

Aleknagik Traditional Council

IGAP NEWS

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What's New with IGAP

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Hello Tribal Members,

Since we came back from annual leave we have been catching up in our office.

Sorry I couldn't get the June Newsletter out in time had trouble getting my ink cartridges in then the stamps were late.

I will be traveling up river to the Koktuli and Swan for the in-stream flow project on September 5th and 6th, 2008. Unfortunately Daniel will not be with us, but Sarah Wingert from the Bristol Bay Campus will take his place until next time.

Daniel was asked by BBNA Natural Resource Division's environmental program manager, Sue Flensburg, if he wanted to participate in an anadromous stream survey project, which is sponsored by The Nature Conser-

vancy. Lead Biologist for the project is: Carol Ann Woody. Joining him will be: Dan Rinella of ENRI, Sue Mauger of Cook Inlet Keeper, Nicky Szarzi and Steve Baird of ADF&G. They will be conducting survey work on both the North and South forks of the Koktuli, and also Upper Talariq Creek. The projects that he will be assisting with consist of: water quality and stream habitat parameter work, fresh water and anadromous salmon surveys. According to an e-mail which he received from Carol Ann we will be working on a total of 6 to 8 sites daily. The project will start on August 29th and will end on September 3rd. He will be flying back home on September 4th. He is looking forward to conduct this work, and it ties in with his environmental science studies towards an associates, and with the work that both Daniel and I have been conducting through BBNA's program

Daniel and I went to a training which was Cover Your Assets on August 4th-6th, 2008, and was sponsored by Curyung Tribal Council.

Michele Zerbetz-Scott was our facilitator/trainer which she made the class exciting and we learned quite a lot from councils procedures to administrator procedures, employee procedures, financial procedures, and procurement procedures.

Daniel and I also attended an Invasive Plants Workshop on August 13th, 2008 which Harold Andrew of BBNA-Forestry sponsored. The presenter was Gino Graziano for The Association of Conservation Districts, and is also a member of The Alaska Committee for Noxious and Invasive Plants Management.

The day before the workshop he went around Dillingham and the Lake Road with Harold to look for invasive plants, and he found Orange Hawkweed at the Dillingham Cemetery.

In Kodiak this plant has taken over the native plants like salmonberries which is detrimental to native people there.

I hope everyone caught their moose and caribou this year, and if not Good Luck Hunting.

Submitted by Tina L. Carr



Here is Daniel and I at Cover Your Assets.

Here is your Tip of the Month for Green Cleaning

Floors and Carpets:

Vacuuming: Vacuuming is an important part of floor maintenance. We recommend using a machine with a HEPA filter, which traps very small particles that are otherwise blown back into the room in the vacuum's exhaust. Consumer reports, which ranks appliances, has found that some vacuum cleaners without HEPA filter were also effective. No matter what kind of vacuum

cleaner you use, be sure that you pass over your carpet several times and more in heavy traffic areas.

Linoleum: For extra grease-cutting, try this formula: 1/4 cup washing soda with 1 tablespoon of liquid soap, 1/4 cup vinegar and 2 gallons hot water. Put the washing soda in the bucket first and add the liquid ingredients—this way the soda won't splash out. Caution: Do not use this formula on waxed floors! For an extra polish, combine 6 tablespoons of

cornstarch per cup of water in a bucket.

Disinfect floors: Add 2 gallons of hot water to 1/2 cup of borax. (Put the borax in the bucket first, then add the water to avoid splashing.)

Wood floors: Vinegar is a natural disinfectant, and it pulls dirt from wood. After a large party, use 1 cup vinegar per pail of hot water to clean wood floors—the smell disappeared immediately. You can also use it on other

types of floors—it's a gentle yet very effective floor cleaner.

Carpets and Rugs: Regular vacuuming will help keep carpets their cleanest. Sprinkle baking soda over the surface of the carpet and let it stand for 15-30 minutes before vacuuming to soak up and eliminate odors. CHEC recommends against the use of chemical carpet cleaner because of health concerns associated with their ingredients. If you want to steam clean your rug, use plain water and make sure it dries thoroughly. Submitted TLC

Here you can be
creative about
reducing waste.

LET'S NOT FORGET THE THREE R'S

Our community has been lacking the three R's; reduce; reuse; recycle.

So here are some tips from the EPA's website.

They say you can compost your grass clipping by just leaving them on your lawn. They will return naturally into the ground for next years lawn.

Another suggestion is to re-

use it. Here you can be creative about reducing waste. Like your small vegetable cans, you can have your children decorate them by using old Christmas wrappers and paste it on the outside, and use it as a pencil holder, Or for like a coffee can you can use a planter.

When we go shopping; we get those plastic bags or paper bags; we can reuse them

again. Some people use them to make wind chimes or wind socks.

When you go check your mail; travel the green way by riding your bike or even walking. Remember walking is great for your health.

So lets remember those three R's-reduce, reuse and recycle.

Submitted by Tina L. Carr

Reminder of Used oil and Batteries

I would like to remind people of Aleknagik that our land fill does not except batteries or used oil.

On both North and South Shore at the maintenance shops we have a 300 gallon tank for used oil stored at the South shore shop. Also there are fish totes for the batteries. They are located at the top of the hill on the

left as you drive up the south shore shop driveway.

On the North Shore you can locate them behind the North Shore shop. If you have questions please don't hesitate to call the City of Aleknagik for more information. There number is: (907) 842-5953.

Also we do not except haz-

ardous materials that mean anything that is corrosives, ignitability, reactivity, and toxicity.

Submitted by Tina L. Carr



Caption describing picture
or graphic.

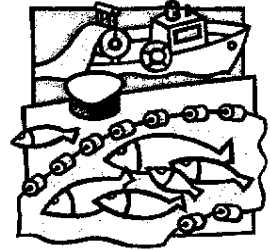
Alaska Native Science Commission-RFP for fish tissue sampling

In June 2001, the Aleknagik Traditional Council's former IGAP Coordinator applied for a mini-grant to the Alaska Native Science Commission (ANSC), and the purpose of the funding request was to conduct tissue sampling on our freshwater fish located around our lake. The concerns that our community raised was that the fish that are a part of our traditional diet were being contaminated by mercury tailing left down river from our village at the abandoned Red Top Retort, which was a cinnabar or mercury mine, better known as the Tri-pod to local residents. Tailings had been left for many years approximately 20 feet from the banks of the Wood River, which is the only outlet from our lake system, and community member's expressed concerns that the cinnabar/mercury tailings has leached contaminants into the river and was being absorbed by our fresh water fish, and salmon on their migratory route to our lake system. The grant was

awarded to ATC, and local residents were hired to collect fresh water fish for the tissue sampling project. The lead coordinators at that time were: Larry Mercurieff, who was the Science Advisor for the Alaska Native Science Commission, and the Project Coordinator was Jack Kruse, Program Director, Institute of Social and Economic Research for the University of Alaska-Anchorage. Also working for ANSC as the Executive Director was Patricia Cochran. Another person involved with the project was Laurie Chan, Ph. D., Northern Research Chair for the Center for Indigenous Peoples' Nutrition and Environment (CINE) out of Canada, who was to assist in analyzing the tissue samples. The tissue samples were supposed to be analyzed by a lab person with the National Oceanic and Administration Association, but due to the back-log of tissue samples submitted not only from our tribe, through the ANSC grant, and other tribes

within our state who submitted the same grant, funding to analyze the samples ran out. I do have good news though. I received a telephone call from Chung Nim, Ha, MPH, Health Educator with the Environmental Health Program, Section of Epidemiology, Division of Public Health, on August 19, 2008, that they finally are getting to the original fresh water tissue samples, which were collected by our local tribal members, and the data will finally begin to be analyzed. She will be in contact with me and hopes to send ATC a report, which will be completed by March 2009. I will continue to update our Council, and community members as I get more information from Ms. Ha.

Submitted by Daniel Chythlook.



She will be in contact with me and hopes to send ATC a report, which will be completed by March 2009.

40 HR HAZWOPER OR 8 HR REFRESHER

I would like to let people know that you can log on to a website to get your 40 HR Hazwoper and 8 hr refresher by logging on to a web site.

The Website is:

[Http://www.regionxoti.org](http://www.regionxoti.org)

Or <http://www.OSHAinstituteofamerica.org>

If you need assistant with payment of the class; you can fill out a vocational training application with Bristol Bay Economic Development Corporation.

They will look over your application and determine if you are eligible. Or you can pay with your credit card and take the courses.

This will save people gas money instead of traveling to Dillingham for training.

Remember once you have your 40 HR Hazwoper you need to get a refresher course every year.

Submitted by Tina L. Carr



You can log on a website for 40 HR HAZWOPER or 8 HR Refresher.

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Keep Aleknagik Clean



How it was when our respected elders were alive and what we have to live with now.

Our Earth

Our earth provides us with the air we breathe, the food we eat, the water we drink, the clothing we wear-it provides everything!

It is part of our responsibility to remember what our earth provides and honor these gifts. We can all remember to use these gifts wisely and reduce the waste we give back to our earth. **How it was when our respected elders were alive and what we have to live with now**

Our traditional native peoples depended entirely on the land, air and water for their survival. Every bit of food they ate, every article of clothing they wore and every tool they

had came from the land, air and waters and its animals and plants. Today, although we may buy supplies from stores and we purchase products made with materials from all over the world, we are still dependent on the land, air and waters. For many of us the land, air and water provides the resources (fish, furs, oil etc.) for sustenance.

Our land, air and waters

If we understand how much we depend on the land, air, water, it's easier to see how other living organisms also depends on healthy lands. Just like us, every plant and animal depends on certain kinds of land including

habitats. We must constantly work hard to ensure the health of all the habitats if we want to ensure our own survival.

Historically we the native peoples follow game cycles. We traveled the country side, rivers and sea in pursuit of fish, game and edible plants. Our hunting, fishing and gathering activities were limited only by our ability and willingness to move. Today things are different because we the native peoples now have to limit our fishing and hunting according to state and federal regulations. This story will continue in December issue.

