Igiugig News & Notes

Igiugig Village Council

December 1999

Volume 3, Issue 1

Emergency Trauma Technician by Tanya Salmon

From November 1st through the 12th, Betsy, Julie, Michael, Anecia, Marie, and Greg were busily working at the RecCenter learning how to rescue and treat somebody in an emergency. Their instructor was Robin Proctor. The ETT trainees worked from 5:00 p.m. to 9:00 p.m. on weekdays and from 9:00 a.m. to 5:00 p.m. on Saturdays, they got Sundays off. On November 8, there were some dummies down at the RecCenter for the trainees to work on. The dummies were Christina, AlexAnna, and Ida. They had to have clay and fake blood on them to make the accidents look more realistic. When the first dummy, AlexAnna, came out, it startled most of the people at first because it looked so real with the blood on her arm and



the way that she was screaming. After that, the trainees got used to the dummies coming out with different types of severe wounds and would always be alert. "It was good to practice on them," said Michael. They used dummies (Continued on page 7)

Village Council Meeting's by Sandra Alvarez

On November 17, 1999 there were two meetings, first the Annual Village Meeting at 7 PM, followed immediately by a regular Village Council Meeting.

At the Annual Village Meeting, the whole community received information about the Council's activities, programs and special projects. Some of the more important details involved: the formation and subsequent activities of the Nilavena Tribal Consortium (which was just beginning last year), the successful completion of the first year of the EPA IGAP Grant, the purchase of easements for the dump road from Charlie Groat at \$40,000, the Community's desire to switch primary medical care services to Anchorage, the formation of Igiugig's 1st Responders Group, and the lack of communication on the part of BBNA prior to submission of proposals on our behalf.

The annual elections resulted in the

seating of a new Council member, Lydia Olympic.

The second meeting convened at 7:37 PM and continued on from the previous meeting's information to provide more in depth reports by program. Council members reviewed and approved the annual budgets for FY2000, provided sponsorship to the newly formed 1st Responders Group, and approved enrollment of the newest member of the tribe, Camille Marie Andrew.

Some meeting dates of note are:

- November 23rd Informational Meeting with Debby Tennyson regarding City formation
- December 2nd the ADF&G Iliamna Lake Advisory Committee.
- December 15th the next regular meeting of the Village Council.

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Birthdays this month

- December 8
 Anecia Olympic
- December 11
 AlexAnna Salmon
- December 12
 Dave Hostetter
- December 16
 Shayna Nelson

Memories of Murphy by AlexAnna Salmon

Timurphy Dinstare Nickoli was born on March 28, 1922, in Old Alagnak Village to Nickoli and Anuska Dinstare. In Murphy's first marriage to Seraphina he had a son named Wassie. Then Murphy married Fewnia Gust on August 2, 1956, in Naknek. Their first child together was William Nickoli who was baptized August 5, 1957. Their second child was Yako Nickoli who was baptized December 5, 1960. Murphy's last child was Timurphy Nickoli who was baptized on August 13, 1962. On July 17, 1967, Murphy and his family moved to Igiugig. Murphy was a reader at St. Nicholas church in Igiugig, Alaska.

Murphy has five grandchildren. Tim had three kids: Derick, Cherlyn, and Tim. Yako has two kids: Jay and Joseph. Murphy's hobbies were fishing, hunting, trapping, and taking care of his kids. Some elders used to hunt and trap with Murphy and have fond memories of that. Mike Andrew, Sr. remembers moose hunting with Murphy. On Murphy's army enlistment papers his civilian occupation was written down as a trapper. Murphy always took good care of his garden. He used to grow potatoes and rhubarb inside his garden. Murphy worked in the old school, in the light plant, on a railroad, and in the army. In the summer, Murphy and his kids would fish in the Bristol Bay with their boat Weasel I and then Weasel II. Murphy really enjoyed Slavi. All year long he would sing Slavi songs and during this holiday he would travel to all the villages. During Murphy's time, pop prices went from \$0.10 to \$1.00. Cigarettes used to be thirty-five cents and now they are \$4.50.

Following are some responses to the question: What will you remember most about Murphy?

Riding up and down the road with his Honda in first gear . . . Julia Salmon

The way he treated children with candy . . . Jon Salmon

I always remember Murphy sitting in his windbreak during the summer while smiling at everybody who drove by . . . Christina Salmon

Sitting down at his table telling us to have candy and pushing the candy dish closer . . . Tanya Jo Salmon

Being happy and forever ready to pass on a hug . . . Bernadette Andrew

Dum-dums . . . Shaun Michael Andrew

He was like the history of our village and his death was like the end of an era . . . Michael Andrew, Jr.

He liked to give candy. We miss him in church singing in Yupik, and in Slavi he was always happy. . . Mary Olympic Murphy was my neighbor. What I miss most was going outside and seeing Murphy sitting outside his house smoking a cigarette with a friendly wave. Also, everytime he came down to the office he gave hugs. . . Lydia Olympic

I miss visiting him. He was always happy and singing. . . Agafia Nelson

He always had a kind word and was always happy. He was a good leader in our church and he had good leadership in our old religion ways. . . George Wilson

He used to trap and hunt beaver and he used to ride around with his dogs. . . Dallia Andrew

He always came by and visited and he'd always want to eat; he loved spaghetti. . . Marie Nelson

I liked his laugh. I miss his head gesture when he laughed. . . Charlie Nelson

I miss being with him. . . Shayna Nelson

I miss visiting him and candy. . . Joshua Nelson

He loved agutak. He used to ask me, "You got agutak?" He'd come over look at the river and sing really loud Slavi songs. . . Renae Zackar

Going over his house and getting candy. . . Sharolyn Zackar

Coming to our house. . . Alicia Zackar

Well, one of the most things I remember about him is he gave out candy and chips. Also, everytime I went into his house he would run up and give me a hug. . . Ida Nelson

He had a smile on his face. . . Betsy Hostetter

What I remember most is his ability to do his preaching in church according to his ability in reading and what he learned from Alexie Gregory. I miss his conduct in church the way he was taught. He will greatly be missed if no one keeps up his ways of teaching and disciplining in the Russian Orthodox Church. I miss his jokingly ways of teasing children. I miss his personal visits to people's homes and I never hear him criticizing anybody no matter what race they were. . . Annie Wilson

Singing "Alleluia I'm a bum" and renting movies. He was my best customer. . . Anecia Olympic

He always worried and took care of his bills and he always called me Don. I don't think he ever knew my name was Dan. Also, he was always amazed at the changes in Igiugig. . . Dan Salmon

He was in the war. . . Jacob Askoak

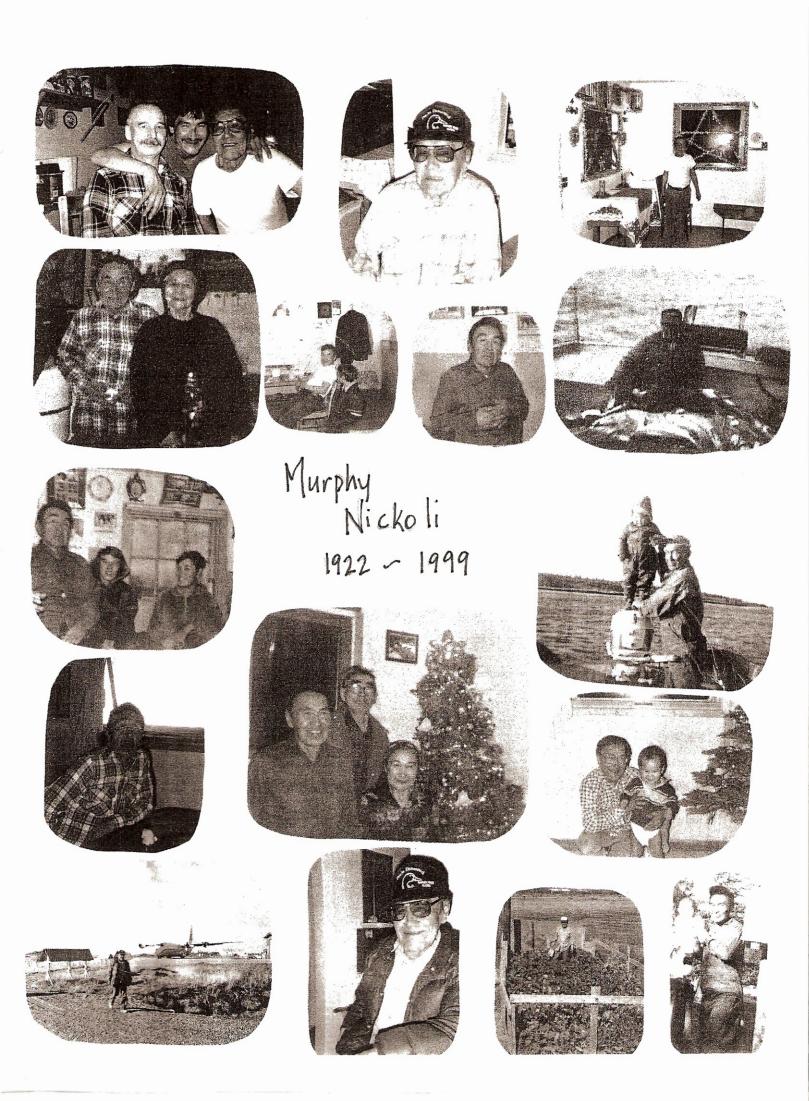
He was nice to all of us and he cared about us. . . David Alvarez

He was a nice person and he cared about children. . . Angel Alvarez

He was always very friendly and enjoyed visiting. . . Sandy Alvarez

He was always happy when we visit and he gives candy to kids. . . Delores Askoak

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Campbell's Labels by Bernadette Andrew

Are you still saving those Campbell's Labels for us? We are still collecting them. Thanks to those who have been saving: Mrs. Thurston, Dallia, Annie, Jeremy, Shaun, Angel, David, Tanya, Alicia, AlexAnna, Jon, Jackie, and Lydia. To date, we have 1604 labels of our 2950 goal. We still need 1346 to get our volleyball set. If you have any labels, please drop them off to Bernadette at the Council Office. A list of what to save is attached to this newsletter.

Looking for that perfect Christmas gift for that hard to buy for person?

Well look no further! Just come on down to the Council Office and purchase a

GIFT CERTIFICATE

for gas, oil, or electricity.

They are available in any amounts and may be applied to the next purchase or existing bill.

Awesome EMS Provider by Bernadette Andrew



Congratulations to our health aide, Delores Askoak, on her recognition for her performance as an EMS provider. She was recently presented with a certificate in Anchorage. Keep up the good work, Delores! See the article below

taken from the Governor's Talking Points.

Talking Points for the Week of November 15, 1999

Emergency Medical Care Professionals Honored. Alaskans from Nome, Igiugig, Anchorage, Girdwood, Soldotna, Sitka, and Hoonah were honored Saturday with a Governor's EMS Award for outstanding contributions in the field of emergency medical care. The awards are sponsored by the Governor's Alaska Council on Emergency Medical Services and recognize Alaskans who have used their skills to save lives and have trained others to do the same. "In a state such as Alaska where the nearest hospital is often many miles away, quick thinking by people trained in emergency medical skills can often mean the difference between life and death," Knowles said. Honored were Peggy Fagerstrom of Nome, Delores Askoak of Igiugig, Bobbi Leichty of Sitka, Dr. Frank Sacco of Anchorage, Tim Cooper of Soldotna, RN Deborah Whitethorn of Girdwood and the Hoonah Volunteer EMS.

Coming Up...

Gov. Knowles Thursday afternoon in Fairbanks meets with the University of Alaska Board of Regents.

Quote of the Week...

"Legislators will likely plead poverty . . . However, at least one of the governor's proposals is so worthy, so essential, that the Legislature should rearrange state spending if necessary to cover its cost. The state must do all it can to meet the growing need for foster care and subsidized adoptions in Alaska."

Fairbanks Daily News-Miner Editorial, 11/12/99



Do you have an article that you would like to submit for publication in the Igiugig News & Notes? Local residents may be eligible for a \$5.00 stipend. Student articles will have the stipend paid to the student activity fund. Articles written by staff are not eligible for the stipend. Articles should be written in a positive manner that helps maintain the wellbeing of the community. We reserve the right to refuse articles based on content. Articles must be submitted to Bernadette by the 20th of the month.

November LSAC Meeting by Sandra Alvarez

The regular meeting of the LSAC for November was held on the 18th at 4 p.m. with twelve people in attendance.

A presentation was given by Joanne Lester regarding the "School to Work" program that is in the development phase. It is being developed between three school districts: Southwest Regional Schools, Bristol Bay Borough School and Lake & Peninsula School District. It will be a three-phase approach, which provides the basic level of training at Newhalen, the second phase at a regional hub and the third phase in Anchorage. The 2nd Phase site of choice by the school personnel who are developing the program is Dillingham, but the Igiugig LSAC members objected to this site and would favor the Naknek/King Salmon area for Phase 2 training. It was also pointed out that in developing such an important program it would be advisable to have a broader base of representation on the committee, rather than just district personnel, i.e. Borough representatives, parents, regional HUD organization, etc. Despite these comments it was noted that this idea, in concept, could be very valuable for the future of our children in preparing them to develop meaningful careers.

Another item of interest was discussion of the time capsule that is being put together which will include mementos from students, families and community entities. It will be sealed prior to the Christmas Holidays and buried for 25 years.

Also discussed was community use of the school's Internet facilities. It was apparent that the district office is in favor of allowing this to occur in addressing the goal of encouraging "life long learning". It was also apparent however, that all the glitches haven't been worked out of the system. In complying with the District policy, a method to provide training is not yet developed. Scheduling around the teachers and students was another unclear area, also local school staff expressed concern that the network and available hardware was not reliable enough and community use might cause downtime affecting the students ability to access things they need. This issue will continue as an agenda item since Bernie Gurule indicated that it was the LSAC who would ultimately institute the rules, training and use schedules.

The LSAC elected a new member at this meeting to fill the vacated seat of Vice President. Betsy Hostetter will serve in this position, formerly filled by Dan Salmon. Thanks to Dan for his years of service and welcome to Betsy.

The next scheduled meeting of the LSAC will be December 16, 1999.

DID YOU KNOW?

A compost heap can generate about 50 degrees Centigrade.

Regular compost takes 8 weeks to 6 months to be ready for planting.

For more information about the Can-O-Worms call 1-888-422-2129

If you spilled hazardous waste on 1 acre of land 20 feet deep it would cost 3.6 million dollars to clean up.

Composting by Kevin Olympic

There are many different ways to compost. Countries all over the world compost in different ways and for different reasons. It is the big cities that have the huge composts. Like in Seattle, Washington where Larry's Markets recovered 90% of food and floral discards.

There are four big composts that are to big for the villages: the Aerated Rotating Drum, Trench and Tunnel Composting System, and the Aerated Pile Composting System. The Aerated Rotating Drum is monitored continuously for temperature and oxygen, and air addition and mixing are done as needed to maintain condition within designated ranges. This is the same for the Trench and Tunnel Composting Systems. With the Aerated Pile Composting System air is drawn through the trench, and the

composting mass and odorous gases are removed in a soil biofilter.

There are ways to compost in the villages of Alaska such as windrows, a wooden container with soil, and the Can-O-Worms. The windrows are mainly a trench that you throw the organic matter into and turn once in a while. The wooden container also has to be outside because of the rotting organic matter. The windrows and the container do not work in the winter because everything is frozen, whereas the Can-O-Worms can be used all year round if you keep them inside when everything starts to freeze. It is the worms that make it possible for it to be inside, because the worms eat the organic matter before it starts to

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WE ARE THANKFUL by Primary Class

Here are some thoughts taken from students' journals as Thanksgiving approached. Enjoy the fresh approach to the age old question we all had to answer in school. The question posed was:

On Thanksgiving Day we give thanks. What are you thankful for?

I'm thankful for all the love my Mom and Dad give me. I'm thankful for the Indians for helping the pilgrims survive through the winter. I am thankful for the food and the people God made.....April Hostetter

I am thankful for my school. I am thankful for my teacher. I am thankful for my friends......Alicia Zackar

I am thankful for the Indians because they helped them through out the year. I am thankful for the seasons so I can go out hunting. I am thankful for the turkey. I am thankful for the fruit..... Ponty Askoak

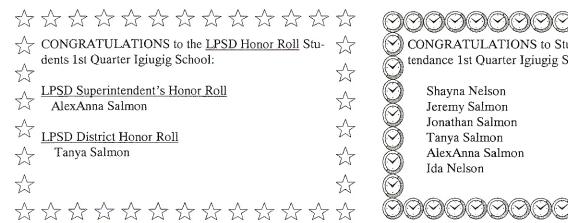
I am thankful for the food, for the people, and the families. I am thankful for the time that we could have with each other. So we could have new families to help and care about. We should be thankful for our family and friends.....Angel Alvarez

I am thankful for the poor people. I am thankful for my Mom and Dad. I am thankful for all the people because they bring me stuff.....Jeremy Salmon

I am thankful for the food with corn in it. Like everything that God made. I am thankful for the homes and the trees.....Shayna Nelson

I am thankful for the men. The men who helped feed the people. I am thankful for the school.....Jacob Askoak

I'm thankful for the food and the water we have. I'm also thankful for the animals we hunt. I am thankful for the house we live in. I am also thankful that we are alive.....Mary Hostetter





TIME CAPSULE 2025 by Bonnie Thurston

By now everyone has heard about the TIME CAPSULE 2025. Each family should be busy gathering artifacts and memorabilia for their family package. Remember the items must be wrapped and sealed to last the 25 years buried in the sealed drum. Your package must stay inside the required 12" x 7" x 4" so we have space for everything. Please bring your package to the school by December 21st. Join us in making history by participating in this exciting project!

COMPOSTING (Continued from page 5)

smell.

Composting is a good thing to start here. It might liven up the community by giving every home a reason to have a garden in their yard. If this happens the Post Office, Office, Clinic, and Pumphouse won't be the only places with flowers. Composting may help with the fox problem in the winter and the bear problems in the summer, and this will help protect the children of our village.

EMERGENCY TRAUMA TECHNICIAN

(Continued from page 1)

almost everyday and Shayna came in when they needed more dummies.

Robin kept on saying that they were doing very well and that they learned the material quick. They were indeed fast at learning because they had to have a test at the very end to see if they passed the course. Everybody did well, in fact the lowest test score was a 97% and the highest was a 100%. Greg and Anecia got the two 100%'s, Julie and Marie got 98%, and Michael and Betsy got 97%. "It was fun and it's nice to know that I can work on somebody when they need me," said Marie.

Igiugig's Coastal Clean Up by Christina Salmon

Igiugig held its second Coastal Clean Up October 17, 1999. AlexAnna and Christina Salmon organized the event because the school felt it would be a good learning experience. Saturday afternoon all of the students and any adults who wanted to help met at the RecHall. Our group participation this year was 15, a little less than last year, but the weather was con-



s i d e r a b l y colder. We were divided into four groups and sent off to our designated cleaning areas. One group cleaned the public landing,

two groups were sent to the main beach, and one group cleaned the beach area below the store, other wise called Uppa Nick's Beach. We



were out cleaning for about an hour and had less trash than last year, showing we keep our beaches clean. We would like to thank everyone who participated in this year's clean up and hope to have a larger turn out next year.

Halloween Party & Red Ribbon Week by Ida Nelson

Red ribbon week began on October 18th 1999, a week of being drug free and alcohol free.

Red ribbons were passed out to the village to show that they were drug free. Students were required to draw posters for a contest for the best design and best illustration of theme of the red ribbon week. The posters were examined at the Halloween party in the school.

The Halloween party involved everybody in the village, in celebration of the ghosts and gobbling. The school gym was decorated and full of games, not to mention about the costume's people appeared in. Dishes of food were set out on the table while the games entertained the audience. While the snacks were

enjoyed, we played games such as: pin the head to the skeleton, bobbing for apples, the suitcase race, musical chairs, the guessing game, eye ball race, cake walk, and the costume contest.

In the beginning people were given ballots to vote for the posters drawn and the costumes that people had worn. The results of the votes for the costumes were Mrs. Thurston and Jeremy Salmon for the most original costumes, and the best costumes were Christina Salmon and Sandy Alvarez. The poster awards went to AlexAnna Salmon for Best Illustration of the Red Ribbon Theme, and Jeremy Salmon won for Best Design.

Everybody enjoyed the party and the fact that the week was drug and alcohol free.

Good Driver Tips of the Month

Information for everyone who drives a vehicle—truck, honda, or bicycle

Always keep to the right hand side of the road.

• If your vehicle has headlights, use them as soon as it's dusk. If you are riding something without lights, be sure to wear clothing with reflective tape on it. (Mary Hostetter and Shaun Andrew were noticed to have very good reflectors on their clothes.)

Christmas

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Ribbons Christmas Tree Ornaments Bows Presents Noel XMAS Carol Gifts

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Greeting Cards Parties Wrapping Paper Stocking Eggnog

Mistletoe Bells Holly Family Candy Canes

Elves

Chestnuts

Snow Sleigh Rudolph

Santa Claus

Cookies

P16 Dinner Turkey

Wreath

Toys

Chimney Reindeer North Pole

MEMORIES OF MURPHY (Continued from page 2)

When we go to his house he's always happy and gives kids candy. . . Ponty Askoak

Murphy gives me candy. . . Vassalisa Askoak

I will forever remember Murphy hugging me, his happy smile, and him coming to the store. . .AlexAnna Salmon

He's always giving candy to the kids. . . Gary Teague I used to sit and listen to some of his stories. . . Kevin Olympic

I knew him a long time. I used to trap with him and he gives candy when he comes around. . . Gabe Gust

Whenever he came up to lunch he greeted me with a joke. . . Jeff Thurston

He was always happy to see me. When he would come up for lunch, he would greet me with a hug as I

was taking the primary students to lunch. . . Bonnie Thurston

His kindness and his generosity. . . Father Wassily Askoak

His kindness and his intelligence . . . Greg Zackar I remember how he liked to travel on his snow go before he got too old. He'd be barely going because he'd be looking around. . . Randy Alvarez

Murphy passed away on September 21, 1999. He will be greatly missed by us all.

Do you need a fishing, hunting, or trapping license for 2000? You can get yours NOW at the office from Sandy.

1999 Tribal Leaders Summit by Lydia Olympic

Converging Paths: Working Together to Meet Environmental Needs was the name of this year's EPA's region 10 meeting in Tukwila, WA. The conference was held from November 1-5, 1999 and I traveled to Seattle to attend this meeting. The EPA panel covered Enforcement and Compliance, Air Quality, panel on Solid Waste, Emergency Response & Environmental Cleanup, Office Water Issues, National EPA budget & GAP, and the Grants Program.

I did a presentation on Youth and the Environment. I

focused on all the reasons why we involved the youth of our village in the environmental issues. I used the power point on the computer to show pictures of our most beautiful area to stress the importance of keeping our place a healthy place to live. I followed through with all of our activities that we involve the youth in, especially our internship program. I would like to thank everyone who shared the pictures they had of Igiugig and the people and wildlife. I could not have done this without your help.

How Do You Compare? By Bernadette Andrew

A recent national study by the Centers for Disease Control and Prevention show that one in five Alaskans is considered obese. Our state ranks fourth nationally, with only West Virginia, Mississippi, and Louisiana having a higher percentage of obesity.

Be sure to eat healthy foods and watch your portion sizes. Exercise to keep yourself fit, and eat sweets as a special treat only occasionally.

Following is a formula to calculate your Body Mass Index. Where do you fit in?

BODY MASS INDEX (BMI)

- 1. Multiply your height in inches by itself (square it).
- 2. Divide your weight in pounds by that number.
- 3. Multiply that by 704.5. The resulting number is your BMI.

BMI of 25 to 29.9 is considered overweight. BMI of 30 or over is considered obese.



Igiugig Village Council

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Michael Andrew, Jr., President
Dallia Andrew, Vice-President
Randy Alvarez, Member
Greg Zackar, Sr., Member
Lydia Olympic, Member & IGAP/
EPA Program Manager
Dan Salmon, Administrator

Dan Salmon, Administrator
Sandy Alvarez, Administrative
Assistant

Bernadette Andrew, Social Services Betsy Hostetter, BIA Clerk Christina Salmon, IGAP/EPA Intern Kevin Olympic, IGAP/EPA Intern

Recipe Corner PARTY CHEESE BALL

2 packages (8 ounces each) cream cheese 3/4 cup crumbled blue cheese (about 4 ounces) 1 cup shredded sharp Cheddar Cheese 1 small onion, finely chopped (about 1/4 cup) 1 tablespoon Worcestershire sauce Finely snipped parsley (use dried if fresh not available)

Place cheeses in a small mixer bowl; let stand at room temperature until softened. Beat in onion and Worcestershire sauce on low speed. Beat on medium speed, scraping bowl frequently, until fluffy. Cover and refrigerate at least 8 hours.

Shape mixture into 1 large ball or into thirty to thirtysix 1-inch balls. Roll in parsley; place on serving plate. Cover and refrigerate until firm, about 2 hours. To serve small balls, insert a wooden pick in each. About 12 servings.

