

# Igiugig News & Notes

Igiugig Tribal Village Council

July 2009

Volume 12, Issue 7

## 1 Potato, 2 Potato, 3 Potato, MORE! by Tanya Salmon

On June 5<sup>th</sup>, Professor Jeff Smeenk and his wife Lucy arrived in Igiugig bearing 5 different types of potatoes: Yukon Gold, German Butterball, Red Pontiac, Russet, & French Fingerlings. That day, the new roto-tiller, AKA Berta, also arrived. Jeff, Jeremy, & Jared immediately went to work, diligently putting together the new multi-



Above: Sheryl using Berta to make rows for the potatoes.

Below: Bernadette & Betsy, with Aiden watching, cut the potato "seeds."



tasking piece of equipment. Once it was assembled, Jeff took it to the potato patch for a test run.

The next morning at 11, everybody (Jeff, Lucy, Christina, Julie, Sheryl, AlexAnna, Bernadette, Martha, Betsy, Mary, April, Tess, Shaun, Camille, Dolly Ann, Fewnia, Madison, Aiden, and Kiara) gathered at the Igiugig sign to begin planting the various different plants that the elementary students grew for the Beautification Project. Everybody broke off into planting or watering teams and quickly went to work tackling one flower box or bed at a time. The volunteers worked quickly because the pesky mosquitoes were out in full force and taking advantage of the fresh blood.

After the flowers were planted, Jeff

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## New at the Office by Tanya Salmon

As most of you know, I have taken over Bernadette's positions at the office. This means, I am the new ICWA (Social Services) worker, newsletter editor, secretary, and I take care of the Electric Company. I am new at my job, so please have patience with me if I am being slow! I want to do the job right, so if it means looking over Ber-

nadettes' (also known as my Obi-Wan Kenobi) detailed notes to double check my work, I am just making sure that I am following the procedures correctly. As time goes on, I will be up to speed, and hopefully, a true professional!

Besides getting used to my new job duties, I am also starting a new program where people in the community

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### Birthdays this month

- July 1  
Kiara Nelson
- July 16  
Fewnia Zharoff
- July 18  
Dolly Ann Zharoff
- July 19  
Betsy Hostetter & Michael Andrew
- July 21  
Keilan Wassillie
- July 22  
Johnny Zackar
- July 31  
Kyle Andrew

# The 4-1-1 in the 5-3-3

By AlexAnna Salmon

As the salmon swim upstream, and anxious fishermen flock to the Bay, the Council met to update the village on various projects and give departmental reports on the evening of June 18. In the last month, Igiugig has been extremely busy with lodges pouring in, Iliamna Lake Contractors mobilized to build the new HUD homes, and our new workforce, fresh out of training. We had an on-site Bulk Fuel Farm training for three of our employees: Jared, Jeremy, and Gordon. Last week Matt Lange joined our workforce as a maintenance man and is doing wonderful work so far. I recently attended a workshop for the Indian Community Development Block Grant that I will be working with BBAHC to apply for the new health clinic facility.

“High Ridge Court” is home to the latest in Igiugig development. So far, ILC has cleared and grubbed the High Ridge Court road. The first lift of material has been placed on the new road, and the main road was graded. Four site lots were constructed: 5, 6, 14, and 15. Lots 5 and 14 have concrete footers poured. Within the next two weeks ILC will finish High Ridge Court, including the cul-de-sac on the other side, and prepare sites for Dallia and Kevin’s new houses. Then, ILC will head to Kokhanok for the construction of three homes, and will return to install our wind turbines and greenhouse.

Lastly, Igiugig welcomed the official start of summer. Summer Solstice welcomed a village in full-bloom. We have beautified the village with flowers and tested our roto-tilling super machine, bought with Alaska Agriculture Innovation Grant funds. The machine arrived on the same day as Professor Jeff Smeenk to assist with the planting of six varieties of potatoes. Otherwise, our greenhouse operation is providing enough lettuce to feed the village! We look forward to tomatoes, and cucumbers in the next month. We also look forward to the annual 4th of July beach party, and the holy matrimony of Tanya and Jared Nelson. Until then, happy subsisting!



*Left: 3 Arctic Tern eggs...in a nest made with love.  
Right: Dolly Ann, Aiden, and Fewnia hover over the bird eggs they found.*



## Office *(continued from page 1)*

have gatherings/games once a week. Depending on the weather, these games will include anything from baseball and manache to board games and Dance Dance Revolution competitions. Some days, community picnics will be in the agenda or gatherings at the beach for swimming and canoe rides. So be prepared for future notices and flyers and get ready to be involved! Everybody is encouraged to show up, even if it is just to watch. Remember, we are holding these events to prevent child abuse/neglect, and to have positive interaction between children and adults, so all the gatherings will be drug and alcohol free.

I have also just completed a Special Funds Grant from the BIA. If all goes well, we will have crafting/gaming activities for the children once a week at the

office, scheduled outings with the younger children, and a historic photo book and map project for the older students. I am getting very excited to start working with the kids on the various projects! I have more projects up my sleeve, we are just waiting for the funding to come through and the appropriate time (hint, perhaps Igiugig Weekly News on DVDs!).

I have plenty of tasks to keep me busy throughout the day, but if you have any ideas or suggestions about activities or craft projects, I always have open ears. Thanks for your patience and understanding! I look forward to seeing you at the community events.

## Suicide Prevention *by Sheryl Wassillie*

Barbara Brown, Mary Olympic and I were sent off to Newhalen for the Suicide Prevention meeting on June 4, 2009 for the day. The rest of meeting attendees were Julie Anelon, Father David Askoak, Michael Trefon, Fedosia Balluta, Teresa (an employee at the Nilavena Sub Regional Clinic), and Louise Anelon from Iliamna/Newhalen. We also had Trefon Shugak from Pedro Bay, a lady from Nondalton, and the hostesses Teresa Kearns-Cooper, Erik, and some other guy, whose name I forgot.

We began with a tour of the Nilavena Sub Regional Clinic where we saw the new dental area, the morgue, ER, and various other rooms. The meeting was set to start at 10:00 A.M., but seeing as we all run on "native time," we started around 10:45.

The meeting had started and I was the youngest one there and wasn't sure if I would contribute much information on the topic we had to discuss. In the meeting we covered suicide stats, how we could prevent suicides, the signs of suicide, and we also got to share our thoughts and ideas throughout the meeting. Overall, I had a great time and contributed more information than I thought I would have.

Here is some of the information I learned about: 1999-2005 suicide rates per year:

- Alaskan male 144,000 (highest);
- Alaskan female- 56,000
- Alaskan White male- 29,000
- Alaskan White female- 7,000
- U.S. male-17,000
- U.S. female- 3,000

Some Stats for you:

- Men are 3 – 5 times more likely than women to be successful at committing suicide.
- Women are more likely to attempt suicide than men
- People who are impulsive are at a high risk to act on suicidal thoughts
- White elderly males have the highest suicide rates, but overall, Native Alaskans show more suicide within their culture.

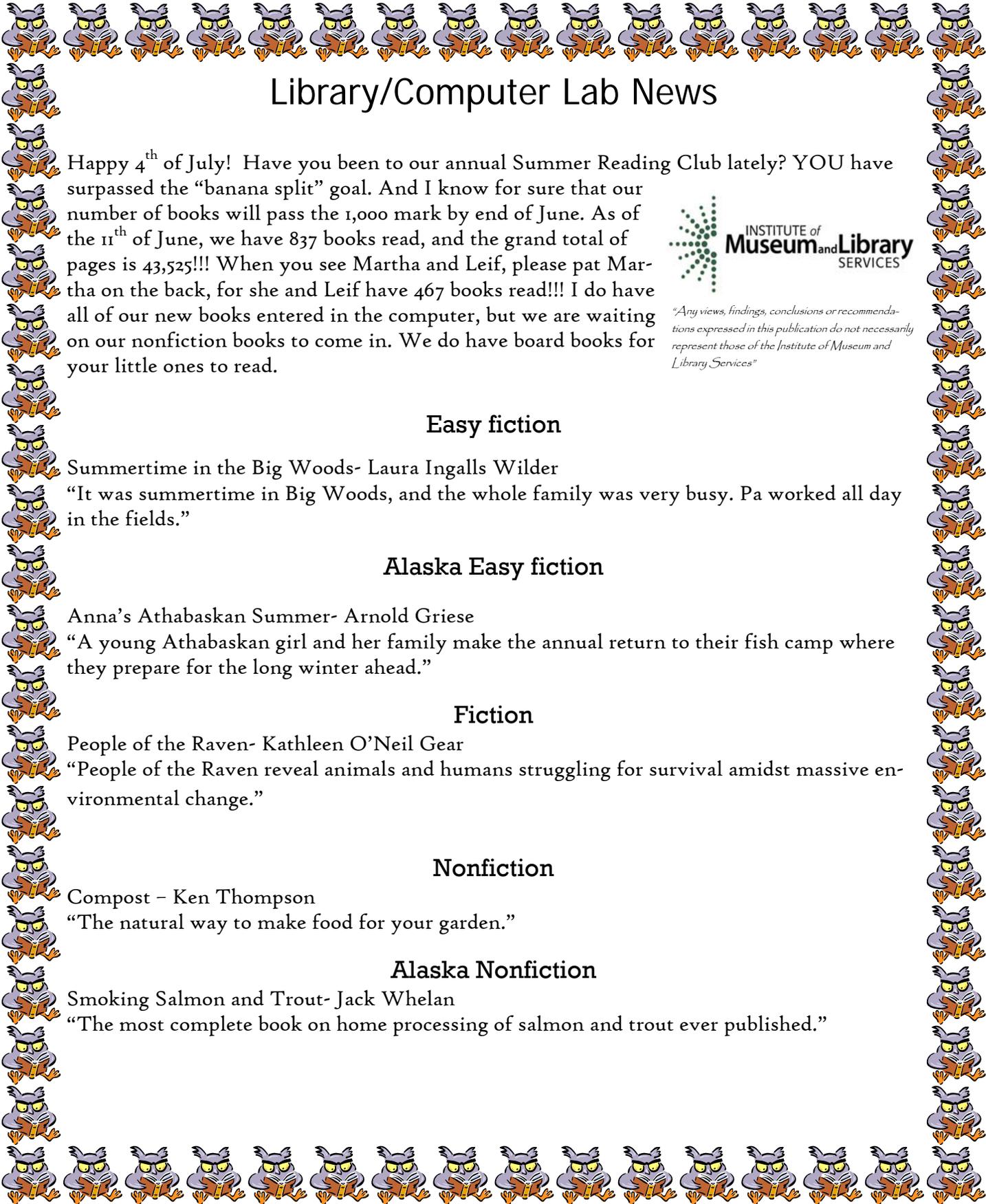
### Signals of a suicide Crisis:

- A sudden event
- Loss of a loved one
- Career failure
- Guilt over own behaviors
- Very emotional state as well as depression
- May feel desperate (urgent need for relief)

Rage

Anxious

*Continued on page 7*



# Library/Computer Lab News

Happy 4<sup>th</sup> of July! Have you been to our annual Summer Reading Club lately? YOU have surpassed the “banana split” goal. And I know for sure that our number of books will pass the 1,000 mark by end of June. As of the 11<sup>th</sup> of June, we have 837 books read, and the grand total of pages is 43,525!!! When you see Martha and Leif, please pat Martha on the back, for she and Leif have 467 books read!!! I do have all of our new books entered in the computer, but we are waiting on our nonfiction books to come in. We do have board books for your little ones to read.



*“Any views, findings, conclusions or recommendations expressed in this publication do not necessarily represent those of the Institute of Museum and Library Services”*

## Easy fiction

Summertime in the Big Woods- Laura Ingalls Wilder

“It was summertime in Big Woods, and the whole family was very busy. Pa worked all day in the fields.”

## Alaska Easy fiction

Anna’s Athabaskan Summer- Arnold Griese

“A young Athabaskan girl and her family make the annual return to their fish camp where they prepare for the long winter ahead.”

## Fiction

People of the Raven- Kathleen O’Neil Gear

“People of the Raven reveal animals and humans struggling for survival amidst massive environmental change.”

## Nonfiction

Compost – Ken Thompson

“The natural way to make food for your garden.”

## Alaska Nonfiction

Smoking Salmon and Trout- Jack Whelan

“The most complete book on home processing of salmon and trout ever published.”

# Potatoes (Continued from page 1)

taught AlexAnna, Sheryl, and I how to properly use Berta. At first, I was intimidated by the many levers and gears but after walking around with it for awhile, I got the hang of it. Alex was brave enough to operate Berta in 4<sup>th</sup> gear and soon, she was running down the road in a gallop behind the blue machine. After getting comfortable with Berta, Alex and Sheryl moved from the road to the potato garden and began tilling the soil.

Jeff taught everybody how to cut seed potatoes by finding the “eye” of the potato, which look like a dimple on the potato. Once the “eyes” were identified, they were cut off and used as a seed. After the rows were tilled, everybody had fun planting the various potatoes. In the end, six different potatoes were planted in beautiful rows: the five new species Jeff brought, and some Port Alsworth potatoes (which we planted last year).

Thank you Jeff for helping us out and everybody who volunteered their weekend morning to help beautify Igiugig! The village is looking nice with the flowers and it was YOUR work that made it happen! THANKS!



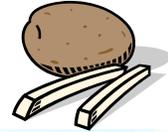
Left: The volunteers gathered at the Igiugig sign to sort through the different plants.



Bottom Left: Fewnia & Camille partnered up to plant flowers in the satellite beds.



Bottom Right: Jeff demonstrates how far apart the potatoes should be planted.



Answer can be found on page 11.

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



# KIDS DON'T FLOAT!

Igiugig Village Council, through the State of Alaska, is providing life jackets that can be used by infants-adults. If you are going boating and do not have a life jacket, pick up one of the life jackets that we have available in the back porch of the rechall. When done boating, please return the life vest(s) where you found it. Thank you!

## IGIUGIG FARM STAND NEWS

Beginning June 1, the eggs produced by the chickens will cost \$4.00 per dozen. If your egg carton is returned, you will get a \$0.50 discount. Eggs will continue to be free to the elders.

### WORD BUILDING

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

D H S R O U

1. □□□

2. □□□

3. □□□

4. □□□

5. □□□

6. □□□□

7. □□□□

8. □□□□

9. □□□□

10. □□□□

11. □□□□

12. □□□□

13. □□□□

14. □□□□

15. □□□□□

16. □□□□□□

Answers can be found on page 11.



Sheryl, quickly mastering the Berta, decides to drive the skid steer.

## Prevention *(Continued from page 3)*

Hopelessness  
Feeling abandoned  
Change in behaviors  
What they are saying  
How they are acting

### Warning Signs

Signs of depression\

- Unshakable feelings of low mood
- Pessimistic
- Hopelessness
- Desperation
- Anxiety, pain that is psychological in nature
- Withdrawal away from people
- Problems sleeping
- Increase in Alcohol and/or other drugs
- Taking unnecessary risks
- Threatening to kill oneself or expressing a strong wish to die
- Making a plan
- Giving away cherished possessions
- Sudden desire to purchase a gun
- Getting other means to kill self (medication, poisons, a rope, etc.)
- Unexpected feelings of rage or anger (toward self and others)

### Things we can do if someone is suicidal

- Most importantly...Take it seriously  
75% of all suicides give some warning to either a family member or a friend
- Take time and listen. So often a person wants validation of self-worth, listening to the concerns provides the person with a chance to feel that they are important
- If they have difficulty speaking about it, ask the person what is troubling them. Gently keep inquiring to help them to open up.
- Do not argue, instead let them know that you care and understand; let them know they are not alone. Many people think about suicide and usually the feelings are temporary.

### During the crisis

- Encourage the person to seek hospitalization
- Stay with the person to seek hospitalization
- Call the On-Call health aid/therapist to assist you
- Be sure there is nothing that the person can use to hurt him/herself or you.

**Remember:** Take these signs into consideration. If you think somebody is going to commit suicide, talk to them and report it. You too can save a life!

**Fewnia, Shaun, Dolly Ann, and Camille take advantage of the nice summer days at the beach.**





**Right:** (from L to R, back) Dallia, Sheryl, Christina, Bernadette, Tanya, Betsy. Front: Shealayla, Camille, Dolly Ann, Kiara, Jeff, and Fewnia. The few who braved the mosquitoes to the very end pose in front of their almost finished potato patch.

**Below:** Alex learns how to drive the skid steer after planting potatoes.



**Top:** Madison shows off her gardening gloves. **Middle:** Mary & Tess teamed together by the IGAP office. **Top Right** Martha plants the store's flower boxes. **Bottom Right:** Kiara, Aiden, Shaun, & Keilan rake the potato garden before Berta runs through it.



# GARDENERS GOODIES

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#### JULY garden activities:

JULY – SO MANY things growing and blooming and needing attention!

EARLY JULY – and throughout the month, pick the larger leaves from your leafy greens for salad, continuous harvesting will keep them growing.

JULY – If your plant growth is slowing down, ‘side dress’ with fertilizer, compost or worm castings (soil from the worm bin) and water well, this will send the plant food directly to the roots where the plant can take it up. Remember that these long warm days are the prime growing environment and make use of it.

JULY – Continue to mulch, to keep down the weeds and up the fertility and to add soil structure in the future.

JULY – keep notes on your plants. It will help you make important decisions next year including whether to start a particular plant earlier or later, or maybe to order a different variety if you had trouble with season length or pests. Writing down your plant observations will also force you to look a little more closely at what you are growing and to think about anything you can do different to help get better results in the next growing season.



*What's blooming now?*



### ***REMEMBER those Re's***

***Reduce – Refuse – Reuse – Renew – Recycle – Remodel – Refurbish – Rebuild – Recharge – Refill – Refinish – Repurpose – Recover – Reclaim – Reload – Reinvest – Reinvest – Re...something.***

*“Re-Volunteer”—the village garden/greenhouse project is growing right along and can always use people to do something.*

*Remember (would that be “member again”) to keep cigarette butts and other tobacco products far away from the gardening activity, and if you are a smoker, wash well before helping.*



**Top Left:** A Spotted Lake Seal has been enjoying the salmon run.

**Middle Left:** A zoom-in shows a gash on the seal's head. Most likely from a boat prop.

**Bottom Left:** Hardy Construction quickly puts the walls on Ida's new house.

**Top Right:** A bear decides to crash a picnic at the beach.

**Middle Right:** Aiden catches his first Rainbow...Aiden & Keilan were both scared of the fish when it started moving.

**Above:** Ida's house with the siding and roof finished.



**Top Left:** lately, the beach has been a popular hang out for both kids & adults alike! Here, the locals enjoy a picnic.

**Above:** Fewnina & Tanya tend to the plants in the greenhouse.

**Left:** Everybody loves to watch the arrival of the barge.



### Answers to WORD BUILD- ING (game on page 6)

- |         |            |
|---------|------------|
| 1. DUO  | 8. OURS    |
| 2. OUR  | 9. RUSH    |
| 3. ROD  | 10. RODS   |
| 4. HOD  | 11. HODS   |
| 5. SOD  | 12. HOUR   |
| 6. DUOS | 13. SOUR   |
| 7. DOUR | 14. SHOD   |
|         | 15. HOURS  |
|         | 16. SHROUD |

### Answers to SUDOKU (game on page 5)

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



# Environmental Report

As Bobby Hester and I braved the first chicken scrap buckets of the season (thanks Clearwater Lodge) I actually thought I missed winter, just for a few seconds. That thought quickly vanished, but as we sorted through chewing tobacco and broken glass filled can bags, the image of a cold quiet snowy day seemed pleasant. We here at the Environmental Department would like to remind lodges and residents alike to keep their cans clean from trash, tobacco products and especially broken glass!

In a week we will have our landfill inspection. Brian Reed and two others from Bristol Bay Area Health Corp. will be here to tour the landfill, visit the clinic and wastewater plant. They will spend two days here before returning home.

I would also like to remind residents to keep our community free of litter and cigarette butts. We have a lot of visitors with local lodges who tour our community and we want to hold our status of the cleanest community in Alaska. If you have friends or relatives here, please remind them to not throw trash on the ground. And always, if you are out and see trash on the ground, do your part, pick it up and help us keep our village beautiful!

Starting in a week we will have high school students working to pick up trash around the community and at the camping grounds. Funding for this is provided through a grant from ALPAR.

## ***DO YOU KNOW?***

- The average American household consumes over 100,000 gallons of water every year. Instead of using up a lot of water from your local resource, collect rainwater in buckets or barrels for your garden. (We pack water from the river or put out buckets on a rainy day to water the Greenhouse.)
- Take advantage of the sun –dry your laundry outside! It saves a lot of money in propane or electrical costs each month.
- Are you composting? If so, napkins, egg cartons, and other non-recyclable paper products are great for helping the decomposition of your compost.
- Instead of cleaning your grill with chemical-based cleaners, try using olive oil. It works great for taking off the grease without leaving chemical residue.
- Use propane instead of wood or charcoal –it burns cleaner. If you're a big fan of charcoal, use the greener brands such as Cowboy Charcoal or Wicked Good Charcoal.



The possibilities are endless.



## WALK TO BE FIT

Total Village Mileage through May is 7x,xxx

### It's all in the dressing!

*Enjoying the beautiful summer weather all depends on your preparation.*

### Dressed and Ready--lets go!

*No matter what you plan, dress to match. It's so much easier to keep doing things outdoors if you are not uncomfortable in the process.*

**Warm/Cold/Wet** - *Waterproof windbreaker with a fleece liner is ideal this time of year. That way you can be as warm and dry as needed or remove layers until you are comfortable. A bonus is that waterproof is also bug bite proof. They can bite right through some fabrics, but that's not one of them.*

**Footwear** - *Anything with good support and comfortable to walk in is fine, even sandals work this time of year if you put a little bug "dope" on to keep the critters from coming through.*

*Enjoy the great outdoors during the summer season*

### Trade out Activity Calories

*If you have lots of things to do and feel like there just isn't time for walking with everything else, at the very least put on your pedometer to tell you if you are spending too much time sitting.*

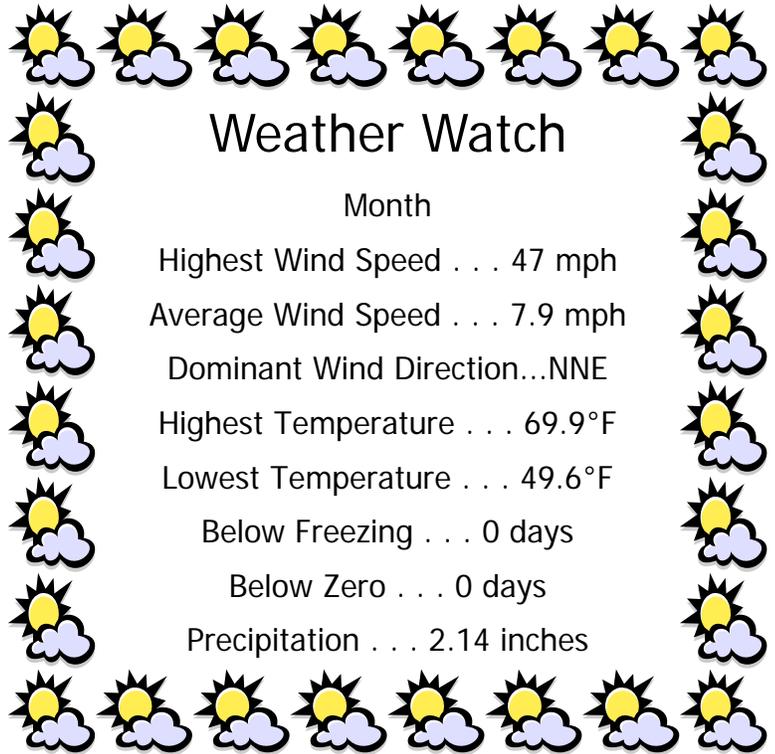
*From there, take a look at other activities like housework, gardening, mowing, etc. There are lots of "calorie calculators" out there on the internet and in books that can help motivate you by reminding you that activity is what really counts.*

**Walk to be fit by Gardening — mowing — vacuuming.....**

Igiugig Tribal Village Council

PO Box 4008  
Igiugig, AK 99613  
Phone: 907.533.3211  
Fax: 907.533.3217  
www.igiugig.com  
Email: igiugig@bristolbay.com

AlexAnna Salmon, President &  
Acting Tribal Administrator  
Randy Alvarez, Vice-President  
Dallia Andrew, Member  
Annie Wilson, Member  
Kevin Olympic, Member  
Sandy Alvarez, Administrative  
Assistant  
Betsy Hostetter, Librarian  
Christina Salmon, IGAP Director  
April Hostetter, IGAP Intern  
Tanya Salmon, ICWA Worker  
Sheryl Wassillie, Tribal Clerk  
Mary Hostetter, Tribal Clerk



## Recipe Corner

Contributed by . . .Steve Nelson

### Garlic Lovers Grilled Salmon

**Ingredients:**

- 1 1/2 to 2 lbs. fish fillets
- 6 to 8 garlic cloves
- 1/2 stick of butter
- 1/8 extra virgin olive oil
- 1/2 of a lemon

**Paprika or SmokeeJo's Hungarian Game Spice if available**

**Preparation:**

Mince the garlic real fine and add the butter and olive oil to a medium frying pan. Simmer the garlic slowly until it is lightly browned.

Dry fillets, and sprinkle with lemon.

Dip fillets in garlic mixture and let stand for 1/2 hour.

Get your grill good & hot.

Dust fillets with the paprika.

Place fillets on grill and turn after 4-5 minutes, depending on the thickness.

