

Igiugig News & Notes

Igiugig Tribal Village Council

October 2009

Volume 12, Issue 10

Bring on the Red

by Tanya Jo Salmon



Red Ribbon Week is reawakening in Igiugig this year! Growing up, I participated in **Red Ribbon Week (RRW)** & I thought it would be a good idea to continue the tradition. What exactly is **RRW** you ask? It is the nation's oldest and largest drug prevention program. Every year it lands on the last week of October. Young people pledge to live a drug-free life and pay tribute to DEA Special Agent Enrique "Kiki" Camarena by wearing **red ribbons** and by participating in community anti-drug events.

Facts about Agent Kiki Camarena:

- He was an 11 year veteran of the DEA.
- He was assigned to the Gaudalajara, Mexico office where he was on the trail of the country's biggest marijuana and cocaine traffickers.
- On February 7, 1985 he was kidnapped, brutally tortured, & murdered by Mexican drug traffickers. His death opened the eyes of many Americans to the dangers of drugs and the international scope of the drug trade.

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Harvest Time

by Angel Alvarez

September 28, 2009... It was a chilly afternoon, the perfect day to pluck potatoes from the ground. The villagers of Igiugig met up around the mini garden outside of the post office building around 1 o'clock. We all grabbed our gloves, got paired up and our bonding time began!

We all chose rows to pull the potatoes from the ground and in a very short time our fingers were just about ice cubes. Though it was slightly painful and hard to move them

after a while, we kept plugging along. Gabe and Dalia followed up behind everyone and dug up all that we had missed; we missed a lot.

Sadly, even through the cold there were still bugs, and our fingers and hands were freezing as the rest of our bodies were being chilled. Though our day of potato picking was not the perfect day in most of our minds, it was still wonderful to have most of the community working together. *(Photos Page 12)*

Birthdays This Month:

- October 5
Madison Andrew
- October 11
Camille Andrew
- October 18
Molly & Maggie Stoltman
- October 27
Dallia Andrew
- October 31
Yako Nickoli



The 4-1-1 in the 5-3-3 by AlexAnna Salmon

On September 22 we celebrated the first day of Fall with a hard frost, sunshine, hail, rain, and a small earthquake. Lately, villagers have reported sightings of many bear, moose, and caribou meandering through town and flocks of birds migrating above. The fiery-colored tundra and fall foliage on frosty foggy mornings make this time of year the most beautiful, albeit short-lived.

Indeed, September has been a busy month. Firstly IVC received two exciting grants. The first--courtesy of the Rasmuson Foundation--\$25,000 towards the well-drilling for the new clinic site. The second award is from the Farmer's Market Promotion Program to hire personnel and purchase equipment to bring our local produce to market. In November, I will travel to DC to learn more about the program. Aside from recreational grant writing, we have initiated the design phase with ANTHC for the surface-water in-take system, ordered our last barge shipment of the season, welcomed an informational meeting by BBNC, helped coordinate a community service activity for all the LPSD students that arrived for the Cross-Country Jamboree. The students commenced a village-wide litter patrol and pulled two rows of potatoes: the German butterballs and Red Norkotas. Thank you LPSD students! Later that day we watched the runners compete in a 3-mile race, swarmed by the sandflies, and were proud of each competitor! Jeremy

Salmon advanced to regionals by winning second place--Congrats Coach Bickling and Jeremy! Other notable events include our Fire Chief--Chuck Brown--is attending the Fire Chief's Conference and we appreciate him taking the time off from his job on the weatherization project.

There is not much to report on the housing project: no one has moved in, but we've marveled at the meticulous work each subcontractor has added--vinyl flooring, custom countertops, and quality interior materials. The wells have all been drilled successfully as well.

September 27 marks the last day of work for our maintenance man Matt Lange. We have thoroughly enjoyed working with him everyday this summer through the sunshine and storms involved in keeping this village running. We tested his abilities in all types of jobs: fuel farm, generator, wind turbines, greenhouse, vacuums, recycling balers...whatever we pitched his way he received with a big smile and optimism. Most of all, he brought delicious cookies and carrots to work each day. Of course, he'd end up with carrots as the office staff and visitors devoured the cookies. My new diet plan includes saying goodbye to him for the winter interim, and we look forward to his assistance again next year. Goodbye Matthew, it has been a pleasure working with you. Tua-i Piuraa!



'HELPING OTHERS IS AN ALASKAN TRADITION.'

Igiugig received a grant from the Rasmuson Foundation in the amount of \$25,000. This money will be used to help us cover the cost of drilling a well for our proposed new clinic.

The Rasmuson Foundation "seeks to support not-for-profit organizations that are focused and effective in the pursuit of their goals, with special consideration for those organizations that demonstrate strong leadership, clarity of purpose and cautious use of resources." The Foundation awards approximately \$20 million annually to help improve the quality of life in Alaska.

For more information, visit www.rasmuson.org.

New Environmental Intern by Angel Alvarez

Just as any new job would require, there was a huge ceremonial initiation. Complete with invisible crowns, my new boss all dressed up in her finest robes, a dull edged sword in hand and the words, "I, Christina Y. Salmon-Wassillie, now dub thee, Angel D. Alvarez, Environmental Intern!" And of course the crowd went wild!

OK, so maybe it didn't happen quite like that...but I was still excited to start! On my first official day in the office, Christina took me around showing me what went where, explaining what was expected, where the broom and dust pan were kept to keep the office looking neat, and had me read over plans for the upcoming term. I enjoy the little office by the river; it's quiet. My favorite thing about this job is that you don't have to sit in an office all day. Christina always has somewhere for me to go and things for me to do.

For example, on Wednesdays I get to go around and gather recycle bins and sort the recyclables back at the office. On Tuesday, Tess and I worked our way through a huge pile of cans. We had to re-bag them so they would be ready to be shipped off to the Anchorage Recycling Center. It was disgusting; we had to sort through and take out all the trash from each bag. We suffered various unknown rotten items, slimy egg shells, nasty leftover chewing tobacco, and many other horrific items. (I will spare your precious minds of the awful details.)

I am looking forward to the potato picking, making flyers to inform the community of events such as Earth Hour, collecting labels, and learning more about ways I can help protect the environment. Not to mention working with my awesome new boss! This year is going to be great.



Here's the "Did You Know?" For the month:

Did you know: For every 1 ton of plastic that is recycled we save the equivalent of 2 people's energy use for 1 year, the amount of water used by 1 person in 2 month's time and almost 2000 pounds of oil?

(<http://www.environment-green.com/>)

What's Going On in School? by Zachary Clark

We are working on three amazing projects in school: one in Social Studies, Science, and Writing.

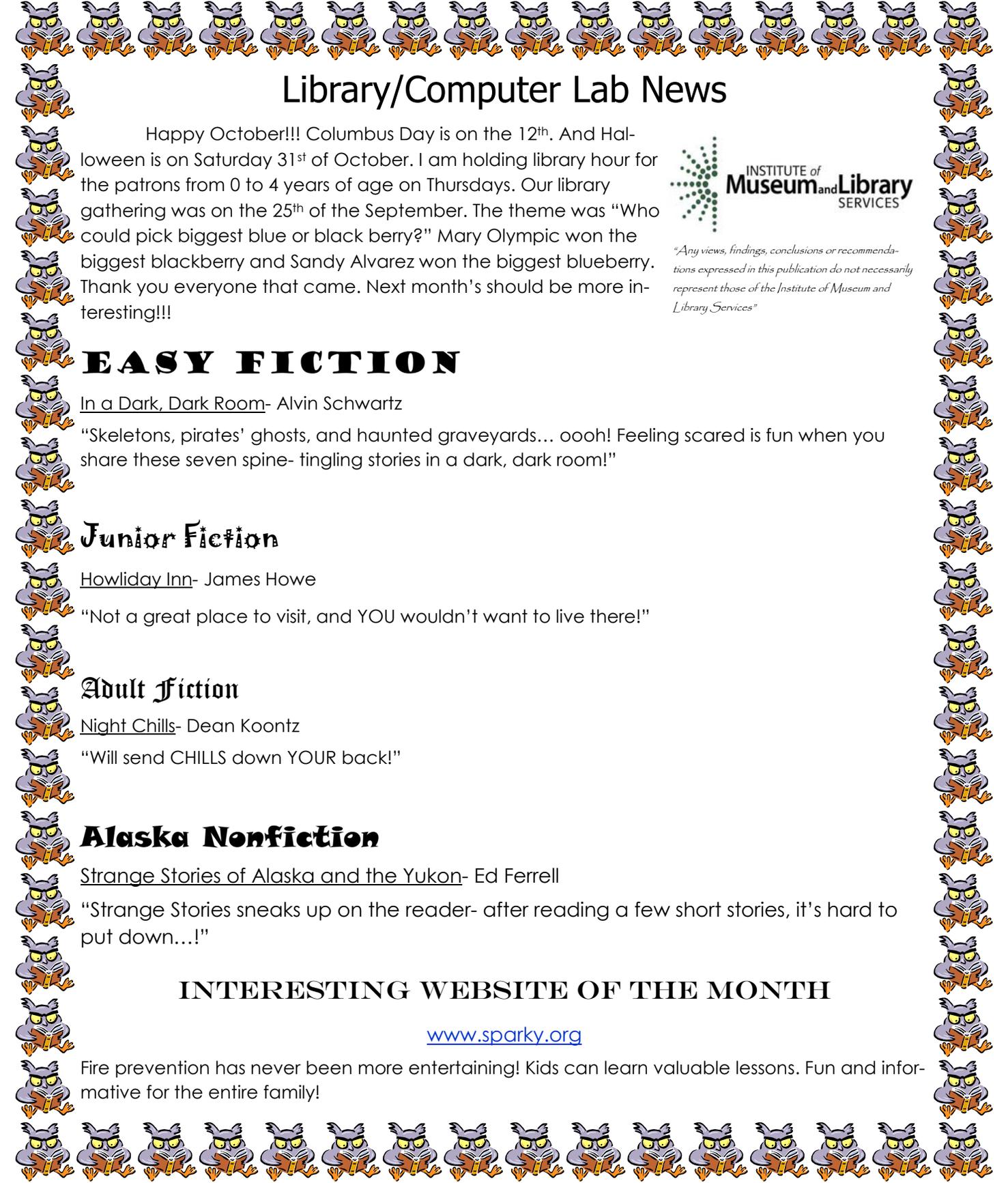
The project that we are doing for Social Studies is building a three dimensional topographic map of the United States. First we had to find the elevation contours of the United States. Then we would glue the traced picture on to a piece of cardboard for one of the layers. When we are done with the hardcore project we will send it to King Salmon.

We are also doing a project in Science. We are learning about protons, electrons, neutron, and atoms. We are learning how to use the periodic table of elements. The periodic table shows how to find how many protons, and electrons are in an atom. The Atom only can have 7 electrons shells. We also learned how many electrons to put on each shell. For example two goes on the first line, eight goes on the second and eighteen goes on the third line.

We have been working on grammar a lot; almost every day. We learned a lot about grammar we did it so much that we all are getting good at it. We also learned writing dress-ups and diagramming.

The magnificent Jeremy Salmon is working on his writing class so that it could prepare him for college. He is also working on calculus. Finishing some of his standards. and looking for scholarships for the college he is planning to go to. He wants to try to go to Arizona State University.

April is also taking calculus, and lecture. She is also working on a new language; she wants to learn how to speak Spanish. She is also looking for a scholarship to attend college. These are the colleges that she is applying to: University of Chicago, Seattle University, University of Southern California, Fort Lewis College and more. She is also going to go visit Dartmouth, and New Hampshire at the beginning of October.



Library/Computer Lab News

Happy October!!! Columbus Day is on the 12th. And Halloween is on Saturday 31st of October. I am holding library hour for the patrons from 0 to 4 years of age on Thursdays. Our library gathering was on the 25th of the September. The theme was "Who could pick biggest blue or black berry?" Mary Olympic won the biggest blackberry and Sandy Alvarez won the biggest blueberry. Thank you everyone that came. Next month's should be more interesting!!!



EASY FICTION

In a Dark, Dark Room- Alvin Schwartz

"Skeletons, pirates' ghosts, and haunted graveyards... oohh! Feeling scared is fun when you share these seven spine- tingling stories in a dark, dark room!"

Junior Fiction

Howliday Inn- James Howe

"Not a great place to visit, and YOU wouldn't want to live there!"

Adult Fiction

Night Chills- Dean Koontz

"Will send CHILLS down YOUR back!"

Alaska Nonfiction

Strange Stories of Alaska and the Yukon- Ed Ferrell

"Strange Stories sneaks up on the reader- after reading a few short stories, it's hard to put down...!"

INTERESTING WEBSITE OF THE MONTH

www.sparky.org

Fire prevention has never been more entertaining! Kids can learn valuable lessons. Fun and informative for the entire family!

“Banana Split Party” by Tess Hostetter

The community of Igiugig finished the summer with a goal reached and a taste of sweet success. The annual Summer Reading Club smashed 2,400 books with over 100,000 pages. Due to all these busy readers, the village earned the “Banana Split Party” that took place the 21st of August along with the back to school potluck.

Igiugig celebrated the ending of summer, the Summer Reading Club and the beginning of fall, winter, spring and school. The village annual Summer Reading Club - made up of almost the entire village - successfully reached and flew over their goal, one thousand books. All who participated received a certificate of recognition and a free banana split as a reward for all the superb reading.

The potluck was a success. The BBQ, banana split party, and the back to school potluck was held in the Igiugig School, where AlexAnna introduced the new teacher, Jason Bickling, his wife, Teresa Bickling, and their two children, Ronan and Maren. At the start of the celebration the readers received awards for their great reading. When the certificates were given and the food was ready, we started the banana split party, with of course, dinner first, - a delicacy made by Mark Battion - hamburgers.

The summer reading club has always been fun to compete and be involved in. This year’s Summer Reading Club was a great accomplishment! There were more people included and the event was terrific. With a goal fulfilled and a satisfying award, this year was excellent outcome!

(More photos on page 17)



Sudoku

Answer can be found on page 15.

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



Announcements

- October 5th @ 11:30 AM - Bristol Bay Telephone Cooperative Inc., annual meeting @ the Village Council.
- October 7th @ 6:30 PM - Igiugig Volunteer Fire Department and EMS will be holding their first regular meeting @ the Village Council. Smoke and carbon monoxide detectors along with batteries will be available for FREE at the meeting. Please bring a snack to share.
- October 8th-10th—Regional Energy Summit in Dillingham.
- Oct. 15th-20th - ETT Classes in Igiugig - Contact Barb Brown for more information.
- October 19th-20th - AFN Youth & Elders Conference.
- October 22nd-24th - Alaska Federation of Natives 2009 Convention in Anchorage.
- October 23rd-31st - Red Ribbon Week. Wear your Red Ribbon PROUDLY throughout the week.
- October 23rd-25th - Residential Wind Power classes in King Salmon.
- Week of October 26th - School Pictures - Date to be announced.
- October 27th @ 2 PM - IVC monthly meeting at the Office.
- October 27th @ 3:30 - LSAC meeting at the school.
- PLEASE remember to chain up your dogs! People have been complaining about loose dogs hanging out in porches, trash bags being ripped open, and poop on the roads. TAKE CARE OF YOUR PET!

Food Bank

The Igiugig Food Bank is now open and is located in the hangar. If anyone has excess food, they can make a donation to the Food Bank. Although the Food Bank is open to everyone in the community, families in need will have priority. Thanks!

WORD BUILDING

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

PAUCET

- | | | | |
|--------|---------|---------|---------|
| 6. □□□ | 12.□□□ | 18.□□□□ | 24.□□□□ |
| 1. □□ | 7. □□□ | 13.□□□ | 19.□□□□ |
| 2. □□□ | 8. □□□□ | 14.□□□ | 20.□□□□ |
| 3. □□□ | 9. □□□ | 15.□□□ | 21.□□□□ |
| 4. □□□ | 10.□□□ | 16.□□□ | 22.□□□□ |
| 5. □□□ | 11. □□□ | 17.□□□ | 23.□□□□ |

Answers can be found on page 15.

Cross-Country Jamboree

Friday, September 18th, Igiugig hosted the LPSD Cross-Country Jamboree. Running for Igiugig School were Jeremy Salmon, April Hostetter and Tess Hostetter. In the boys race, Jonathan McKennet from Port Alsworth came in first and our own Jeremy Salmon came in second. In the girls race, Thea Nowatak placed first and Alisha Hobson placed second; both are from Kokhanok.

Story and full results of the cross-country meet will appear in next month's newsletter. Congratulations to all of the participants!

The boys are off!



The girls...



1st Place - Jon - Port Alsworth



1st Place - Thea - Kokhanok



2nd Place - Jeremy - Igiugig



April - Igiugig



GARDENERS GOODIES

OCTOBER garden activities:

- ❑ Early OCTOBER – SO MANY THINGS NEEDING ATTENTION! The heavy frosts are coming. If there are plants you are thinking to keep alive a little longer, be sure to move them in or otherwise provide protection for them from the weather...tools to put away...
- ❑ Early OCTOBER – continue harvesting your greens - some cold weather greens have their own natural ‘antifreeze’ and will keep going well into the fall if they get sunny afternoons in spite of frosty nights.
- ❑ OCTOBER – If you still have things growing and would like to extend the season, consider row covers - hoops with plastic covers hold in much more heat to avoid frost damage, but the fabric row covers also work well for some greens.
- ❑ OCTOBER – Mulch your perennials well to help avoid winter damage.
- ❑ Late OCTOBER – If you used plastic row covers, or a visqueen cover on greenhouse/cold frames, etc. be sure to fold them up and bring them in. Winter cold, wind and sunlight all work together to quickly ruin plastics, shortening the useful life of your materials.



What's blooming now?

Tiger Lily

REMEMBER those Re's

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

Pebble Tour by Jeremy Salmon

On August 21st, 2009, Alex Anna, Tanya, Gram Mary O., and I went to Iliamna for a tour of the Pebble Mine. We got to go on a helicopter ride to the drill sites, eat lunch at the Iliamna Lake Lodge, and visit the core shack.

Upon arrival, we were given a safety presentation for we were going to go for a ride in the helicopter. After the presentation, we boarded the helicopter and flew to a drill site where we were able to talk with the drillers and ask questions about their jobs. When we were finished with our questioning, we flew to a hill overlooking the proposed mine site and got an idea of what the mine would look like. Once we had seen all the sites, we took the helicopter back to Iliamna and drove to the Iliamna Lake Lodge.

At the lodge, we ate a wonderful lunch. There were the delicious soup and crackers, as well as chips and soda to go with it. At lunch we were given the chance to chat with our tour guides, Sharon Wilson and Charisse Arce. Soon, the lunchroom was filled with laughter from my sisters Alex Anna and Tanya. When lunch was over, the van came to pick us up and bring us to the core shack.

At the core shack, we got to view the core drilled from the sites. At first they all looked gray and dull, but once water was sprayed on them, the colors stood out clearly on the core. There was blue, red, orange, and a few other colors mixed into the rocks. We didn't get to see any gold or copper in the core, but we were told it was hard to identify even if you were a specialist. After viewing all the samples and chatting with the core specialists, we made our way back to the airport to fly back home to Igiugig.

I learned plenty about the Pebble Mine on this tour and encourage others to go if this opportunity comes again.



1. Tanya ready to go.

2. Gram doing a Yup'ik helicopter dance.

3. Alex & Jeremy enjoying the view from the helicopter.

4. Checking out the drill site.

Meet the Bicklings by Molly Stoltman

Meet the Bicklings: Jason, Teresa, Ronan, and Maren.

In her spare time Teresa likes to run and exercise. She ran track and cross country in college. Mr. Bickling likes to spend time with his family, fly-fishing, hunting, surfing, snowboarding, and mountain biking. He also likes working on Toyota trucks, 4runners, Land Cruisers, etc. He has had 5 so far.

Mr. Bickling is originally from Colorado; he was born there and spent the first 15 years of his life there, and then he moved to Portland, Oregon in high school. Teresa was born and raised in Eugene, Oregon. Teresa is actually a health and PE teacher, she has taught for 10 years.

Mr. Bickling compares Igiugig to other places he taught by saying "I have always lived around mountains, Igiugig is the first place I lived that is flat. But it is not too flat, I have been to Kansas; that is much flatter. The bugs here are definitely worse than anywhere else I've been before. I like it a lot though, it's beautiful."

Teresa and Mr. Bickling moved to Igiugig because of the great people that live and teach here. Mr. Bickling says " I've actually

wanted to move to Igiugig for a long time. Years ago, I heard about it from a friend of mine who has fished and hunted in the area."

Teresa and Mr. Bickling say "so far we love it here! The people are great and we are having a lot of fun. There seems to be a bug problem though."

Teresa and Mr. Bickling met at in 2002 while volunteering for Young Life at the same high school. They met in September, were engaged in December and married in July. They moved to Port Graham, Alaska in 2004 and back to Oregon in 2005. They had Ronan in 2006 and moved back to Alaska in 2007. They have been in Pedro Bay for the last two years. (This is their 4th year in Alaska). Their newest addition, Maren, was born this last July.

We have asked Mr. Bickling a couple of times if he would try to surf here, his answer is "yes, I have been eyeing the waves when the wind kicks up. There are definitely a couple of places where the waves break big enough to surf on. Now I just have to figure out how to get my surfboards and wet suit up here."

FALL IS HERE!

By Maggie Stoltman

*Oh what a bummer,
There goes the summer.*

*Fall is here,
Is anyone to cheer?
It's starting to get cold,
And really, really dark!*

*The leaves are turning yellow,
The grass is turning brown,
The birds are flying south,
Squirrels are under ground.
The elders are out berry picking,
And the men are all out hunting,
As frost is creeping all around,
And lying on the ground.*

*Look at all the signs,
And you will truly see,
There's no joke at all,
For fall is really here.*



The greenhouse in-progress



Greenhouse by Dolly Ann Zaroff

AlexAnna wanted the greenhouse so we can have fresh vegetables in our lovely village. The wonderful green house is being built by the landfill.

In the greenhouse they are going to grow lettuce, cabbage, cucumbers, tomatoes, squash, zucchini, pumpkins, and beans.

The village got the money from Alaska Marketplace. They

got money for seeds from the Alaska Food Coalition and the money for power came from the Pebble Fund. They got the seeds from the lodges and from some of the villagers.

The greenhouse will be powered by the village generator and by wind power. It will be heated from wood and paper products.

The people who are building

the greenhouse are Matt Lange and some of the villagers. The work that has been done so far is that it has been framed. Matt is laying the piping for in-floor heating. All they have to do is put on the polycarbonate panels and hook up the power.

AlexAnna thinks that the greenhouse will be finished by October 9th.

Working Together to Harvest Our Community Potato Garden



1



2



3

1. Gabe showing us how it's done.
2. Molly with a tote full. (There were 5 different types of potatoes)
3. Dolly Ann with an interesting "bug-eyed" potato.
4. April - little, not so little.



4

Bits 'n Pieces

Fives

5 Power Foods That Make Your Mind Younger

According to MSN health & fitness news

<http://health.msn.com/nutrition/slideshow.aspx?cp-documentid=100244372>1=31036>

Get smarter without going to school (no finals!). Simply add these foods to your day, and let your renewed brainpower impress you (and everyone else).

By Mehmet Oz and Michael Roizen

1. **Eggs** - Selenium is among the good stuff in this favorite breakfast food. Get enough of that element and your brain may perform as well as someone who's 10 years younger. Aim for 55 micrograms daily (eggs have 14 each; put them on whole-grain bread and get 10 micrograms per slice).
2. **Spinach, Kale, Collard Greens** - Brain-friendly carotenoids and flavonoids in dark, leafy greens can make your mind act like it's younger (minus all the embarrassing dating experiences). Three or more servings of these a day can slow mental decline due to aging by as much as 40%.
3. **Blueberries** - Compounds in this fruit may help protect you from two processes that age your brain cells (and are linked to Alzheimer's). We mean inflammation and oxidation
4. **Walnuts and Fish** - Although we love omega-3s, we get tired of relying on salmon, trout, and walnuts to meet our needs. The active omega-3 that keeps your brain young is DHA
5. **Mustard** - Turmeric, a spice in yellow mustard, helps activate genes that keep your brain clear of waste (its buildup can cause inflammation that destroys brain cells).

5 Friends Every Woman (or Man) Should Have

According to MSN Today

<http://lifestyle.msn.com/relationships/articleoprah.aspx?cp-documentid=19215954>

If you can find even one friend who embodies any of the sought-after characteristics that follow, consider yourself fortunate! Here, five friends no one should be without.

"Friends are the family we choose for ourselves," writer Edna Buchanan once said. I consider the "family" I've gathered — with five kinds of pals I count on for completely different things — among the wisest choices I've made. If you can find even one who embodies any of the characteristics that follow, you can consider yourself fortunate.

1. **The Uplifter** (this person's favorite word: "Yes")
2. **The Travel Buddy** (has the same destinations in mind as you and enjoys the same sort of activities)
3. **The Truth Teller** (with a bit of tact)
4. **The One Who Just Wants to Have Fun** (and finds the same things fun that you do)
5. **The Unlikely Friend** (friends twice your age or half your age, rich or homeless, of different nationalities, cultures, beliefs, social or political status—all these variations add richness to life)



2009 ASFA / AFCA Conference

by Chuck Brown

The flight to Anchorage was delay after delay after delay. I was supposed to leave King Salmon on Monday at 2:40 P.M., but after all those delays I did not get to leave until 5:10 P.M. I finally arrived in Anchorage at 6:20 P.M., found a place to crash for the night, and thought that my delays were behind me.

On Tuesday, morning I awoke feeling good. I got to the hotel on time at 11:00 A.M. and went inside only to see a few firefighters standing at the front desk trying to find out why the rooms were not ready yet. The nice lady behind the desk asked for the manager to see if he could find a way to speed up our check-in process. They said the rooms would be ready in about a half hour. About an hour later they said the rooms would be ready by 3:00 P.M. I finally checked into my room at 4:00 P.M.

When I awoke on Wednesday it was a beautiful day outside. I got a ride to the Dena'ina Center where the opening ceremonies were being held. We watched some Native Dancers followed by the presentation of the colors. Governor Sean Parnell spoke briefly, but had to hurry out to make the PFD announcement. There were a lot of speakers who had stories about their careers with their various departments.

After the opening ceremonies, we went to the Fallen Firefighter Memorial where the President of the Alaska Fire Chiefs Association read the names aloud of Alaska Firefighters that died in the line of duty. After the last name was read the bell was rung to signal that they have finally made it home. As visitors filed by the memorial reading the names on the stone and the plaques around the memorial, bagpipes were playing "Amazing Grace" in the background. On the grassy area at the memorial, flags were placed for each fallen firefighter.

I then returned to the Dena'ina Center where I attended my first class simply named, Rural Fire Chief. This class covered the basics of running a rural fire department.

As Thursday rolled around I awoke to a cloudy day. I headed to the Dena'ina Center only to find that the class was a repeat of Wednesday's class. This worked out ok because it gave me the opportunity to thoroughly digest everything that was presented. The class let out early because they realized they had made a mistake, and I was able to attend a second class, Fire Prevention for the Frontline Firefighter. This class was not part of the Rural Fire Chief schedule of classes, but since the earlier class was a repeat of the previous day, they added this as a bonus.

The Fire Prevention for the Frontline Firefighter class covered how to safely fight fires including what equipment is necessary to allow firefighters to safely tackle a fire without injury or loss of life. The main theme of this class was, "Everybody Goes Home." This class included great information and we watched a presentation about small villages that

(Continued on page 15)



where not fire ready. The presentation included the disaster at Hooper Bay in 2006. The village was not prepared for a major fire. Kids playing with matches under the school started a fire which resulted in thirty-five structures destroyed, including twelve homes, an elementary school, a middle school, a high school, a teacher housing complex, stores, offices and storage shelters. The fire left 70 people homeless.

Finally back on schedule, I attended the Rural Fire Chief - Recruitment & Retention class. This class covered how to recruit volunteers and how to keep them happy so they will continue to respond to calls and attend regular training and meetings.

Later Thursday evening, I went to the Alaska Fire Chiefs Association dinner. I was invited to join them in their meeting and observe how the meetings are run.

On Friday it was raining outside. I awoke thinking that my class was at 9:30 am because that's what all the rural fire chiefs were told the day before. It turned out the class was at eight and I only had time to get dressed and be on my way (just like in an emergency situation).

Friday's class was Rural Fire Chief - Grant Writing which covered how to get grants for the fire department along with other interesting and useful information including training opportunities. At lunch I took a free refresher class on how to give basic CPR (I am currently EMT1 but it never hurts to take refreshers), and received a free box with an individual CPR trainer kit which is now at our clinic. I have asked for more of these training kits for our community.

After class I went to a round table meeting to discuss training and goals for all departments as well as many other concerns such as what our department's needs are, and what sort of training and gear we need.

We had a few hours to ourselves before the BBQ at Fire Station 1. At the BBQ, I had the best steak I have ever had! We were also given a tour of the station. The band they had, "Rebel Blues" was good and Fire Station 1 gave out door prizes.

After the BBQ, as I was heading out the door back to my hotel, a group from the Fire Chiefs Association asked me to join them at the bowling alley where we spent 2 hours bowling. They quizzed me about a lot of things regarding our village and I told them what I could. For the most part, they were wondering where Igiugig is because they had never heard of it.

Saturday's events were very exciting. The first activity was the ladder competition. The goal for the three-man team was to get the ladder up quickly while one member runs up the ladder to ring the bell and then comes back down; then the team members dismantle the ladder and run to the finish line with the ladder. This is the only year the bell was not knocked off the pole or broken. After that was the hose set up and take down. The goal was for the team to put the hose together all the way down the line and on the way back disconnect it. The next event was the fire extinguisher run. In this one the firefighter runs 75 feet and has put out the fire in a burning barrel with just one fire extinguisher. The event I found to be the most entertaining was where the team had to find the baby in a small house, find a diaper, and change the baby's diaper. The catch? They had to do it blind folded and in full gear. It was hilarious!

Saturday evening the banquet and closing ceremonies were held. There was a slide show recapping the week's events, and, of course, the awards ceremony. The food they served was ok, but too fancy for my tastes so I did not eat much.

Overall, the experience was fun and educational. I hope to be able to attend again next year and bring several volunteers from our village along so that they can also receive additional training and information to help ensure that our community is fire ready.

I am honored to have been chosen for this opportunity and I am happy to be back home. I am excited to start putting the lessons learned at this conference into action and begin helping our community build the best trained group of volunteers in the area.



Phase 1 by Angel Alvarez

On August 30, 2009, though it was a bright, beautiful, sunny afternoon I was super nervous. As I was packing up to spend a week at the Newhalen House for Phase 1, many thoughts were racing through my mind. No one is going to like me. What if I don't know any one? Oh no, I'm going to be the oldest one there! When the plane arrived my worries got worse. Everyone kept to themselves and I didn't recognize anybody. At the time it seemed as if my predictions were coming true. Of course later on that night I realized I psyched myself out for nothing. Throughout the five days we spent together we worked on employability standards, acquired new and exciting skills, built friendships, started out a service project, and somehow managed to fit in a months worth of memories.

The day we arrived we were assigned teammates that we would cook and clean with throughout the week. There were seven of us so it was an uneven grouping. My team, Team 1, had four: Matthew, Tyler, Kelsey and me. While Team A had 3; Scott, Daniel and Briana. On Monday and Wednesday, Team A cooked all the meals (granted we ate lunch at the school every day), and Team 1 cleaned the house. Tuesday and Thursday we switched.

Monday morning, after breakfast was over, we had a quick energizer and then went out to the shop for Honda maintenance. There were three Ranchers, and again, seven of us. Needless to say, one group was bigger than the other two. Thankfully I was paired up with Scott, he seemed to have a pretty good idea of what was going on. Sadly, we got the problematic four-wheeler. There was oil in the air filter, the spark plug was super rusted, some of the caps were screwed on too tight, and poor Scott was the only one in our group that knew what was going on. The two other groups got their

Ranchers up and running by the time class was over, we only got halfway through the checklist.

Tuesday morning, Sarah John came in to tell us about her cake making business. It was interesting and very enjoyable when it got down to decorating the cake ourselves. Sarah showed us the type of tips used for borders, the kind used to make fancy roses and other flowers, the tip that makes the frosting look like grass, how to do confetti, and the tips that work best for when you want to write something. Matthew and I were the main two that went up to try everything. It was fun and created many laughs.

Ms. Lester and Marci (the masterminds behind this ingenious gathering) put together educational and life activities such as job shadows, interviews, and taught us other important life skills. We made business cards on Monday and resumes, cover letters and thank you letters on Wednesday. On most days we walked along the road heading towards Iliamna, Matthew was the only one who really ran. There was one sad, gloomy, rainy day that we decided to do physical strengthening exercises inside. The next day was much like the day before, just with added wind. We decided going for a walk was much more appealing than what we endured the day before. I am not afraid to admit that I am a wimp.

Throughout the week whether we were working on four-wheelers, decorating a cake, going for our daily walk, working on an assignment, eating dinner, or just hanging around we spent time together bonding and having fun. At the end of those five days we had done so much it had felt like we had been there longer. Though we didn't want to say goodbye, each of us were ready to go home.



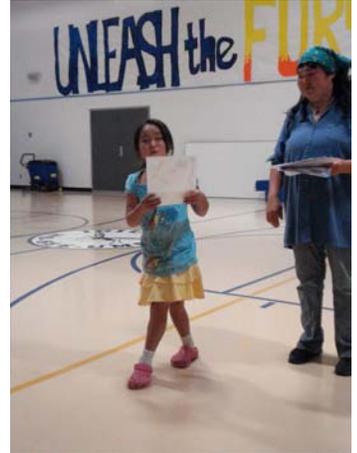
Phase 1 Angel Alvarez Job Shadow



Phase 1 Group Photo

Summer Reading Club 2009 Awards

Just a few of the many award winners... Congratulations to **EVERYONE!**



Top Row: Aiden, Dannika, Andrew, & Fewnia
Bottom Row: Dolly Ann, Joshua, Tess, & Maggie



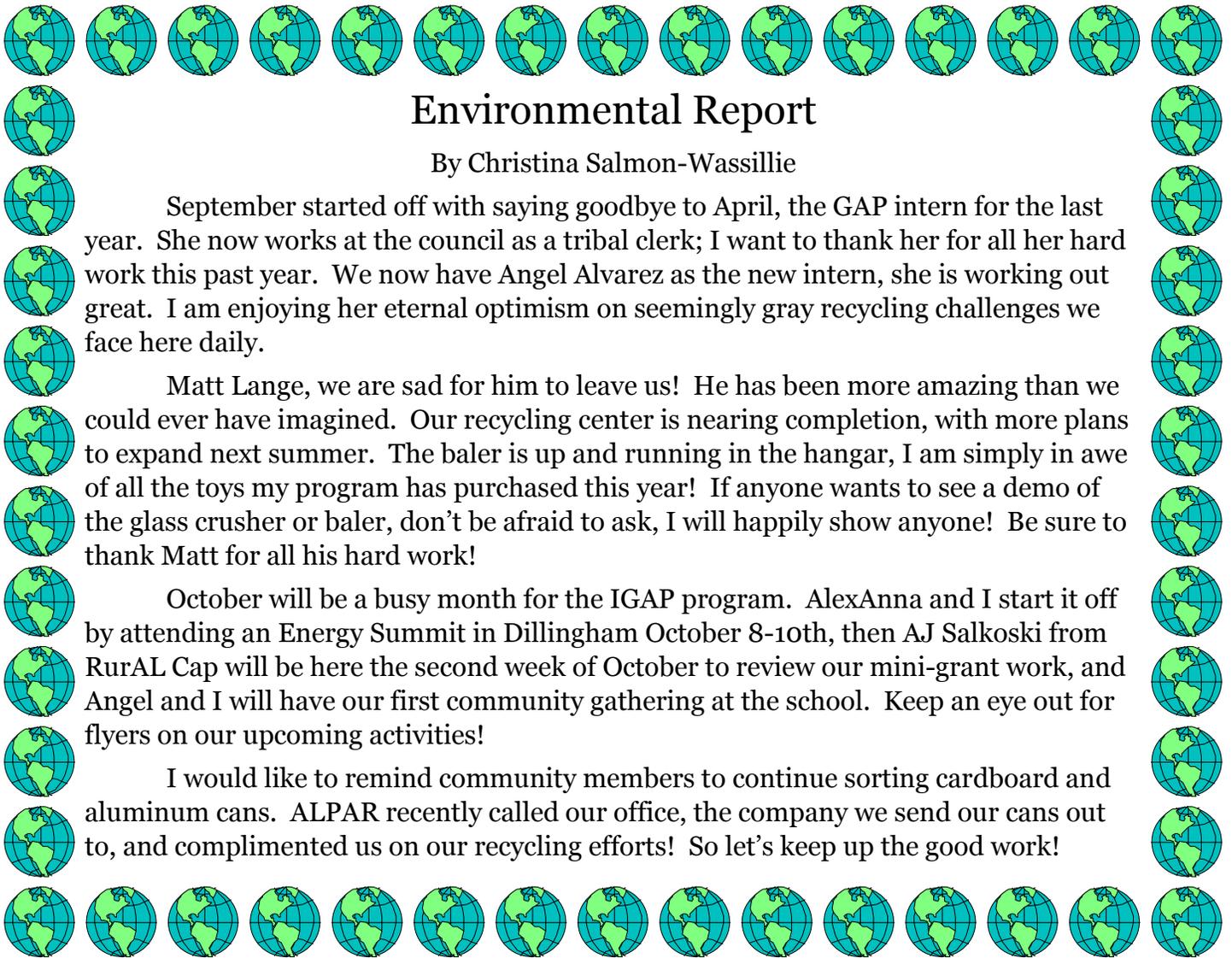
Answers to SUDOKU (game on page 5)

Answers to WORD BUILDING

(game on page 6)

PUT, PAT, PEA, PET, CUP, CUE, CUT, CAP, CAT,
APE, APT, ACE, ACT, ATE, EAT, TAP, TEA, PUCE,
PACE, PACT, PATE, PEAT, CUTE, CAPE, TAPE,
ACUTE, TAUPE, TEACUP

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



Environmental Report

By Christina Salmon-Wassillie

September started off with saying goodbye to April, the GAP intern for the last year. She now works at the council as a tribal clerk; I want to thank her for all her hard work this past year. We now have Angel Alvarez as the new intern, she is working out great. I am enjoying her eternal optimism on seemingly gray recycling challenges we face here daily.

Matt Lange, we are sad for him to leave us! He has been more amazing than we could ever have imagined. Our recycling center is nearing completion, with more plans to expand next summer. The baler is up and running in the hangar, I am simply in awe of all the toys my program has purchased this year! If anyone wants to see a demo of the glass crusher or baler, don't be afraid to ask, I will happily show anyone! Be sure to thank Matt for all his hard work!

October will be a busy month for the IGAP program. AlexAnna and I start it off by attending an Energy Summit in Dillingham October 8-10th, then AJ Salkoski from RurAL Cap will be here the second week of October to review our mini-grant work, and Angel and I will have our first community gathering at the school. Keep an eye out for flyers on our upcoming activities!

I would like to remind community members to continue sorting cardboard and aluminum cans. ALPAR recently called our office, the company we send our cans out to, and complimented us on our recycling efforts! So let's keep up the good work!

Fire Prevention Month (Continued from page 7)

Fire Extinguishers

Having the right fire extinguisher available in case of a small fire may help you prevent a devastating fire and possibly save your life.

DO NOT PUT WATER ON A GREASE FIRE! This can not be stressed enough. Pouring water on burning grease or oil will not extinguish the fire. It will only cause the burning oil to splash, spreading the grease fire around. If the fire is in a pan, use a metal lid to smother the fire. You can also cover the fire with flour or dirt.

Remember you only have a few moments to either put out a fire or escape the house.

Smoke & Carbon Monoxide Detectors

Having the right smoke and carbon monoxide detectors in your home is not only important but it's also the law. Most states now require carbon monoxide detectors in the home in addition to smoke detectors. These detectors are responsible for saving thousands of lives each year. Remember to test your battery twice a year.

You should have a smoke detector near bedrooms and one in each common area (such as living room) on each floor of your home. It is also recommended that you install at least one carbon monoxide detector on each level of your home especially in areas that contain appliances, such as Toyo stoves, that burn fossil fuels like oil.

Smoke detectors and CO₂ detectors are available at the clinic FREE! You can also get new batteries for your detectors if needed FREE! Batteries should be changed yearly. You can also pick these items up at the next volunteer meeting on Oct. 7th @ 6:30PM at the Village Council. Please bring a snack to share.



WALK TO BE FIT

Do something once and you will see if you enjoy it.

Do it twice and you will find out if it's something you could do often.

Do it three times and you are on your way to a new 'habit'.

31 days to healthier kids

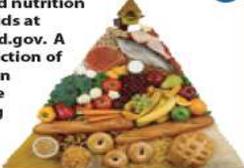
One Two Three Go!

31 Days to Healthier Kids

October is Family Health Month--a time to take a look at the health and lifestyle habits of everyone in your household. Use these 31 daily tips to help your kids develop healthy nutrition and fitness habits for years to come!



October

<p>1 Maintain an upbeat attitude. Healthy habits should be fun. If you're having a good time, your kids will also look forward to nutrition and fitness instead of dreading it.</p>	<p>2 Make family exercise a priority. Provide clean workout attire and reliable transportation to and from activities that keep them active, like a YMCA basketball league or pick-up game of soccer.</p>	<p>3 Feed them breakfast. Studies show that breakfast-eating children learn and perform better in school. Try a quick smoothie with soy milk, frozen bananas and peanut butter.</p>	<p>4 Watch your child's weight. Sometimes it's difficult for parents to recognize whether their own child has a weight problem. At all-child check ups, discuss weight issues with your child's pediatrician.</p> 
<p>5 Provide access to fitness. Buy some small pieces of equipment to keep around the house. Encourage your kids to exercise during TV commercials, and stretch before bed each night.</p>	<p>6 Follow the food pyramid. Get personalized nutrition plans for your kids at www.MyPyramid.gov. A child-friendly section of the site offers fun games, printable posters, coloring pages and worksheets.</p> 	<p>7 Explain body changes. Let your kids know that it's normal to experience an increase in body fat during puberty and throughout life. Teach them that this increase has a biological purpose.</p>	<p>8 Exercise with your kids. If your kids are old enough, you can bike, run, walk, hike or rollerblade together. Start a routine and stick with it.</p>
<p>9 Post healthy facts. Hang up articles and resources about health and fitness on a bulletin board or family fridge for everyone to see.</p> 	<p>10 Work in the yard. Gardening and other yard work provides an opportunity for families to spend time together, enjoy the outdoors, beautify their home, and get active. Try a small vegetable garden too!</p>	<p>11 Don't skip fruits and vegetables. Many kids are partial to fruits, but vegetables are important too. Include their favorites, along with dips and dressings to make them more palatable for picky eaters.</p>	<p>12 Educate about body shape. Explain that every person has a unique body type, and that complete control is not possible. Body shape is a lot like height--there's not much they can do to change it.</p>
<p>13 Suggest walking more than driving. If you have errands to run, and your destination is within two miles from home, walk or bike with the kids to get there. Enjoy the great outdoors and slower pace.</p>	<p>14 Allow periodic splurges. Forbidding goodies entirely is almost guaranteed to send your kids straight to the vending machines at school. Allow the occasional treat, as long as they're eating healthy most of the time.</p>	<p>15 Use positive language all the time. Positive words can turn into positive actions! Frame healthy habits as good and exciting so your child will view them similarly.</p>	<p>16 Encourage active video games. Fitness-related games like Dance Dance Revolution, Nintendo Wii, or Eye Toy make good choices.</p>
<p>17 Limit sugary drinks. Water, low-fat milk and 100% fruit juices are better choices than soda and other sugary beverages.</p>	<p>18 Designate a family fitness night. Try a new active pursuit each week. Whether it's swimming, rollerblading, Frisbee golf, or two-on-two basketball, you're guaranteed to have fun!</p> 	<p>19 Appreciate body diversity. Help them recognize the wide variety of body shapes and sizes. Athletes like swimmers, runners and jockeys all have different strengths thanks to their body shapes.</p>	<p>20 Establish a bedtime routine. Toddlers and kids need more sleep than adults--about 8 to 12 hours, depending on age. Get them to bed early so they'll be healthier, stronger, and better able to concentrate.</p>
<p>21 Eat together. When children eat with their families, they tend to do better in school, avoid risky behaviors, develop higher self-esteem and eat more nutritiously! Sit down together at least three times a week.</p> 	<p>22 Get outside! For a fun family activity that keeps everyone in shape, try hiking. Or, create a fitness course in the backyard, complete with jump rope, jumping jacks, and pushup stations.</p>	<p>23 Give praise! Healthy changes require acclaim! Celebrate good food choices, fitness improvements, and more with positive reinforcement.</p>	<p>24 Pack a healthy lunch. Many school cafeteria meals are high in saturated fat and cholesterol and too low in fiber- and nutrient-rich fruits, vegetables and whole grains.</p>
<p>25 Turn off the TV. TV is bad for kids, according to scores of doctors and researchers. Limit TV time and encourage active pursuits instead.</p>	<p>26 Promote sports. Team sports teach kids more than fitness--they improve motor skills, increase self-esteem, and foster cooperation and teamwork. Even non-competitive activities like dancing count.</p>	<p>27 Model respect. Show appreciation of your own body type so your kids appreciate theirs. Don't let your kids overhear you complain about your thighs or lament about how much you overate.</p>	<p>28 Follow the 80/20 rule. Provide healthy food choices at home so that your kids are eating well about 80% of the time. Allot the other 20% of the time for fun foods.</p>
<p>29 Consider unconventional activities. Skateboarding, snowboarding, Tai chi and other physical pursuits might be just the thing to get your child involved in exercise.</p> 	<p>30 Be an advocate. Not every family has access to the health information that you do, and only through advocacy and support can other people benefit from your knowledge and skills. Get involved to help others!</p>	<p>31 Lead by example. This may be the most effective way to teach anyone anything. Explain why you choose to order the garden burger and why you work out. Kids are sponges for knowledge!</p> 	

Try Something New!

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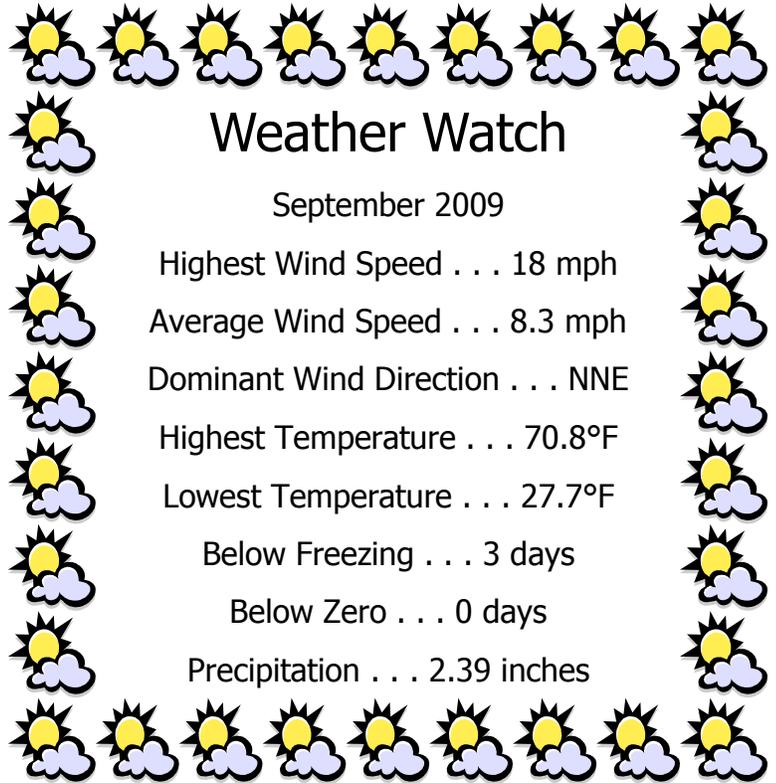
Christina Salmon, IGAP Director

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Tanya Salmon, ICWA Worker

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Nancy Nease, Editor



Recipe Corner

Contributed by . . . Nancy Nease

Spiced Pumpkin Butter

RECIPE INGREDIENTS:

- 4 cups Pumpkin Puree, or two 15-oz. cans pumpkin
- 1-1/4 cups pure maple syrup
- 1/2 cup apple juice
- 2 Tbsp. lemon juice
- 2 tsp. ground ginger
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/4 tsp. salt
- Chopped hazelnuts (optional)

Directions:

1. In 5-quart Dutch oven combine all ingredients except nuts. Bring to boiling; reduce heat. Cook, uncovered, over medium heat, stirring frequently, 25 minutes or until thick. (If mixture spatters, reduce heat to medium-low). Remove from heat; cool.

2. Ladle into jars or freezer containers, leaving 1/2-inch head-space. Cover; store in refrigerator up to 1 week or freezer up to 6 months.

3. To serve, top with chopped nuts. Makes 4-1/2 cups (36, two-tablespoon servings).



Very Yummy!

Nutrition Facts

Sodium (mg) 17, Carbohydrate (g) 9, Percent Daily Values are based on a 2,000 calorie diet.