

Igiugig News & Notes

Igiugig Tribal Village Council

May 2002

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The Pine Car Derby

By AlexAnna Salmon, 10th Grade, Igiugig School



Kayla and Camille during the final match.

The Igiugig Village Council held its annual Pine Car Derby at the school on Saturday, April 27th. At 2:00 PM, car contestants officially weighed in their automobiles, which had to be under 5 oz. In



Shaun and Sharolyn are ready to race!

all, there were eighteen participants ranging from preschoolers to grandmothers. Car names reflected originality: Thunderbolt (Jeremy Salmon), Secret (Shaun

Andrew), Serein,e (Mary Hostetter), 3-horn (Joshua Nelson), It's Nameless (Tess Hostetter), White Fire (David Alvarez), Blank (Angel Alvarez), Bumblebee (April Hostetter), Chitty Chitty Bang Bang (Sharolyn Zackar), Kwik (Gregory Zackar), and Blue Sky Blue (Alicia Zackar).

Fans, eating cotton candy galore, watched from the bleachers as Shayna Nelson's "Anuska" car won the farthest distance. The final match was a championship between Kayla Nelson's car named "Stuff" and Camille Andrew's car named "Pink"; Kayla won. After the heats were finished, everyone voted on car designs. Sandy Alvarez's car named "Randy's Rig" won the Best Design and Best Named awards, and Dallia Andrew's "Wood Picker" won Most Colorful in the adult category. Tatyana Zackar's automobile "Rosey" won the Best Design, Camille Andrew won Most Colorful, and AlexAnna Salmon's

"Lovebug" won the Best Named in the kids' category.

As usual, the Pine Car Derby turned out to be a fun event for racers, fans, and of course cotton candy eaters.



Fans watch as Shayna, Tess, and Joshua race their cars.



Kayla, with her chin coated with cotton candy, displays her champion pine car, "Stuff".



Bernadette awards Tatyana for Best Design.

Birthdays this month

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

The Garage Sale

Igiugig Junior High Students (Jay Anelon, Jonathan Salmon, and Mary Hostetter) organized a Garage Sale to raise money for the Igiugig Student Activity Fund. It was held on Saturday, April 13th, from 12:00 PM-2:00 PM. The sale was held in the gym, and the concession stand had an end-of-year close-out sale, the village council made cotton candy, old library books were sold, and people bought tables to sell their own items. Some people even donated their old stuff for the students to sell and benefit the fund. Thank you to all the donators! Whatever

books that were leftover are going to be sent to the Salvation Army.

The two hours went by very slowly, and besides the cotton candy, the garage sale was uneventful. The student fund ended up making well over a hundred dollars though, so it was worth the effort. Next year, to make the garage sale more exciting, students are going to have other activities such as cakewalks and door prizes while the sale is going on.

LSAC MEETING by Sandy Alvarez

The April Local School Advisory Committee (LSAC) meeting was held on the 29th at 4 p.m. in the School Gym during the Book Fair.

It was noted that the high school students would be traveling to Hawaii tomorrow.

Pete Hauschka provided copies of the new 'student standards binder'. Each student will have their own binder that documents their level of mastery in all subjects. They will begin working through these next year, although some of the older students have begun assessing their current levels in preparation for the coming year.

Pete also reported on the student's recent travel to the AA meet, noting that AlexAnna was inducted into the National Honor Society and that all three high school students were elected to seats on the District's student government council.

Preparation for the graduation and award ceremonies on the 17th are well underway.

Also discussed were the Village Cleanup and School Picnic coming up on May 14th.

The next regular meeting will be held on Thursday, May 16th, 2002 at the school and will include election of one new LSAC member.

A.A. Meet/Prom By Tanya Salmon, 9th Grade, Igiugig School

The Lake and Peninsula School District had their Athletic/Academic (AA) Meet and prom on April 16th-19th. Freshmen to seniors from the north and the south flew to Newhalen to attend this meet.

When students first arrived, everybody participated in icebreakers and a student government meeting. Then, all of the students were broken into four groups: red, blue, yellow, and green. Later on that evening, there was a career fair. Students were given cards to fill out as they visited each booth. There were people from BBNA, UAA, UAF, Sheldon Jackson College, AVTEC, Katmai Park Service, Job Corps, and other places. Afterwards, Native Youth Olympics (NYO) took place in the gym. The Olympics took place over two nights.

The next day activities began early. You stayed in your group and attended different workshops: crafts (either weaving or beading), public speaking, experiential learning, broadcasting, and career choices. For public speaking many people did not have speeches prepared and everybody had to watch the speaker flounder for words. We also had to do a ridiculous clap; after every speech, we had to clap our hands twice and say "clap one, two." I don't think that I can clap normally again.

Experiential learning was fun; it stressed teamwork and critical thinking. My favorite was "the web." Christian Black, a teacher from Kokhanok, rigged a device that looked like a spider web with bungee cords. In order to accomplish this activity, we had to get everybody in our group through the "spider web holes." We had to pick people up and put them through the holes without touching the bungee cords. Some of the holes were about 5 feet 10 inches off of the ground!

Broadcasting was by far the best activity. The four groups each created a news channel with top stories, interviews, a

(Continued on page 3)

Ducks are Coming~Be Aware of Gun Safety

By Jonathan "Safety" Salmon, 7th Grade, Igiugig School

The Waterfowl are showing up again on their northward migration. Whenever you go hunting down river always take into consideration that other hunters may be across from where you are hunting. Be aware that rifle bullets, even .22 long rifle can travel more than 3 kilo. If you see people, even if they are far away, never fire towards them.

When going hunting with a partner always have a plan and know where each other are at all times.

If someone is in front of you in the boat or on land, don't fire since there is a danger of shooting the person in front of you. Whenever you aren't going to shoot put the safety on or the gun may fire and hurt or kill someone nearby. After crawling on the ground always make sure that your barrel is free of clogging for the gun may back-fire. Also check for a clogged barrel if your barrel has hit the ground or dirt.

Ice Walk

By Mary Hostetter, 6th Grade, Igiugig School

On the 17th of April, our class (middle school and high school) went for a walk onto the frozen lake to see how clear the water was with a SEECHI DISK. We walked to the second creek, and went out onto Lake Iliamna. The farther we walked (we walked about ½ of a mile onto the lake) it got colder and colder. Once we picked a place on the lake we used an ice pick to pick our way through the ice which was more than two feet. The SEECHI DISK is a black and white disk used to see how clear or dirty your water is. The lake water is pretty clear, although we were only 21 ft. deep not counting the ice thick-

ness. We sat down and tried to get warm while having some crackers and baklava, which Mr. Pete bought from the Middle East. We finished our "snack" and started our journey back. Our trails changed from following the thickest ice to not paying attention. While walking we went over thin ice and my right knee fell in. On the way back no other incidents happened, and we got into the school truck, went to school and were done with our walk.

A.A. MEET *(Continued from page 2)*

sports and weather section, and commercials. Our yellow group of 25 people



(l-r) Tanya and AlexAnna Salmon, and Ida Nelson.

were broken into smaller teams. My team made a commercial advertising Depends (diapers for adults). Mike Roberts ran the workshop, and we used his camera, clip on microphones, and cue cards.

Later on that night, the Imaginarium visited. A man explained chemical reactions and did fun experiments to demonstrate. People from the audience volunteered to help with some experiments (the audience especially liked the small explosions).

Thursday started with everybody getting up at 6:30 AM as usual. The four groups finished the workshops from the day before. The rest of the day was spent setting up the gym for prom.

That evening, a majority of the students went to dinner in their prom gowns and suits. After dinner, a ceremony was held for the new members of the National Honors Society. There were 8 members: Kristin McKennett, Chandelle Alsworth, Eloise Mike, Darcy Yagie, AlexAnna Salmon, Ashley Kalmakoff, Mahear and Wayel Abou Eid. The prom began after the ceremony and ended at 12. Some students preferred to watch movies in a classroom while their peers danced the night away.

The last day, everybody was up at 6 AM because some schools had early flights. So, Friday morning was spent packing and waiting for planes.

The AA meet and the prom was a lot of fun. Elections for next year's executive body were held, and our entire high school managed to make the board: Ida Nelson as treasurer, Tanya Salmon as north secretary, and AlexAnna Salmon as north president. Overall, the AA Meet went well.

Igiugig Village Council Meeting By Sandy Alvarez

The Council met on April 24th, in their Main Office at 3 p.m.

Staff reviewed financial information and program activities. The Council was informed about recent staff travel which included a trip by our Library staff to Washington DC, where they gave a presentation to other Library Grantees about our program. They also had the opportunity to see the President from afar.

The hazwoper/asbestos training class went well with 15 individuals completing the hazardous waste instruction and 20 participating in the asbestos training. Ten individuals from Igiugig participated in both classes. Kokhanok contributed five participants for the first week and ten for the second.

Water connections and restroom facilities are scheduled to be completed during the month of May in the Airport building.

The Council has been notified by BBNA that there is funding to be used by the community for a wellness project, so notices will be sent out in the mail asking for suggestions.

It was also noted that public meetings will be held in early May when Gary & Penny Burns will be in town to assist with some upcoming grants.

The next regular meeting of the Council was scheduled for May 15th, 2001.

Library/Computer Lab News

Have you been to the library lately? Have you seen the new books that are on the shelves? If not, please drop in, we will be glad to show you around and our new plans for our library. Some new movies we've received include *All Quiet on the Western Front*, *Charlotte's Web*, History Channel videos, *Grapes of Wrath*, *Magic School Bus*, *For Whom the Bell Tolls*, and many more. A few other new books include The Mystery of the Cache Creek Murders, The Newest Alaska Almanac, Call of the Wild, Instant Immersion for (both French and Spanish), and the Sue Henry collection. A great big thank you goes to IMLS for their generous grant. We have seen HUGE changes in the library.



Here are some interesting websites that may "catch your eyes"

Have you bought any tickets on the Nenana Ice Classic?

Wondering if your times and dates are close enough to win? Here is a site that may drift you down river:

<http://nenanaakiceclassic.com>

Trying to capture that scenic view?

Wanting a new camera, but cannot find the right place to buy one? This may be the place to click on.

<http://www.cameraworld.com>

ALASKA STANDARDS FOR STUDENTS

Browse the lists above

English/Language Arts
Mathematics
Science
Geography
Government and Citizenship
History

Skills for a Healthy Life
Arts
World Languages
Technology
Employability
Library/Information Literacy

All these different areas are part of the Standards that your children are required to meet by the State of Alaska during the course of their educational years.

For two years we have been listing selected standards and suggesting activities that could be done at home to help your child learn the things they need in order to meet the standards that the State has developed.

These 'standards' are important because these are the same things that the student will need to learn in order to pass the high school exam for graduation, not to mention things they will need to lead a successful life after graduation.

TIP TO PARENTS: *If you still don't have one of these booklets, check in with the school to see if they have extra, or come by the Council office and photocopy pages that are specific to the age of your child. Skills are listed beginning at 5 years of age and continue through 18 years.*

The Alaska Standards pamphlet provides parents with important suggestions to assist in preparing our children to be best equipped to meet these standards as they go through school.

You can request a booklet of these standards from:

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

Mother's Day Poetry

My Mom likes to go to
Big Mountain.
My Mom likes to go to Kokhanok.
My Mom is pretty.
My Mom is nice.
My Mom loves me.
I love my Mom.
- By Josh Nelson, 6 years old,
Kindergarten

My Mom is nice.
My Mom is sweet.
My Mom loves me.
I love my Mom.
- By Sharolyn Zackar, 6 years old,, 1st
Grade

My Mom is a librarian.
My Mom is nice to me.
My Mom hugs me all the time.
My Mom loves me.
I love my Mom.
- By Tess Hostetter, 6 years old,
Kindergarten

Electrifying News

Extra Electricity Used is extra money out of your Pocket!

ELECTRICAL FACTS:

DID YOU KNOW...

...THERE ARE LOTS OF DIFFERENT WAYS TO GENERATE ELECTRICITY?

Diesel generators produce power by using an engine to turn a generator. Water can be used to turn a turbine to create electricity. Solar panels can convert the sun's rays to energy, and wind can turn windmills to produce power. Some Alaskan villages are already using wind for most of their regular electricity needs.

...YOU CAN REDUCE POLLUTION IN IGIUGIG JUST BY TURNING OFF THE LIGHTS

Every kilowatt you don't use means that less diesel needs to be burned by the village system. This reduces the amount of exhaust coming out of the powerhouse.

...YOU CAN USE THE SUN TO HELP HEAT YOUR HOUSE

By opening your curtains when the sun is shining in and closing them when it's not, you can increase the 'solar gain' to your house, allowing the sun to warm the house in the daytime, and using the insulating effect of curtains to keep the heat from escaping at night.

ELECTRICITY SAVING TIPS:

- When replacing appliances, check out the energy efficiency label. This will tell you how much electricity that appliance will use and about what the cost for a year's use should be.

-AlexAnna Salmon

- If you have a tank hot water heater, be sure to wrap it with an insulating jacket.

-AlexAnna Salmon

- Play outdoors so you can leave the lights off in the house.

-Tess Hostetter

- Use cold water to wash clothes that are not highly soiled or stained.

-AlexAnna Salmon

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.

14 entries to date!

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



SUMMER READING CLUB!!!

The Summer Reading Club (SRC) will begin on Monday, May 27th. Anyone can join! Students, get a head start on reading this year's battle books. Be sure to come and join.

Have you bought any tickets for the Igiugig Ice Puddle Classic yet?

Temperatures are getting warmer and that culvert is most likely melting, so you better make your guess before the puddle drains! Tickets are \$3.00 each, or you can buy 10 for only \$25.00. 50% of the proceeds are going to the Linda Johnson Memorial Scholarship Fund, so come on down to the office and support a good cause!

CAMPBELLS LABELS

We have collected a total of

4878

Campbells Labels!!!

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



A Reminder to All Bicyclists:

Everyone should be wearing their helmets while out bike riding to prevent head injuries. Parents, if you want your child to keep the bike that the Council purchased for him/her last year, be sure your child wears their helmet while bicycling. If you need a helmet, stop by the Gift Shop to purchase one.



HAZWOPER/Asbestos Classes By AlexAnna Salmon



Joey Woods and Nick Newyaka, Jr. check a potential leaky drum during hands on exercises in the HAZWOPER class.

participate in another 40-hour asbestos class. Both classes were instructed by John Davidowski –or Ski for short. He is an environmental consultant. Tracy, from Environmental Management Inc., flew in to help on a few hands on activities during the asbestos class. Everyone, after drinking only 45 gallons of coffee and 7 1/2 cases of pop and juice throughout the courses, managed to complete them both successfully.



Julie (in blue) and Jackie Nickoli (in gray) listen to instructions from Ski before going in the hot zone to check out a spill during hands on exercises.

the jobs the village company (ILC) are bidding and hope to work on. After learning about hazardous waste, Dan realized, "a lot of hazardous substances that are considered extremely dangerous in urban settings are readily accessible in small communities." In conclusion, Dan said, "I appreciate everyone that attended; their cooperation, commitment, and participation."

Another student, Charlie Nelson preferred the asbestos class: "It focused on one subject. It was more specialized." Charlie is Igiugig School's custodian, and is always working with potentially hazardous cleaning agents. One day he, "unknowingly mixed two cleaners and it caused a chlorox reaction. It had a really bad odor and the chrome I was cleaning melted off." Now that he is more informed about such dangers,

"at work I can do a better job because I have more knowledge on the subject and I know more about personal protection equipment." These classes were a great hands-on learning experience for everyone.



The Graduates of the Asbestos class

Locals Charlie Nelson, Greg and Johnny Zackar, Jackie Nickoli, Michael Andrew, Dan and Julie Salmon, Dave and Betsy Hostetter, and Jason Nowatak, along with Gilbert Andrew, Joey Woods, Mikey Rickteroff, Nick Newyaka, Jr., and Tony Evan from Kokhanok participated in a 40-hour HAZWOPER (hazardous waste operation emergency response) class at the hangar from 8AM to 5PM.

The next week, Elena Cobbs, Dean Davis, Dave Gatzke, Joe Paine, and Neil Nielson from Kokhanok, flew down to



Michael goes to the decon zone and gets washed down by Jason and Nick. Gilbert (in blue) awaits his turn.

Julie Salmon enjoyed the asbestos class because, "I had a better score on it." The most fun part of class for her was the hands on experiences, where they reviewed what to do when there is a spill of unidentified toxins. Julie learned, "How dangerous asbestos is when it is in the air," and that, "Buildings built in 1970 are possibly hazardous." This class will benefit her future because she is preparing to work on the Big Mountain project. Julie walked happily away from class with passing scores and a PPE (Personal Protection Equipment), which is a white suit. "I gave it [the white suit] to Jon so he could go hunting and blend in with the snow." So, if you are downriver and see either a moving snow bank or someone hopping around in a white suit, don't be alarmed: they are not looking for hazardous waste –only attempting to blend in with the scenery.

Her husband, Dan Salmon, enjoyed the HAZWOPER class because it was easier and, "seemed more relevant to what I do, what I experience in my work environment." Completing these classes will make Dan qualified to be involved in some of



Here students are working with a glove bag used for asbestos removal.

GARDENERS GOODIES

May garden activities:

- ☐ Early May – Keep an eye on the plants that you have started in trays in the house. If they begin to get quite large or if lots of roots begin to show out the bottom of the container, transplant them to larger cells or individual pots.
- ☐ Early May – Start your cool weather indoor sets such as broccoli, cabbage, and cauliflower. They will be large enough to plant out in four weeks; so waiting too long will delay when the plants will be big enough to put outdoors.
- ☐ Early May – Check your hoses now that things have thawed out. If you have holes or cracks be sure to order early on so you will be ready to begin watering when you plant your seedlings outdoors. While you're looking at that equipment be sure to check out your spray nozzle, sprinkler and any other hose attachments that may have been damaged by freezing.
- ☐ Mid May – Since it was too cold in April, this month you need to prepare your garden plot as soon as the soil thaws and dries out enough to 'work'. Mix in worm soil and other compost.
- ☐ May – save large cans to use as windbreaks when you plant out your garden and flower sets. Open top and bottom and then slide the can over the plant after it is settled into the planting bed. These can be removed after the plant begins to grow well, or they can be left on to help keep crawling garden pests from eating your young plants.
- ☐ Late May – Begin to harden off your sets by taking them outdoors on warm days, beginning with only an hour at a time and gradually working up to most of the day.
- ☐ Late May – keep in touch with the Village Council staff and plan to help plant out all the flowers around the community.
- ☐ Late May – consider fencing or some other way to outline your garden and keep kid and pet traffic from stepping on your tender plants.

Reduce – Refuse – Reuse – Renew – Recycle



Sandy is shown holding one of the many milk box carton planters that we are **reusing** for starting this years crop of flowers.

Definitions:

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

Harden off – this refers to gradually getting seedlings used to the outdoor climate by setting them out in a semi-protected area beginning with an hour or less and working up to a full day. This helps the plants get used to the more direct sunlight, colder temperatures and wind that they will experience outdoors. After all up until now they've been toasty warm and have never been blown around at all. Without hardening off, a plant would probably be twisted off at the roots during the first windy day! Hardening off of plants should generally take at least a week.

Family Vacation By AlexAnna Salmon, 10th Grade, Igiugig School

I asked my father to tell a hilarious family story for my English project. Later on, he shared a horror story: "One day I was minding my own business, and the next day I had five children." Yes, my parents raised five rugrats: 3 older girls, and 2 younger boys. We took many family vacations, but only two to New York, which is where my dad is from. One particular vacation included 4 children (Jeremy wasn't born yet). Jon was 1, Tanya was 3, I was 4, and Christi was 6. As you can tell, we were close in age. Unfortunately for my parents, we were at rowdy, hyper, and undisciplined ages. Matters grew worse as we piled into the rental car only to realize it had a flat. We were in a hurry, so my dad drove on the tire rim to the Anchorage Airport. He was 30 minutes late for our departure and spent the day at the airport trying to straighten the grim situation out. He was put on a later flight but the attendant said our family wouldn't be able to sit together due to the emergency flight change. "Ma'am, we need to sit together. I have four young children who cannot sit alone," my father argued.

"Sir, I am sorry. There is no way I can arrange for you to sit together," replied the unsympathetic attendant.

"I am telling you we have to, otherwise there will be major problems."

"Sir, I told you. Two kids can sit in seats 21 A and B, two can sit in seats 16 C and D, and two can sit in seats 32 A and B."

Exasperated, my father responded saying, "Okay Ma'am, have it your way. I am just warning you," he turned, gesturing towards his four lovely children, "these are my kids."

At that point, the four of us were so bored we were due time for a little entertainment. One kid was sitting on a chair and tried to stand up, only she sat on a huge wad of bubble gum. As she lifted her body, the gum stretched, one end stuck to her bottom, the other to the chair. One easily amused child was hopping around, pointing and laughing hysterically at the hilarity, while another child was in the process of crawling under the chairs to rescue the stuck sister. I imagine it must have been a horrifying scene, because two gentlemen standing in line looked at the sight and immediately reacted, "Ma'am, he can have our seats! Why don't we switch?"

Hours later we were all buckled in the airplane; I was seated between my dad who was half asleep, and next to an African-American military man. This man was sitting stiffly with a stoic look on his face. I of course come from a village of 42 people, all either native or white, and had never encountered an African-American before. I didn't realize that race of people existed and thought his skin color was the result of an accident. Mystified, I just had to ask questions. After all, that is the job of a four-year-old. "Sir," I said patting his arm for attention, "sir, why are you so burnt?" After no reaction from the military man, I decided to ask again. "Sir...sir...how did you get so burnt?"

My dad heard my first question and silently pleaded, "Please God, let me be dreaming!" At that point he was probably ready to rip my head off, or die from embarrassment. Fortunately, the man seemed unaffected by my rudeness, and ignored my inquiries. Anyway, that was only the beginning of our family vacation, which I am sure



Annual Village Clean-Up

Tuesday, May 14, 2002

Meet at the school at 9:00 am and we will break into groups.

Be sure to come and help keep our village looking clean and beautiful!

The school picnic will follow at 12:00 noon at the school.

Please bring a salad, dessert, or side dish to share.

SEE YOU ALL THERE!



Environmental News

Contributed by Tribal Operations Staff

It is time for SPRING CLEANING! Every year Americans spend millions of dollars buying cleaning supplies when there are recipes (from Earth Share and Earth Ways: two nonprofit environmental organizations) you can use to make your own cleaning agents. These recipes are cheap and, more importantly, friendly to the environment; however, if none of these appeal to you, buy cleaning products that are non-toxic, biodegradable, phosphate and chlorine-free. Use natural fiber sponges, and reduce paper use by substituting rags for paper towels, and cloth napkins for paper napkins. If you plan on repainting your walls, don't sand or burn off paint that may contain lead. The lead particles can cause lead poisoning. Instead, if your paint is peeling, use a wet sponge to clean up the fragments. Whatever you do, never vacuum the dust or debris from lead paint because it only disperses more lead particles into the air.

To Clean Your

Countertops, Cupboards, and Walls:

Dip a cloth in warm water, then add dish soap and baking soda (the baking soda is used as a soft abrasive to remove tough spots).

Air Fresheners:

Boil a small amount of cinnamon, orange peel, and cloves on the stove to give off a pleasant fragrance in your home.

Glass Cleaner:

Mix 2 tablespoons borax or baking soda with three cups of water for sparkling windows and mirrors.

Carpet Freshener:

Sprinkle dry cornstarch or baking soda on the carpet and vacuum.

Rug Stains:

Rub borax into the dampened area, let dry, then vacuum or repeatedly blot stain with a mixture of vinegar and soapy water.

Mildew Build-up:

Make a paste of vinegar and salt, and apply to built-up area.

Furniture Polish:

Combine 1/2 cup lemon juice to 1 cup vegetable oil, olive oil, or mayonnaise. Apply to rag.

Teaching Young Children Through Work *and* Play

We have learned so much recently about the importance of play for young children that many families may overlook how meaningful work can also nurture development.

Young children flourish when allowed to enter the world of real work that surrounds them - from picking up toys or feeding the cat to grating carrots for salad. In the company of family or other adults, children eagerly engage in work. They want to 'help' with the pursuits of adults, and this work can be a crucial part of their early learning.

If you shield young children from a whole category of activity simply because it is called 'work' and not 'play,' you may be limiting their developmental opportunities.

On the other hand, if you invite children to participate in work *and* play, you give them many more ways to grow and learn.

Through work that is meaningful and a real contribution to the family or group, even young children can gain a sense of purpose, and come to feel more a part of the family.

With proper adult supervision, there are many types of chores that families can consider for young children, which can help them begin learning about responsibility, independence and caring for themselves. Here are a few examples:

- **Gathering, preparing, and cooking food**
Even when they are too young to help with lunch or dinner, children can play a role in preparing snacks. And by taking your children to the grocery or market, you can help them better understand where food comes from and how we buy it.
- **Running errands**
Letting young children run errands conveys your feelings of trust in them. When you need something - another family member or the phone or a sponge - tell one of your children you need help.
- **Caring for younger children**
Even simple tasks (like reading or singing to younger family members) help older children learn about responsibility and sharing.
- **Housekeeping**
Children can help set the table and serve themselves at meals. If you are vacuuming the carpet, you can empower your child by letting him run this most-adult-of-all housekeeping tool.
- **Caring for animals**
Pets and livestock require water, food and clean environments. Young children can learn valuable lessons by caring for animals.
- **Gardening**
Nurturing plants helps children learn about the wonders of nature. If you don't have space for a garden, a small window planter can bring opportunities to explore.

In all of these activities, it's important to remember several points:

- Keep in mind what your children can accomplish, and how much you need to supervise to make sure the activity is safe.
- Even young children can tell the difference between busy work and real work.
- Also, remember that many chores actually take longer with the help of young children, but a little patience and a few extra minutes lets them reap real benefits from assisting the family.

By matching your expectations to their abilities, encouraging and approving their efforts, and allowing plenty of time for the performance of each task, you can give your young children many opportunities to learn and grow through work.

WALK TO BE FIT

Can you enjoy a good walk just listening to nature's sounds or are you someone that needs to be entertained another way? If the former, then you should really be enjoying all the bird sounds by now. If you are the latter, try checking out a good "book-on-tape" from the library. With a walkman, you can get your exercise and read a good book at the same time. If you become a Summer Reading Club participant this is another great way to add 'reading' to your life.

Watch out for those meandering moose. As usual they are quite near the village with calving season coming on, so keep an eye out for any crabby mothers who may not want you coming too close as you cruise by on your walk.

Exercise in Disguise!?

Swing a kid – doesn't everybody know a little person that begs, "Push me!" whenever they're on the playground? That's another way to get a bit of extra exercise and work on those flabby arm muscles. If you've been at the computer lab, it's also a good reason to stand up, stretch and get at least another 50 steps toward your daily goal.

Help dig up some of the village's garden spots. The plants are growing away up in the front windbreak of the airport building and with the beginning of June, will need to be planted outdoors.

Total **V**illage **M**ileage through March is 18,852.

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

KEEP ON WALKING!

When Going to the Hospital...

People traveling to the hospital need to bring their own money: Meals are not for free. Any meal – breakfast, lunch, and dinner – are about \$6.00 per meal. Keep that in mind for your next hospital visit!

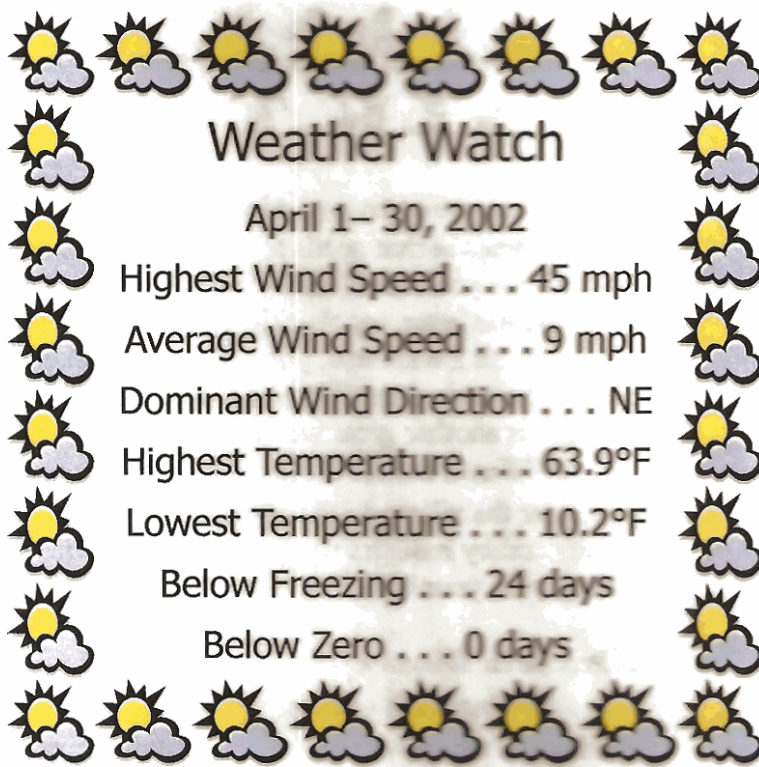
Personal Totals (Since Mar.00)

John	2141
Annie	1227
Sandy	1008
Shayna	891
Joshua	886
Lydia	779
Mary	695
Marie	680
Yako	664
Dallia	590
Alice	472
Kayla	445
Ida	427
Tanya	417
Alex Anna	410
Bernadette	398
Michael	395
David	376
Angel	352
Charlie	351
Shaun	327
Dan	316
Julie	312
Betsy	268
Jonathan	245
Alicia	238
April	200
Sharonlyn	168
Jeremy	159
Tess	145
Camille	125
Kevin	110
Pete	75
Bonnie	20

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● Jason Nowatak, Library Intern



Recipe Corner

Contributed by . . . AlexAnna Salmon

Delicious Wild Duck

Ingredients:

5-6 pound wild duckling
1 cup strong tea (2 tea bags brewed 5 min. in 1 cup boiling water)
¼ cup wild honey
2 tablespoons soy sauce
2 medium oranges, peeled, and sectioned
2 medium oranges, halved

Instructions:

Roast the duck at 350 degrees. Combine tea, honey, soy sauce, and orange sections, and pour over the duck. Roast with the orange halves for 50 to 60 minutes longer, or until done. Baste several times during the cooking. Optional: you may put part of an apple inside the duck while roasting –discard this when done. Yield: 6 servings. Courtesy of Brenda Wilbur.