

Igiugig News & Notes

Igiugig Tribal Village Council

March 2009

Volume 12, Issue 3

Basketball Tournament

By Jeremy Salmon, 11th Grade, Igiugig School

All ready to go, the Igiugig basketball team excitedly awaited to go to Perryville for the 2008-09 Basketball Tournament, until we got the news we were stuck for the day. But on Thursday, February 19th, we arrived at Perryville; we played a total of three games, took a scenery walk of the village, and prepared to come home.

Since we got to Perryville a day late, the games had to be squished in order for us to make it home on Saturday, February 21st. The first Igiugig game was at 6:30 P.M. on Thursday against Pilot Point. Pilot Point played their best, but we beat them bringing us to the winning bracket. Now came the game that determined if we were going to advance to the championship game. The game we had been waiting for, against the Levelock Vikings, was now underway. It ended with us beating Levelock by about fifteen points. The Igiugig No-See-Ums now had to fight for first against the Perryville Eagles. The game was pretty close the whole way, but near the end the Eagles took the lead and won by about thirteen points. Although we didn't win, we



Igiugig and Pedro Bay combined forces to compete in the district 3-man tournament in Perryville.

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Promote a Healthy Lifestyle with NYO

By AlexAnna Salmon

ITVC hosted another event targeting Diabetes Awareness and Prevention: "Native Youth Olympics." NYO originated in 1972, to promote a healthy lifestyle by incorporating traditional tests of hunting and survival skills into a "sport". The events such as stick pull, seal hop, one-foot high kick are designed to increase strength, endurance, agility, the balance of mind and body. Three former LPSD Olympians (Christina and AlexAnna Salmon, and Jack Wassillie) demonstrated a variety of Native Youth Olympics for the youth of Igiugig on February 22, 2009 at the school

(Continued on page 2)



The wrist carry is based on hunters being able to carry their game back to the village.

Birthdays this month

- March 6
Gabe Gust
Joshua Brown
- March 21
Jon Salmon
- March 22
Jeff Thurston

BASKETBALL (Continued from page 1)



Jeremy Salmon (#23) won all-tourney.

were proud of our hard work of reaching second. Since we only had three games to play, one every day, there was a lot of free time in our hands. To help pass the time, we got the chance to view the beauty of the village.

After lunch on Friday, February 20th, our coaches, Theresa Bickling and Alex-Anna Salmon, and our team, Brandon Jensen, April Hostetter, and myself went for a scenery walk. We got to see the wonderful black-sanded beach, the villages new wind turbines, and the tsunami shelter. The sun was also shining making the walk more enjoyable. Brandon and

Theresa went on another walk later that afternoon, but me being too tired never went. Since the sun had been out most of the day, the black sand had thawed and left the beach warm and the sand squishy, too bad I never went. That was all the excitement we got down at Perryville.

When Saturday came around, most people were hoping the weather wouldn't go bad so we could all make it home. But to our luck, the sun was still shining bright and the winds were staying down. After cleaning the gym, packing our jerseys, and getting our winter gear back on, our plane had finally arrived. Once again, luck was on our side for we got to fly in the Pilatus back to Igiugig. The two-hour flight was nothing compared to the ones flying in the Navajo.

It is always exciting to travel every year for sports, but at the end of the season, putting the jerseys away is just as fun.

NYO (Continued from page 1)

gym. It was especially entertaining to watch the little ones try the kicking events and all wanted to try the wrist carry. The event was followed with a healthy, low-calorie, low-sugar snack: plain popcorn, fresh grapes, baby carrots and water. For older students that can actually try out for the state competition in April, this event came at the perfect time to determine the level of interest.

****Diabetes Prevention****

Pre-Diabetes: Are You at Risk? Pre-diabetes often does not have symptoms and requires a simple blood test to discover your risk. Pre-diabetes is when a person has higher than normal blood sugar levels, but they are not high enough to be called type 2 diabetes. If you are diagnosed with pre-diabetes, you can take steps to reverse it: lose weight if you need to, get active, and make healthy food choices. Many people with pre-diabetes will develop type 2 within 10 years. Right now, 57 million people in the United States have pre-diabetes.



The three all-stars take a walk around scenic Perryville before the Championship game. They pose next to the ocean, in front of the wind turbines: (l-r) Brandon Jensen, Jeremy Salmon, and April Hostetter. Below: the district all-tourney team: Jeremy, Jaime O'Domin, Daneya McDowell, Abigail Brendemuhl, John Eknaty, Nolan Lind, and Jordan Shangin.



A Visit to Alaska's Capitol by AlexAnna Salmon

From February 8-10, 2009 I was milling around the State Capitol Building in Juneau, Alaska. The trip was hosted by Alaska Food Coalition (AFC), an organization of about 70 anti-hunger agencies across the state. Igiugig Village is a member of the AFC and in the past has received funding to begin sustainable food programs such as the local chicken coop. This year we are also a mini-grant recipient and will purchase vegetable seeds for our greenhouse business. I sat amongst dedicated anti-hunger agents including Jim Crockett, of Bean's Café in Anchorage and Dean Hamburg of the Alaska School Nutrition Association—people who know how to navigate the halls of the capitol and visit legislators about issues.

The pressing issue: the Alaska Food Coalition, Food Bank of Alaska, and the Alaska School Nutrition Association are requesting \$2 million to support a state reimbursement for school meals served to low-income children. By helping more schools provide meals, this modest state investment will help fight hunger and food insecurity, which affect 15% of Alaska's children. Better participation in school meals will also bring more federal dollars into Alaska's schools. As the Finance Committee worked on the state budget, we asked legislators to support a state match for federal breakfast reimbursements. There are 39 states that support their school lunch programs; Alaska is one of the 11 that do not.

We lobbied hard—7:30AM to 5PM. Our district representative Alan Austerman personally introduced me to House during the visit. I also stopped to say hello to Representative Les Gara who is very familiar with Igiugig—he's fished the Kvichak, Lieutenant Governor Sean Parnell, met with the Commissioner to the Department of Health and Human Services, and many other "people to know" working for the state. Overall, it was a wonderful opportunity to finally meet members of the AFC face-to-face and learn about state-wide issues and what people are doing in their communities/region to mitigate these problems. Also, I left the capitol with an overwhelming list of "things I need to learn."

15-Minute Block

By Tess Hostetter, 7th Grade, Igiugig School

There is a 15-minute block
And is in my way.
How to get it away
I cannot say
It never passes
Nor does it stop
And only when I need it most
It goes, boating with its freedom,
Laughing.
As I look up at it,
Waiting and waiting
For something to happen!
Finally it gets bored
And stalks off somewhere
While I watch without despair
Know it'll always be there.

The Good Ol' Days

By Shaun Andrew, 6th Grade, Igiugig School

Strapping my helmet on
I climbed onto the small yellow bike
I carefully balanced and took off
Speeding for any minutes
I quickly learned how to balance
I made my first successful turn
From riding my bike to sledding
Clambering clumsily I hiked up Sandpit
I looked down my belly lurched
Gaining speed I murmured, "Oh God"
Veering left I tumbled and spun
From sledding to fishing
The fish fought like never before
The gigantic Rainbow Trout jumped
I tightened my grip, but
Suddenly the line broke
My shoulders sagged
These are some of my good ol' days.



Library/Computer Lab News

March in the Koyukon Athabascan language means “Month of the Hawk.” Daylight savings time begins on the 8th. Don’t forget to “*spring ahead*” one hour! Wear **green** on the 17th for St. Patrick’s Day so you don’t get pinched. And Spring equinox is on the 20th.



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Museum and Library
SERVICES

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Easy fiction

Grandma Calls Me Beautiful by Barbara M. Joosse

“Once upon an island in the deep blue sea...a new girl-baby was born.”

Junior Fiction

Ignis by Gina Wilson

“Though he is admired by others, a young dragon does not feel complete because he cannot breathe fire.”

Nonfiction

Here If You Need Me by Kate Braestrup

“Here If You Need Me is the story of Kate Braestrup’s remarkable journey from grief to faith to happiness...”

Alaska Nonfiction

Between Breaths by Sandra K. Mathews

“In 1958, Alaska was not yet a state, it was one of the last frontiers in the West and offered a life of adventure to anyone willing to relocate there.”

INTERESTING WEBSITE OF THE MONTH

www.irs.gov

Time to file taxes. Need help? Get free government help online. Wonder which forms to file? This site is for you.

WORD BUILDING

Use the following letters to make words in the slots provided.

BTAERR

1. □□□
2. □□□
3. □□□
4. □□□
5. □□□
6. □□□
7. □□□

8. □□□
9. □□□
10. □□□
11. □□□
12. □□□
13. □□□
14. □□□
15. □□□
16. □□□
17. □□□□
18. □□□□

19. □□□□
20. □□□□
21. □□□□
22. □□□□
23. □□□□
24. □□□□
25. □□□□
26. □□□□
27. □□□□
28. □□□□□□

Answers can be found on page 11.



Answer can be found on page 11.

	7	6					3	
8	2							6
					1			
			1	8				9
		9		6	3	8	1	
	3						7	
			8	4			9	
				2	6			8

Bits 'n Pieces

INFORMATION ONLINE

Be skeptical

How do you know what to trust out there? When you gather information online the most important thing is to determine whether you are at a trusted website or not. Nearly anyone can build a website and post up information these days, so it's good to be skeptical especially if the information sounds sort of weird.

One very interesting site is called Wikipedia <http://en.wikipedia.org/wiki/Wikipedia:About> and is a cross between an encyclopedia and a blog. It generally has very informative articles about things you look up, but because anyone can log in and add information to the website, there can also be bad information.

When you log onto the above site you will see the following disclaimer:

Visitors do not need specialized qualifications to contribute, since their primary role is to write articles that cover existing knowledge. This means that people of all ages and cultural and social backgrounds can [write Wikipedia articles](#). Most of the articles can be [edited](#) by anyone with access to the [Internet](#), simply by clicking the [edit this page link](#). Anyone is welcome to add information, cross-references, or citations, as long as they do so within Wikipedia's [editing policies](#) and to an appropriate standard. Substandard or disputed information is subject to removal. Users need not worry about accidentally damaging Wikipedia when adding or improving information, as [other editors](#) are always around to advise or correct obvious errors, and Wikipedia's software is carefully designed to allow easy reversal of editorial mistakes.

As you can see from the selection above, the topics include many links and you can happily spend hours 'learning' stuff as you hop from one to the next (the blue underlined parts) following a subject string. Since the information at this website is easily changeable, be sure to never take what you read here as absolute truth, and if you see something that you know is not correct you are free to change it yourself!

You will certainly want to forewarn your children not to base their research papers on information taken from this website, but certainly they can use it as a starting point to get searchable information.

If you are looking for better facts, a website that is much more likely to get you to factual information is <http://www.refdesk.com/> which has links to real encyclopedias and news papers. As well as some really cool astrological links and fun daily quotes.

Keep a critical mind

Be your own detective—when you wonder about weird emails or information that just doesn't sound right, there are other websites that specialize in helping dispel untruths. One of my favorites for email forwards is <http://www.truthorfiction.com>.

At this website you can type in the title or subject of forwarded emails, like requests for help for cancer patients, or lost children to find out whether they are true or if they are just some bad person trying to get money from you.

Bookmark your favorites today!!

Conference of Young Alaskans 2009 by AlexAnna Salmon

You Are Alaska's Children. Resolution approved by the members of the Alaska Constitutional Convention at the University of Alaska on February 5, 1956: “We bequeath to you a state that will be glorious in her achievements, a homeland filled with opportunities for living, a land where you can worship and pray, a country where ambitions will be bright and real, an Alaska that will grow with you as you grow. We trust you; you are our future. We ask you to take tomorrow and dream; we know that you will see visions we do not see. We are certain that in capturing today for you, you can plan and build. Take our constitution and study it, work with it in your classrooms, understand its meaning and the facts within it. Help others to love and appreciate it. You are Alaska’s children...”

January 3-6, 2009, I celebrated 50 Years of Alaska’s Statehood alongside 54 other delegates, spanning 26 communities, all attending the Conference of Young Alaskans 2009 (COYA). The conference was held at Alyeska Hotel in Girdwood. Much like our constitutional delegates who hunkered down in Fairbanks fifty years ago to draft the constitution, COYA gathered to discuss Alaska’s issues on local, regional, statewide, and global scales, and to draft vision statements, goals, and action items for the next 50 years that reflect the perspective of Alaska’s young citizens (aged 16-26). In fact, helping us along were Vic Fischer and Katie Hurley—two Alaskans that helped write the AK Constitution.

The event kicked off with a welcome from Senator Lisa Murkowski who encouraged our generation to take active roles in developing creative solutions to the new challenges we face. The delegates were broken into five groups: Natural Resources and Environment; Healthy Communities; Education and Leadership; Economy, Government and Global Relations; and Energy. We worked together to formulate goals such as: “Alaska will prioritize the development of renewable energy resources ahead of the development of non-renewable energy resources.” Or from the Energy group: “The Alaska Legislature and Governor shall pass a net metering law to support individuals and businesses that produce their own electricity”. And Education: “The University of Alaska and vocational trade schools shall focus on the expansion of innovative energy research and degree programs by 2014”.

The conference was jam packed with activities and planning sessions beginning at eight in the morning until eleven at night. Each day we heard from different speakers such as Bernie Karl, owner of Chena Hot Springs Resort, and Mark Hamilton, President of the University of Alaska System. Hamilton warned us not to be discouraged from our goals by the ghosts of Alaska’s past. The past ghosts that haunt: “We’ve tried this already.” Try again. The present ghosts that argue “This is not our nature as Alaskans.” And Future ghosts that say, “Maybe someday, but not now.” If it is good, *right now*. Bernie Karl, a champion of geothermal energy, knows that there are no simple solutions to the issues we face, only intelligent choices. When we are faced with a difficult decision, we have two choices: 1) wring hands, or 2) raise them. We were reminded several times that all you need is passion and vision—if you have those, you will make it happen. Besides the motivational speakers, what I enjoyed most about COYA was the diversity—the age span, the experiences of the delegates, and young energy—the greatest resource in the State is the people of Alaska. And right now, the burgeoning population is under twenty—it is time to invest in Alaska’s children!

On January 17-18, twenty hours of the conference was broadcasted by KTOO/360 North, APRN. In February COYA presented the report to the state legislature. If you are interested in participating, I suggest you visit youngalaskans.org.



Booklice by Fewnia Zharoff, 3rd Grade, Igiugig School

The booklice are very little tiny insects that eat mold. The creepy crawlies are looking for wallpaper and glue to eat. When you see them they are less than three millimeters. When I was about to go to sleep I looked and listened. I could see them crawling around in circles. The male rubs their bellies on a flat surface. When you are in the library you will hear light tapping on the shelves. In the library there are booklice alive in one place.



The Igi-Bay No-Chief-Ums: Brandon Jensen (#84), Coach Teresa Bickling, Jeremy Salmon (#23), Coach AlexAnna, and April Hostetter (#14) pose with their 2nd place trophy in front of the tournament bracket.

Booklice by Joshua Brown, 3rd Grade, Igiugig School

The tiny booklice feast on tiny books. They crawl on gigantic floors and wallpaper. They are less than a millimeter long. If you want to find them, you look and listen. Female booklice get attracted to males by rubbing a knob on their body. If you hear creaking in a huge library they are there. The place is just “alive” with booklice.

Booklice by Kyle Andrew, 1st Grade, Igiugig School

The insects crawl quietly on mold and mildew. Booklice climb on windowsills and devour cereal and climb on wallpaper. Booklouses are less than three millimeters and also like to eat glue. It's hard for females to listen for they have to rub on a certain surface to attract males. If you hear faint creaking you know there are booklice around. Books have live insects that live on a certain spot.



1.



2.



3.

1. Madison and Aiden enjoyed chasing each other while we were out looking for birds.
2. Tess broke the trail for Fewnia and Camille while running across Charlie's Lake.
3. For the bird count, we broke up into two groups—one going up the beach towards Glenn's and the other to the end of the road. Here Molly and Mark get the list out so they can mark down the birds that they were seeing. We saw magpies, snow buntings, ravens, gray jays, etc.

GARDENERS GOODIES

MARCH garden activities:

- ❑ MARCH – Starting the starters!!
Get those four and six pack plant containers out and cleaned up and get planting. Remember to keep them evenly moist and to fertilize as soon as there are ‘true’ leaves—the first ones that look like the real plant.
- ❑ MARCH – If you have kids give them their own container of soil to start so they can have the joy of growing something along side your.
- ❑ MARCH – If you have seeds that were left over from last year (the sort that are just going to be planted out directly into the garden, like lettuce, radishes or turnips) do a germination test where you put 10 seeds on a damp napkin and into a plastic ziplock bag. Keep checking the seeds for growth and after a week or 10 days count the number that germinated. If there were 5 than you have 50% germination--if there were any less than that, you probably need to order new seeds because they are not viable enough to produce a good crop outside where the weather is colder and less ‘nice’ to the seedlings. With an expected frost free time beginning in late May or June you will still have time to place your order and have them here before planting time.
- ❑ MARCH – Begin clearing and laying out your garden beds and rounding up any necessary repair supplies and containers.



*What's blooming now?
Tomatoes on Sandy's desk.*

REMEMBER those Re's
***Reduce – Refuse – Reuse – Renew – Recycle – Remodel – Refurbish – Rebuild – Recharge –
Refill – Refinish – Repurpose – Recover – Reclaim
Reload –Reinvest – Reinvent – Re...something.
Every little bit helps.***

And on to the State Battles . . .

This past week Igiugig students had three long mornings of battles against other schools from around the state. Our high school team: Angel, April, and Jeremy, made it through the first round and finished up in 18th place out of 28 teams. Shaun, aka “Lone Ranger”, battled other 5th/6th grade teams from around the state and put up a tough fight. He came in 16th place out of 40 teams. The 3rd/4th graders: Dolly Ann, Camille, and Fewnia, aka “Three Musketeers”, had a long day. Joshua, the alternate team member, helped with keeping time to keep the girls on track. Our “Three Musketeers” emerged from the first battle of 32 question only missing 5. They went on to the second round, another grueling 32 questions. After all was done, they placed 12th out of 39 teams. Seeing as they made it to the second round, Mark will be shaving his beard off—after in-service is over. (See note to team below)

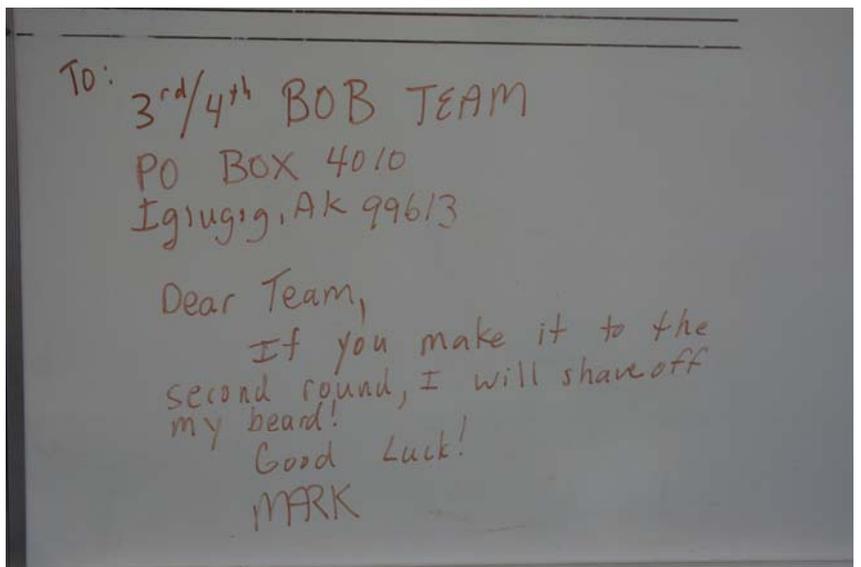
Now that the state battles are done, the Battle Books are shelved in the library. But don't fret, next year's list of books is being prepared. Enjoy some free reading time as next year's Battle Books will be here in time for Summer Reading Club 2009.

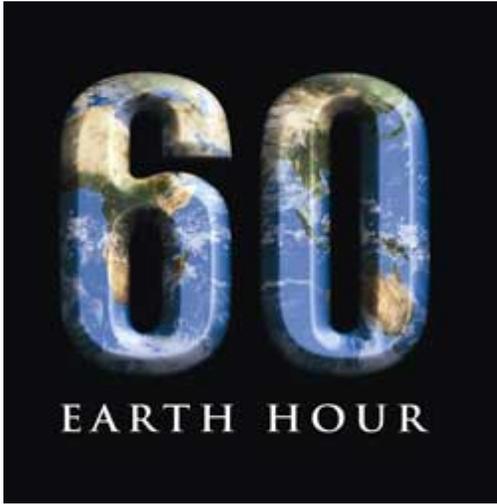
Be sure to congratulate the kids on an awesome job!

Way to go Igiugig No-See-Ums!

Thank you to participants, school staff, and volunteers—this was a team effort . . .

IGIUGIG TEAM!





THE COMMUNITY OF IGIUGIG ANNOUNCES IT WILL SUPPORT WORLD WILDLIFE FUND'S EARTH HOUR 2009

*Joins Millions in Turning Off Lights for
Largest Climate Event in History*

The Community of Igiugig announced today that it will officially support Earth Hour 2009, a global climate event led by the World Wildlife Fund. More than 240 cities around the world have already committed to go dark for one hour on March 28, 2009 at 8:30 p.m., as tens of millions of people from all corners of the world unite in a call for global action on climate change.

From Amman to Warsaw, city skylines will go dark for one hour as individuals, businesses, government buildings, schools and major landmarks turn off non-essential lighting in what will be the largest climate event in history. The list of participating cities in the US includes Atlanta, Chicago, Las Vegas, Los Angeles, Miami and Nashville with more signing up every day.

"As lights go out in cities around the U.S. and the world on March 28th, Earth Hour will provide world leaders with an unmistakable mandate to negotiate a new international climate change agreement," said WWF President and CEO Carter Roberts. "The climate crisis threatens the ability of our planet to support its inhabitants, and it has never been more urgent that the voice of the people be heard on this issue. Earth Hour not only focuses global attention on the need to find solutions to climate change, but demonstrates the power that each of us has to make a difference in the future of our planet."

During Earth Hour 2008, more than 50 million people in 400 cities on all seven continents turned off their lights as major icons also went dark, including the Sydney Opera House, the Coliseum in Rome, Stockholm's Royal Castle, the Empire State Building and the Golden Gate Bridge in San Francisco. Google turned its homepage black for an entire day in tribute.

For more information visit, www.earthhour.org

Answers to WORD BUILDING (game on page 6)

WORD BUILDING answers: ERR, ERA, EAT, EAR, TEA, TAR, TAB, RET, RAT, ATE, ARE, ART, BET, BRA, BAT, BAR, TEAR, TARE, REAR, RARE, RATE, ABET, BETA, BEAT, BEAR, BRAT, BARE, BARTER

Odd Word Definitions: (from www.dictionary.reference.com)

abet [*uh-bet*] *verb*

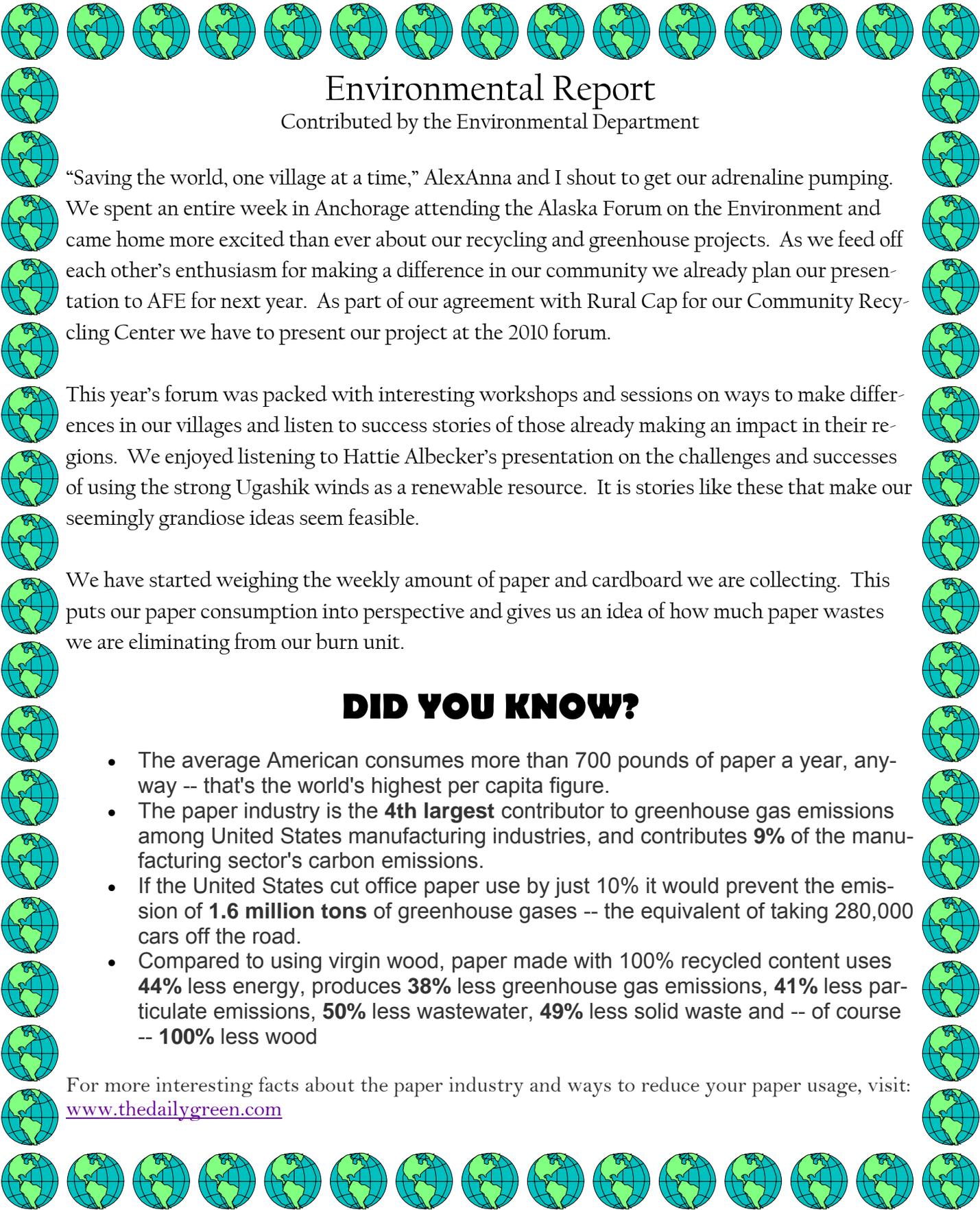
to encourage, support, or countenance by aid or approval, usually in wrongdoing

beta [*bey-tuh*] *noun*

the second letter of the greek alphabet
the consonant sound represented by the letter
a star that is usually the second brightest of a constellation

Answers to SUDOKU (game on page 5)

1	7	6	2	5	8	9	3	4
8	2	3	4	7	9	1	5	6
5	9	4	6	3	1	2	8	7
3	6	5	1	8	4	7	2	9
7	8	1	5	9	2	4	6	3
2	4	9	7	6	3	8	1	5
4	3	8	9	1	5	6	7	2
6	5	2	8	4	7	3	9	1
9	1	7	3	2	6	5	4	8



Environmental Report

Contributed by the Environmental Department

“Saving the world, one village at a time,” AlexAnna and I shout to get our adrenaline pumping. We spent an entire week in Anchorage attending the Alaska Forum on the Environment and came home more excited than ever about our recycling and greenhouse projects. As we feed off each other’s enthusiasm for making a difference in our community we already plan our presentation to AFE for next year. As part of our agreement with Rural Cap for our Community Recycling Center we have to present our project at the 2010 forum.

This year’s forum was packed with interesting workshops and sessions on ways to make differences in our villages and listen to success stories of those already making an impact in their regions. We enjoyed listening to Hattie Albecker’s presentation on the challenges and successes of using the strong Ugashik winds as a renewable resource. It is stories like these that make our seemingly grandiose ideas seem feasible.

We have started weighing the weekly amount of paper and cardboard we are collecting. This puts our paper consumption into perspective and gives us an idea of how much paper wastes we are eliminating from our burn unit.

DID YOU KNOW?

- The average American consumes more than 700 pounds of paper a year, anyway -- that's the world's highest per capita figure.
- The paper industry is the **4th largest** contributor to greenhouse gas emissions among United States manufacturing industries, and contributes **9%** of the manufacturing sector's carbon emissions.
- If the United States cut office paper use by just 10% it would prevent the emission of **1.6 million tons** of greenhouse gases -- the equivalent of taking 280,000 cars off the road.
- Compared to using virgin wood, paper made with 100% recycled content uses **44%** less energy, produces **38%** less greenhouse gas emissions, **41%** less particulate emissions, **50%** less wastewater, **49%** less solid waste and -- of course -- **100%** less wood

For more interesting facts about the paper industry and ways to reduce your paper usage, visit: www.thedailygreen.com



WALK TO BE FIT

Total Village Mileage through May is 70,237

During the activities provided in the village this winter and in recent weeks about eating healthy and avoiding diabetes causing behaviours we have been encouraged to make healthier food choices. Generally they say that “whole foods” are the healthiest choices.

So what do we really know about “whole foods”?

This term is used loosely to refer to foods that are not significantly different than the way they grew on the plant that they came from generally still including husk, peels or other fiber. For example an apple hanging on the tree in the orchard will look very much like what we buy from the store. So eating an apple with peelings would be considered a good part of a whole food diet.

Sadly, people in the United States today don’t even use 10% of the varieties of fruits, vegetables and grains available to them. If your fruit selections are limited to apples, oranges, bananas and the occasional grape, you are definitely among the non-users. Of course it is much harder to get a large variety all the way out here in the village, but it is getting easier all the time and it’s important to remember that fresh frozen is still fresh.

Stop by the Office and Play the “Nuts & Seeds Sample Game”

There is a poster board full of samples of various beans, grains and seeds to identify. To join in the fun, take one of the blank answer sheet forms from the bottom of the poster and fill in the names that match the number by each sample, then drop it into the box provided and we will award a prize to the best “foodie”.

Just to help out a little, the following is a list of the names that would match them:

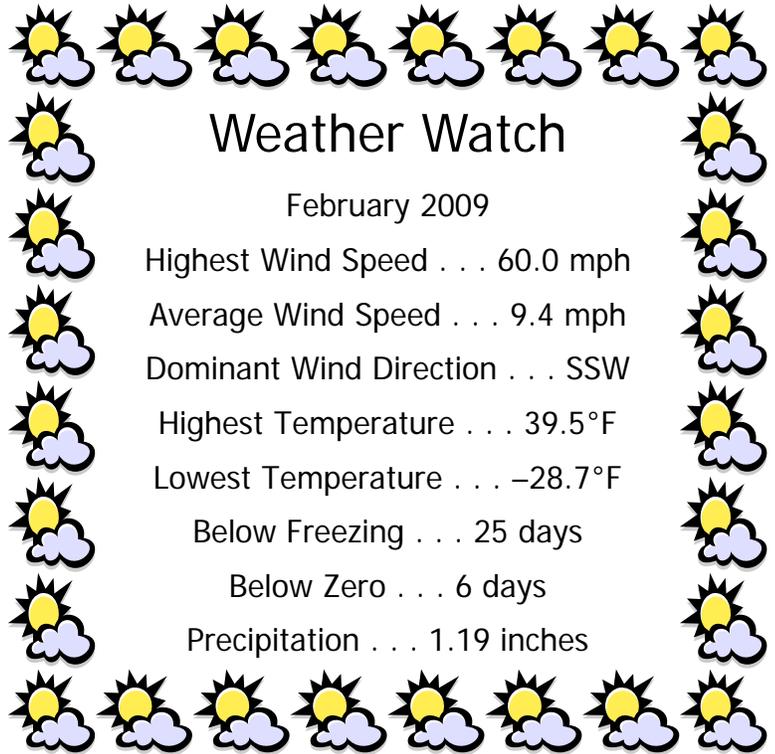
Wild Rice – Wheat – Quinoa – Sunflower – Pinto Beans – Lentils – Barley – Teff – Amaranth – Black Eyed Peas – Cashew – Chick Peas (aka Garbanzo Beans) – Flax Seeds – Pine Nut – Kidney Beans – Black Beans – Brown Rice – Split Peas – Millet – Mung Bean – Red Lentils – Lima Beans – Soybeans – Anasazi Beans – Pistachio – Peanut – Rye – Chia Seeds (aka Salvia Hispanica) – Corn – Black Quinoa

Try new things whenever you get the chance!
How sad would it be to be 60-years old when you find out that
bananas aren’t really your favorite fruit?!

Igiugig Tribal Village Council

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Bonnie Thurston, Tribal Administrator
Sandy Alvarez, Administrative Assistant
Bernadette Andrew, Editor & Social Services Director
Betsy Hostetter, Librarian
Christina Salmon, IGAP Director
April Hostetter, IGAP Intern
Ida Nelson, Tribal Clerk



Recipe Corner

Moroccan Style Quinoa

- 1 cup quinoa, rinsed
- 1 cup water
- 1 cup chicken broth
- 2 tsp olive oil
- 1 cup chopped red onion
- ½ tsp ground cumin
- ¼ tsp ground turmeric
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ cup slivered almonds, toasted
- ¼ cup seedless raisens
- Pinch of salt
- Pinch of fresh mint (optional)

1. Rinse the quinoa and put in a strainer. Place under running water until the water runs clear.
2. Put the quinoa, water, and chicken broth in a saucepan and bring to a boil. Reduce heat, cover, and cook until the liquid is completely absorbed.
3. While cooking the quinoa, heat the oil in a skillet. Sauté the onions until they begin to caramelize. Mix in the cumin, turmeric, cinnamon, and ginger and cook until aromatic. Add the almonds and raisins and cook until heated.
4. Toss the quinoa in the skillet. Season with salt. Decorate with the mint, if desired, and serve.