



### Inside this issue:

4-1-1 in the	2
5-3-3	
Walk to Be	3
Fit	
8 Germiest	4
Public Places	
Library	6
News	
Energy Tips	7
Health Aide	7
Report	
Greenhouse	8
Goodies	
Bits 'n Pieces	9
Photos	10-11

### Birthdays This Month:

- March 3rd  
Martha Crow
- March 6th  
Gabe Gust
- March 14th  
Dan Decker Jr.
- March 21st  
Jon Salmon
- March 24th  
Terek Anelon
- March 28th  
Lukas Zackar



# Igigigik News and Notes

Issue 3

March 2011

Volume 14

## +1 Makes 65 by Christina Salmon



Mackenzie Love Nickoli became our newest community member on February 7, 2011. A healthy 8 pound 15 oz. girl graced her parents, William Nickoli and Olga Zackar, with her presence at 9:34 p.m. She joins her big brothers Zach and Lukas and big sisters Dolly Ann and Fewnia. Congratulations to Will and Olga and here's to some sleep at night, she's a keeper!



# The 411 in the 533

## *Spring to Work!*

Over the short winter, I have been engulfed with various village projects that are scheduled to take place this summer—pending funding timelines. These projects bring opportunity for local employment, good wages, or even volunteer work. Please contact me if you are interested in working on one (or several) of these projects.

Project/Funding Source & Management/Timeline  
Barge Landing and Access Road. Denali Commission & BIA. May-October 2011.

Completion of High Ridge Road to Floatplane Lake. Denali Commission & ILC. May-August 2011.

Rural Power Systems Upgrade. Alaska Energy Authority. Late April-June 2011.

Water Treatment Plant Upgrade and Water Storage Tank Construction. Alaska Native Tribal Health Consortium. June-March 2011-12

Public Safety Officer Housing Construction. Alaska Housing & Finance Corp. May-November 2011

Besides major Capital Improvement Projects, I have continued to oversee other projects, programs, and departments that are equally important. Our IMLS Enhancement Grant for creating our very first digitized photo collection is ahead of schedule thanks to the determination, patience, and hard work of Betsy Hostetter, Bob Forshaw, and a new partnership with Alaska Digital Archives. In a short time frame, Betsy has not only learned how to digitize and “touch-up” photographs, but has some online! Access them

online at: <http://vilda.alaska.edu/> and use the search keyword “Igiugig”. I strongly encourage you to participate in this project by submitting photos and sharing stories because this is a chance to shape Igiugig’s unique history and to share it with the world.

IVC has ambitious goals for our Local Foods Program that will require significant manpower. This summer, we need to recover the cold greenhouse, plow a large outdoor garden, install electric fencing, and build planting boxes. Our slow-germinating crops will be planted by the end of March, with plans to harvest in September for our First Farmer’s Market.

Joining us this past month are Don and Laura Mulligan. Laura spends her days at the clinic, and Don has been added to the maintenance department at IVC. He has done an incredible job cleaning and organizing the tools and supplies in the hangar. The Hangar Space (and all of the village connexes) have suffered a true “Tragedy of the Commons” where various people have borrowed IVC’s tools and left them in disarray. If we want to continue using this community space, we all need to keep it clean, organized, and appreciated. The unfavorable alternative to the problem is lock and key.

As our winter nears the end, we have been blessed with beautiful weather. I hope that this sunshine is providing natural energy to Spring to Work!

## *BRAG BOX*

“Igiugig is the most remarkable community I’ve visited in rural Alaska in forty years. They recycle everything!” –February visitor.

## WALK TO BE FIT

Total Village Mileage through March: ?????

[www.realage.com](http://www.realage.com)

### How Old are you Really?

The website listed at the top of the page has a 'test' that will ask you a whole bunch of questions about your life style, current physical condition, exercise levels and other things in your life and will consider all these things together to tell you how 'old' your body really is.

While this 'test' does not really consider all the personal factors involved or tell you detailed medical information, it can give you a hint as to whether you are maintaining a healthy life style that will help you live long and happily or if you are doing damage to yourself and will feel 60-years old when you are only 40!

For this writer, the results weren't overly surprising, but it did serve to remind me to eat six or more servings of WHOLE grains daily while skip the white flour products, to vary my veggie selections, to get a bit more exercise in general but additional cardio in particular, and add to my Vitamin D intake.

Take a look around the village at our elders and wonder what their real age is—eighty calendar years might just be seventy 'real' years?!



Check up on yourself today, and then every year or two so you can see if you are getting any younger as the years go by!



Igiugig is celebrating Earth Hour again this year!  
 March 26th, 2011 from 8:30 to 9:30 p.m.  
 Be involved!

## 8 Germiest Public Places by Christina Salmon



As we touch restaurant menus, shopping carts, and soap dispensers, we never think about E. Coli, fecal matter, or cold and flu viruses. The average adult touches 30 objects in a minute, most of them being germ harboring items like door knobs, phones, and remote controls. Thanks to MSN Health online, I reviewed the 8 germiest public places. Granted I know we don't get out to these places very often living in rural Alaska, but the next time you take a trip to town, keep them in mind.

- 1) Restaurant menus. They are touched hundreds of times a day and never sanitized. Don't let your menu touch your plate or silverware and sanitize your hands after you have placed your order.
- 2) Lemon wedges that were tested in 2007, (by the Journal of Environmental Health) showed that 25 of the 76 lemons they tested at restaurants had e. Coli and fecal matter on them. Next time you order a drink, ask them to hold off on the garnish!
- 3) Condiment dispensers are full of bacteria and are never disinfected either. So, putting a little ketchup on your fries, then eating them with your hands, is directly transferring the bacteria straight to your mouth. You can sanitize your own dispensers, or just make sure you wash your hands before touching your food.
- 4) Always use a towel to open the restroom door. Who cares if you are a germ-phobe, as long as you stay healthy.
- 5) Feel clean as you use the soap dispenser? 25% of dispensers tested were found to have fecal matter on them. The bottoms are continually touched by dirty hands feeding the bacteria there. Be sure to wash with hot water for at least 20 seconds to kill anything you may have picked up.
- 6) Shopping carts have more fecal bacteria on them than a public restroom! Look for the disinfecting wipes at your local grocer. I know most Anchorage stores are providing these now.
- 7) You are a 100 times more likely to catch a cold while flying, and it is no wonder why. Airplane bathrooms are covered in E. Coli. Use sparingly and always wash and sanitize if possible.
- 8) Your doctor's office, toys, magazines, the person coughing next to you, all spreading germs and bacteria. A sneeze can travel up to 3 feet, so try and sit with a seat or two between you and the other patients waiting. Bring your kids own toys and your own reading material.

We are and forever will be surrounded by germs and bacteria. Always remember to wash your hands frequently. Clean your house with a disinfectant like Clorox and hot water or at least frequently touched objects like phones, handles and remotes.





## Library/Computer News by Betsy Hostetter

March is the "Month of the Hawk." in the Koyukon Athabascan language. Daylight saving time begins on the 13<sup>th</sup> of March. "Spring forward!" Set your clocks one hour ahead. Saint Patrick's Day is on the 17<sup>th</sup>. Spring Equinox is on the 20<sup>th</sup>. Seward's Day is on the 28<sup>th</sup>. For the Enhancement Grant, I have been scanned photographs from Mary Olympic. I am learning how to restore photographs through "www.youtube.com" If you are curious about learning something; "www.youtube.com" is the place to be! I have been getting very useful tips through this. Our February library gathering theme was "Black History Month," we celebrated learning who our famous African Americans were.

### *Easy fiction*

Storm Run by Libby Riddles

The Story of the First Woman to Win the Iditarod Sled Dog Race.



### *Junior fiction*

The Indian in the cupboard By Lynne Reid Banks

"It all began with a birthday present Omri didn't want. It would become Omri's secret: precious, dangerous, wonderful- even magical."



### *Fiction*

Six ways from Sunday By William W. Johnstone

"Some men just can't wait to die..."



### *Alaska nonfiction*

Being Caribou By Karsten Heuer

"Five months on foot with an Arctic Herd."



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

### Website of interest

[www.youtube.com](http://www.youtube.com)

Wanting to learn something, but don't know where to begin. YouTube has tutorials that can show you how something is done; step-by-step. I have been using this to learn how the Photoshop works. It is the best resource on the net! Have time on your hands, and wondering how things work? This is the site for you!



## Energy News

by Tanya Salmon

With the threat of power outages, I thought it would be an excellent idea to give a few tips on how to be prepared if the power goes out.

1. If you work at home, it would be wise to have a battery back-up for your computer. If the electricity goes out, the back-up can power your computer until you properly shut it off. The Office has invested in these batteries & they have become very helpful over the years!
2. Have a number of flash lights with fresh batteries in your home, and know where they are located. Also consider having a plug-in flashlight that remains charged until you need it - use, for example, in a dark hallway socket. Or consider one of the "shake it" flashlights that does not need batteries.
3. Have spare batteries to replace ones that run out. (Make sure you dispose of the old batteries properly - don't just toss them in the trash.)
4. Have candles and or oil lamps (don't forget matches) for light. Make sure you keep them away from flammable materials such as drapes. Have additional candles, lamp oil and wicks available.
5. Have a regular, hard-wired telephone, not just a cordless model. A cordless phone needs electricity in its base to operate the transmitter. Unless the telephone lines are down, you should have telephones.

For more energy tips check out <http://www.consumerenergycenter.org/tips/beprepared.html>.

## Health Aide Report

by Stacie Garrison

I came back from Session II on Valentine's Day, and was surprised to see that I had a new coworker! Laura was a nurse in the ER in Fairbanks for over 10 years and decided to move with her husband, Don, to Igiugig so she could be a health aide. Laura says that so far things are working out very nicely in Igiugig, and that she and Don enjoyed meeting everybody but still need some time to learn everyone's names! Laura and Don have adjusted very well since moving here and are very comfortable, and were amazed at how fast and how easily they fit into the community. Laura is a lot of fun to work with and already has helped me out immensely. We are currently scheming ideas for becoming more involved in the community, and would like to start some healthy programs this spring that everyone will be able to participate in. Both Laura and I are excited to move into the new clinic the end of this month, and to really get started on all the activities that we are brainstorming.

# GREENHOUSE GOODS

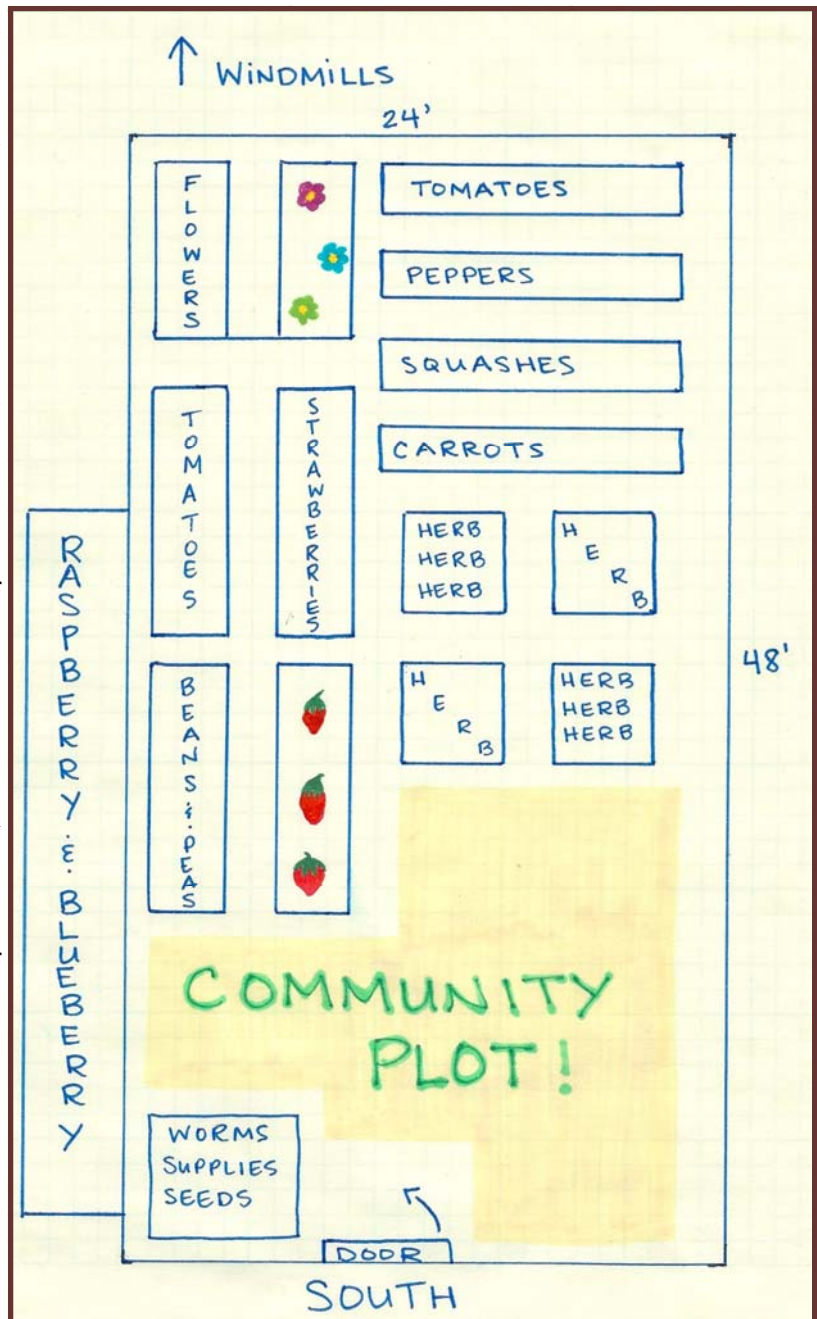
The weather has been beautiful and many residents plagued by spring fever. The greenhouse is reaching nearly 60 degrees and climbing each day from natural solar heat. Over the next month, a team of volunteers will be organizing and preparing the greenhouse for spring planting.

Last summer, Arran Forbes surveyed the residents and lodges on preferred vegetables and herbs that we could produce for sale. With the help of Stacy Hill, I was able to order all of the recommended seeds. This summer we will rotate planting lettuce, artisanal greens, and herbs every two weeks and give two lodges "test samples" to see if we are able to reliably meet their demand for fresh greens.

I have also included a sketch of the greenhouse and the "Community Plot" we have available for interested families to use. Look at the list of seeds we ordered and where we plan to grow them (warm greenhouse, cold greenhouse, and outdoor plots). Please contact me at the office by March 21, if your household wants to reserve a space and we will provide soil, containers, fertilizer, and some leftover seeds to encourage community participation.

We are also looking for volunteers to help maintain the crops. Our 2011 season goal is to host Igiugig's First Farmer's Market in the fall. It will be an opportunity to sell fresh produce grown cooperatively in the greenhouse, individually in your yard, harvested from the tundra, or value-added products such as jams, jellies, syrups, baked goods, flowers, pickled/canned goods, and homemade gifts. This event will take place on a Friday change-over day so that tourists can also enjoy the fruits of our labor. This will take energy, enthusiasm, and hard volunteer work from all of us but it should be a very fun event.

- Indoor Crops:** Tomatoes, peppers, carrots, squashes, herbs, cucumbers, strawberries, beans, and peas.
- Cold Greenhouse:** lettuce, spinach, artisanal greens
- Outdoors:** turnip, radish, rhubarb, broccoli, potatoes, beets, asparagus, raspberries, blueberries.





## Bits 'n Pieces

### THE TOUCH FACTOR

*A recent article in the AARP magazine shared some interesting facts about human relationships, which may be very pertinent in both personal and business settings...what you are touching may affect the way you react in a given situation!*

*Most mothers realize this in an unconscious way—a wet diaper translates to a crabby baby, change the cold clammy stinky think on their behind and you will have a much more cooperative darling! So translate forward—researchers at Yale and the University of Colorado say that what you are holding or otherwise feeling can affect how you interact with people.*

*Warm cup in hand helps view people around you as caring and generous.*

*Sitting in a comfy chair inspire more positive responses in people.*



*Below is a summary of the touch to mood findings:*

**Soft = receptive, approachable**

**Warm = trustworthy**

**Cold = unfriendly, selfish**

**Rough = harsh**

**Hard = strict**

**Smooth = easy to get along with, easygoing**

**Heavy = important**

*So if taken literally the recommendation is:*

*Boss needing to fire someone—put on your pokiest wool sweater, sit on a cold metal folding chair and hold a heavy clipboard!*

*Parent comforting a sad kid—wear a nice fleecy jacket, drink a cup of hot cocoa and sit in your comfy chair!*

*Read the whole article at [aarp.org/feelfactor](http://aarp.org/feelfactor)*

### Random March Facts

According to the Georgian calendar, March is the third month of the year. According to the early Roman calendar, it was the first month of the year & was called *Martius*. The ancient Romans later made January 1<sup>st</sup> the beginning of the year & March became the third month on the calendar. March always has 31 days. Its name honors Mars, the Roman God of War.

The Anglo-Saxons called March the Hlyd monath which means Stormy month or Hraed monath, which means Rugged month.

All through Lent the traditional games played were marbles & skipping. The games were stopped on the stroke of 12 PM on Good Friday, which in some places was called Marble or Long Rope Day.



# Monthly Snaps



Igiugig's new residents: Don & Laura Mulligan



George, Annie, & Gabe @ Wild Salmon Day



Shealayla all bundled up on her new 4-wheeler



Avery Lynne @ Wild Salmon Day





Top Left: Julie & Charity enjoy the delicious foods @ the Wild Salmon Day Celebration.  
Top Right: Gabe, Julie, & George line up for food.  
Middle Left: Keilan studiously works on his handwriting in pre-school.  
Middle Right: The ever fashionable Danika with her Dansko clogs @ a basketball game.  
Bottom Left: Kaylee & Kaleb show off their freshly trapped beaver.



# March 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Happy Birthday Martha Cronin	4	5
6 Happy Birthday Gebe Gusté	7	8	9	10	11	12
13  Daylight Savings. Spring ahead 1 hr.	14 Happy Birthday Dan Decker Jr.	15	16	17  St. Patrick's Day	18	19
20	21 Happy Birthday Jon Salmon	22	23	24 Happy Birthday Zerek Anelon	25	26
27	28 Happy Birthday Lukas Zackar	29	30	31 IVC Time-sheets Due	April 4th: Grand opening ceremony @ 1 PM for the New Health Clinic	

## Igiugig Village Council

AlexAnna Salmon, President  
Randy Alvarez, Vice President  
Dallia Andrew, Member  
Christina Salmon, Member  
Mary Olympic, Member  
AlexAnna Salmon, Interim Village Administrator  
Sandy Alvarez, Director of Accounting & Finance  
Christina Salmon, Environmental Director  
Tanya Salmon, Social Services Director  
Betsy Hostetter, Library Director  
Dan Decker Sr., VPSO & Fire Chief  
Tanya Salmon, Newsletter Editor

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First Class Mail

Front Page Photo Credit: Sheryl Wassillie  
Sun-set in Igiugig  
Back Page Photo Credit: Tanya Salmon  
Can you see the ptarmigan?

Igiugig Tribal Village Council Newsletter