

# Igiugig News & Notes

Igiugig Tribal Village Council

April 2002

Volume 5, Issue 5

## Pancake Breakfast

By AlexAnna Salmon, 10th Grade, Igiugig School



Gabe Gust finishes his breakfast with a cup of coffee.

On Friday, March 22, 2002, Igiugig students held a Pancake Breakfast to continue raising money for their Student Activity Fund. All morning the high schoolers prepared a breakfast of blueberry and regular pancakes, sausages, bacon, scrambled eggs, coffee, and orange juice. The breakfast began at 10:00 AM, with the elementary class doing the serving, and clean-up started at 11:00 AM. People ages 12 and older paid ten dollars for the meal, and kids under 12 paid five dollars.

The service was quick and besides receiving a few

not-so-well-done pancakes (made by Chef Al, who has that famous cooking reputation), the food was delicious. It was also a fast way to earn \$250.00 dollars towards the high school trip to Hawaii. Thank you everyone who attended the breakfast, we hope you enjoyed it!



Kevin Olympic



Waiter Jeremy and Waitress Angel take a breakfast break.



Jay cooking sausages.



"Chef Al" flipping pancakes a bit too fast!

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### Birthdays this month

- April 14  
Renee Zackar
- April 23  
Mike Andrew, Sr.
- April 27  
Randy Alvarez

## LSAC MEETING by Sandy Alvarez

The March Local School Advisory Committee (LSAC) meeting was held on the 21<sup>st</sup> at 4 p.m. in the School Library.

Dennis Neidermeyer, the LPSD Business Manager, attended the meeting and presented the budget information for the upcoming year and discussed the annual impact aide funds.

A school calendar was selected for next year, which if accepted by the school board, would put our holiday break at December 25, 2002 through January 13, 2003.

AlexAnna reported on her recent travel for "Close Up" in Juneau where she was able to tour the capital building, a correctional facility, the glacier, a hatchery and a num-

ber of other local attractions. She was also the Speaker of the House for the mock session that the students engaged in.

Other items reported included; Yupik classes have resumed, high school travel has been booked for April 30 – May 11, 2002, the Book Fair is planned for the 22<sup>nd</sup> of April, and the student's garage sale will also be coming up (residents should look for more information on this in their mail boxes).

The annual Village Cleanup and School Picnic was scheduled for May 14<sup>th</sup>.

The next regular meeting will be held on Thursday, April 25, 2002 at the school.

## Kokhanok Carnival By Shayna Nelson, 4<sup>th</sup> Grade, Igiugig School

When Joshua, my Mom, Uncle John and I went to Kokhanok we saw a wolf. Uncle John went to go chase the wolf but when he came back the wolf went back down the hill and chased us! That wolf was as big as a HONDA!

When we were far away from the wolf I asked, "When are we going to be at Kokhanok?" My Mom said, "Soon." We got there at about 7:00 p.m.

The next morning we went to the Old School and had breakfast. When I was standing in the line Alicia and her family walked in the Old School. Then I went to go hug her.

The first dance was at 9:00 p.m. I was the first girl to dance out of all the girls I know. I played ES-KIMO BINGO. I only got one present. Alicia gave

me a present and I gave my brother one. I danced with Jeremy and then Billy. I tried to dance with Jay but he was a pip-squeak. ☺☺

The 3<sup>rd</sup> day of the carnival my Mom, Joshua and I went to a men's dog race. There were 6 teams all together. I don't know who won the race. It was fun to watch the dogs.

The 4<sup>th</sup> day all the kids went to do activities like Honey If You Love Me Won't You Give me a smile? Duck, Duck, Goose, and a Bubble contest at the school.

The Kokhanok Carnival was very fun and in other ways funny because of the game Honey If You Love Me Won't You Give Me A Smile!

## The Kokhanok Carnival By Jeremy Salmon, 4th Grade, Igiugig School

This weekend I went to the Kokhanok Carnival. I visited the fun house and I won a fun cube and Chinese handcuffs. After a while (at nine o'clock) I went to the dance. At the Kokhanok Carnival the best activity was dancing until my feet were dog tired. I danced with four other people.

The next day I went to the dance and danced some more. The band sang "Happy Birthday" to

my Auntie Lydia. By the time the dance ended it was two o'clock.

At the banquet they raffled DVD players, a Discplayer, and held sweepstakes. Alicia won a skateboard and my mom won a rice cooker.

My family came back from Kokhanok on a snowmachines. Next year when we go there again I hope it isn't a dollar a ticket for the fun house, I also hope they get better prizes.



## **"Kokhanok Carnival"** By Angel Alvarez, 4<sup>th</sup> Grade, Igiugig School

I went to the Kokhanok Carnival this weekend. I danced with six people. They were Shayna, my mom, my Aunty Lydia, Alicia, Melanie, and Jeremy. Melanie and I danced with each other lots of times. We both had to ask a boy to dance with us. Melanie had to dance with Jeremy and I had to dance with Basil. David was even dancing with other girls!

We did other things besides dancing, we went to the fun house, played at the playground, watched

dogsled races near the school, and slept at my Uncle Pete's house. We also got to walk around the village a lot.

Then we unloaded all our stuff out of my dad's airplane and we went home. When we got home I went to sleep. Next year I might not be able to go to the Kokhanok Carnival.

## **Kokhanok Carnival** By April Hostetter, 4<sup>th</sup> Grade, Igiugig School

Kokhanok Carnival was great! There were 3 dances, 3 dinners, 1 Banquet, 2 Fun Houses, and Dog Races.

At the Banquet I won a basket that had a basketball pump, basketball, and candy in it! At the dance I danced with Jeremy, Angel, Alicia, Melanie (my cousin), and Shayna. At the dance, the school had stuff to sell like candy and Freezer Pops.

Mr. Black (one of the teachers at Kokhanok) video taped the Dog Races and the people who

were at the Old School working. One of those people was me! At the Banquet Mr. Black showed the pictures on the wall. It was like a video but it didn't have a T.V., because it was shown on the wall.

There were activities at the school too. One of the activities was "The Bubble Gum Contest." You play it like this: first you receive a piece of bubble gum and you chew it and blow a bubble as big as you can, whoever blows the biggest bubble wins!

## **What I Did at Kokhanok Carnival** By Alicia Zackar, 4<sup>th</sup> Grade, Igiugig School

I really had fun this year. I liked the Kokhanok carnival because there were lots of games like darts, sponge toss, Basketball, milk bottle toss, and Eskimo bingo. We had raffles, button prizes, and ticket prizes.

Last year I won a pillow. I also won two bug toys and a Barbie. This year I won a Skateboard. It was like Christmas for my gramma because she won so much stuff! At my gramma's house I traded Gregory a bubble blaster for a jewelry box.

Sharolyn and Clara gave me stuff. I liked the

smallest present best. That was the jewelry box. I got sad one time but a joke cheered me up. I would like it if one of the teachers would come to the carnival next year.

I also went to the dog race, and saw the dogs take off. The grownups watched the dog's come back while the little kids played at the playground. I played catch with the boys and Angel.

I also went to the coffee shop and played outside with Clara, ALA, Angel, and Jeremy. I am looking forward to going to Kokhanok carnival next year.

# Igiugig Village Council Meeting by Sandy Alvarez

The Council met on March 12<sup>th</sup>, in their Main Office at 4 p.m.

Staff reviewed financial information and program activities. The Council was informed about progress on grant requests and was given an update about progress in the Library toward set up of the automation system. Lots of new library materials are on order and applications for the next fiscal year were submitted last week.

R Carnival was a big success with students taking care of nearly all the work involved. The Suicide Prevention grant renewal packet was presented outlining plans for next year that including many of the regular activities and a request for native dance instruction.

The hazwopper/asbestos training class will begin April 8<sup>th</sup>. It will be a total of 80 hours over the course of two weeks. This is required training for some of the jobs that are anticipated through the Iliamna Lake Contractors in the next few years.

Renae Zackar gave a report on her impressions from the Wellness Conference that she attended in Dillingham at the end of January.

The next regular meeting of the Council was scheduled for April 24<sup>th</sup>, 2001.

## Library/Computer Lab News

A great big THANK YOU goes out to IMLS for the Enhancemant Grant that was received. Through this grant we were able to purchase many new reading materials which have been coming in. The fourth graders are now having a blast with all the space books. Each day, they tell me "Did you know that....?" This would have not been possible without the grant.

Here are some websites that may interest you.

<http://moneycentral.msn.com/tax/home.asp>

Have trouble with your tax this year?

Wanting wise advice on your tax?

This web site may be ideal for you, so check this out.

<http://homeadvisor.msn.com/garden/gardenoverview.asp>

Twiddling your thumbs? Needing something to do?

This website has very interesting ideas for you about gardening.

### INTERESTING WEBSITES:

[www.itracku.com](http://www.itracku.com) or [www.flightprogress.com](http://www.flightprogress.com) or [www.trip.com](http://www.trip.com)

By logging onto these websites, you can track different flight services. You can check these websites to see if take-off has been delayed, or where a certain plane is at that moment.





# ALASKA STANDARDS FOR STUDENTS\*

In honor of  
National Association for the Education of Young Children's  
Week of the Young Child  
**Children's Opportunities--Our Responsibilities**

April 7-13, 2002

*This article is focused on how we can help our infants and preschools to be better learners.*

**FROM BABYHOOD TO PRESCHOOL: *Sensory stimulation helps to develop the brain and nervous system.***

*Consider the five senses that we all use daily, then find ways to help your baby or young child use their senses to process the world around them.*

## HEARING

- Even before they are born, babies can be stimulated by the sounds around them. Music that is calming or happy for their mothers will be the same for them. Studies have also shown that unborn babies learn to recognize their mother's voice.
- Begin talking and reading to your baby very early. Before they are old enough to understand a story, you can read your own book aloud while holding them. This not only stimulates their hearing, it is also soothing and helps them to be still and listen when you are talking.
- Toddlers need to be spoken to often and with full sentences. Talking baby talk to children slows language development. Sitting down to read a book with your child several times a day helps them develop the listening skills that they will need later in life.
- Preschoolers should be able to sit and listen to a full story. By reading each evening when they are tired (and less active) you will teach them to be still and listen more attentively.

## TOUCH

- Hanging toys are very interesting to babies. Even before they can begin crawling, they will try to reach out and explore the things around them by touch. Keep clean toys and things within reach that they can "feel" with their mouth since this is the way babies enjoy most.
- Toddlers and preschoolers need a wide variety shapes and textures to explore. By playing with them and naming things like "smooth, rough, furry, round, etc." they learn to name and describe things around them.

## SIGHT

- Newborns are best able to focus on things within a few feet of them. Be sure to hang mobiles or other colorful toys within their field of vision.
- When you talk to your baby be sure your face is where he/she can look at you and watch your facial expressions.
- Point things out to your toddler, birds, puppies, Hondas, or anything that will catch their interest. (Be sure to use colors when talking about the things, "look at the blue bike" so that by the time they reach school age they will already know their colors.)
- Preschoolers love games that look for things, like the picture puzzle books or stories with hidden items on each page, so get some and play them with your child.

## SMELL

- Comment on smells and share them with your young child, for example, "what a good smelling flower, or what a stinky garbage can".
- Play guessing games about common smells like soap, dinner, or outdoor smells.

## TASTE

- Provide your young child the opportunity to taste a variety of foods, and keep trying foods even if they don't care for it the first time.

**TIP TO PARENTS:** *Many of the suggestions above are small things that take less than five minutes of your time but can make a huge difference in the development of your child.*

\*Note that none of the information provided this month is from the Alaska Standards pamphlet, but is these things are important in preparing our children to be best equipped to meet these standards when they reach school age.

You can request a booklet of these standards from:

Alaska Department of Education, 801 West Tenth Street, Juneau, AK 99801-1894



# Electrifying News

Extra Electricity Used is extra money out of your Pocket!

## ELECTRICAL FACTS:

### DID YOU KNOW...

#### ...AMERICANS WASTE LOTS OF ENERGY?

Reader's digest reports in an article titled *Is your home an Energy Eater?* that:  
"Poorly insulated home windows and doors [lose] about as much [energy] as we get from the Alaska pipeline each year."

Use a lit stick of incense on a windy day to see if there is a breeze blowing through your house. Check next to the trim around your windows, doors and any other holes that come in from outside such as the pipe to your furnace, stove, electrical outlets and plumbing fixtures.

#### ...EACH PERSON NEEDS TO CHOOSE BETWEEN A SHOWER OR BATH TO SAVE ENERGY?

Showers use about 2.5 gallons per minute while a bath takes about 15 to 25 gallons total. So if your showers are less than 10 minutes long that would be the energy saver, but if you love to be in the water for a long time, a bath is your better bet.

#### ...80% ENERGY USED TO WASH CLOTHES IS FOR HEATING WATER?

Switching from hot to warm can cut a load's energy use in half.

#### ...ENERGY SAVERS CAN BE FOUND ON LOTS OF WEBSITES?

Check out the Department of Energy's web page  
[www.eren.doe.gov/energy\\_savers](http://www.eren.doe.gov/energy_savers)

## ELECTRICITY SAVING TIPS:

- *Using glow in the dark shapes and objects as a night light is a great way to save energy.*

*-Shayna, Josh and Kayla Nelson*

- *Lowering the temperature on your hot water heater to 120 ° will save lots of energy and prevent accidentally burning your children in the tub.*

*-Shaun & Camille Andrew*

- *Cleaning the sediment out of the filter to your hot water heater will help it run more efficiently.*

*-Bernadette Andrew*

- *Setting your washer to the size load you are doing will save energy on both heating the water and running the machine.*

*-Dan Salmon*

*Thank you for giving us good tips and joining the prize drawing.*

### Win 100kwh of free electricity and other electrical prizes!

\*\*\*\*\*

*Submit your favorite energy saving tip and get your name entered in a drawing. For each tip submitted to the office and used in the newsletter, a ticket will be added to the drawing bucket on your behalf. The drawing will be held once a year.*



## "We are at war to keep the peace,"

said Bush comparing the war on terrorism and World War two.

Editorial written by Ida Nelson, 11<sup>th</sup> Grade, Igiugig School

According to the dictionary by Merriam-Webster the word WAR means: a state or period of open and declared armed fighting between states or nations -- it also means the struggle between opposing forces or for a particular end.

The word peace means in the Merriam-Webster dictionary PEACE: a state of calm and quite public security under laws...a state of concord (as between persons and governments); also in agreement to end hostilities.

These two words Bush used in his statement to the press on March 13<sup>th</sup>, Wednesday 2002 are in conflict them selves. The word war is people holding guns, bombs dropping from planes, rubble all over the place and innocent people dying to keep peace! Is that the president's description of peace? The thought of peace is a place to be able to enjoy one self without worry and confusion. Peace is not a world of people dying and being held captive in their own country. That is a description of war on terror. The word peace is used to shield war and make it appear as if war is doing good for the people. There will never be peace on earth whether the president can help it or not. Attempting to stop terror is like trying to stop a rolling stone that carries no moss and terror will always find another way to terrorize

people. It will never go away.

Every child wants to change the world so there might be peace among the people. The United States is like a lost child that has a small view on terror—our government wants to stop it—but they have no way of knowing of which direction to go. No one really knows to do. Terror is every where and when you think it is gone another terrorist just pops up again. Which way is the best to fight terror? Fight it from the inside out—on our home streets—or from the outside in—with the world.

Focusing the war in Afghanistan will not bring the peace to the world but bring destruction. Afghanistan is a big target and it is being missed with every shot and bomb that we use. The war on terror is draining our government's money by wasting the bombs in Afghanistan war. Bombing rubble and sending our families best men and women to find the invisible man Osama bin Ladin. The United States is trying to fight the war on terror when we cannot even fight our own terror in our own country. Fighting fire with fire does not always work. As much as we want it to it does not. Our leader is at war to find peace and it will never be found until there is a sensible way fight terror.

### CAMPBELLS LABELS

We have collected a total of

4869

Campbells Labels!!!

Remember you can earn a prize by saving labels and turning them in at the Village Council office.



Tess Hostetter found the first "wooly" caterpillar on the steps at her house and brought it in to show the office staff on March 18th.



## My Experience at Close-up By AlexAnna Salmon, 10<sup>th</sup> Grade, Igiugig School

JUNEAU- From February 25-March 1, 2002, I attended Session III Close-up in Juneau, Alaska. While there, I learned about our government, met legislators, toured the capital, and made friends with other students from across Alaska: Akiachak, Akiak, Palmer, Wasilla, Beryosiva, and Tuluksak.

Activities I participated in included a tour of the state capitol building where I observed the Senate House in session, met with Senator Lyman Hoffman's staff to discuss our local project, met with Bill Resource people, and was introduced to the Executive Branch. I toured Governor Tony Knowles' mansion (and flushed his old-fashioned toilet), participated in a mock trial at a courthouse (I was a juror), visited DIPAC fish hatchery, saw the Mendenhall Glacier, and toured Lemon Creek Correctional Center. Visiting the prison was a highlight because we met 3 prisoners: a drug dealer and abuser, a murderer sentenced for life, and another murderer in jail for three more years. I took advantage of the opportunity to ask these convicts any questions I had.

The 38 students attending session III also had daily classes to learn about the three branches of government: their purpose and how they operate. I was involved in committee simulations, mock legislative sessions (I was nominated Speaker of the House), Regional Presentations, and Local Projects. Brittany Jensen -a tenth grader from Pedro Bay- and I did a local project on villages needing more VPSO's or law enforcement. Some other projects presented were water and sewer and a need for a sea wall. Brittany and I, guided by our chaperone Tripp Oakley from Chignik Lake, met with the Senator's staff. They said recruiting VPSO's is one of Hoffman's priorities but the legislative budget is too tight. Our group also had hands-on experience with reading and testifying for bills. My committee discussed HB171: the Alaska History Curriculum Bill sponsored by Representative Mary Kapsner. I was required to give a 2 minute testimony on the bill.

Overall, Close-up was a great experience to learn about the state government. Our days were long- each packed to the max with activities educating us about our state government, which is "fundamental to being an informed, effective participant in both state and local affairs". I recommend all highschoolers to apply for Close-up.

## A Nifty Way to Recycle

By Ida Nelson  
Environmental Intern

The three R's: reduce, reuse, recycle. These simple little words are very effective for the environment. They are in effect if and only if the public uses them correctly. In Igiugig, you can see the three R's used each and every day. An example of the three R's is reducing the amount of store bags in the village. Of course if we were a city we would have a collection site to collect these shopping bags. Unfortunately we are not a city and we do not have a collection site in the village. Although people do find ways to reuse shopping bags.

Dallia Andrew, Alice Zackar, Mary Olympic, and Marie Nelson have found a way to reduce shopping bags in our village. These four ladies make hand crafted bags out of shopping bags. These bags are very useful for the public; many ladies use them for steam bath bags, hand carrying their items to work, and or holding their homework for the weekend. If you were to ever to come to Igiugig some of their handy work will be in display at the hanger office at the gift shop.

We would like to thank you ladies for doing your part in reducing the amount of waste in our village and making it beautiful place to live Not to mention that you create wonderful products by using your handiwork. Remember reduce, reuse, and recycle.





Kayla and Camille plant their own flower seeds.



Kayla, Camille, and Shaun fill containers with soil.



Sandy and Betsy teaching the kids how to plant.



Shaun and Tess dig dirt out of the boxes so Sandy could put in plant food and "plant jello".



Sandy instructs the girls how to plant.



The busy planters take a snack break.

## Village Beautification Project Volunteers

Thanks to:  
Camille & Shaun Andrew  
Tess Hostetter  
Joshua & Kayla Nelson  
and  
Gregory Zackar

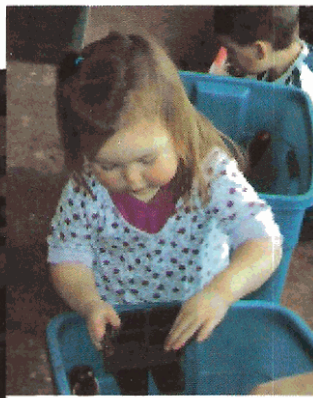
for help in planting seeds for this year's flower gardens and window boxes.



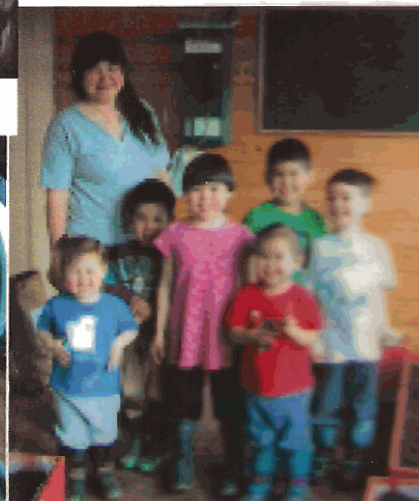
Gregory Zackar



Shaun and Joshua



Camille Andrew filling the containers with "baby dirt".



Igiugig Kindergarten, Preschool and Storyhour planting group with teacher Betsy.



## GARDENERS GOODIES

### April garden activities:

- ☐ Early April – After the first set of true leaves develop on your indoor starts, be sure to begin a schedule of fertilizing (follow package directions for the brand of fertilizer you are using or provide them with worm water on a weekly basis).
- ☐ April – Continue planting seeds indoors according to directions on the packages, assuming the last frost will be around the 1<sup>st</sup> of June.
- ☐ Mid April – Begin preparing your garden plot as soon as the soil thaws and dries out enough to 'work'. Mix in worm soil and other compost.
- ☐ Repair bed edgings that may have been damaged or moved around during the winter.
- ☐ Late April – After making all your soil amendments dig the plot well or roto-till your garden, then collect a soil sample and have a test done. (The Council is able to do a limited number of soil samples for interested gardeners.)
- ☐ Late April – check out your soil test results and order whatever other amendments you may need such as lime or fertilizer.
- ☐ Late April – clean up your yard and rake up dead grass to make way for the new spring growth.

### "5 R s"

#### *Reduce – Refuse – Reuse – Renew – Recycle*

**Reuse** gallon milk jugs by cutting the bottom off to set under plant trays to catch the water that drains through.

**Reuse** milk boxes by cutting out one side, punching holes in the opposite side (which then becomes the bottom) and filling with soil for starting small plants from seed.

#### Definitions:

Working the soil – digging up your soil to mix in air and nutrients, preparing it for later planting.

Amendments – Things you add to your garden soil to make it more fertile, to change the pH level or to make it have better drainage.

Bed edgings – The material used to outline the outside of your planting beds, such as rocks, wood beams or recycled plastic edgings.

## Show Your Pearly Whites! By Tanya Salmon, 9th Grade, Igiugig School

The dentist Dr. White and his crew of two dental assistants –Shari Simpson and Ramona Andrews–came to Igiugig on Tuesday, March 26, 2002. Last year, not a single student had a cavity. This year, however, the "No Cavity Club" has only eleven members: Alicia, Shayna, Shaun, Camille, Jeremy, Tanya, Mary, April, Tess, Angel, and David.

The clinic has been busy with nervous students getting their teeth checked. "Did you have any cavities? How many cavities did you have? Do you have to go back to the dentist?" the kids asked one another as their

classmates came back from the dentist. The first patients to see Dr. White were very excited. Shaun and Camille Andrew actually looked forward to having their teeth looked at. Both kids were cavity free. AlexAnna, however, says she needs to take brushing lessons from Camille because she had one cavity and required intensive drilling.

The students are determined to have their school be 100% cavity free next year. For now, keep brushing those teeth and congratulate the cavity free members!





Mary Hostetter



April Hostetter



Jeremy Salmon



Alicia Zackar



Shayna Nelson



David Alvarez



Tess Hostetter



Shaun Andrew



Camille Andrew



Tanya Salmon



Angel Alvarez

*Congratulations!  
Keep on brushing!*





## IGIUGIG ICE PUDDLE CLASSIC

Guess the time and day that the puddle will empty.

Clock stops as soon as the culvert breaks through.

Stop by the council office for more information.

Support this Linda Johnson Memorial Scholarship Fundraiser!

## HAZWOPER AND ASBESTOS CLASS

April 8th—19th, 2002

This class will begin on Monday, April 8th at 10:00 am, (depending upon the arrival of the instructors). The classes will begin daily at 8:30 am and will be held at the Airport Building. Attendance is mandatory every day to complete the courses. Any questions, please call the Council office.

### BEWARE! BEWARE! BEWARE!

Don't respond to Emails, phone calls, or web pages which tell you to call an "809" Phone Number. This is a very important issue of Scam Busters because it alerts you to a scam that is spreading \*extremely\* quickly can easily cost you \$2400 or more, and is difficult to avoid unless you are aware of it.

#### HERE'S HOW IT WORKS:

You will receive a message on your answering machine or your pager, which asks you to call a number beginning with area code 809. The reason you're asked to call varies. It can be to receive information about a family member who has been ill, to tell you someone has been arrested, died, to let you know you have won a wonderful prize, etc. In each case, you are told to call the 809 number right away. Since there are so many new area codes these days, people unknowingly return these calls. If you call from the US, you will apparently be charged \$2425 per-minute.

For more information, check out the following web-site:

<http://www.att.com/fraud/home>

## GARAGE SALE!!!

Mark your calendar for

**Saturday, April 13th**

10:00 am—12:00 noon

You can rent table space for \$10.00  
to sell your items

or

you can donate your items and the student activity fund will benefit from  
your donation.

See a high school student  
for more information.



# WALK TO BE FIT

Weather is finally turning to spring. Isn't it GREAT?" Beautiful sunny days always inspire thoughts of warm weather, pretty flowers and lots of outdoor activities.

## Exercise in Disguise!?

**G**ardening is great exercise. It requires lots of walking around, bending, reaching, carrying heavy loads, and use of arm muscles for digging and raking. Check out the Gardener Goodies to see which of these you should be doing during this month

**C**alorie counting can be tedious, but if you're interested in what all your daily activities are worth, check out the following website where you are able to select your activity and tell the computer how long you will do it, and it will give you the number of calories you will burn up. So if your deciding between say, watching a half-hour TV show (at 29 calories) or digging up a flower bed (at 130 calories), the extra 101 calories are your choice to burn or not!

[www.caloriecontrol.org/exercalc.html](http://www.caloriecontrol.org/exercalc.html)

**T**otal Village Mileage through February is 18,222.

Since most of our bodies burn about 55 calories to walk a mile, we are over a million calories from home. Energy wise, the calories in one apple would take you about one mile, the energy in a banana will take you two miles, and a piece of pumpkin pie should take you about five miles. So speaking in terms of food, we are about 456 pumpkin pies away from home, depending upon how much whipped cream you use!

A little effort today could equal a better quality of life for many years in the future.

**KEEP ON WALKING!**

## Regional Wellness Workshop

The Iliamna Village Council hosted an Alcohol/Drug Abuse Awareness Workshop March 22-24. Igiugig sent seven participants: Julie, AlexAnna & Tanya Salmon, Agafia & Ida Nelson, and Mary & Lydia Olympic. Mike & Dallia Andrew also went up on their own machines. If you would like to hear about the workshop or any of the activities, be sure to ask one of these people how it was.

### Personal Totals (Since Mar.00)

John	2141
Annie	1151
Sandy	976
Shayna	881
Joshua	878
Lydia	754
Marie	680
Mary	665
Yako	614
Dallia	570
Alice	472
Kayla	445
Ida	427
Tanya	407
Bernadette	390
AlexAnna	390
Michael	387
Angel	327
David	326
Shaun	312
Charlie	306
Julie	302
Dan	266
Betsy	248
Jonathan	230
Alicia	228
April	185
Sharolyn	158
Jeremy	154
Tess	130
Camille	117
Kevin	105
Pete	45
Bonnie	15



### Igiugig Tribal Village Council

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## Weather Watch

March 1—29, 2002

Highest Wind Speed . . . 74 mph

Average Wind Speed . . . 10 mph

Dominant Wind Direction . . . ENE

Highest Temperature . . . 47.7°F

Lowest Temperature . . . -3.3°F

Below Freezing . . . 28 days

Below Zero . . . 1 days

## Recipe Corner

Contributed by . . . AlexAnna Salmon

### Strawberry Shortcakes

#### Ingredients:

1 quart strawberries, sliced  
½ cup sugar  
1/3 cup shortening  
2 cups all purpose flour  
2 tablespoons sugar

3 teaspoons baking powder  
1 teaspoon salt  
¾ cup milk  
Margarine or butter, softened  
Sweetened Whip Cream

#### Procedure:

Mix strawberries and ½ cup sugar. Let stand 1 hour. Heat oven to 450-degrees. Cut shortening into flour, 2 tablespoons sugar, the baking powder and salt in medium bowl, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in milk just as blended. Turn dough onto lightly floured surface. Gently smooth into a ball. Knead 20 to 25 times. Roll ½ inch thick. Cut with floured 3-inch cutter. Place about 1 inch apart on ungreased cookie sheet. Bake 10-12 minutes or until golden brown. Split shortcakes horizontally in half while hot. Spread margarine on split sides. Fill with strawberries; replace tops. Top with strawberries and whipped cream.