

Igiugig News & Notes

Igiugig Tribal Village Council

May 2000

Volume 3, Issue 6

Igiugig School's 1st Pancake Breakfast

By AlexAnna Salmon, 8th Grade, Igiugig School

Not only was Igiugig School's first pancake breakfast a success, it was also a gastronomical delight. This event featured smoothies, real etiquette waiters and waitresses, and scrumptious food, not to mention mellow music and elaborately decorated tables.

On April 8th, 2000, Igiugig students, Bernadette Andrew, and Jeff and Bonnie Thurston held a pancake breakfast at the school gym. Running from 11:00 a.m. to 2:00 p.m., the breakfast cost \$8.00 for adults, \$4.00 for 4th grade and under, and those 2 and under were free; it was an all-you-can-eat

breakfast.

Customers were greeted at the door where a waiter or waitress was ready to serve, and then was seated with a menu and ordered what he/she wanted. The assigned waiter or waitress then took the menus and brought the order to the kitchen, where helpers dished the food and waiters/waitresses presented it to the guest. At the end of the delicious meal the customer was given a bill and mints. "I think it [the pancake breakfast] was fantastic. I didn't have to cook or clean. We should have these more often in the future," says Annie Wilson, a satisfied customer.

(Continued on page 6)

Bishop Innocent Visits Igiugig

By Christina Salmon, 11th Grade, Igiugig School

Bishop Innocent visited Igiugig April 7-8, 2000. Many residents of Igiugig greeted him upon his arrival. An evening church service was held at the St. Nicholas Russian Orthodox Church shortly after he was settled in. The church was packed with out of village followers and local residents, all wanting to see the well respected Bishop of Alaska. All who listened to his sermon were deeply engaged by his words of encouragement, honesty, and peace. After the evening service Annie and George Wilson served dinner at their home.

The following day a morning church service was conducted. The school was holding a pancake breakfast, so after the morning service Bishop Innocent, the priests, and deacons ate their breakfast along with the rest of the community at the school. After the meal the bishop had pictures taken with the kids in the village and shared a short story with them. As a small community it is always exciting to get someone like the Bishop to visit us and we are looking forward to the day when he visits with us again.

(see photo on page 10)

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Birthdays this month

- May 6
April Hostetter
- May 8
Alice Zackar and
Sharolyn Zackar
- May 10
Shaun Andrew
- May 12
Tanya Salmon
- May 19
Kayla Nelson
- May 30
Greg Zackar

Composting from The Environmental Department

What is composting? Composting is another way to recycle your food and yard waste. By composting you return nutrients and minerals back to the soil.

What is compost? Compost is a dark, crumbly, decomposing organic matter, which occurs naturally in the soil. When plants and animals die they are "chewed up" by worms, bacteria, and other micro-organisms. The plants and animals are then further broken down by wind, rain, and the sun and turned back into soil. Plants and animals die making a rich material for plants to grow. The animals eat these plants and humans eat the animals. The animals die and the cycle starts again.

Why compost? Many food scraps can be com-

posted, saving them from the local dump. When food scraps are taken to the dump they do not break down because they are not exposed to the right conditions for composting. By throwing away organic matter we are taking up valuable space in our solid waste facility site. By using this natural composting process we can help reduce the amount of garbage that goes to the dump. Finished compost can be used to enrich plants to grow or it can simply be spread over the ground. **What can be composted?** Fruits and vegetables, peels, coffee grounds, and eggshells can be composted.

The Good Earth

The earth is our mother. Whatever befalls the earth befalls the sons of the earth. If men spit upon the ground, they spit upon themselves.

This we know. All things are connected like the blood, which unites one family. All things are connected.

Man did not weave the web of life: he is merely a strand in it. Whatever he does to the web he does to himself.

Contaminate your bed, and you will one night suffocate in your own waste.

Chief Seattle
Duamish Tribe
1854

Library News

By Bernadette Andrew

Are you ready to read and join SUMMER READING CLUB 2000? Plans are to begin on Monday, June 5th, at 10:30 AM in the RecHall, and meet every Monday throughout the summer. We have gotten most of next years Battle Books in and are awaiting shipment of the remaining few.

This year, we will be using a "library card" to check out books. More information regarding that will be sent out soon.

We hope to have more adult members than last year, so join the club and READ, READ, READ and let your children see how important reading is by your example!

Watch for more information on how to join and be a member of . . .

SUMMER READING CLUB 2000!

Also, for those interested in borrowing books from Fairbanks library, forms are available at the office. See Betsy.

April Village Council Meeting by Sandra Alvarez

The regular meeting of the Village Council was held on April 19, 2000. It was well attended with more than 30% of village residents present at the meeting. Beside regular reports from programs and financial summaries, those in attendance were informed about the upcoming finalization of land surveys within the main part of the village and how the road easements would be laid out. Everyone was able to review maps and comment about the proposed 14 C (1) subdivision. The only public river access road will be the one from the airport along the West side of the sewer lagoon to the main barge landing.

Residents were notified that the gas in storage is in short supply and is for local use only. If anyone else needs to buy some it is at the unordered rate of \$3.25 per gallon.

Preparations are underway for summer activities including village cleanup, Summer Reading Club and village beautification efforts in planting flowers or shrubbery around the community. There are also plans for a pine car derby and an Easter egg hunt prior to the end of the school year.

The local Emergency Responders Group reported that they held a meeting on the 18th of April to practice skills and

work on ordering more supplies. They have a "wish list" of items the group needs and a recent donation from Branham's Royal Wolf Lodge will help out in purchasing these things for use in emergency situations.

Information and published brochures regarding the Branch River (Alagnak) watershed management plan were provided. It was noted that this plan was never discussed with the Village Council or the Igiugig Native Corporation who is the largest landholder in the area that it covers.

Other discussion included: comment about upcoming compact negotiations and who should be allowed to do things on our behalf, road project and airport building time schedules, the necessity to have a hygienist travel with the dental team, work prospects through the Iliamna Lake Contractors, and other small grants the village has received or is pursuing.

The next regular meeting of the Council will be held May 17th, with at least one special meeting in the interim for consideration of important items in a timely manner.

NO CAVITY CLUB 2000

Congratulations to the members of the NO CAVITY CLUB.

This year's member's from the recent visit by the dentist include:

Kayla Nelson, Joshua Nelson, Shayna Nelson, Camille Andrew, Shaun Andrew, Angel Alvarez, David Alvarez, Ida Nelson, Tanya Salmon, AlexAnna Salmon, Gregory Zackar Jr., Alicia Zackar, Mary Hostetter, and Panteleimon Askoak.

Keep brushing those "pearly whites" and eating healthy foods!

WALK TO BE FIT

By Sandra Alvarez

May 5th is the day to update your mileage chart. Bring in your April miles or send me a note with them on it. If you have walked for six weeks or 60 miles, you can also pick up a water bottle.

Igiugig has 23 people participating in the "Walk to be Fit" program. For those who haven't joined yet applications are available at the Council Office.

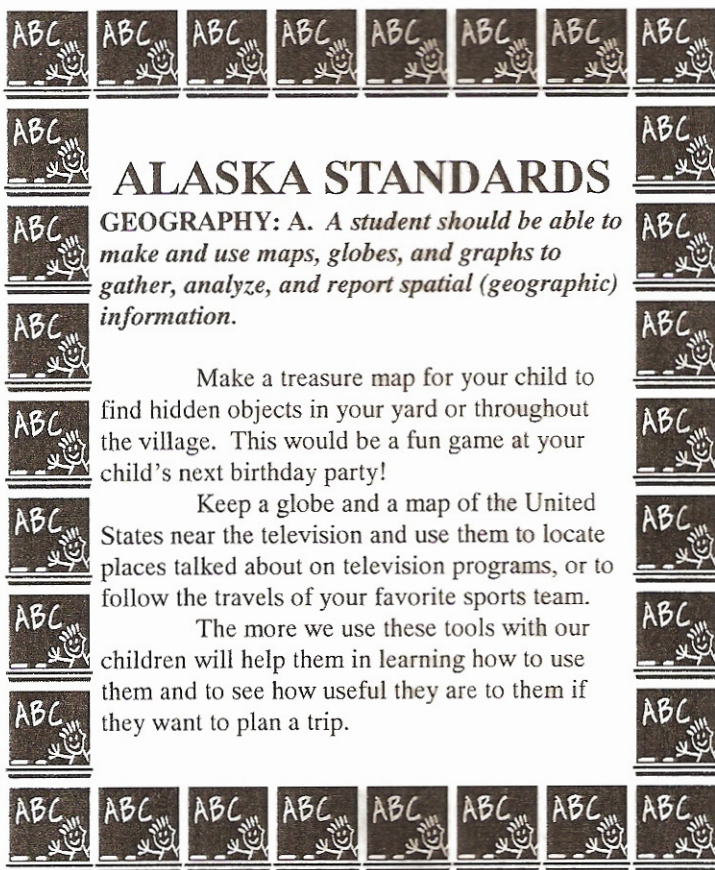
Walker Miles:

The Total Walker miles reported in March were 125 $\frac{3}{4}$ miles.

Leading in mileage are: AlexAnna Salmon at 28 $\frac{1}{2}$ miles, Lydia Olympic at 18 $\frac{3}{4}$, Bernadette Andrew at 13 $\frac{3}{4}$ and Christina Salmon at 13 miles.

Check out the mileage charts posted around the village to see how many miles everyone has so far.

KEEP ON WALKING!



ALASKA STANDARDS

GEOGRAPHY: A. *A student should be able to make and use maps, globes, and graphs to gather, analyze, and report spatial (geographic) information.*

Make a treasure map for your child to find hidden objects in your yard or throughout the village. This would be a fun game at your child's next birthday party!

Keep a globe and a map of the United States near the television and use them to locate places talked about on television programs, or to follow the travels of your favorite sports team.

The more we use these tools with our children will help them in learning how to use them and to see how useful they are to them if they want to plan a trip.

LETTER TO THE EDITOR

The Village Response Team of Igiugig is sending a very big **Thank You** to Royal Wolf Lodge for their generous donation to the response team. The Village Response Team needs your help and donations to help the team get supplies that are badly needed for responding to emergencies. **Thank you again Royal Wolf Lodge** for the donation, it was a great surprise and will be well spent!

Betsy Hostetter
Igiugig Village Response Team
Secretary

Do you have a letter that you would like published? Submit it to:
Bernadette Andrew, Editor
Igiugig Tribal Village Council
PO Box 4008
Igiugig, AK 99613

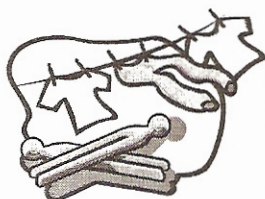
Get Your Next Wash Load Clean . . . and Safe

Five ways to beat the germs that survive the washer
From "Prevention"

Doing the wash isn't what it used to be: Today, we use less water (especially hot water) and less bleach than 10 years ago, in an effort to minimize environmental damage. But the downside to this approach is that it's easier than ever for illness-causing germs such as *Escherichia coli* and the hepatitis A virus to survive your washing machine and spread, according to Elizabeth Scott, Ph.D., a consultant in food and environmental hygiene in Newton, MA.

Should you worry? *For most healthy people, the answer is no.* But there are times when you'll want to take extra precautions. Here's what to do:

- ⇒ **Wash your hands** after loading *and* unloading your machine.
- ⇒ **Wash potentially bacteria-laden items** such as underwear, bathroom towels, and kitchen linens as separate loads. **Don't mix them with the rest of your laundry.**
- ⇒ **Use the dryer whenever possible.** The **heat** (the higher the setting, the better) can kill bacteria that survive the washing.
- ⇒ **If a fabric has been soiled by blood, vomit, or feces,** presoak it in a tub of hot water with 1 cup of chlorine bleach or a sanitizing detergent for half an hour. Then wash it alone.



- ⇒ **If a family member has a skin infection or an illness** that causes vomiting or diarrhea, wash his clothing **separately with liquid bleach** or a sanitizing detergent for non-bleach items. And if members of your household are susceptible to infection, such as children under 4, people over 65, and those with lowered immunity, wash all the laundry in this manner.

Quick Tip

If there is infection in your home or you have just finished a heavily soiled load of laundry, clean the machine. Run an empty cycle with bleach or wipe the drum with a cloth and diluted bleach.

HEALTH TIPS Contributed by The Igiugig Clinic

Guide for Parents About Runny Noses

(Green or Yellow mucus)

Questions and Answers

Your child has a runny nose. This is a normal part of what happens as the common cold gets better. Here are some facts about colds and runny nose.

What causes a runny nose during a cold?

When germs that cause colds (cold viruses) first infect the nose and sinuses, the nose produces clear mucus. This helps wash germs from the nose and sinuses. After two or three days, the body's immune cells fight back changing the mucus to a white or yellow color. As the bacteria that live in the nose grow back, they may also be found in the mucus, changing the mucus to a greenish color. This is normal, and does not mean your child is infected with bacteria that need antibiotic treatment.

Does a runny nose need to be treated?

No. Runny nose, cough, fever, headache and muscle aches may bother your child during a cold, but medicine won't make them go away faster. Using a cool mist vaporizer or giving your child an over-the-counter decongestant medicine may help. Check with your Doctor or Health Care Provider/CHA/P to see which medicine is okay to use.

Are antibiotics ever needed for a runny nose?

Only if your doctor has diagnosed sinusitis.

Why not take antibiotics?

Taking antibiotics that your body doesn't need can be harmful. After each antibiotic, your child is more likely to have resistant germs in his or her nose. If your child gets infected again, it's more likely to be with these resistant germs. Resistant germs aren't killed by the usual antibiotics. If your child gets infected with a resistant germ, it might be necessary to use more expensive and powerful antibiotics, antibiotics by needle or even antibiotics that have to be given in the hospital. Since a runny nose generally gets better by itself, it's best to wait and take antibiotics only with necessary.

What should I do?

Be glad that your child has a mild condition that will probably get better by itself. Your doctor/CHA/P may prescribe medications that will help with the symptoms, but right now antibiotics are not needed.

IS YOUR BUG A VIRUS OR A BACTERIA?

Viral infections (e.g., common cold, flu) cannot be helped by penicillin or other antibiotics. Your doctor can help you only if you have a bacterial infection (e.g., strep throat, ear infection).

How can you tell what kind of bug you've got?

	<u>INFECTION</u>	
	<u>Viral</u>	<u>Bacterial</u>
Runny nose	Often	Rare
Cough	Often	Sometimes
Dry cough	Often	Rare
Fever	Often	Often
Sputum brought up	Rare	Often
Hoarseness	Often	Rare
Headache	Often	Rare
Dizziness	Often	Rare
Achy muscles	Often	Rare
There's only one complaint (e.g. sore throat, earache, sinus pain)	Rare	Often
Can antibiotic help?	No	Yes
Can a doctor help?	Probably not	Yes

VIRAL INFECTIONS ARE NOT TREATED WITH ANTIBIOTICS.

LOCAL SCHOOL ADVISORY COMMITTEE by Sandra Alvarez

The regular meeting of the Igiugig LSAC was held on April 20, 2000 at 4 p.m. Principal, Bernie Gurule, reported that Igiugig has three students representing Lake & Peninsula School District at the Statewide Native Youth Olympics (NYO) competition in Anchorage: Christina Salmon, Ida Nelson and AlexAnna Salmon. Bernie also shared a proclamation from the School Board naming the week of May 7th Teacher Appreciation week.

Christina Salmon reported on the student fund raising efforts and noted good profits made on the book fair, pancake breakfast and t-shirts. Students received complements from the Bishop and other visitors for their excellent service at the pancake breakfast.

Ida Nelson and Christina Salmon reported on the recent Academic/Athletic meet in Newhalen, including the fact that Christina was elected to the Student Government as Secretary.

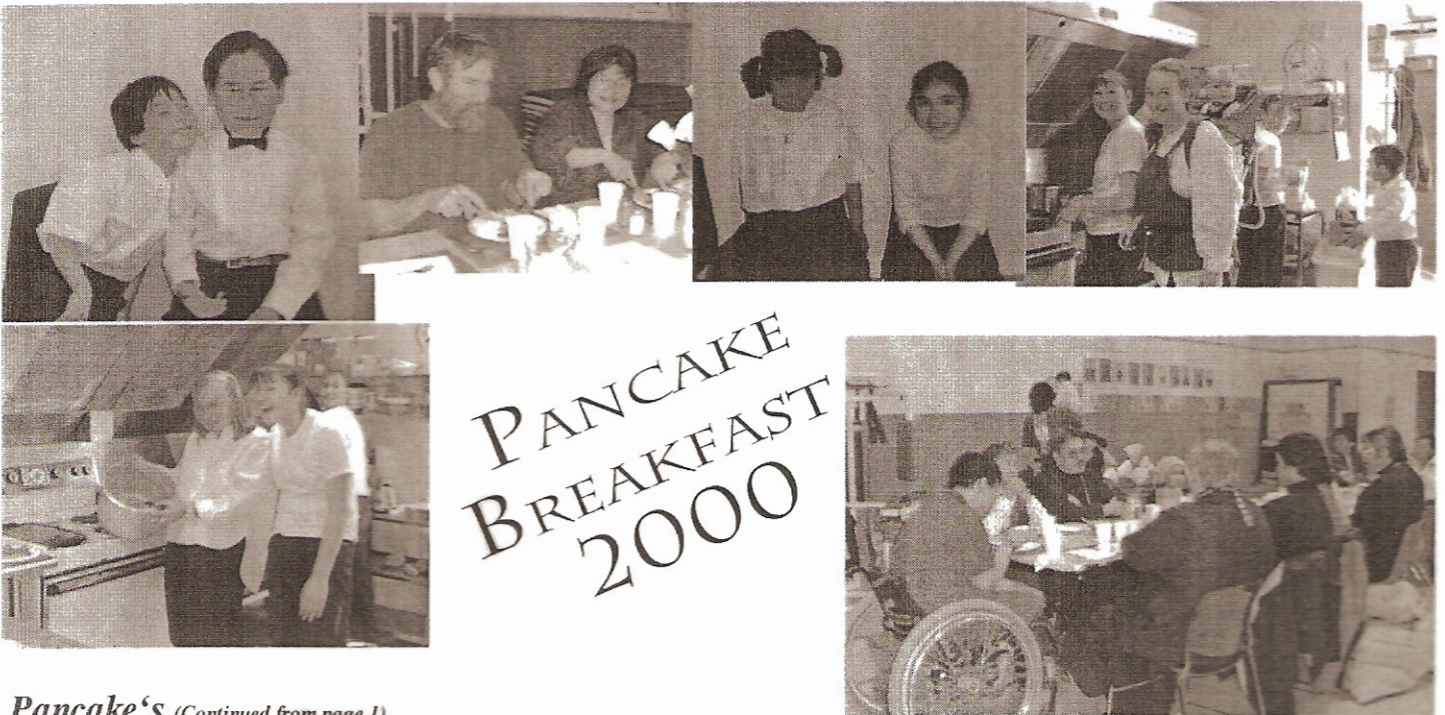
The Village Cleanup has been scheduled for May 16th, to be followed by the annual school picnic at the RecHall.

Graduation will be held May 18th with speaker, Martha Crow and student speaker AlexAnna Salmon.

Staff reported that the school calendar for the 2000-01 year has been accepted by the School Board, opening day being August 29th, 2000 and the last day on May 23rd, 2001. The Christmas break will run December 23rd, 2000 - January 9th, 2001.

Next regular LSAC meeting will be held on May 18th following the graduation ceremonies. It will include review of the summer maintenance list and a report on the NYO competition.

#2 White



Pancake's (Continued from page 1)

This breakfast was operated like a real restaurant, and even the workers wore black pants and a white shirts. Prior to the breakfast, the students were taught how to properly eat and serve. These lessons paid off during the breakfast, especially since there were extra guests.

Igiugig Student Activity Fund made about \$560.00 in profits. There was \$72.00 in tips, which was divided amongst all the waiters and waitresses. Igiugig students are planning another Pancake Breakfast for next year since this one was a success. We would also like to thank those who came to our breakfast. Thanks!



Goals, Never Ending by Christina Salmon, 11th Grade, Igiugig School

Goals, we all have them, whether it is to lose weight, spend more time with our families, or quit smoking. My goal is just like everyone else's, but what makes mine different is the way I am approaching to accomplish my goal.

My current goal is to raise my math grade. I have never been fond of mathematics, of any sort, so the first step to tackling my goal was learning to like it. None of us enjoy participating in an activity we dislike, so I committed myself to liking my goals so I would want to do it instead of battling it. Then I needed to plan my route to go about achieving my goal. I started working daily with a tutor and studying independently on areas I needed assistance with. Each day I learned a new concept and spent the evening practicing that lesson. In order to assure I achieve my goal I have told classmates, friends, and neighbors about my goal so they can offer help, support, and keep me on track.

Currently I am in mid-process of achieving my goal. Approaching math with a desire to learn the concepts has made

all the difference. I want to learn and improve my grade. I am doing it for myself, not because my teachers or parents want me to. It is all in my control and I decide whether to learn or blow it off.

If a goal has been honestly completed there's a sense of overwhelming joy. Goals not completed leave you with a false sense of excitement like rotting wood covered with a fresh coat of paint. The paint only hides the decaying wood, but the wood is really still dying.

The great thing about goals is that they are never ending. Once completed with a goal a person can always expand on it or start a new one. Goals should be constantly pursued, evaluated, and achieved. Once you goal is achieved tell others about it and congratulate yourself. Completing a goal inspires you to become a more whole, honest, and spiritual human being, and that is what separates us from being animals.

SHOOTING THE 4-10 SHOTGUN

By David Alvarez, 5th Grade, Igiugig School

When my dad came to have church with Marie, Angel, my Mom, and I we all sat with Pastor Dan O'Hara in our house for 1 hour.

And after we had communion, Dan said "Jason let's boogie". And my dad stayed and he got my future 4-10 out and it looked old. Then he grabbed five long shells out of the shotgun shell bag. Then, I found an old medium size bucket. When I set the can on a small snowdrift, my dad was waiting, and I came back, he told me how to work the 4-10. When I was ready, I aimed and hit it. I shot five times and I filled the can with holes.

I hope you get a 4-10!

#1 Yellow

Dear Igiugig Citizens . . . By AlexAnna Salmon, 8th Grade, Igiugig School

Dear Igiugig Citizens,

04.22.00

Hello, my name is AlexAnna Salmon and I am trying to accomplish three goals: an academic, social, and personal goal.

My academic goal is to tutor Christi to improve her math grades. If I accomplish this goal, I will get an "A" on my report card under math. I am giving her a math lesson about two times a week. So far I have taught her how to solve a few different equations on her own. I am also urging Christi to study math more often.

My personal goal is simple: be more organized so I won't lose my homework or classroom assignments. I have made folders for my different classes. That is working except sometimes I don't bring the folder to school. So far I have almost accomplished my personal goal.

My social goal is the hardest and it is to help out in the house without whining or complaining. This goal is the weakest and needs major improvement because I have no motivation to achieve it.

The reason why I am writing this letter, besides the fact that it is an assignment, is because the more people I tell about my goals, the more people I will have on my encouragement team. Also, so I won't back out on these goals because now everyone knows about them.

Sincerely,

AlexAnna Salmon
AlexAnna Salmon

Good Driver Tips of the Month

Information for **everyone who** drives a vehicle—truck, Honda, snow-go or bicycle

- **WET BRAKES:** After driving through **deep water** your brakes may not work or they may pull to one side, so **after you drive** through water be sure to test whether **they are working** by pressing lightly on the brake pedal. To dry wet brakes, **apply** breaks gently while you continue to drive **slowly**.
- **HAND/ARM SIGNALS:** Use **hand signals** when the sun is shining brightly, when there is lots of traffic **backed up behind** you which block the signal lights, or if **you are** driving a vehicle that has no turn signals.
 - Left Turn – Left arm straight out
 - Right Turn – Left arm pointing up bent from elbow
 - Stop – Left arm pointing down bent from elbow
- **PAVEMENT MARKINGS:** Yellow lines painted on roads separate traffic going in opposite directions. **White lines separate** traffic going the same direction.
- **QUESTIONS:**
 - #1 - What color should the lines be on the road in Naknek?
 - #2 - What color should the lines be on 5th Avenue in Anchorage?
 - #3 - If we had pavement and painted lines on the road in Igiugig what color would the lines be?

(Answers found elsewhere in this newsletter.)

I Can Accomplish Them by Tanya Salmon, 7th Grade, Igiugig School

Dear anybody who has a goal,

For journalism, my class had to write about their goals. I have many goals that are located under three categories: academic, personal, and social. For my academic goals, I chose to study more, listen more often, and improve my grades. Walk twenty miles in the month of April, and be more organized with my work are my personal goals. My social goals are to volunteer, help out the village more and to become a better person.

*"Walk twenty miles
in the month of
April, and be more
organized with my
work are my
personal goals."*

I have been working to accomplish my goals. After school, I throw away excess papers out of my backpack and folders. I have been looking at the person speaking to me so that I won't get distracted. I have started time management, so I study for a certain time period. When I study, I improve my grades (studying pays off). I have been walking to and from school, and I have been taking walks. When I go walking and I find trash, I pick it up and throw it away at the dump.

Thank you for reading about my goals, and I hope that you will help and support me to accomplish them.

Sincerely,

Tanya Jo Salmon
Tanya Jo Salmon

#3 Yellow

LABELS! LABELS! LABELS!

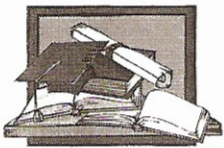


This is the last month for the 99/00 school year to collect labels. We have collected 2406, but are still short 544 labels of our goal of 2950 labels to get an outdoor volleyball set. Please bring in any labels that you have saved at home to the Council office. If we don't make it, we will continue trying next year to reach our goal! Thanks to all those who have helped!!!

SCHOOL NEWS By Bonnie Thurston

Igiugig School's VILLAGE CLEAN-UP and SCHOOL PICNIC

The village clean up and picnic will be held on May 16th. The clean up will start at the school at 9:00 A.M. and the picnic will directly follow. Please bring a dish to share. The picnic will be held at the RecHall. Everyone is invited. There will be a Desert Contest for students in grades 5 – 11 and a Chocolate Chip Cookie Contest for students in grades 2 - 4. There will be plenty of sweets to share!



Igiugig School's GRADUATION DAY

May 18, 2000

2:00 P.M.



AlexAnna Salmon will graduate from eighth grade at 2:00 P.M. on May 18th. The keynote speaker will be Martha Crow. The graduate will also address the audience. Everyone is invited to attend. Please bring a desert for the sweets table. Come and join in the last celebration of the school year!

Igiugig School Preschool..... Ending for the School Year

The last day for Preschool will be May 12th.

We have 2 students moving up to Kindergarten. They are Vassalisa Askoak and Sharolyn Zackar. Congratulations to these students. This is a big milestone in their life!

A special thanks to our Preschool Teacher Annie Wilson for another successful year. Her hard work and dedication is greatly appreciated by Igiugig School.

LAST DAY....IGIUGIG SCHOOL

The last school day in the 1999-2000 school year will be May 24th. Students will be dismissed at 1:00 P.M.

TEACHER APPRECIATION WEEK

The Lake and Peninsula School Board has proclaimed the week of May 7, 2000 as Teacher Appreciation Week in our communities. Teachers spend many hours preparing lessons and helping to mold our children to be educated and productive citizens. Be sure to let our teachers,

Jeff and Bonnie Thurston,
know how much their time and effort spent with your children is appreciated.



Igiugig Tribal Village Council

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Michael Andrew, Jr., President
Dallia Andrew, Vice-President
Randy Alvarez, Member
Greg Zackar, Sr., Member
Lydia Olympic, Member &
Environmental Program
Manager
Dan Salmon, Administrator
Sandy Alvarez, Administrative
Assistant
Bernadette Andrew, Editor & Social
Services Director
Betsy Hostetter, Tribal Clerk
Christina Salmon, Environmental
Program Intern
Ida Nelson, Environmental Program
Intern

Weather Watch

April 1 – 24

Highest Wind Speed . . . 53 mph

Average Wind Speed . . . 15 mph

Dominant Wind Direction . . . SW

Highest Temperature (4/25) . . . 59°F

Lowest Temperature (4/1) . . . 8°F

Below Freezing . . . 21 days

Recipe Corner

Contributed by . . . Angel Alvarez

Cookie Monster Chocolate Chip Cookies

Cream together:

- 1 cup butter
- $\frac{3}{4}$ cup brown sugar
- $\frac{3}{4}$ cup sugar

Add and mix again:

- 1 teaspoon vanilla
- 2 eggs

Mix in:

- 2 $\frac{1}{4}$ cup flour
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt

Mix together until creamy:

- 12 ounces chips (We like the white ones!)

Bake at 350°F for ten minutes.



Pictured with the Bishop (back row, l – r) Camille, Christina, Jon, Ida, Tatyana, Bishop Innocent, AlexAnna, Mary, Tanya, Ponty. (front row, l – r) Alicia, Sharolyn, Jacob, Vassalisa, Jeremy, April, Shayna, Kayla, Joshua, Shaun. (in the very front) Gregory.