

Igiugig News & Notes

Igiugig Tribal Village Council

July 2003

Volume 6, Issue 8

Village Beautification Day!

By AlexAnna salmon, 11th Grade, Igiugig School



Joshua digs a spot to plant some beautiful flowers.

On Tuesday, June 10th, Igiugig volunteers planted flowers and shrubs around the village. While in Anchorage, Sandy Alva-



Tatyana, Kayla, and Camille ended up getting soaked as they each wrestled for the hose to get a drink.

rez purchased an assortment of plants for all the flower boxes and gardens around public buildings. At 1:30 PM all interested kids and adults met at the hangar building. 25 participants, including David and Angel Alvarez, were divided into teams with one leader, or older person and assigned certain flower boxes. In the "island" or the Welcome to Igiugig sign garden, a variety of new plants and shrubs were planted – including a lilac bush. The younger pre-school kids had a blast following Jon Salmon with the watering hose, either to be soaked or get a nice cold drink.

After "downtown" was beautified, everyone returned to the airport hangar to plant 2 cute little shrubs, hanging baskets, and the leftover flower boxes. We couldn't have asked for more cooperative weather: hot sunshine and a little breeze. Next time you go to the hangar, Post Office, Store, Rec-hall, Pumphouse, Church, or Clinic, stop and smell the flowers! Isn't Igiugig looking beautiful?



Tanya and Betsy prepare flower boxes by the airport hangar.

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Birthdays this month

- July 1
Gregory Zackar, Jr.
- July 8
Ida Nelson
- July 9
Cecelia Olympic
- July 12
Marie Nelson
- July 19
Michael Andrew, Jr.
Betsy Hostetter
- July 22
John Zackar
- July 29
Alicia Zackar
- July 31
Kyle Andrew

Summer Reading Club by AlexAnna Salmon, 11th Grade, Igiugig School

The SRC is approaching its fifth week and sadly only 330 books have been read. Where are all the avid readers? Our goal by the end of the summer is to read 1500 books to earn a barbecue! The majority of the books need to be contributed by the younger children since it is way faster to read a children's book versus a novel. We are counting on the young ones! Parents, please read to your children everyday, not only to earn a barbecue, but to keep their reading skills sharp for school. Make sure after you finish a book, that you log those books and page numbers into your child's reading log. Keep turning in book numbers weekly! If we reach 350 books a free pop will be earned for contributors!

READ!! READ!! READ!!

in the lead as of June 23, 2003

MOST BOOKS READ		
0 to 4	Camille Andrew	78
5 to 8	Shaun Andrew	48
9 to 18	Jon Salmon	16
19 & up	Julie Salmon and Lydia Olympic	7

MOST PAGES READ		
0 to 4	Camille Andrew	2033
5 to 8	Shaun Andrew	1763
9 to 18	Jon Salmon	3699
19 & up	Julie Salmon	2788

TOTAL BOOKS	330
TOTAL PAGES	23,045

Big Mountain by Tanya Salmon, 10th Grade, Igiugig School



Widening and repairing the road.



Tent city is erected on Big Mountain.

Outsiders coming to the village will notice that most of the local men are not in the community. The little town is slowly being over populated by women and girls. So, where are the men? Well, the men who are not working on the tank farm, could probably be found at Big Mountain, working on a project.

For most of you reading this, you are probably wondering why are they at Big Mountain, nothing is there!

Well, sometime during the 1950's, the army built a road system from the base of the mountain to the top. They also created a runway. At the top of the mountain they built several large towers and other buildings so they could scan the sky with radar. That way, they would be able to tell if missiles were being launched against the United States.

Awhile later, the Mountain was abandoned, along with the buildings, tanks, and runway. The buildings were vandalized and broken down by scavengers. Many of the structures have asbestos, a hazardous material, and must be torn down. That is where we come in.

The project began with Dan, Julie, and Jon Salmon and Martin Wassillie

(Continued on page 3)



Greg takes a break for lunch.



BIG MOUNTAIN (Continued from page 2)

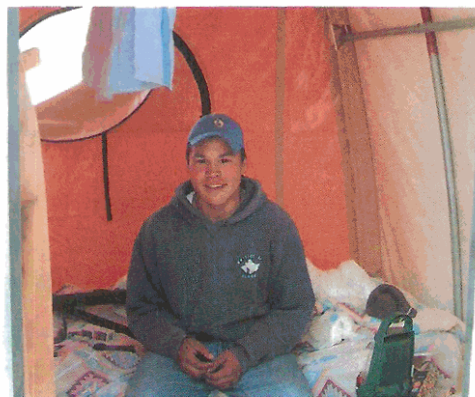
from Kokhanok barging equipment between Igiugig, Big Mountain and Pile Bay. Not long after, King Air was busy commuting workers every morning at 7 AM to the Mountain where they were repairing the road, which was now overgrown with trees.

Now that the road is repaired and in excellent condition, a camp is already set up. Workers no longer need to commute from the village to the mountain every morning. The camp has a cook, a yard boy, a rec-center (with internet and satellite TV), bathrooms, and over 10 small weather ports where the workers sleep.

Workers off loading equipment from the barge.

The workers also repaired the airport. The airport is even a thousand feet longer than ours! Now, the men are working on tearing down the old tanks the army left and cleaning out the asbestos. They work long hours, usually from 7 to 7.

For now, the women will just have to make-do with the men being gone...even if it means doing extra work!



Garrette Anelon from Iliamna is the "yard boy". His job involves the upkeep of the camp.

SAFETY 1st – SAFETY 1st – SAFETY 1st

Toxic substances in the workplace

What is the connection between—Clorox, paint, oil, Pinesol, antifreeze, gas, and insecticides? These and many more things are all toxic in some way, to something, of course. Many everyday items are hazardous if misused or mixed with other things. Be sure you are familiar with the products you use and read labels to see if they are dangerous in some way that you are not aware of.

Keep these substances in their original containers

Read labels *prior to use* for cautions, instructions, and directions for use.

Ventilate closed areas when using chemical products.

Keep questionable products out of the reach of children even if it doesn't explicitly say to do so.

Store in a safe and secure area, away from kids or other people who should not have access to them.

Stay away from flames, sparks and other heat sources that may ignite flammable products.

Pay attention to your job when working with fuels and never leave a pump unattended.

Dispose of chemicals in a safe and appropriate manner. Ask at the Council Office how to sort and where to put toxic substances (at the landfill or other storage facility).

Watch for anything that is left out where it could be a hazard and take it upon yourself to get it put away properly—even if you didn't get it out!

Prevention

It always costs more to deal with a spill than to prevent it!

Library/Computer Lab News

Happy 4th of July! Happy Independence Day!

Library hours have changed! It is open from 10 AM to 11 AM Monday through Friday and 7 PM to 8 PM Monday through Saturday. Please note that the library is NOT open on SUNDAYS!

Summer reading club is in full swing! Stop by the LIBRARY on MONDAYS from 10:30 AM to 11:30 AM and become a member. The theme this year is "blooming flowers." For every 10 books read, participants will put a flower up to display their accomplishment...the display boards are looking pretty!!! Prizes will be given to individual readers who read battle books. Keep on reading so as a group we can get 1500 books under our belt and earn a barbeque!!!



Alaska Books

High Liner, A Story of Eskimo Power, Their Father's Work, Guide to the Birds of Alaska, Trackdown, and An Alaska Anthology

EASY BOOKS

A Family for Jamie, A Fish in his Pocket, The Hungry Duckling, Everybody Bakes Bread, In the Forest, The Seal Mother, and Curious George Flies a Kite

BOOKS WITH TAPES

Wee Sing and Learn BUGS, Arthur's First Sleepover, Dinner at the Panda Palace, The Biggest Bear, Arthur's Camp-out, and Jamerry

FICTION BOOKS

Skellig, Myth-ing Persons, And One was a Wooden Indian, Lost in the Funhouse, Cut to the Heart, Thimble Summer, Rose Daughter, HERO, and Rise to Rebellion

NON-FICTION BOOKS

Chicken Soup for the Gardener's Soul, Growing and Propagating Wildflowers, The Joy of Seafood, Smoking Salmon and Trout, Give Me My Father's Body, Constitutional Journal, and We Were Soldiers Once... and Young

WEBSITES THAT MAY SPARK YOUR INTEREST

<http://www.thesalmons.org/lynn/salmon-recipes.html>

The salmon are coming! The salmon are coming! Get your gear ready! Get your ulus sharpened! Get your rain gear on! Need some new recipes for salmon? Why not try the Tex-Mex Salmon recipe, or the Party Salmon Balls? Or check this out COOKING SALMON IN A DISHWASHER!!!!!! Anyone have a dishwasher? Some of these recipes are eye openers. You are going to say "I never thought we COULD do THAT to salmon!" So, if you want an eye opener, please click onto this site.

<http://www.angiesrealm.com>

Want a blasting salad? Needing ideas to spark your 4th of July picnic? This site has cool desserts and hot barbeque sauces to try. It also has ideas for some crafts that you may want to try or get your kids to make to decorate. Check this site out for some festive ideas.

Electrifying News

Extra Electricity Used is extra money out of your Pocket!!!

ELECTRICAL FACTS: let's chill!

DID YOU KNOW that: lowering the freezer temperature by just 5 degrees can cost you 20% more?

In the past we've had a number of tips for saving on the electricity used by your refrigerator. This month we will go through the long list of tips and get some 'cool' ideas for your appliance.

While some of these have already been featured in this publication, they still bear repeating along with all the other information that you may not have been aware of.*

1. GETTING A NEW FRIDGE

- ✓ If your fridge is older than 1990 you should be considering replacing it because new stricter regulations made newer models more efficient.
- ✓ If you're in the market for a new appliance be aware that side by side models use about 45% more electricity than the ones with the freezer on top.

2. CHILLING OUT THE OLD FRIDGE

- ✓ Use the dollar bill trick closed in the door to check the gasket and make sure it's sealing tightly all the way around.
- ✓ Set the temperature in the fridge at 36-40F and the freezer at 0-5F. Food keeps best at these temperatures and any cooler just uses extra power.
- ✓ Keep the coils (on the back or bottom) clean and dust free. Make sure that air circulates well around the coils. If it feels hot near them, maybe your appliance is too close to the wall or has stuff too close around it.
- ✓ Thaw frozen food in the refrigerator to recover the cold they give off and 'reuse' it in cooling the fridge.
- ✓ Cool hot foods before putting them in the refrigerator.
- ✓ Keep things that need to be the coolest toward the bottom of the refrigerator since "heat rises".

3. YOUR BIGGEST ENERGY WASTER - Standing

there with the door open! *Each time the door on your fridge is opened the cold air all falls out and the room temperature air replaces it, so the more times the door is opened the more times the appliance has to re-cool the air. With that in mind, your best energy saving tip is probably to know what you want before you open the door and get everything out at the same time rather than opening it 6 times to get the salad ingredients one at a time!*

So there you are—chilling thoughts for a summer day!

*Most of this information is listed on the University of Florida Cooperative Extension

Win 100kwh of free electricity and other electrical prizes!

Submit your favorite energy saving tip and get your name entered in a drawing. For each tip submitted to the office and used in the newsletter, a ticket will be added to the drawing bucket on your behalf. The drawing will be held once a year.

19 entries to date!

I want to enter the drawing!

Here's my favorite electricity saving tip: _____

Name: _____



Shayna, Ida, and Tatyana pick out plants for the flower boxes by the Environmental office.



Camille, who always seemed to be after the hose, helps Jon water plants by the airport hangar.



David, Angel, and April plant the flowers in the satellite boxes.



April kept Kyle entertained while the planting at the hangar was happening.

Happy 4th of July!

GARDENERS GOODIES

JULY garden activities:

Early JULY – Fertilize again to maintain the rapid summer growth and get the biggest best looking plants you can.

Early JULY – Check your plants for garden pests and disease. If you find anything, give them a good wash down with soapy water or pick off diseased parts of the plant. Catching problems early can make a big difference in the health of your plants.

Early JULY – Check on your perennials and trees. If they are being damaged by wind and kids, or beginning to lean over due to rapid growth, put in good strong stakes and tie them upright with a soft piece of cloth until they grow stronger on their own.

JULY – Watering—Stay on top of your water duty this month. If they dry out seriously they can be damaged or killed very easily.

JULY – Water areas that you seeded with wild flowers or grass. Make sure they never dry out until roots on new plants are able to penetrate an inch or two into the ground.

JULY – “Head” flowers to encourage them to keep blooming rather than making seed pods from their spent blossoms.

Late JULY – Harvest short season crops. Picking things like broccoli will make the plant send out side shoots with more stalks of broccoli.

Late JULY – Mow grassy areas frequently to make it grow a thick mat of small soft leaves. Remember last month’s tip: Grass grows best, staying soft and green, if you never cut off more than a third of the leaf at a time.

REMEMBER those 5R’s

Reduce – Refuse – Reuse – Renew – Recycle

** Pick garden blooms and make table bouquets, that way you encourage the plants to produce more flowers and you can enjoy them over dinner. (And of course feed them to the worms when they’re no longer beautiful to look at.)*

** If your worm bin has been empty because you don’t prefer to have them living indoors with you in the winter, now would be a good time to do some summertime worm composting because they can be located outdoors, while gladly eating up all the garden and vegetable wastes that you want to be rid of. Just get a few handfuls of worms from someone who still has some and your bin will begin working again in no time.*



Sharolyn (left) busily plants flowers in the garden by the Igiugig sign.



Camille and Tess (picture to the right) play with the hose.

The Foundation of My Future

Christina Wilson, Alaska Native Science Commission Intern



"Aaahhhh," was probably what you would hear most if you shared an office with me while working for the Environmental department in high school. Long days would drag into long evenings when we were in "crunch mode" to complete our quarterly report, usually due the next day. My boss, and Godmother, Lydia Olympic, would just laugh as I typed and sighed all day. Sitting in the dusty, bland office was not my ideal job. I could not wait until I moved away from Igiugig to the city of Anchorage, where I could find a "real" job while attending the University of Alaska Anchorage (UAA). Little did I know, that Internship would be the jumping off point for all my future jobs. That without it, I would not have acquired the work skills that were vital for job placement in Anchorage.

The internship opened many doors for me, but at the time, I was an ignorant teen too concerned about my senior prom than job opportunities that this position would open for me. I traveled all across the country, attending Water Quality Testing training in Seattle, Grant Writing training in Minneapolis, was a guest presenter for the Alaska Native Health Board in Anchorage, and was a guest speaker at the Alaska Women's Environmental Network in Palmer.

I moved to Anchorage for my first semester at UAA and was hired by the National Park Service. My job had nothing to do with all the environmental work I did in high school. I entered data into a computer and did small jobs for my boss. I felt like I was not accomplishing anything. I decided that next fall I would work for a company that had some involvement in environmental work.

That fall, I was hired as an intern with the Alaska Native Science Commission (AKNSC) and placed with the Alaska Soil and Water Conservation District (AKSWCD). The Alaska SWCD is working with five federally recognized tribes along the Kobuk River in Northwest Alaska to develop a watershed stewardship program. In August 2002 we held the first local water quality assessment training at Illisavik Camp outside of Ambler. Representatives from Ambler, Selawick and Noorvik learned and practiced data collection methods commonly used in Citizen Environmental Monitoring Programs (CEMP) across the state. Several days of fieldwork followed the training in which water quality data were collected at seven points along the Kobuk River and additional residents, who could not be at the training, received instructions and practice. My boss, Rachel Morse, was awesome. Since my major is Communications/Public Relations, she let me produce my own monthly newsletter. I wrote articles about water preservation, featured watershed councils in Alaska, and healthy watersheds. It is also because of all the writing I did for the newsletter at home that Rachel was confident I would be able to successfully publish my own newsletter with minimal supervision; that was a real honor for me. While working with the Alaska SWCD I traveled with Rachel to Kotzebue, Noorvik, and Ambler. There I taught the grade school kids the importance of keeping their freshwater clean. Teaching was a real learning experience for me, I enjoyed it immensely. The kids were great listeners and were very interested in what I was talking about, they were intrigued with the oil and water demos I had and loved playing with them afterwards.

My internship ended with the AKSWCD in May, but I would be honored to continue working with them in the future. I am currently working the front desk at the Native Science Commission and will be here until the end of June.

Since leaving home I have had some great job offerings, Public Relations department Intern for NPS, internship with the EPA, full time teacher assistant with Southcentral Foundation, and work with the AKNSC.

Today I look back on the work experience I was familiarized with and am extremely grateful. I would never change the position I am in today. I start my third year at UAA and should be done with my degree in Public Relations in a few years.

A Note from Christina's former boss, Rachel Morse:

Christina began working with the Alaska Soil and Water Conservation District in November 2002. Her primary responsibilities included communication with the five communities and a compilation of existing public access information regarding water quality research within the Kobuk Watershed.

The newsletters and e-mails that Christina exchanged with each community were extremely helpful in keeping the environmental coordinators engaged in our project. In addition the compilation of existing water quality monitoring studies in the region will be helpful as this project continues. However, Christina's insights as a rural resident with experience serving in a village environmental program proved to be her most valuable contribution to the project. She provided an objective opinion as to what was reasonable to expect from the communities involved in the project. She also identified cultural stumbling blocks that interfered with accomplishing project goals. Previous to Christina joining the project, this perspective had been missing from project management and we had been struggling with what the communities expected versus what they were will to commit and contribute. While we continue to struggle with this, we have a much better understanding of the issues at hand, and thus a much better chance at project success.

WALK TO BE FIT

Total Village Mileage through May is 33,038

It's not easy being fit!

It's easy being un-fit!

Anything that advertises making our life easier or getting our work done automatically probably reduces the amount of muscle power it takes to operate. The less energy we use in daily life activities, the more we have left over to store as fat. So when we use all these modern conveniences that help make life easier we have to add other exercise to make up for the work we don't do anymore.

If you really don't enjoy doing 'exercises', the good news is that even though there are easy ways to do things, you can still choose to do it another way to get more exercise naturally. Here are some examples of things that can use almost no energy, some energy or a lot of energy.

#1 - MAKING BAKED GOODS-

- Mixing the dough with a countertop mixer—almost no energy
- Mixing the dough with a handheld electric mixer—some energy
- Mixing the dough with a spoon (by hand)—lots of energy

#2 - SUBSISTENCE FISHING-

- Getting someone else to pick and haul your fish—almost no energy
- Picking the fish yourself and hauling them with a Honda—some energy
- Picking the fish and hand carrying them to the cutting table—lots of energy

#3 - GARDENING-

- Planting in containers (unless the containers are really big)—almost no energy
- Using a rototiller to dig flowerbeds—some energy
- Hand digging planting beds—lots of energy

#4 - YARD WORK-

- Using a riding mower to cut grass—almost no energy
- Using a gas powered push mower—some energy
- Using a manual push mower—lots of energy

#5 - HOUSE WORK-

- Making a big pile of things to be put away all at once—some energy
- Putting things away immediately—more energy

#6 - GOING VISITING-

- Have someone else drive you over in a truck—almost no energy
- Drive over on your own Honda—some energy
- Walk over—lots of energy

According to the June 2003 issue of Energy Times, experts report that obesity (being seriously overweight) costs about \$100 billion a year in medical expenses and that up to 325,000 Americans die of diseases linked to being obese every year. Diabetes and heart attacks are among these diseases and people can help to avoid them simply by working to stay more active and physically fit.

So if you are among the many people who don't enjoy exercising in a gym, on a treadmill or along with a video program, try to do things like those listed above that will make your everyday life activities keep you more fit. And remember when you get done with your busy day, if the evening is nice and you can't think of anything else to go do, avoid that easy-chair!

Keep on Walking!

Personal totals

John	2871
Annie	2068.5
Sandy	2013.5
Joshua	1580.25
Lydia	1563.25
Shayna	1497.25
Pete	1189
Yako	1134
Marie	1123.5
Mary	1117.5
Dallia	995
David	955
Ida	877
Kayla	831.5
Alice	817.25
Angel	791.75
AlexAnna	749.75
Tanya	651.75
Alicia	632.5
Julie	622
Michael	617
Bernadette	610
Dan	596
Shaun	591.75
Betsy	588
Jonathan	539.75
Charlie	491
April	407.5
Jeremy	395
Bonnie	380
Sharolyn	330.25
Camille	294.5
Tess	287.5
Kevin	285

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Kevin Olympic, Administrative Trainee
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Assistant Editor
Tanya Salmon, Library Intern
Brian Kornmann, VISTA Worker

Weather Watch

June 1—30, 2003

Highest Wind Speed . . . 53 mph
Average Wind Speed . . . 10.7 mph
Dominant Wind Direction . . . NE
Highest Temperature . . . 77°F
Lowest Temperature . . . 41.6°F
Below Freezing . . . 0 days
Below Zero . . . 0 days
Precipitation . . . 1.54 inches

Recipe Corner

Contributed by . . . Bernadette Andrew

Some new ideas for a delicious salmon dinner!!!

Barbecue Salmon

Marinade:

1/2 cup soy sauce
1 tsp. minced ginger
1 tsp. onion flakes
1 clove minced garlic
1 tbsp chopped fresh parsley
3 tbsp liquid honey
Salmon fillets

Mix the marinade ahead of time to allow the flavors time to gel. Pour the marinade over salmon fillets approximately one hour before barbecuing. Place salmon fillets skin side down on a double layer of foil and cook on a medium-high barbecue. Barbecue for 15-20 minutes, depending on the thickness of salmon.

Roasted Potato Vegetable Medley

3 to 4 yellow flesh potatoes, cubed
2 cups assorted cubed sweet peppers (red, orange, green etc.)
1 cup cubed yellow onion
1 cup cubed zucchini or broccoli
1 cup fresh mushrooms
1/2 cup Kraft Parmesan Italian dressing
salt & pepper
Parmesan cheese

Cook potatoes until tender crisp. If using broccoli, steam for 1-2 minutes until tender crisp. Mix all the vegetables in a bowl with dressing and stir to mix. Marinate for 1-2 hours.

When you're ready to eat, place in a barbecue roasting basket over medium heat for 7-10 minutes, stirring or turning at least twice.