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Birthdays this Month

- August 16th
Erika Salmon-
Anelon
- August 18th
Susie Decker



Igiugig News and Notes

Issue 6

July 2012

Volume 15

Brrr...It's the 4th of July by Tanya Salmon

July is supposed to be the peak of the summer season; hot sunny days, kids playing at the beach, picnics galore! This 4th of July, however, was not the case. We initially planned a community picnic at the beach like we do every year. Our plans were put on halt on the morning of the 4th when rain thundered on our roofs & potholes quickly turned into puddles. That didn't stop the community from their picnic: the show must go on!

Christi & Susie quickly ran around gathering tables, setting up chairs, & making the hangar as comfy as possible. Jocko manned the grill, women organized the food, and the children ran wildly around. It was a special 4th for some people, like Stacie whose parents came up for a visit for the first time. Or for Annie who had her daughter Georgette & her two grandsons visiting. Or a memorable 4th for others, like Rick Halford (former senator) who was unexpectedly weathered in with his wife & son. Another pilot flew down to pick up passengers who were not set to leave until the next week so he dished up as well!

Everybody enjoyed the delicious dishes, desserts, & an all-time village favorite & delicacywatermelon! When the hangar was too cold, people would move into the office to eat their food in warmth. I must say, it was one of the coldest 4th of July's I have ever experienced. A few degrees colder & our rain would've turned into snow (although a pilot who landed & visited told us that there was fresh snow in the Lake Clark Pass). Brrrrrr.

Thanks to all who helped set-up, cook, & clean afterwards. Without your help, our village wouldn't hold as many infamous functions such as this one. Hopefully next year the weather will be more cooperative! If it doesn't, we all know we will have a festive time anyway. Qu yana!

The 4 1 1 In The 5 3 3

By AlexAnna Salmon

I have spent the entire month of July in Igiugig. It is amazing how entertaining village life can be. The biggest entertainment this month was the arrival of the Japanese mini-trucks for the landfill/recycling/local foods program. Our employees look like ninjas zipping around from one job site to another. 50 miles to the gallon, and a 7 gallon gas tank, we are already drastically reducing our fuel consumption!

We also received the brand new patrol car; the barge crew unloaded and tested the sirens out while the VPSO was out of town.

Other projects we are working on include plans for the fall culture camp at Kukaklek Lake, putting a nicer fence and display sign for the Igiugig St. Nicholas Church, greenhouse improvements, continual photograph collecting for the library digital archive, and awaiting the green-light for major construction projects such as the barge landing road.

July has been an incredible month for visitors. Amongst the usual, we have had Irmelin Gram-Hanssen back for her thesis presentation: "Youth Creating Sustainable Communities in Rural Alaska." We had two planeloads of the Bristol Bay Native Corporation leadership that toured the village. We even had three law firms in town taking testimony on trail use across the river.

Indeed, if you did not live here, you would be under the impression that Igiugig is a bustling metropolis! We have enjoyed the visits, but this final week in July will be spent in quarterly reporting mode and catching up on paperwork. And if we ever get a nice day out, I will go berry picking!



BBNC luncheon at the hangar



1 of the 3 Japanese mini-trucks



Environmental Report

By Christina Salmon

July passed with a flurry of fresh salmon being tangled in our subsistence nets, visitors from all corners of the world enjoying the beauty of our home, and ALPAR Flying Cans being crammed into every corner of the mail plane.

Watching the gentle plumes of smoke rising from smokehouses dotting the community and buckets full of fresh salmonberries spread out on tables for cleaning, I am reminded of just how blessed we really are to live with such abundance right out our back doors. We complain about the price of steaks, fresh produce, and soda from the store, but in reality, we don't need it to survive and live healthy, even in our remote community.

The only downfall to our wonderful village is...BUGS! But the next time you load up on DEET filled bug spray or "dope" as commonly referred to, remember these fun facts:

⇒ There are over 3000 species of mosquitoes worldwide with more than 160 species in North America alone.

⇒ **Mosquitoes are the deadliest insects on Earth.**

That's right, more deaths are associated with mosquitoes than any other animal on the planet. Mosquitoes may carry any number of deadly diseases, including malaria, dengue fever, yellow fever, and encephalitis

⇒ DEET --bug spray--(Diethyl Toluamide) is a chemical, your body absorbs and then releases it through your urine within 24 hours.

⇒ Some medical professionals wonder about chemical exposure and a child's brain development. One study using rats indicated DEET produced a neurological effect.

⇒ The Pesticide Information Project of Cooperative Extension Offices of Cornell University states that "Everglades National Park employees having extensive DEET exposure were more likely to have insomnia, mood disturbances and impaired cognitive function than were lesser exposed co-workers".

⇒ As a precaution, manufacturers advise that DEET products should not be used under clothing or on damaged skin, and that preparations be washed off after they are no longer needed or between applications. DEET can act as an irritant; in rare cases, it may cause severe epi-dermal reactions.

Happy berry picking!



Left: Keilan & Erika learn smoke house tricks from their amau. Middle: We teach 'em young! Kaylee & Karl in the skid steer. Right: Tobacco facts bingo!

Message from our VPSO



Well, it's that time of year again when fishing is done and everybody's looking forward to berry picking and moose season.

We should all be cleaning our guns and making sure four wheelers and boats are ready to use.

Remember to check your Honda oil and make sure everything is running right before you start heading out to the tundra for berries and Moose. If you're out by boat try to have an extra prop with you just in case.

It's also that time of year again when we should be checking our chimneys and making sure that they are clear of any soot or obstructions. Earlier in the year at my house, we had a bird actually fly down our chimney and fly into the house. We heard a funny fluttering sound in the wood stove and when the door of the wood stove was opened, the bird flew out. We had a heck of a time getting the bird to leave the house but we were successful after several minutes of trying.

Remember we have a no loose dog policy in the village of the Igiugig. So if you have a loose dog please tie it up as I'd sure hate to have to be the one to bring the bad news about it going to the land of no return.

I hope everybody has a successful berry and moose season.

Thank you,
Dan Decker

Clinic Update by Stacie Garrison

What a busy summer! Herman and I have been traveling like crazy this summer for work (and leisure, too). So far I've spent a week in Levelock and a week in Newhalen to cover their clinics. Herman has made trips to Kokhanok, Pedro Bay and Naknek to help out with their clinics and training. Herman will be in Kokhanok for at least a week in July, and I will spend some time in Pedro Bay in August. And thrown in there at some point will be a trip for us to good ol' Dillingham to receive training for EHR (Electronic Health Records), so hopefully we'll be able to do everything online instead of on paper.

We've also had several visitors in and out of the clinic all summer, including Mary Clark, WIC (Women Infant Care), Dr. Crossett, and some tech guys. We're expecting a visit from Dr. Norris this fall, and one of the PAs from Nilavena clinic wants to make a visit to our clinic this year, as well as Jennifer Kelly.

Again, I am so happy to be moved into the new clinic! Granted, I REALLY miss being in the busy downtown area and by the river, but am glad that Kannon has made the old clinic habitable, as I am happy with all the extra space we have at the new clinic.



Americans spend **\$111 MILLION** on popsicles & charcoal for July 4th weekend, **\$203 MILLION** just on CONDIMENTS (that's more than the **\$193 MILLION** we spend on hamburger patties), & we spend at least **\$600 MILLION** on fireworks nationwide! **Who Knew....that the 4th of July was such an expensive holiday!**

KANNON'S KORNER

by Kannon Lee

I grew up farming 10 acres of land in Northwest New Mexico and gardening in city lots and mountain meadows. My family maintained two ranch locations with 150 head of cattle. To me, farming and ranching had been a chore and not a sole source of living. I considered picking apples from the orchard a punishment and hauling water was never something I could enjoy when I was growing up. I did not think I would find myself in a position where I would be trying to implement a farming program and actually enjoying it! I visited the Meyers Farm on July 15th through the 17th. Everything that I knew of the Meyers Farm was from those that have seen it, heard about it, or experienced it through the dimensions of a television. The visit was made possible with funding from the USDA Rural Agricultural Program.

The tour around the farm opened my eyes to what we could have here in Igiugig and after conversing with Tim in length he too agrees that we can do more. The Meyers Farm has rows of potatoes and rows of zucchini, cabbage, strawberries, turnips, carrots, etc. Walking over the grounds: viewing the custom buildings, entering the root cellar, perusing the high tunnel produce, one would think that Tim is an expert, but really he is a self-made man determined to provide healthy living to area residents. He strikes me as a scientist with his varying experiments to see how best to grow certain vegetables in Western Alaska's coastal climate. But unlike those Ph. D's and leading experts in area universities who said farming could not be done, Tim has succeeded. Who better to learn about farming in Alaska than Tim Meyers himself. The best thing that a start-up farm, like our own, can do is to work with Tim and learn from his own past experiences because he has determined what works best. I am determined to learn from the Meyers Farm and seek to establish something similar here in Igiugig, but first some changes must be met.

After my visit to the Meyers Farm in Bethel, I can see where we are going wrong here. It isn't that what we are doing is incorrect, but rather if we want to provide for the entire community and market to surrounding lodges, we need to expand our thought process and consider something else. What we have currently is large-scale gardening. We put too much work into our gardening operation and reap little in return. Our greatest obstacle lies in producing enough for the demand in the area and relying on the greenhouse to do that will not help us. Throughout this growing season I have had conversations with owners and workers from area lodges, with interest in what Igiugig is in the process of developing at the greenhouse, and the question always is, "Are you



First generation rows of potatoes growing on leased land near the Bethel Airport.



Driving the Kubota with attached fertilizer spreader on bucket. Tim had me drive down each row and dispense tundra top soil for added fertilizer.



Tim and I checking on the crop of strawberries in one of the high tunnels.

Continued on pg. 9

The Power of Coconuts by Tanya Salmon



People spend hundreds of dollars annually on health products. There is one very surprising product that can literally work wonders: coconut oil. Originally given its name by early Spanish explorers who thought the three indentations on the nut resembled a monkey face (coco) and “nucifera” which means “nut-bearing,” the coconut has been classified as a “functional food” because it provides many health benefits beyond its nutritional content.

Coconuts have been used extensively in traditional medicine among Asian & Pacific people. Pacific Islanders, who refer to the coconut palm as “The Tree of Life,” even consider coconut oil to be the cure for all illnesses. Only recently has modern medical science really started to explore the secrets to coconut’s amazing healing powers.

Abscesses, asthma, baldness, bronchitis, bruises, burns, colds constipation, cough, dysentery, earache, fever, flu, gingivitis, gonorrhea, irregular or painful menstruation, jaundice, kidney stones, lice, malnutrition, nausea, rash, scabies, scurvy, skin infections, sore throat, swelling, syphilis, toothaches, tuberculosis, tumors, typhoid, ulcers, upset stomach, weakness, & wounds are just SOME of the traditional medicinal practices that coconut is used to treat.

Today, scientists have confirmed that the use of coconut has helped treat many of the above conditions. Medical journals prove that coconut, in one form or another, may provide a wide range of health benefits.

Coconut In Modern Medicine

- Kills viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDS, and other illnesses.
- Kills bacteria that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, and gonorrhea, and other diseases.
- Kills fungi and yeasts that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, and other infections.
- Expels or kills tapeworms, lice, giardia, and other parasites.
- Boosts energy and endurance, enhancing physical and athletic performance.
- Improves digestion and absorption of other nutrients including vitamins, minerals, and amino acids.
- Improves insulin secretion and utilization of blood glucose.
- Relieves stress on pancreas and enzyme systems of the body.
- Helps relieve symptoms and reduce health risks associated with diabetes.
- Improves calcium and magnesium absorption and supports the development of strong bones and teeth.
- Improves digestion and bowel function.
- Relieves pain and irritation caused by hemorrhoids.
- Reduces inflammation.
- Supports tissue healing and repair.
- Supports and aids immune system function.
- Helps protect the body from breast, colon, and other cancers.
- Protects arteries from injury that causes atherosclerosis and thus protects against heart disease.
- Helps prevent periodontal disease and tooth decay.
- Functions as a protective antioxidant.
- Helps relieve symptoms associated with chronic fatigue syndrome.
- Dissolves kidney stones.
- Helps prevent liver disease.
- Is lower in calories than all other fats.
- Supports thyroid function.
- Promotes loss of excess weight by increasing metabolic rate.
- Applied topically helps to form a chemical barrier on the skin to ward of infection.
- Softens skin and helps relieve dryness and flaking.
- Prevents wrinkles, sagging skin, and age spots.
- Promotes healthy looking hair and complexion.

- Provides protection from damaging effects of ultraviolet radiation from the sun.
- Helps control dandruff.
- Does not form harmful by-products when heated to normal cooking temperature like other vegetable oils do.

Coconut oil was once mistakenly believed to be unhealthy because of its high saturated fat content. After more studies, however, it was discovered that the fat in coconut is unique from most other fats, truly making it a remarkable food & medicine. Coconut oil has been described as “the healthiest oil on earth” because it is one of the few plant sources of saturated fat. Coconut oil contains lauric acid (said to possess antibacterial, antiviral, & antioxidant properties) & medium-chain triglycerides (MCT) which helps to speed up metabolism & promote weight loss.

Coconut oil can be purchased at most natural-food stores. When selecting a coconut oil, look for organic, non GMO coconut oil. Stay away from hydrogenated oil or oil that has been treated with heat, solvents, or bleach. Choosing extra virgin oil ensures that the coconut oil product has not been refined, bleached, or deodorized & it tends to offer a richer flavor than refined coconut oil.

One can use coconut oil in stir-frying & baking, can be used as a substitute for butter as a spread or flavoring agent for bread, oatmeal, popcorn, vegetable dishes, & other foods. It can also be added to smoothies & shakes. One can use coconut oil externally as well for lotion, shampoo, or to rub over cuts, warts, bruises, etc. I also heard of people swishing coconut oil in their mouths-A.K.A oil pulling-as a natural mouthwash (kills bacteria to sweeten your breath & prevent cavities).

In addition to coconut oil, some companies make a product made from whole coconut, not just the oil, so it also is packed with protein & fiber. This is called coconut butter or coconut manna & can be used in smoothies, shakes, desserts, dressings, & sauces.

I hope this article opens your mind to the healing powers of coconut oil. After reading about the benefits of coconut oil, I quickly ordered some from www.amazon.com to experiment with! To learn more about this natural medicine, check out these sites that helped me with my research or simply type in “benefits of coconut” on www.google.com:

<http://www.doctoroz.com/blog/charles-mattocks/benefits-coconut-oil>

<http://www.coconutresearchcenter.org/>

<http://altmedicine.about.com/od/coconutoil/a/Benefits-Of-Coconut-Oil.htm>

http://www.earthclinic.com/Remedies/coconut_oil.html

My Summer Goal: Hoop Dancing! By Stacie Garrison

While in Fairbanks a few weeks ago, my sister told me about hoop dancing. Usually when she tells me of a fad she's going through, I don't bother to look it up. BUT, since I have internet at my house now, I looked up a few hoop dancing videos and became hooked. So, thanks to Amazon, I ordered a few hoops so I can attempt to become a hoop dancer, after first hula hooping to get into shape (GOODBYE lovehandles!).

I didn't think hooping would be very hard to do, once I lose some weight to be able to move better. Uh, I was wrong! When I was working in Newhalen, I happened to find some hoops in the clinic! So of course, I tried them out. I was SO discouraged! But then I realized that I was using a kid sized hoop, which is not very big around at all, and hard to keep in rotation. After 3 rotations, the hoop would crash to the floor. I probably got more of a workout from picking up the darn thing than actually hula hooping. I did some research and found that the bigger and heavier the hoop, the easier it is to keep it going because it rotates slower, thus allowing the hooper to have more control over the hoop.

Once I get my big, weighted hoops and beginners hoop dancing DVD, I'm hoping I'll keep it up to stay in shape (or get into shape, rather) and because it's amazing what these hoop dancers can do!

Meyer Farm *continued from page 5*



Cucumbers and basil growing in the greenhouse



Preparation for a new root cellar



The Bethel Farmer's Market where all produce from the farm is sold

selling?" As much as we would love to, our current level of productivity will not support it. Even Tim says that his farm cannot meet the demand of Bethel. As growing operations expand in Alaska, only then will the demand be met. We need to dispel the idea of large-scale greenhouse-based gardening and move on to farming and using the greenhouse as an auxiliary resource.

The reality is that we do not have the capacity to feed the community nor provide fresh vegetables for area lodges. Through my visit, Tim Meyers has enabled me to think beyond what we have and imagine something better. If we take a big step forward and create a farm then there will be less work input and more productivity seen. What we need is a tractor and high tunnels to foster growth in our cooler climate. I have initiated the search for high tunnels and the next step will be to procure a tractor. After we have set up a plan, our next step is to invite Tim. He has extended his full support for our community even to the point of helping us plan and implement a root cellar.

We are a year away from becoming an operational farm. The greenhouse will be fully functional by next year helping to foster hundreds of starters to be placed in the one or two high tunnels we can obtain. We can expand our potato plots to encompass a wider network of fields in the area. All that we hope to become can be met as long as we have people that are willing to help and are willing to see beyond the confines of the village. We have the potential to make an impact in our region to the point where growing and selling produce can become a full-fledged business.



Left: Mike, Dallia, & Mary lining up for food. Middle: Annie with her youngest grandson Merik. Right: Amara shows off her HUGE fish!



Avery checking out Stacie's pets: Cody, Maggie, Mindy Jo, & Eek

Animal Hoarding by Stacie Garrison

My name is Stacie, and I'm an animal hoarder.

Yes, I admit it; I'm a hoarder. A few months ago the only animal I had was a kitten named Eek, who soon came to rule the roost (or so HE thinks). Then I took on Gordy's dog, Bentley, and puppy, Mindy Jo. Ok, 3 animals isn't too bad or hard to deal with, except that Mindy likes to run around with the big dogs and not stay in the yard like I tell her to. And she's so sad and pathetic looking when I tie her up that I just have to let her off when I'm done with work for the day to let her stretch out. (Oh, and PLEASE don't feed her! I know she's so cute and cute things are fun to feed, but she learned how to beg when I was out of town and I won't al-

low it at my house). Bentley is such a good dog, but sometimes TOO good. He's a clinger and loves to be petted. He's so big and energetic and loves to be right by my side, that I get annoyed sometimes and send him outside. Where he usually hangs out on the porch until I let him back in.

But wait, there's more! I recently made a trip to Fairbanks because my parent's sold their house and can no longer keep their pets. 2 dogs and 2 cats. Granted one of the cats was mine that I had before I started college, so I guess this is payback for ditching my animal with the 'rents for so many years. I brought back a dog (Cody) and cat (Loki Jack aka "Jack Jack") when I came back from Fairbanks. Then my parents visited me and brought the other dog (Maggie) and cat (Ricky). Holy cow, full house! (No, I don't have cows! Though I have always wanted a farm...) My animal's ages range from about 4 months to 15 years. The thing about these 'new' pets is that they have been spoiled rotten by my mom their whole lives (like how the old dog had her own spot on the couch and would make you move if she wanted to sit there, spoiled rotten). Now I have to share my bed with at least 3 animals each night. I'm going to break that habit, that's for sure! And instead of each animal being allowed in and out whenever they want, I'm going to be a meanie and put them on a schedule so they only go in and out when I let them, and all at once. Otherwise I'm constantly getting up and down to let in or out one furball or another.

When I look down from my loft and see all the animals lounging around, I feel like Noah and wonder if he had any animals that he 'took fishing' just to make room on the Ark. Then I remember that I love my animals and wouldn't be able to give up any one of them (true hoarder style). Tony thinks that I'm going to be worse than my mom about babying them, but living in such a small place with so many animals will make me tough, so I think I'll be able to enforce some rules. I hope.

CULTURE CAMP ANNOUNCEMENT

The Igiugig Village Council, in cooperation with the Igiugig Native Corporation, First Alaskans Institute, and the University of Alaska, Fairbanks, will be hosting a culture camp at Kukaklek Lake on the weekend of October 5th through the 7th. The weekend will provide an opportunity for students to learn of cultural and traditional means of living. The culture camp will be open to students in 5th grade up to 12th grade and will include our village elders.

*All travel expenses and room and board will be taken care of for the trip.

*The trip and activities to follow, upon completion, will meet a variety of Standards set forth by the school district.

Those students who fall within the above grades will receive an application via post.



Summer Reading Club

By April Hostetter

Results as of July 24, 2010

Name	Goal Books	Goal Pages	Total Books Read	Total Pages Read
Avery	250	N/A	199	N/A
Dannika	300	N/A	69	N/A
Erika	100	N/A	65	N/A
Kadin	135	N/A	17	N/A
Shealayla	75	N/A	11	N/A
Aiden	19	N/A	7	N/A
Benise	100	N/A	0	N/A
Jolynn	100	N/A	0	N/A
Kaylee	50	N/A	0	N/A
Keilan	200	N/A	13	N/A
Kiara	10	N/A	8	N/A
Kaleb	5	1500	0	0
Tess	10	4000	3	N/A
Derrick	50	2500	0	0
AlexAnna	5	1000	0	0
April	10	2000	1	809
Betsy	7	1500	2	N/A
Tina M.*	50	5100	61	N/A
Christina	10	3000	0	0
Ida	5	1200	6	2642
Julie*	15	4000	15	4446
Alicia	10	3000	4	1471
Stacie G.	10	2500	1	N/A
Tanya	10	3000	9	2491

So far, we have read a total of 493 books! We are 7 books shy of a BBQ! Keep on reading!

Red: kids 0-5 years old.

Blue: 6-9

Green- 10-18

Purple- 19 on up

The people marked with a star after their name have reached their goal in books. Pages don't need to be counted until the kiddos are 8 on up. Also, many of the page numbers on the adults have "N/A" because they the number of pages were not recorded or handed in.

Igiugig Library has been fairly uneventful for the past month. The Summer Reading Club is going *extremely* slow. A couple of meetings have gone by where no participants came to log in their books. So please, stop by on Tuesdays 11:00am-12:00pm and put in your books! The bulletin board is very bare and needs little clouds to fill it up! Our goals for the summer were: 100 books = each participant receives a free pop from the local store; 500 books = BBQ at the end of the summer; and 1000 books = Banana Split Party. As of July 24th, 2012 we have only 493 books logged in. So we need people to READ READ READ to reach our goals! The library has received a lot of new books (including Battle Books for the school kids) so stop on by to check it out! It's open 11:00am to 12:00pm Monday through Saturday and 6:00pm to 7:00pm Monday through Friday. Closed on Sunday.



Avery & Erika donning their July 4th outfits.



Jeremy barging on Lake Iliamna.



Katia & Dannika.



Aiden seriously fishing.



Shealayla and Kiara fishing for salmon.



Paul in one of the Council's new mini trucks.



Katelyn & Kiara on Kiara's 8th birthday party.



Keilan blowing out his candles on his 6th b-day!



Sheryl & Christina riding to Rocky Point.



Kannon showing off his tractor operating skills at Tim Meyer's farm in Bethel, Alaska.



Danni, Brian, Mckayla, Katelyn, Herman, & Marvin enjoying the 4th of July picnic.



Sharolyn, Dolly Ann, & Tess playing in the mud.



Kids going crazy for candy at Kiara's b-day party.



Dan Sr. & Cole going for a boat ride.

Igiugig Village Council

June weather will be in next month's newsletter.

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, Newsletter Director
Betsy Hostetter, Library Director
Dan Decker Sr., VPSO & Fire Chief
Ida Nelson, Local PLP Delegate, Tribal Clerk

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Front Page Photo Credit: AlexAnna Salmon
Beautiful Igiugig sunrise
Back Page Photo Credit: Christina Salmon
Fish hanging in the smokehouse.

Igiugig Tribal Village Council Newsletter