



New Teachers

Igiugig welcomes new teachers, Andrew Scrivo and Katy Journey-Davey.

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Igiugig Community Greenhouse

Updates about Igiugig's greenhouse.

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september 2010

Igiugig

news & notes

□ VOLUME 13 □ ISSUE 9

Igiugig's Newest Additions

BY CHRISTINA SALMON

Amara Decker and Wade Sampson are the proud new parents of Cole Tommy Palacios Decker; he was born September 1, 2010 at 12:44 P.M., after 5 hours of labor. Cole came out a whopping 8 pounds, 6.8 ounces and 21 inches long. Proud grandparents are Dan & Susie Decker & Wade & Barbara Sampson. The community of Igiugig welcomed him home on September 3rd. We wish Amara a speedy recovery and a few nights of decent sleep in the weeks to come!

George and Annie Wilson also celebrated the birth of their grandson on September 3, 2010. Phil and Georgette (Wilson) Baumgartner welcomed their second son at 11:40 PM. Merik George Baumgartner weighed in at 8 pounds 11.85 ounces and was 20.5 inches long and has one older brother, Declan Baumgartner

Congratulations new parents, and remember, they are only babies for a short period, embrace every minute of this special time.

(Photos page 11)

Birthdays This Month:

- September 10
Sandy Alvarez
- September 18
Barb Brown
- September 23
Karl Hill
- September 24
Krystine Decker
- September 27
Angel Alvarez



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

The summer of paperwork and projects and people has left little time to write articles for my favorite publication. Some of the main activities I have been preoccupied with include:

- ♦ Rural Utility Business Assessment (RUBA) for the water utility, which can be accessed online now: commerce.state.ak.us/dca/ruba/report/Ruba_Report.cfm
- ♦ Underwent business plan development for two IVC utilities: water system and electric company, in order to prepare us for the upgrades.
- ♦ Wind turbine installation, and operational greenhouse, toured recently by the Pebble Fund.
- ♦ Continued construction of Igiugig Health Clinic.
- ♦ Completed the VPSO Office Renovation project.
- ♦ Prepared to receive our legislative grant for a new fuel truck—2200 gallons.
- ♦ Welcomed the new family Karl and Stacy and kids Kaleb and Kaley.
- ♦ Congratulated Christina on securing a four-year IGAP grant for the Environmental Department!

Most excitingly, I have watched construction of Phase II of IV: Igiugig Lodge Concept,

which is to build the lodge support facility. Currently, I am attending an Administration for Native Americans (ANA) Project Development training to help us pursue the development of the lodge/cultural center, and will apply for a "conceptual design planning grant" to involve the community in the planning process. The establishment of this facility is one of my greatest passions in life as well as a high priority in the Igiugig Strategic Plan.



Igiugig Lodge Support Facility Phase 2 of 4
Igiugig Community Lodge and Cultural Center Concept

sions in life as well as a high priority in the Igiugig Strategic Plan.

I anticipate many planning/visioning meetings over the winter with BBNA's regional visioning project, Alaska Federation of Natives conference, the Annual Igiugig Native Corporation and Igiugig Village Council Meetings, and our own

community planning. As we continue working diligently, my thoughts this fall are with our college bound and those pursuing secondary education: Mary and April Hostetter, Jonathan and Jeremy Salmon, and Sheryl Wassillie. Our village will miss your young minds, ambitions, and adventurous spirit, but no matter where you go, Igiugig is home! "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..."

— Dr. Seuss (Oh, the Places You'll Go!)

I am From...

Adapted by Levi Romero

Inspired by "Where I'm From" by George Ella Lyon

I am from Big Mountain.
 I am from a river and a lake.
 I am from the smoke
 salmon.
 I like Honda riding on the beach.
 I'm from the bear.
 The spruce tree.
 whose long gone limbs I remember
 as if they were my own.
 I'm from Easter and Christmas from mom and dad.
 I'm from fish and gold panning and from hunt-
 ing bears and moose.
 I'm from agutag and cutting trees and TNT.
 I'm from Easter egg hunting.
 I'm from Anchorage hanging fish, steak and fish.

By Kaleb
 Date 8/20/10

*I am from the Kvichak River.
 I am from the swamps and the grassy hills.
 I am from the mountaintops.
 I'm from the beautiful flowers and I'm from the colorful
 pebbles.
 The willow trees
 whose long gone limbs I remember
 as if they were my own.
 I'm from starrng and berry picking, from my mom and
 dad
 I'm from playing outside and bike riding
 and from swimming in the cold water and
 I'm from knitting and beadwork and bike riding I'm
 from the Yupik songs.
 I'm from Alaska and from Igiugig Blue berries and
 strawberries*

*By Dolly Ann Zharoff
 Date: 8 - 20 - 10*

**I AM FROM NO-SEE-UMS
 I AM FROM HALLOWEEN AND BROWN
 BEARS
 I AM FROM ANCHORAGE
 I'M FROM THE MOUNTAIN AND THE COTTON-
 WOOD
 WHOSE LONG GONE LIMBS I REMEMBER
 AS IF THEY WERE MY OWN.
 I'M FROM CHRISTMAS AND SCHOOL,
 FROM FISH AND MATH
 I'M FROM BOATING AND PLAYING OUTSIDE
 I'M FROM ICE, EAGLES AND WATER
 I'M FROM YUPIK SONGS
 I'M FROM ALASKA AND IGIUGIG
 PIZZA AND JELLO**

**BY: KAYLEE HILL
 DATE: 8-20-10**

I am from lake
 I am from river and the beach
 I am from the slimy sockeye salmon
 I'm from the bugs
 The willow
 whose long gone limbs I remember
 as if they were my own.
 I'm from Christmas and Halloween
 from brother and mother
 I'm from fishing and hunting
 and from sliding
 I'm from hunting and biking
 and queen
 I'm from starrng
 I'm from AK and laptop
 Ice cream and blueberry

By Joshua Brown Date 8-20-10

New Teachers *by Tanya Salmon*

Igiugig welcomes two new teachers: Andrew Scrivo (elementary teacher) & Katy Journey-Davey (middle school-high school). Katy has taught in the District for 5 years at various locations: Perryville, Pedro Bay, & she also coached out of King Salmon. Andrew has been with the District for 2 years & was stationed at Perryville. "We love Igiugig so far! It is beautiful & everyone we have met has given us a warm welcome. We also really appreciate how green the village is, we are both huge advocates of the environment & it is amazing to see all the work that has been done here, Igiugig is such a progressive community, we are honored to be able to live & work here."

Writing is their favorite subject to teach. Seeing growth in the students' lexile (reading) scores & to establish a firm mathematics foundation by using their Flashmasters is their goal for the 2010-2011 school year. The pair is also planning to make a feature film for this year's Christmas program (so people who cannot attend can still enjoy the play).

When Katy & Andrew aren't busy teaching, they enjoy berry picking, fishing, beadwork, hunting, trapping, hiking, reading, & playing with their 2 dogs : Curtis, a



1 ½ year old German Shorthair, Gaia, a 3 ½ year old pitbull. Katy is also trying to learn how to sew. During the summer they enjoy traveling & visiting their friends & family.

The students enjoy the enthusiasm & energy that the teachers bring into the classroom.

Igiugig School began the 2010-2011 school year on August 18. The school has two new teachers this year: Elementary Generalist Andrew Scrivo of Venetia, Pennsylvania and Secondary Generalist/Head Teacher Katy Journey-Davey of Arcata, California. This is Andrew's second year with LPSD and Katy's fifth year.

The first week of school the students taught their new teachers about Igiugig. The students were divided into four multi-age groups and each group was in charge of creating a presentation about Igiugig as a place, habitat, people or community. The students did a fantastic job with their presentations, and Andrew and Katy now feel that they have a much better understanding of what it means to be a No-See-Um.

In addition to the "What is Igiugig?" presentations, every student at the school wrote a poem based on George Ella Lyons' "Where I'm From" [see page 3 for a few examples]. These poems are on display at the school, and we encourage you to come by and write one of your own to add to the display.

I am from a lake
I am from tundra and spruce
I am from a small village
And the smell of smoked salmon
I'm from the berry flat
The willow whose long gone limbs I remember
as if they were my own.
I'm from Christmas and Starring
From elders and children
I'm from playing and berry picking
and from fishing.
I'm from tree climbing and hunting
and a special place
I'm from Yup'ik
I'm from Igiugig
Alaska
Agutag and moose burgers

By Andrew's Class 8/19/2010

Pre-school Boot Camp

By Tanya Salmon

With a stuffy/runny nose, a sleepless night because of fevers, & a sick baby with earaches, I wasn't exactly thrilled to head down to King Salmon for pre-school training. "It's only pre-school, how hard can it be?" I thought. I didn't realize I was being sent down for a rigorous 3 day/4night pre-school on steroids boot camp.

We reached our destination late in the afternoon. When all 8 attendees from various locations throughout the District showed up, we met at the District Office (DO) & had introductions, went over our schedule, & visited with each other. Glenda Egli was the sergeant running the programming & had us scheduled to start our training at 7:45 AM sharp!

The first night was TERRIBLE! Avery travelled with me & kept me up most of the night with her crying. Her nose was stuffy, our room was dry, her ears were hurting, & she was teething. As soon as I fell asleep, she would wake up! By the time 7 AM rolled around, I sluggishly rolled out of bed, dressed the baby, & was on my first mission of the day: to get coffee. Much to my horror....we had NO COFFEE!

Once everyone was comfortably settled with their hot cups of caffeine in the conference room at the DO, the classes began. Glenda went over each of the programs: math, literacy, reading, colors, etc. She even had us pair up into 4 groups to practice teaching some of the material so that she knew we got the swing of things. I loved the hands-on experience. It was great to look through the materials, discuss them with experienced teachers, & talk about what works well & what doesn't.

Day 2 we had to go over forms. Forms upon forms upon forms! I couldn't believe the amount of paperwork we were required to do for each child. We were given testing instructions, we practiced on one another, learned how to assess the scores, & how to go online & find ADDITIONAL information on how to decipher all the little numbers! By the end of the day I was near information OVERLOAD! The acronyms completely threw me off, but I wasn't the only one. Before class ended, Glenda read a children's story aloud to us, which I thought was a terrific end of the day.

Day 3 we went over more forms, protocol, what to expect with working with the District, & tied together everything we learned. My plane was running a little later than expected because of foggy weather, but I didn't mind because I was able to chat with Ty Mase (the superintendent) & other DO employees.

Overall I had a great experi-

ence. I would like to thank Glenda for her awesome teaching & her amazing organizing skills, Paula (who is given the title as travel coordinator, but she does EVERYTHING) for taking Avery whenever she got the chance to play with the baby, & for the rest of the staff who made our trip enjoyable.

Aug. 31st was my first day of pre-school. I have a whopping class of one student: my nephew Keilan. Soon to join will be my cousin Leif. Thanks to my new profession, I often walk around singing/humming different children's songs. My current favorite: Knee's up Mother Brown:

There came a girl from France
who didn't know how to dance
The only thing that she could do
was knees up Mother Brown

CHORUS:

Oh, Knees up Mother Brown
Knees up Mother Brown
Knees up, knees up, never let the
breeze
up
Knees up Mother Brown.

Oh, hopping on one foot,
Hopping on one foot,
Hopping, hopping, never stopping
Hopping on one foot

(CHORUS)

Oh, prancing up and down
Prancing up and down
Prancing, prancing, never dancing
Prancing up and down

And whirling round and round,
Whirling round and round
Whirling, whirling, never twirling
Whirling round and round

Perhaps I won't be the only on
with the song stuck in my head.



Library/Computer Lab News

by Betsy Hostetter, Tribal Librarian

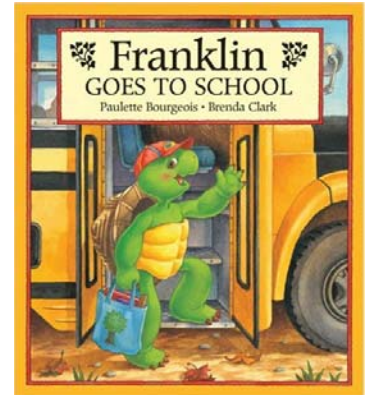
The Summer Reading Club has come to the end. Our total of books read was 2,191, with 72,929 of pages read. We had 39 members, with 18 adults, 11 teenagers, and 10 little ones. Thank you Nancy for keeping track of our tallies and doing a grand job decorating the bulletin board!

As of the 18th of August, I am back! I am playing "catch up" with the library; so bear with me. I have lots of books in boxes yet. I need to do inventory on them and also I am putting stars on them before I put them on the shelves. You will be seeing more changes in the library. WE need MORE shelves for all the books.

We will be having our famous "Who could pick the Biggest Blueberry/Blackberry?!" for the September library gathering. It will be held on the 17th of September. So start picking!!!! Start saving those GRAND DADDY of them all berries!!!

EASY FICTION

This book was my daughter Mary's favorite book.
Franklin Goes to School - Paulette Bourgeois
Franklin could count by twos and tie his shoes...

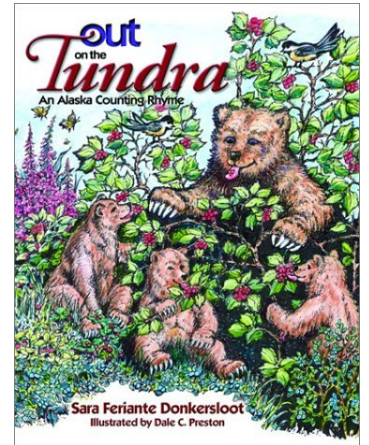


Junior Fiction

Dork Diaries - Rachel Renee Russell
"Sometimes I wonder if my mom is BRAIN DEAD! Then there are days I know she is..."

Adult Fiction

The JOYS of LOVE - Madeleine L'Engle
During the summer of 1946, twenty-year-old Elizabeth is doing what she had dreamed of since she was a little girl; working in a theatre.

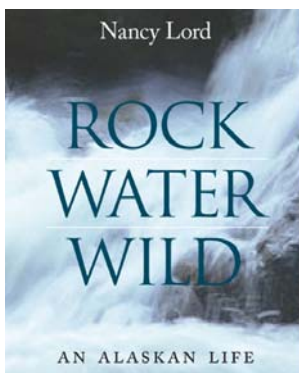


Alaska Easy Fiction

Out on the Tundra - Sara Feriante Donkersloot
"Out on the tundra in the midnight sun lived a prickly porcupine and her porcupette one."

Alaska Nonfiction

Rock, Water, Wild - Nancy Lord
"... How we live matters- to us, to our community, to wild creatures and to the world."



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Environmental Report

by Christina Salmon-Wassillie – Environmental Director

August

"If I start crying and stuttering and end up on the floor in the fetal position, hyperventilating into a paper bag, it's ok, I'm alright, I'm just a little nervous." That's how I started my presentation on recycling in rural Alaska at my recent trip to San Diego for the Tribal Lands Forum. The crowd was growing larger and larger and with each person that walked through the door, my heart beat was increasing a little more. In the end, it turned out great, made it through my presentation, the applauding and the questions and my stint there was complete.

Three days in sunny San Diego were amazing. Along with friends from Alaska and new friends made there, we spent our evenings doing the regular tourist activities. We stayed in the US Grant Hotel, this amazing old building, was about to celebrate its 100th anniversary. It was located in the Gaslamp district of San Diego, a short walk to the harbor and Petco Park. We ate at as many new restaurants as we could, shopped 'till our feet cramped and I even spent one lunch break getting my Dad's tail numbers tattooed on the back of my neck...ouch!

My trip to San Diego was paid for by Northern Arizona University and EPA. I am very grateful for such an amazing opportunity and would like to thank Jennifer Williams and Todd Barnell for allowing me to participate in the first ever Tribal Lands Forum. I believe it was a great success and would happily participate again in the future!

I am From

By Christina Salmon

I am from a tin can honeybucket,

From Pine-Sol and Dial bar soap,

I am from the white house across from the church and,

I am from snowdrifts in our windbreak and,

From the white sandy beaches of Lake Iliamna.

I'm from The Simpson family night and dishes week

From Dan and Julie and grandma Mary.

I'm from kisses goodnight and taking off dad's work boots and

From berry picking at Blueberry Island.

I'm from, "Do you want this size 13 boot up your butt?",

"Video games will rot your brain," and

"Only lazy people sleep past 8 AM."

I'm from hard work and dedication.

I'm from Igiugig, Alaska

AK Native and Caucasian,

From grilled steak and salmon egg soup and

From puking on my sisters head and,

From sloppy artwork hung proudly on each cupboard and

From family portraits on a dusty shelf.

Announcements

- **September 6th-10th**, Dr. Norris at the clinic.
- **September 9th & 10th**, School Pictures.
- **September 16th & 17th**, Cross-country meet Egegik. (8th grade can compete this year)
- **September 17th**, Library Event - Biggest Blueberry/Blackberry at the school. Time TBA.
- **September 21st**, IVC Meeting 2PM at the hangar.
- **September 23rd**, Igiugig Volunteer Fire Department Regular Meeting, 8:00PM at the hangar.

VOCATIONAL TRAINING

Tribally Eligible Adults residing in Igiugig who are in need of Vocational Training to become gainfully employed in the village should consult with Tanya Salmon, Social Services Director, on available programs.

CONTROL YOUR PETS...

PLEASE remember to chain up your dogs if they are over 6 months old. 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 open and is located in the hangar. Although the Food Bank is open to everyone in the community, families in need will have priority. If anyone has excess food, they can make a donation to the Food Bank. Cash contributions to the food bank are also welcome. Thanks!



Vehicle Parking Notice

- ♦ If you are leaving on a flight please park on the sides or back (North side) of the hangar.
- ♦ If you are at the airport working, doing business, doing garbage, etc. and need to stop in front of the hangar (South side) **please park within 30' of the building.**
- ♦ **Do not** leave your vehicle out on the tarmac where airplanes need to taxi, park, or unload and **do not** park right in front of the big hangar doors.

REMINDERS

Store Hours
4pm to 5pm

Please help us get the October newsletter in the mail on time by having all newsletter items turned in by

7PM September 27
Thank You!

TRASH...

All trash dropped off at the Hangar needs to be placed in the gray tote. Trash thrown on the floor is unacceptable. All plastic and cans need to be placed in the blue recycling totes as well. Thanks!

EGGS FOR SALE

Our fresh chicken eggs are for sale! \$4 per dozen, free for elders. The eggs are in the hangar refrigerator. Please pay in the office and return your cartons!

Yup'ik Words of the Month

Amirairvik - September (literal meaning - 'caribou shed velvet')

amig - 'pelt, skin'

amirak, amiraq - 'waterproof skin boot made of fish-skin; fish-skin used in clothing'

amirkaq - 'young bearded seal; seal-skin ready for use with hair removed'

ak'a tamaani amirkanek qayalitullruut - 'in times past they made kayaks out of seal-skins.'

Source: Yup'ik Eskimo Dictionary - compiled by Steven A. Jacobson
Alaska Native Language Center, University of Alaska Fairbanks 1984



IGIUGIG COMMUNITY GREENHOUSE



by Arran Forbes

If you've been by the landfill lately, you'll have seen the completion of the village's brand-new high-tech solar greenhouse. It's been two summers in the making, but the last of the UV panels are up and the finishing touches are being made on this fantastic structure. It's September, so the growing season is wrapping up, but here's what we have going on this fall:

- ♦ It might be cold and blustery outside, but the greenhouse can capture enough heat during the day to maintain 80-degree+ temperatures. Within the next few weeks we'll install vents and fans to circulate and exchange air so that it doesn't get too hot in there for the plants (what a concept for Alaska!), and also so that fresh air can replace the humidity that can carry diseases and fungi.
- ♦ The ultimate goal of the greenhouse is to have produce growing most of the year, and the biggest obstacle to this is the low light of our winters. We purchased four fluorescent shop lights to promote the growth of seedlings long before the sun is powerful enough to nurture them. The drawback to fluorescent lights is that they only produce light of one color (sunlight produces light of all colors: think of a rainbow!), and so plants can only reach a certain stage of growth under their beams. Eventually, we will invest in LED lights, which emit the full color spectrum and can grow plants all the way to maturity, just as the sun can. For now, the fluorescents won't help us extend our season this year, but they'll allow us begin much earlier in the spring.
- ♦ Before our lights are installed, we will electrify the greenhouse by connecting it to the three wind turbines behind it. It will be low-draw energy, leaving plenty of wind power to feed into our grid and fuel our homes.



- ♦ If you saw the greenhouse foundation before we poured the concrete, you saw a maze of orange tubes lining the ground—these tubes will be connected to a central boiler to the west side of the greenhouse for in-floor heating during the winter. Christina won us the grant money for this state-of-the-art boiler in conjunction with the cardboard baler in our plane hangar; all those boxes you've been recycling will be burned to run heat through the floor of the greenhouse! The Lake and Pen Borough has taken an active interest in this aspect of our project, and is including us in their boiler studies to investigate the efficacy of in-floor boiler heating across the region for its economic and environmental viability.

- ♦ We currently have tomatoes, pumpkin, summer squash, peppers, carrots, beets, zucchini, sunflowers, oregano, basil, parsley, and spinach growing beautifully inside. Go check it out!

- ♦ As an extension of the ecology curriculum at the school, we'll be doing a few lessons and experiments at the greenhouse for the kids. Hopefully these will be ongoing and the kids can see the full lifespan of the plants and have some invaluable hands-on time with ecology, botany, agronomy, geology, and eating!

The greenhouse is a community space and we encourage everyone to enjoy it in all its capacities! You are always welcome out there, and if there are any plants

you would like to see growing, or would like to grow your own plants, don't hesitate to track me down. This greenhouse operation—from the ultraviolet panels, to the central boiler, to the windmills—is an extraordinary endeavor, let alone for this little village in rural Alaska! We are extremely proud of what we are accomplishing, and grateful to all the organizations that supplied the grant money to make this possible. It is a grand experiment in local, sustainable agriculture, and we eagerly await to reap its rewards!

I am

I am from coffee.

I am from Atta-Boy, and Kirkland.

I am from the round table in the dining room.

And the barking dogs outside

I am from the grass

And the alders that sway in the wind

I am from a family dinner on Thanksgiving

And stubbornness

I am from Molly and Barbara

I am from yelling and competitiveness and care

I am from mind your manners and behave

**And if so and so told you to jump off the cliff
would you**

I am from the reading of a story on Christmas Eve

**I am from Arizona and Spanish, German, French
and many more**

I am from chicken and green beans

**I am from Molly when she fell off a slide and
broke her arm**

I am from pictures flooding with memories,

Stored in an old trunk and hung along the walls.

By: Maggie Stoltman

August 20, 2010

I am from Starring

I am from moose and wolves

I am from the trees

I am from blueberry

I'm from the birch tree

The willow whose long gone limbs I remember
as if they were my own.

I'm from bike and earth and Halloween Christmas
from Ekwok and Anchorage

I'm from Earth and from riding bikes.

I'm from math and fires and

Writing neatly and Yupik

I'm from Bethel

Alaska

Boys and girls

By Caleb Decker

Date 8-20-10

I am From...

I am from tundra

I am from water and trees

*I am from the smoke of the steam that
goes in our mouth*

I'm from the bugs

*The willow whose long gone limbs I
remember*

As if they were my own.

I'm from bugs and trout

From Christmas and rain

I'm from potlucks and celebrations'

And from mountain hikes

I'm from talk and math

And Yupik

I'm from Starring

I'm from Anchorage and Native

Pizza and spaghetti

By Fewnia Zharoff

Date 8/20/10

I am From...

I am from a lake.

I am from river and beach.

I'm from the fox

The spruce

whose long gone limbs I remember
as if they were my own.

I'm from ice and white.

from red and blue.

I'm from Alaska and bones.

and from a can.

I'm from fire and cars.

I'm from fire.

I'm from Anchorage and math and pizza.

By Andrew Williams

Date 8/20/10



Clinic News by Stacie Garrison, CHA-T

Hello! As most of the village knows, I am the new Community Health Aide and I would like to thank everybody for the support and encouragement they have given me. I am very excited to start training, but first, I'm off to Dillingham for pre-session and an EMT-1 course so will be gone through September and will be back to Igiugig the beginning of October. During that time, Dr. Norris will be here from September 6th - September 10th with an itinerant health aide who will be in the clinic September 6th - September 20th. Thank you all again for the support and know that I greatly appreciate all the help I've received so far – keep it coming!

Important Clinic Dates:

- Stacie is scheduled to be in Dillingham August 27th - October 4th.
- Itinerant Health Aide September 6th - 20th.
- Dr. Norris will be in the clinic September 6th - 10th.

Igiugig New Arrivals



*Above and Below:
Merik George Baumgartner
born to
Phil and Georgette Baumgartner*



*Above and
Right:
Cole Tommy
Palacios Decker
born to
Amara Decker &
Wade Sampson*



*Igiugig
congratulates
the parents and
grandparents of
Igiugig's new
arrivals!*



AUGUST HOT SHOTS





WALK TO BE FIT contributed by Sandy Alvarez

FALL UPDATE COMING SOON

Make Exercise a Passion – find one that gives you joy!
If it's not fun to you it's not the one for you.

Besides running from the marauding hordes of bears that were frequenting the village earlier, there are various opportunities for exercise in and around Igiugig. Be creative and pick something that inspires you.

- A number of people are enjoying yoga sessions with our summer garden expert Arran Forbes who is also a yoga instructor.
- Personal choice for some women (and men) is berry picking where you can walk for miles with lots of bending stretching and lifting, and come home with winter food supplies to show for it.

Others select hunting as their exercise of choice this time of year which not only includes walking and carrying around heavy equipment and guns, a successful hunt also includes hefting around quarters that can occasionally outweigh the hunter and provide a winters supply of wild meat which is consequently more healthy for you than anything you can buy from the store—entirely free of any antibiotics, hormones and other chemical pollutants that you find in the domestic market.

Never Fear...
... if you're not the group activity or Outdoorsy Type!

If none of those sound fun to you, don't give up, there are more amazingly different sorts of videos out there than you could ever imagine, most of which you can chose to do all by yourself in the privacy of your own home when no one else needs to participate or watch!

Here are some of the suggestions that come from the Prevention website, MSN's health department, aarp.com, and other various internet sources:

Tai Chi	Hula Dancing	Kick Boxing	Qigong Exercise	Pilates
Belly Dancing	Walking Videos	Cardio Workout	Ab Workouts	Strength Training
	Muscle Toning	Fit after Fifty Exercise	Balancing Routines	

... Pick your Passion, Power Up and pursue a new you!

"Walk to Be Fit" isn't just about walking—it's about a quality of life that comes about by your attention to activities and habits that will help you totally avoid diabetes!



Bits 'n Pieces

by Sandy Alvarez

SUSTAINABILITY

This is a word we don't often use in everyday life, but it is truly something we do every day here and a principle that we live by out in rural Alaska. We are careful with the berry bushes because we know that we will need them to produce again next year and for many years after that. We watch out for the salmon escapement needs of the river/lake because we know that the returning salmon produce the fish for future returns.

When we look at what this word means applied to the Village Council, we often think that it's just a money thing, for example on the fuel sales, we need to earn enough money per gallon on fuel sold to be able to pay for the fuel itself, and the freight to get it here, and the people who deliver it, and the repair costs to the facility, and the insurance we have to buy incase of problems, and more recently the State has also required that we look at what it will cost to replace the tanks, pipes, pumps, etc. when they get old and rust out and have to be replaced so we also have to start saving a little at a time to take care of that when the time comes.

Just this past month we have also gone over these same costs for the Water & Sewer facility because we are going to get an upgrade to that system (Washeteria, water pipes, and sewer piping/lift stations/lagoon). Surprisingly, it would cost more than \$7,000,000 to replace what we have right now, and they think that 30 years is how long this one will last. For some of us that means we will be really old by then and not need to think about it, but for other younger council employees and board members, this means that they will still be around when the time comes to replace it.

But before you read this as doom and gloom (and extreme rate increases), we will share the strategy that works for Igiugig...

...Make it Last Longer!

The Village Council has been using this strategy for many years. For example:

- ⇒ Village equipment that was purchased in 1982 has been given routine maintenance and repairs to any damage, so that even though it should be ruined by now, it still works just fine.
- ⇒ Trucks are used gently; vehicles are not driven recklessly and are warmed up before use in the winter.
- ⇒ Buildings are repaired: roofing is fixed if there is a leak, gutters are put back on to keep water from running into the building, foundations are repaired if they begin to rot, wiring is fixed or replaced if it's not working right and attention is given to small problems before they get big and costly to repair.
- ⇒ And residents have done the same in their own homes. (BBHA was surprised last year to see how nice the HUD homes in Igiugig, built in 1984, are still looking because most other village's houses are already ruined, but here people have repaired and even made them nicer than they were when they were first made.)

Why is this important to know? Because as the Village looks at the new Water & Sewer system installation, it's important to make it last longer.


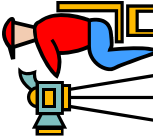










One thing that we know for sure is that harsh chemicals are hard on both the piping and pumps, and it damages the sewer lagoon by killing the bacteria that is necessary to 'digest' the wastes that go there. So in an effort to make this facility also last way longer than the experts think it will, the Village Council is encouraging residents to use 'natural products' whenever possible. Many times baking soda and vinegar work just as effectively as chemical products. So we would ask that you educate yourself and take the time and effort to order and use environmentally friendly products whenever you can. A few that have been tried by council staff include toilet and various all-purpose cleaners made by BioKleen and Seventh Generation, (as well as the homemade laundry soap recipe provided to you last month) but there are many other products available to you. Good readymade products can be ordered online from sources like www.drugstore.com and www.lehmans.com or you can shop and purchase them in Anchorage from CARR's natural food section, or the Natural Pantry among other stores. If you formulate your own the ingredients can be purchased from any grocery store, maybe even Sayak's Lavguq.



Watch for recipes in upcoming publications

Be sustainable with us!

September 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 LABOR DAY	7	8	9  Senior Pictures Family Pictures	10  Sandy Alvarez School Pictures	11
12 	13	14	15	16  Cross-Country 16th-17th Egegik	17  Library Event Biggest Blueberry or Blackberry	18  Barb Brown
19	20	21  IVC Meeting 2PM	22	23  Karl Hill Fire Dept. Meeting @ the hangar 8PM	24  Krystine Decker	25
26	27  Angel Alvarez	28	29	30	Coming up in October: October 11, Columbus Day October 18, Alaska Day October 31, Halloween 	

Igiugig Tribal Village Council

- AlexAnna Salmon, President
- Randy Alvarez, Vice-President
- Dallia Andrew, Member
- Christina Salmon, Member
- Kevin Olympic, Member
- AlexAnna Salmon, Interim Village Administrator
- Sandy Alvarez, Director of Accounting & Finance
- Betsy Hostetter, Library Director
- Christina Salmon, Environmental Director
- April Hostetter, Environmental Intern
- Tanya Salmon, Social Services Director
- April Hostetter, Tribal Clerk Intern
- Nancy Nease, Newsletter Editor & Website
- Dan Decker, Sr., VPSO
- Chuck Brown, Fire Chief
- Barb Brown, EMS Coordinator



Weather Watch
August

Weather Watch information will return with
next month’s issue.

we’re on the web!
www.igiugig.com

PLANNING A VISIT TO OUR AREA? CONTACT US FOR INFORMATION ABOUT ALL THAT IGIUGIG HAS TO OFFER.
PHONE 907.533.3211 FAX 907.533.3217 EMAIL IGIUGIG@BRISTOLBAY.COM WWW.IGIUGIG.COM



PO Box 4008
Igiugig, AK 99613

- Front page photo credit: Nancy Nease
- View of Igiugig from the school.
- Back page photo credit: Molly Stoltman
- Mouth of Kvichak River and Iliamna Lake

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