores. We found that out by looking at their teeth. They also taught us about art because we get to draw birds for a calendar and a literature piece, like a poem. We have to submit that in. When they were here we went on a couple walks to see and try finding animal tracks. They told us to guess what it was. It was fun having them here.



Kaleb holding Aiden's head in a skull



Shea holding a picture of a loon

Plant of the Month



Alder branches and chythlook for daghy (dried for using in the maqii (steambath) during

Pronounced and commonly spelled: chy-thlook

Yupik style spelling: ciaggluk

English name: stinkweed or wormwood

Used mainly for medicinal purposes

The Harvested Chythlook, Interviews, and Story By Renae Zackar

Annie Wilson: Annie said chythlook is good for wounds and infections, for example like infected cuts because it draws out the infection. Annie recalls when she or her siblings had a bad cold with a cough and sore throat, her mother would boil the plant, and have them drink a few sips in the morning. Annie also remembers that her mother would place soaked warm, wet chythlook on sore achy muscles. She said her mother especially used chythlook this way in summer when salmon were running, as she used to put up close to 1500 salmon for winter

use and it was hard work. Her mother used it by putting it on her forearms and calf muscles in steambath after a long day of putting up fish.

Annie also recalls a use that she considered more spiritual, but it was also medicinal. She said when somebody was really sick with a high fever or after childbirth, it was prepared and used as followed by her mother and also by blind Gramma (Anuska). They would roast it in a cast iron fry pan on woodstove until dry and crumbly. Then they would wrap it in a clean washcloth and place it on the forehead of the feverish person. When used for a woman after childbirth, they would place it on her abdomen or back. What made this seem more spiritual to Annie, was that they would malice (make the sign of the cross) and say a prayer out loud while placing the chythlook filled washcloth on the sick person.

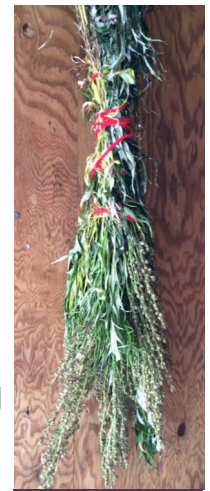
Annie also mentioned another use she remembers from when she was a young child. Her family used to walk long distances on foot from place to place in springtime. If they came across a new young shoot of chythlook they encouraged the younger kids to chew the plant for a long time then swallow it. This was said to be good for digestion, especially constipation. It was stressed to never eat too much as it would cause diarrhea if they did.

Mary Olympic and Alice Zackar agreed with Annie Wilson and her comments about chythlook and said she did a good job explaining the uses of chythlook.

Mary Olympic: People used it for skin infections mostly. Skin infections like abscesses and impetigo. She said they would soak chythlook in hot water then place it on affected area. She said it would help draw the pus out of abscesses and help it heal faster. In impetigo it helped by drying up the oozing and made it heal faster also.

Alice Zackar, By Renae Zackar: As Alice teaches mainly by showing without a lot of verbalizing I will tell how I've seen her use chythlook. Alice picks chythlook as soon as she can find it in early summer to use as daghys or steambath switches. She ties them with yarn along with alder branches then dips them in hot water. She splashed the Maqii our steambath rocks until the steambath gets hot then switches herself with the plants. To save for winter use Alice picks them and bundles them with alder branches and hangs them in a cool place to dry. When she is ready to use the dried switches, she places it in hot water for about 10 minutes until the leaves get soft, then uses in same way as in summer. She dries the plants she uses for tea alone without the alder.

***Funding for "Understanding the Yup'ik Plants Among Us" is through an National Park Service, Tribal Heritage Grant.**



Dried Ciaggluk



Sharolynn picking a batch of Chythlook

IGAP News

By Kannon Lee

Solid waste management is a very important aspect of our daily lives. Every time we throw something in the garbage bin we manage our own waste at home. We finish a soda and we have a choice of whether to drop it into the garbage bin or into the non-burnable bin. Dropping the aluminum can into the non-burnable bin is proper waste management. Imagine if our landfill operator made the choice not to separate our waste and decided to throw everything in one heap. We would have refrigerators, batteries, plastics of all kind, steel tin, old trucks, household trash, electronics, etc. in one hole in the ground. How long would it take for the landfill to fill up? When it rains and water seeps into the ground, what toxins will enter our drinking water? At a macro level, we can see the importance of waste separation and it is ever so important at the micro level (within our home) to follow proper steps and manage waste correctly. Because waste management starts at the home, the process can smoothly progress from home garbage bin to sorting center.

What does Reduce, Reuse, Recycle mean?

- **Reduce** trash by buying products with less packaging, repairing and sharing.
 - **Reuse** things or see if someone can; don't buy disposables.
 - **Recycle** materials so they go into new products instead of the landfill.

Practicing the 3 R's at home will help the village landfill last longer. "It's more like how our ancestors treated the earth's resources." And it can save money.

Instead of buying disposables that can only be used once, buy products that can be reused or refilled. Here are a few examples:

Cup of Noodles bring in a lot of packaging material. Try making a large batch of your favorite noodles per week and pack away in a mason jar to enjoy at a later time.

Washable plates instead of paper plates.

Mugs instead of disposable cups (But please take home or maintain a clean mug at the office).

There was a whole trash bag dedicated to single serving Sunny Delight bottles. Try buying your favorite juice in concentrate or in a powder form and use a reusable water bottle.

Use washable containers for leftovers instead of aluminum foil or plastic wrap.



Waste Sorting Initiative:

In the beginning I was wondering if the sorting initiative would actually work. After 2 months of waste sorting I can fully say that the effort is a success. Take a look at the picture below. This is the burn unit after one month of waste collection with proper sorting and burning. What does this picture show? It shows that the waste we are collecting is being fully burned. There is way less steel tin and glass that robs the much-needed heat to fully burn our waste.

Think of heat transfer in this situation. When the fire is burning hot the flames quickly transfer heat between various wastes inside the burn unit. All burnable material quickly heats and disintegrates. Steel tin and glass, however, absorb and rob the heat that is inside the burn unit, thus making the burn unit inefficient. The waste burns at a lower temperature and what is burned, does so slower, releasing toxins into the air. A hotter burn allows waste to burn faster, more efficiently, and effectively cutting down on the toxins released. The picture shows a burn unit that is properly managed. A properly managed burn unit means less time spent emptying the unit and less space occupied in the landfill, thus extending the life of the landfill. I am very proud of this initiative and implore you all to continue separating your waste for the benefit of the village. The best-run landfills in Alaska are those that restrict access and sort out their waste prior to burning. This isn't me saying that, it's the research put forth by folks that study air quality, water quality, and soil quality. One last thing, despite common belief, your steel spam, veggie, and soup tin cans WILL NOT burn. Wine bottles, Worcestershire Sauce glass bottles WILL NOT burn. So why toss them in your burnable garbage bin?

IGAP News

Continued

Radon Measurements:

I was able to test all buildings in Igiugig that are occupied (If homeowner present). First-Alert Radon Testing Kits were used for initial short-term testing. First-Alert says, "Radon is an invisible, odorless and tasteless radioactive gas that is found in the earth's soil and rocks that contain uranium. Although almost all of the soil in the United States contains uranium, it is usually only found in small amounts. When soil with high concentrations of uranium is located, there is also a noticeable increase in radon levels. From the natural breakdown of uranium comes radium. A radioactive gas (called "radon") is emitted from radium, which is passed up through the soil. This gas, in its original form, is inert—it can be breathed in and out again with no harmful effects. However, within thirty minutes of the formation of this gas, its natural decay process begins forming radioactive particles. The tiny particles attach themselves to dust and smoke in the air. Once these particles are breathed into the lungs, they lodge themselves in the walls of the lungs and, because of their natural radioactivity, begin to emit bursts of radiation that can destroy cells in the lungs."

The radon gas testing was part of the Indoor Air Quality monitoring project. If your home is experiencing great ventilation, radon gas particles are being sent out. Every home and building in Igiugig has radon gas particles present as is supported by the report received. The great news is that every building falls below the level suggested by the Environmental Protection Agency. The lowest amount detected was less than (<) 0.8 pCi/L. The highest amount in Igiugig was 1.9 pCi/L. The EPA suggests levels below 4 pCi/L and even at that level, to keep the amount below 2 pCi/L.

Indoor Air Monitoring Project:

Initial reports on the Indoor Air Monitoring project returned with great results. The point of the project was to measure the importance of HRV usage inside homes that have the devices installed. Overall, the project focuses on home ventilation and the importance of indoor air quality. The winter months are the most crucial to measuring indoor air quality because we open our windows less and concentrate on conserving our heat loss by heavily insulating our homes. A more thorough report on the conclusions to the project will be available once all data has been analyzed. All data has been sent to ANTHC for analysis, however, some conclusions that I drew (all information has been kept confidential): Prior to project establishment and commencement of indoor air monitoring, the initial impression was that many homeowners do not use their installed HRV units. This was based on a small pool of homeowners who were verbally surveyed prior to project development. The findings, however, were the opposite as a majority of homeowners with HRV units installed, had the units operating. There were small differing details as to the reasoning behind using the units, such as using them only to prevent mold or only using when children are sick, but for the most part, HRV unit operation is consistently utilized daily in Igiugig homes. Of the twelve homes initially monitored, two homes were tested a second time. Conducting a second test of the other homes was not administered due to the CO2 monitoring results. Data collected in homes running an HRV unit was shown to maintain healthy levels of CO2 in occupied space (between 350 ppm and 1000 ppm). Of course, there were instances where CO2 levels spike above

1000 ppm, but reasons could be ascertained as to the spike in CO2 or heightened level of Relative Humidity. Some reasons for increased CO2 levels above 1000 ppm: handling of CO2 monitor where device came in close contact with exhale (Spike in CO2 levels would coincide with a spike in RH), an increase in the amount of occupants in occupied space (a spike in CO2, RH and Temperature). Levels above 1000 ppm infrequently exceeded 2000 ppm of CO2, but if levels exceeded, data showed a quick reduction in levels thus showing an active HRV unit (air exchange). If the results showed a very slow decline to levels below 1000 ppm CO2, poor ventilation would be suspect. Of note, air monitoring commenced at end of calendar year (All of homeowners polled said filter cleaning takes place in January). And this is the end. My "one-year" is up. I owe a lot to the community and I will never forget the people and what makes this place great. It isn't often that a place leaves a lasting impact, but when that happens, an acceptance of the values and understandings exudes through character. In these last, nearly, three years, I have seen kids grow up, develop personalities, heard their first words, seen them stumble about for the first time, and my favorite, crying around for no reason at all. I have become closer with my very best friend, AlexAnna, and am so appreciative for her friendship. I have had the pleasure of getting to know Sandy as we worked together on many occasions. Specifically, I want to thank Sandy for everything she contributes to the village. I cannot think of any other person who puts forth so much; she certainly does not dilly-dally. And with that, I wish Igiugig the best!

Library News!

Iditaroad 2015

Welcome to Igiugig's first ever Iditaroad! Our goal...to work together as a community to read as many books as there are miles in the Last Great Race. Every year, mushers alternate the Iditarod course. On even years, mushers race 975 miles on the North Route. On odd years, mushers take the South Route, which is 998 miles (of course these distances are estimations because this is unpredictable Alaska and the actual trail placement can vary from year to year based on conditions).

Readers contributing to this event can turn their reading logs in every Wednesday from 3-5 PM at the library. A bulletin board will be on display in the gym showing our progress and individual "musher" stats. Everyone in the community is not only welcome, but encouraged, to join the fun!

I do have extra reading logs available at the school and at the office. I know writing so many titles and authors for the younger kids can be rather repetitive (especially if you read so many books a day!), so parents can keep a tally of books read to turn in. Although not mandatory, you can record the number of pages in your book as well. All of this information will be on your "musher" stats record. Our race against the mushers will end when the Iditarod officially ends!

On Saturday, March 7th, the Iditarod officially begins (since this is the first year of our reading challenge, I thought we would get a 27 day head start to read almost a thousand books)! To celebrate the big event, the library will be hosting an event at the school. On the agenda: mushing/dog related trivia (start thinking of a team and honing up on random dog/mushing related topics), progress check on our map, crafts, desserts, and of course, excellent company! Time will be announced closer to the event.

Happy reading!





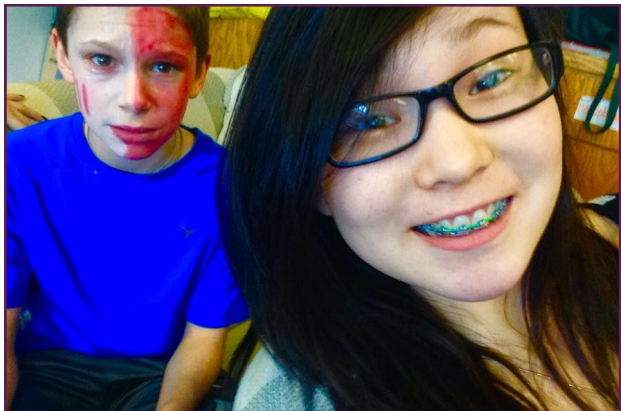
Keil, Danni and Katia having lunch in Anchorage



Tia and Erika in Iliamna during Slavi



Betsy washing dishes with Danni, Shea and Jon at the school



Dolly painted Kaleb's face for the pep rally



Tony and Loretta Sledding



Tanya with her Pre-school group:
Mackenzie, Erkia, Avery, and Jem



Karl and Stacy with the Bellyflop
crew in Seward



Mary O enjoying herself with Keilan



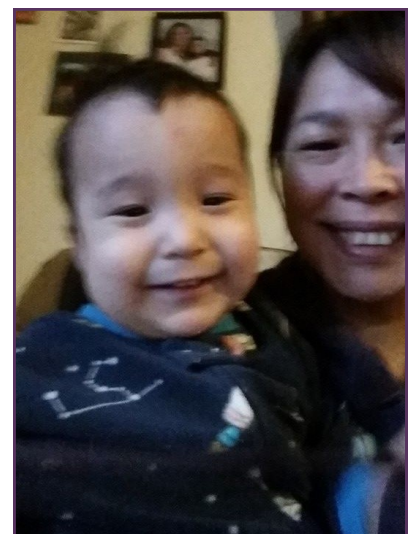
Happy New Splash 2015: Sharolynn, Clara, Alicia and Taty jumped in Lake Iliamna at Midnight to ring in the new year



Shea holding the star in Levelock Slovi



Happy Birthday to Jiles!



Atlas with Auntie Kip (Eileen)



Kaleb, Kaylee and Stacy on a hike in Hope Alaska



Danni, Keil and Aiden swimming in Anchorage

Announcements

Winter Library Hours

Monday– Friday:

3:00pm to 5:00 pm

Saturday:

12:00 pm to 2:00 pm

Igiugig General Store

Store Hours: Monday to Saturday

4:00 PM to 5 PM

Save the date!

February 17th — Public health nurse
will be here. Call the clinic to make

arrangements

February 12th to the 17th

Newhalen Carnival

March 12th to the 16th

Kokhanok Carnival

REMEMBER In Igiugig We:

- ⇒ Keep our Dogs Tied up or on a Leash.
- ⇒ Turn Off Lights when leaving a public building.
- ⇒ Recycle: #1 to #7 plastics, aluminum cans, glass, tin cans. We also separate batteries and e-waste.
- ⇒ Do Not Park in front of the hangar or the white trash trailer.
- ⇒ Do Not Litter, we confront those that do, and we pick up trash that we see.
- ⇒ We Compost! Bring it to the greenhouse, please no dairy or meat products.
- ⇒ Contribute to the Newsletter! Send photos, news, important events to Ida:
nelsonida2901@gmail.com
- ⇒ Love Our Village! Join Igiugig Village Info Zone on Facebook if you haven't already.

3- man mixed basketball LPSD
districts will be held in Levzlock
When? February 17th to the 20th

Good luck No-Sce-ums!

Igiugig Weather

January 2015

Average Temp: 22.7*

High Temp: 57 on the 20th

Low Temp: -31.7* on the 25th

Average Wind: 6 MPH

High Wind: 58 MPH on the 8th

Dom. Direction: EastNorthEast

Days below freezing 22 & below Zerro

7 day s



Congratulations to our 3rd and 4th graders in the Battle of the Books!

They have made it to the State level of battle of the books and battle again on 2/18/15
Left to right: Ella, Keilan, Walt and Aiden
(not pictured their coach AlexAnna)

Igiugig Village Council

AlexAnna Salmon, President & Administrator
Randy Alvarez, Vice President
Kevin Olympic, Member
Christina Salmon, Member
Karl Hill, Member
Sandy Alvarez, Director of Accounting & Finance
Tanya Salmon, Social Services Director & Librarian
Stacy Hill, IGAP Director
Ida Nelson, Tribal Clerk & Newsletter Editor
Renee Grounds, Grant Administrator
Jiles Pourier, Tribal Clerk

Visit us on the web!
www.igiugig.com



PO Box 4008
Igiugig, AK 99613

First Class Mail

Front Page Photo Credit: Alicia Zackar: Picture of sunset
Back Page Photo Credit: Terek Anelon: picture of winter wonderland

Igiugig Tribal Village Council Newsletter