



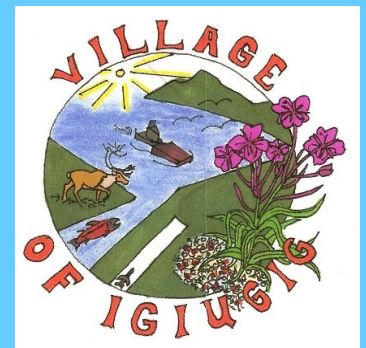
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March Madness of All Kinds

By Ida Nelson

March madness of all kinds: college ball, spring fever, spring cleaning, and fishing. We all have been busy this past month and you can read about what we have been up to in AlexAnna's 411 in the 533. School Swarm has been busy with AA meets (not the kind you're thinking of), thinking of summer by Taty, experiments the high school has been doing this semester, and Kokhanok 50th Annual Carnival brought back a nasty gestural intestinal flu by Tia. After the basketball season ended, Kaleb wrote a little blurb on the Larval League and the Pupal League. Have you been looking for a reason to start a work out, but haven't had a legitimate reason to start? On the 24th of this month the Igiugig Fitness Games will begin and Jiles can tell you more details in the Healthy Village article. Winter is still trying to hang on but it did not stop people from participating in the ice fishing derby that was sponsored by the Lake and Peninsula Borough. Since everyone has been getting sick with some sort of flu or cold go and read tips to help keep you from getting sick in Clinic News. This is followed by announcements and pictures of your favorite people. Have wonderful and safe spring, looking forward to summer and all the fun shenanigans.



April Birthdays:

14th - Renae Zackar
 16th - Rio
 18th - Renee Grounds
 23rd - Mike Andrew, Sr.
 27th - Randy Alvarez



By AlexAnna Salmon

We kicked off March Madness with a regular village council meeting on the 9th. Our main order of business was to sign 6 leases with DCCED for properties in trust including several public service homes and the sewage lagoon. We gave Yup'ik titles to most of them, for example, the Fish & Game landing is titled "Petugyaraq", the place to tie up boats. We also signed a Scrap Backhaul contract with the Lake and Peninsula Borough and have had 3 loads of scrap metals and old appliances sent to recycling centers in Anchorage. The landfill is already looking transformed thanks to the Environmental and Maintenance crews! FYI, this is just the start of the spring cleaning we intend to do at the village council.

Other projects requiring a lot of attention include the hydrokinetic RivGen® Unit testing with Ocean Renewable Power Company. We have begun regular teleconferences with their staff about the deployment in July, as well as applying for funding opportunities to permanently acquire the device. They submitted a 1,000+ page application to the Federal Energy Regulatory Commission on Igiugig's behalf for the commercialization of the device in the Kvichak River.

You will notice development at the Water Storage Tank site is underway; our contracting company will be installing the 50,000 gallon water tank and the in-take system, and Alaska Native Tribal Health Consortium (ANTHC) will be completing the mechanical and plumbing work in the interior. ANTHC came for another site visit and will hold the pre-construction meeting with the village on May 1st and begin work thereafter. We are excited about moving to surface water since we know that the Kvichak River is the best water IN THE WORLD.

I have spent a good part of the month working on the permitting process for the bulk fuel farm bank stabilization project. While this is not my area of expertise, I am learning that persistence pays off, and that I am glad this is not my career choice! I have also worked with our "hardcore" grant administrator Renee who submitted two giant grants this month for Language Revitalization and to acquire a tug. She is also working on various smaller grants, and I am so thankful she is working here. We held a quick special meeting on March 23rd to approve of the grant submittals. Then I attended a Roads Inventory Data Field System training with Karl Hill and look forward to getting background checks approved so that we can handle our own route entries and revisions without waiting on the Bureau of Indian Affairs.

We have a lot of upcoming smaller projects to finish: completion of the Emergency Response Building, skirting in and hooking up electrical to the two homes that were moved, construct 3 high tunnels, finish the scrap backhaul, and install the gas card system. Otherwise, it is business as usual at the office.

Over the last few years April Hostetter has worked for me as an administrative assistant, and more recently as the Community Health Aide in Training. I have enjoyed working with her, and as she transitions to the next exciting chapter in her life, I wanted to acknowledge the work she has done for our community and to wish her the best. I will miss you!

And with that, HAPPY EASTER to all of Igiugig and our readership!

School Swarm

Plants

By Tatyana Zackar



Growing plants at the school

Since the beginning of this semester the Igiugig High school has been growing lettuce and basil. We are doing scientific experiments with the plants. One set of plants we are watering with normal water and the other set of plants we are watering with mycorrhizae. Mycorrhizae is a fungus that helps plants grow. The fungus helps the plants get nutrients and



Left side: fed with mycorrhizae water
Right : just water

the plants give the mycorrhizae sugars. This is an example of a symbiotic relationship. Students are going to test the biomass and taste the plants. In my opinion I thought that the ones with mycorrhizae would have a bigger biomass and taste better. We tested them and the results were not surprising. The Mycorrhizae plants had a bigger biomass but tasted more bitter than the plants without mycorrhizae.

School Sickness

By Tia Hobson

In the month of March everyone was getting sick after Kokhanok Carnival. The people who went to Kokhanok Carnival came back sick, and the people who didn't go got sick a week later. If your kids are sick don't let them go to school and get everyone else sick. Let them stay home and get better. There are a lot of kids missing school from being sick. It makes more sense for them to stay home and recover, not to work through it. Sometime when kids are sick and away from school, some of the parents will go to the school to get their work for them, so they can have homework to do so they won't be behind on schoolwork. It's wiser to keep your kids home until they get healed. If your kids want to go to school tell them no and that they have to stay home until they get healthier. When kids are sick in school the teachers will send them home. To stop the sickness going around wash your hands and wipe down tables with bleach water spray.

School Swarm

The Igiugig Larval League!

By Kaleb Hill



The Pupa league



The Larval League

The igiugig school 3rd through 6th graders have been practicing their basketball skills and have formed the Larval League No-See-Ums. They have improved a lot through their basketball season. They have learned ball handling skills as well as shooting and passing. They know where there suppose to be on defense and how to play defense, thanks to their great coaches, Tate Gooden and Cruel Coach Kaleb.

On March 4th at the Igiugig school a scrimmage took place 3 on 3. The crowd was going crazy while watching the players: Aiden, Kiara, Ella, Kaylee, Keil, and Walt, running up and down the court. The game lasted 4 six-minute quarters, switching teams every quarter.

After that our littlest league (the Pupa League) put on a show. We set up two bins on either side of the gym for the goals and gave them a basketball. Two teams consisted of Jem and Shea, against John and Danny. The crowd almost cried laughing because of their adorableness. All in All, I think that Igiugig School has a bright basketball future!

AMP Testing

By Fewnia Zharoff

We had a new standardized test called AMP testing. AMP stands for (Alaska Measures of Progress.) We started on March 31st and then we finished on April 2nd. The new test is computerized. It is aligned to the new Common Core Standards. My opinion on the new standardized test is I think it is harder than the books. A student said, "It was terrible, I just wanted to punch the computer." Things change, it will always change. We think that they might be making us take the test to torture us. But I think the real reason is that they make us take the tests to see where we are at in our standards. A big Thanks to the community for making breakfast.

Summer is almost here!

By Taty Zackar

Chris Branham and his crew are starting off early this year. They came first on about March 15th. I think some of the reasons they came early is because the weird warm weather. It has been warmer than usual this year. I think this weather is really weird but I guess I like it. Another reason they might be coming early is because he might be building new buildings or checking if the lodges are ready for clients.

School Swarm

Academic/Athletic Meet

By Dolly Zharoff



The high schools science project

This years Academic/Athletic meet, also known as the A.A Meet, is being held in Naknek at the Bristol Bay Angels School. A.A meets have normally been hosted in Newhalen. During the meet there are events such as NYO, prom, public speaking, career classes, talent show and other activities involving academics.

The A.A. meet will start on April 6th and end the 10th. Attending the meet will be all eligible students from 7th-12th grade. This year we also may be having a joined A.A Meet and prom with the Naknek school students. All students are required to prepare a three-minute speech about career/science related topics, have appropriate behavior, and participate in the activities.

In the past meets there has been photography classes, technology, cooking, hair and beauty, self-defense, science and survival. This years classes are: The Impacts of Marine Debris, Creating a Public Service Announcement, Who Glows There?, Crime Scene Investigation Tech. 1, Crime Scene Investigation Tech. 2, Bottle Rockets, Radio Tagging Fish and the Salmon Cycle, Weather Balloons, Geocaching with GPS, Orienteering w/a compass, Computer Game Design, and Design an I-Movie.

Academic/Athletic meets have been an event going on for about twenty-five years and are still happening annually. I have been present for about three A.A meets and they were great. Many people have been so generous and helpful to all the students. They make us feel welcome, contribute food, provide a place to sleep, keep the school clean for our presence and make sure we get the knowledge that we have to learn.

For the Academic/Athletic meet talent show we are doing a play called, Raven, King Salmon, and the Birds. The play is about a raven tricking a king salmon into jump on the beach next to him so that he could attack king salmon with a club. Salmon is not the only one he tricks. When raven is done catching king salmon he is too weak to lift king salmon, so he has his grandchildren, grey jay, chickadee, robin, and magpie to do it for him.

If you would like to attend the A.A meet and present anything to the students contact Ed Lester at Newhalen School. All the students would like to hear what you have to say and learn what knowledge you have to give.

Plant of the Month

Scientific name; Salix

English name; Willow

By Renae Zackar

Yupik name: nuwilongok local pronunciation: chewkvhugoouk

Medicinal uses: Boil bark and leaves for cuts, especially infected cuts as it draws out infections. Helps stop bleeding when applied as a poultice per Dallia Andrew. Note: I have used this as a pain relieving tea, it works also to lower a fever when western medicines aren't available. Not widely used this way as it tastes bitter and is hard to drink. For muscle pain I use it when it has leaves as a daghy, (Steam bath switch) in the steam-bath. Also the tea can be used in the steam-bath as a wash, as the medicine in the tea absorbs readily into the skin, and then you don't have to drink it.



Making Russian Easter flowers at the office

Spiritual uses: Used as a decoration around Orthodox Easter time. We use colored tissue to make flowers then attach them to the willow branches. The willow with the white catkins on them are preferred for this use as they are prettier. Some years if it is warm enough you can find them around Orthodox Easter time, other colder years you can't find them. It is put around the icon of Jesus and also around the big Easter time cross, then after Easter people can take them home, or use them to decorate the graves of their deceased loved ones.

Other stories and uses: Dallia Andrew remembers her dad used to have a qayaq (canoe) made out of willow, because it is flexible and easy to bend and doesn't crack easily. Dallia recalls it had a bearskin with the hair slipped, for the outside and the frame was made out of willow. She said the qayaq was the last one she has seen made that way. Dallia also said she really wanted to keep it, but they left it on the beach in Branch River and a gusaguk in a float plane landed on the beach and took it.

Mike Andrew told a story about willow used for fish traps.

Mike said his grandfather bent the willow branches and weaved them together to make a funnel shaped fish trap. He said his grandfather would put the fish trap in moving water

for certain kinds of fish, the kinds of fish that didn't bottom feed. Mike remembers these kinds of traps being full of fish all the time. He remembers the iron kind of fish traps didn't work as well, Mike thinks it was because the fish could smell the iron. Mike recalled one of his grandfathers telling him how to set a willow fish trap for lingcod. He was told to put a larger fish trap in deeper non moving water, and to set grasses on the tie string, if the grasses started moving around you pulled the trap up as it was usually a fish that made the grasses move the line.

Mike Andrew also would like the younger people who haven't heard stories, to know that when he was young, the elders would read the bible out loud in the Yupik language in church. One of the stories from the bible was about end times, and how all the fish that swam in rivers would die off first. Mike said his elders would tell him that in those times there would still be bottom feeders that live in muddy water, such as, lingcod, suckerfish, and blackfish. His elders stressed the importance of knowing how to use a fish trap for these fish. Mike also said it is good for the elders like him, now, to pass on what his elders taught him, as this information may be important for the younger generations sometime in their lives.

Interview by Renae Zackar interviewees Mike and Dallia Andrew, Annie Wilson (local Yup'ik pronunciation)

Healthy Village Challenge

By: Jiles Pourier & Renée Grounds



Igiugig Fitness Games

Spring is here and it's time to get in shape to increase your energy and prevent injury during this season's subsistence activities!

Igiugig has received funding from Association of American Indian Physicians to renovate the fitness center and start a fitness program for residents. The defunct fitness equipment has been moved out and new equipment will be installed, including a treadmill, elliptical, cycling bike, and smaller equipment.

The Grand Opening is scheduled for **Tuesday, April 21st**. Everyone is encouraged to come check out the upgraded facility and learn about the Healthy Village Challenge. Healthy snacks will be provided!

The 5-week fitness program is called the "**Healthy Village Challenge**" and will run from April 24th to May 29th. Residents of all ages can compete in one of three tracks: individual, buddy, or family teams. Individuals will compete on their own, buddies will be two friends or a couple competing together, and the family track is both parents and children on a team. Participants will collect points for exercising, maintaining or losing weight, drinking water, and eating fruits and vegetables. We will also have some mini-challenges throughout

the program called the Igiugig Fitness Games. We hope everyone will join in the fun and support each other to improve the overall health of the community!

At an awards ceremony on Friday, May 29th, all participants will receive certificates, t-shirts, and fitness gear. Top achievers in each category will receive larger prizes and will be crowned **Igiugig Fitness Victors**. See Jiles to volunteer as a "fitness tribute." And *may the odds be ever in your favor!*

Ice Fishing Derby

By Renae Zackar

Igiugig held an ice fishing derby on March 28th courtesy of the Lake and Peninsula Borough celebrating their 25th anniversary. There were at least 17 participants fishing plus a few people huddled around the fire on the beach attempting to keep warm. The derby started at 1:00 P.M., and finally ended at 11 at night. We would have stayed longer until Greg, Betsy and I heard a weird metallic coyote yipping noise that came from the woods and scared us enough to make us go home.

Ida was the first to catch a little one and soon after Betsy and I started catching fish. I caught 2 in row then Katia decided to try my hook, line and fishing hole. The ice conditions were pretty bad, but the ice was still thick enough for Tatyana to break a sweat chopping a new fishing spot. It was windy out on the ice and the wind kept feeling like a fish pulling the line. It was cold in the wind so 1 by 1 people started to go home to warm up. Finally I got cold and hungry. Especially cold because my feet kept breaking through the slush and were soaking wet and cold. I went home and prepared a snack for the participants who stayed of boiled eggs and Sailor boy crackers. I went back to fishing with big ideas about catching enough fish for dinner. Instead of fishing right away I ended up making campfire coffee in a tin coffee can on the beach. Kevin drank two cups so it must have been strong enough. It was a little too strong for my taste but I drank it because the smoked flavor brewing it over an open fire imparted to it made it special. Later on that night Simeon dumped the remains of the coffee grounds out, and picked tundra tea, and brewed it for Betsy and me.

The prizes were distributed out like this: Kevin was the most dedicated fisher and fished for 9 hours without leaving his fishing hole and didn't catch a single fish. Katia was our youngest participate and therefore received a prize and lastly Tatyana caught the biggest fish and won because her graylings tail was longer then her dad's trout tail. I caught more fish than Betsy and she was nice and gave me her fish. After Betsy, Greg and I got scared and hurried home; I cooked the fish for dinner. Alice, Greg and I happily ate at midnight, and I enjoyed the best prize of all: fried fish at midnight. Happy 25th Anniversary Lake and Peninsula Borough! Thank you for the prizes.

IGAP News

By Stacy Hill



One of the back haul flights



Planting flowers at the green house

Time is flying by so quickly! Spring has sprung, and the kids are very busy planting away for our beautification project. Our village is going to look amazing! Please join us for Earth Day April 22nd at 2:00pm at Yako's landing. We will be painting the barrels down by the water front. We have been doing such a great job making our land look great, might as well make our waterfront look great too!

Our scrap metal back haul is going very well. We have flown out approximately 13,000 pounds of appliances, electronics, and scrap metal. The dump is looking amazing thanks to our maintenance staff. Please let us know if you have appliances, scrap metal, or electronics that need to be removed from your yard to be back hauled. We have several more flights in the future.

By now everyone should have received a recycle container and reusable store bags. Please place all your recyclable items in the containers. Our IGAP interns will be coming around to collect them weekly. The bags can be used at the store, or for your convenience.

Lastly, proper disposal of your animal carcasses is important to prevent the transmission of disease and to protect the environment. This includes carcasses of livestock, poultry, game animals, wildlife, birds, pets and other animals. Please let someone

know when you need to bring these items to the landfill. We have a protocol we must follow to dispose of this type of waste. Thank you!

Clinic News

The South Central Foundation Dental team will visit the clinic April 13th--17th, 2015! If you have toothaches or any other emergent dental problem, the dentist would like to see you first. After that, generally the adults will be seen in the morning/during the day and children in early afternoon (to try to make sure school is uninterrupted). Please call the clinic if you want to be seen, especially if you have any problems you would like fixed right away!

Stomach Flu Tips:

Constantly drink small sips of water, broth, juice, or Gatorade.

Try to drink salty (broth) or sweet (juice, Gatorade) liquids to avoid dehydration.

When you are able to take down food, bland foods – like bananas, rice, applesauce and white toast are recommended to start out with because they are the gentlest on the stomach.

Avoid dairy, yogurt, fiber, spicy foods, salty foods, caffeine, and alcohol.

REST – your body needs rest in order to fight off the virus. You need to get plenty of sleep and reduce the amount of activity you normally do during the day.

If you don't urinate for 12-16 hours call the Nilavena Clinic. (907) 571-1818

If the stomach flu is not getting better / getting worse in more than 2 days, call the Nilavena Clinic. (907) 571-1818

Preventing the Stomach Flu:

Washing your hands regularly is one of the best defenses against the stomach flu.

Keep your distance. Avoid close contact with anyone who has the virus, if possible.

Disinfect hard surfaces regularly. If someone in the home has the stomach flu, disinfect hard surfaces, such as counters, faucets and doorknobs, with a mixture of two cups of bleach to one gallon of water.



Leif and Christina in Juneau



Keilan, Danni, and Aiden celebrating Mr. Bees birthday



Mavrik laying down with Amau Mary O



Karl and Stacy enjoying Kokhanok Carnival Bingo



Alice, Kokhanok's Carnival Queen



Sharolynn and Renae going on a carnival ride in Anchorage



Ruth and Oliva dancing at Kokhanok Carnival



Lt-rt: Deuce, Kaleb, Fin, Kaylee, Corliss, and Conner



Erika and Avery playing down on the beach



Jon flying his kite with his Pa Randy



Erika being daddies helper pigeon pulling



Pre-school kids: Jem, Erika, Avery



Jocko, Katia, and Martha in Hawaii on vacation



Kevin, Greg, Renae and Ruth enjoying a picnic

Announcements



Igiugig Kids to New Zealand!



Show your support by going to this link

[GoFundMe.com/igiugigschool](https://www.gofundme.com/igiugigschool)

Igiugig General Store
Store Hours: Monday to Saturday
4:00 PM to 5 PM

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.

We apologize the weather will be available in next months news letter.
Sorry for the inconvenience.

Winter Library Hours

Monday– Friday:

3:00pm to 5:00 Pm

Saturday:

12:00 pm to 2:00 pm

Save the date!

◆ **April 12th Russian Easter**

◆ **Itinerate health aide from April 13th to the 24th**

◆ **Dental team in Igiugig April 13th to the 17th**

◆ **LSAC meeting on the 23rd**

◆ **Igiugig Fitness begins April 24th to May 29th**

◆ **No school on April 12th**

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



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First Class Mail

Front Page Photo Credit: Ida Nelson: fishing derby above glens house
Back Page Photo Credit: Julie Salmon: Planes at the airport hauling fuel

Igiugig Tribal Village Council Newsletter