

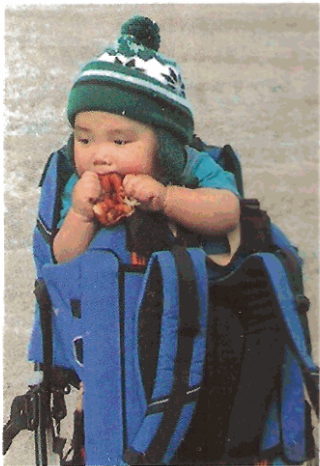
Igiugig News & Notes

Igiugig Tribal Village Council

August 2002

Volume 5, Issue 9

Fourth of July Party By AlexAnna Salmon



Simeon Zackar enjoyed eating his asalyuq from his backpack.

This was a special Fourth of July for everyone in Igiugig as well as America. So many people came to our party dressed in our nations colors: red, white, and blue. Noticeable patriotic people included little Gregory Zackar, Kayla and Joshua Nelson, Dallia Andrew, Julie, AlexAnna, and Tanya Salmon, and Lydia Olympic.

The party was held at the beach—despite bad weather warnings. Everyone—visitors and villagers alike—pitched in to help. We had people setting up the tables, helpers gathering wood, and other volunteers preparing food. The biggest food provider was Martha Crow a.k.a. Martha Stewart who cooked up a storm before the party potluck. There was more food this year than usual.

By 4:00 PM everyone (about 51 locals, and visitors) arrived to chow down and have a great time. Mary

Olympic fried her fish, Gary from Australia flipped burgers made by our Hamburger Helper Sue Anelon, Julie Salmon roasted her hot dogs while people filled their plates with delicious food: asalyuqs, akutaq, spring



The party was a great time to jump in the lake for a swim!

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Birthdays this month

- August 4
Dan Salmon
- August 13
Bernadette Andrew

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FOURTH OF JULY PARTY (Continued from page 1)

rolls, Broccoli Waldrof Salad, pies, potato, macaroni, and fruit salads, chips, etc....

The weather ended up perfect, and while people stuffed their stomachs, band members Mike Andrew – accordion, Alex Tallekpalek – guitarist from Levelock, and George Riddle – drummer from Naknek, showed us their talent. The music added extra flavor to the food and everyone had a great time.

Later that night the kids lit off fireworks to complete Fourth of July 2002. Thank you Iliamna Lake Contractors for donating a lot of the food, Igiugig Tribal Village Council for organizing it, and to all the people who contributed to the good time.



Visitor Alex Tallekpalek from Levelock plays the guitar from the trailer.



(left) Eating a seagull egg, Little Gregory Zackar pokes his dad's belly to see if he is full.

(below) Dressed very patriotically, Tanya Salmon and Lydia Olympic (l-r) enjoy their lunch together.



(left-right) Our campfire chefs Mary Olympic and Gary, a visitor from Australia, expertly grill their salmon and burgers. The fish was freshly caught and was eaten as quickly as it was cooked.



(left) A shot of the whole band on their sandy stage. Alex Tallekpalek, Mike Andrew Sr., and George Riddle (l-r).

(right) As you can see, asalyuqs were a big hit. Jeremy Salmon fills his hands with frybread power!



Can Crusher's Club

By AlexAnna Salmon

"It was the flattest they'd ever been!"

The Igiugig Can Crusher's Club nearly made tin foil on July 18, 2002—their last crushing session. It was a slightly windy day and the recycle shed was overflowing with cans from villagers and surrounding lodges. The sight was discouraging but enthusiastic participants met at 2:00 PM and began the usual crushing: open bags, squish, re-bag, etc...

Using feet to crush and hands to wave away merciless bugs, the team plowed through a few bags when Dan Salmon drove by. The sympathetic village administrator had a brilliant idea of using the Iliamna Lake Contractors' compactor to do the compressing. The twelve participants quickly worked together piling the bags of cans. Bag after bag was emptied and sorted. Some inconsiderate people never separated their trash and others had a few pieces of unrecyclables. Nevertheless we appreciate people supporting our recycling program, but young kids are dealing with these cans so please try harder to keep trash separated.

After the shed was emptied, Dan warmed up the compactor and rolled over the cans while the kids watched in amazement. The cans were the flattest they'd ever been—almost like colored tin foil! We then shoveled them into the recycle bags, which could hold more than usual due to compaction. At the end, 23 bags were filled. The hardworking crushers received two sodas from the Igiugig Village Council for their efforts!

Thanks to everyone who participated and for the people who are doing our environment good by recycling!



The mountain pile of pop cans!



The compactor comes to our rescue.



That's the flattest they've ever been!



The Can Crusher's Club worked together bagging the crushed cans.



Tanya Salmon stands in front of the 23 bags ready to send out.

Why it Rains By Tanya Salmon

Hundreds of years ago, many people asked why it rained. Over the years, a story of rain has been passed down from generations to generations. This is how the story goes.

Once upon a time a Yupik man named Eek (eyes in Yupik) became husband to Staman (four in Yupik). The two were young- she having 14 summers and he having 16- but they loved each other deeply. They seemed more like best friends than a married couple. They were always together and did

not like to be apart for long. Whenever Eek went hunting with the other men, Staman would sit outside of their sod house and wait for him to come. If he was gone for more than three days, Staman would impatiently pace the village waiting for the return of her husband. Eek was the same way, if Staman was at fish camp longer than the other women, Eek would walk to fish camp to make sure she was okay. The two were truly in love.

(Continued on page 5)

Library/Computer Lab News

School starts at the end of this month and students are very excited. Majority of the books are entered in the computer now, so we are anxious to use the new checkout system. Great appreciation goes to AlexAnna and Tanya Salmon for their dedication and hard work. Give them a pat on their backs for countless hours slaving away making the library look like a "city" library. It looks great!!! We thank IMLS for making it possible for us to update and computerize our library. We could not have done this enormous "face lift" without them. Just recently we started our home delivery program, which allows elders and homebound people to access the library through the telephone. We will deliver and return books for them upon request. Currently, we are in the process of purchasing an internet program so the library will be accessible through the internet. We are also waiting for an order of audio books for children.

Here is a list of new books on the shelves.

A Different Light, Animal Tracks of Alaska, Track of the Kodiak, Cooking in Alaska, The Girl Who Swam With the Fish, The Gift, Tundra Mouse, Tribulation Force, Hart's War, Ice Bound. Do you want to listen to books on tape? Here are a few - House Corrino, Dark Empire II, Nothing Gold Can Stay, and Two Towers. Do your children want an interesting video to watch?

Alaska's Coolest Animals, the Grizzly Bear, Romeo & Juliet, They drew fire; I Will Fight No More Forever and Magic School Bus- For Lunch.

www.ktuu.com

Don't want to turn on your television? But missed the local news? Want to find out what is happening in and around our state? Trying to find the best fishing spot? Have a home project and needing some ideas? This may be the site for you.

www.walmart.com

Telephones busy at the Wal-Mart store in Anchorage? Needing that special "thing" that is at a reasonable low price. Do your feet get tired of walking up and the down store aisles? Wanting to ship things charge on delivery? Just click on this site and have fun shopping through the "net".



Uncle Mikey's Concert (Featuring the Big Providers) By AlexAnna Salmon

The gang (Sheryl Wassillie, Deanne Anelon, Mary Hostetter, Tanya, AlexAnna, and Jeremy Salmon), and "the Aunties" (Martha Crow, Lydia Olympic, and Marie Nelson), were invited to Mike McDowell's lodge for a concert. "Uncle Mikey" had two musically talented brothers staying at his lodge who recently released their CD: the Big Providers. They wanted to hold a little concert and invited some villagers. Well, that was all we kept saying. "We are going to a concert," because who can imagine such a thing in little Igiugig?

It was a Friday night, and us early birds were escorted by Jon Salmon. The Aunties boated over with Marie after, of course, their nightly maqay (steambath). We had front row seats, located about three feet from the brothers, and sat amongst the guides, guests, and workers sipping pop. After introductions and shaking of hands, they began playing their music. I classify it as a mix between the Red Hot Chili Peppers and Matchbox Twenty. We sat there enjoying ourselves, clapping and whistling loudly after a good song and comparing them to our favorite artists. Our conclusion: the two had great potential, and their originality was a ten. We are looking forward to seeing Jackson and Joey (the older brother) on MTV, our favorite TV station!

After the Big Providers about lost their voices and ran out of songs, Uncle Mikey stepped in. First he sang his own song and got a tremendous applaud. Realizing his own talent, and wanting to have some fun, Mike McDowell (Kvichak Lodge owner) took his place between the brothers, and together they sang the Kvichak River Blues. They made new lyrics about the guides, the workers, the river, about the brush fire that brought the whole village over to help, and the great fun they were having. We learned that the Kvichak River motto was Bugs, Not Drugs.

Overall, the concert was a load of fun. The band gave us a signed copy of their CD, which we listen to as frequently as our other music. That was a memorable experience! Thank you for inviting us over Uncle Mikey!

WHY IT RAINS (Continued from page 4)

However, their happiness ended when Eek became ill. It was an unknown sickness to the village and not even the medicine woman knew how to heal him. Staman stayed beside Eek's bed and listened to the rattling of his breathing and watched as his life slowly faded away. His brown face showed no sign of life and soon his face turned into a ghostly white. His eyes sunk farther into his head and his skin was tightly drawn across his face. The villagers who used to help no longer came as they knew that Eek's time had come.

Mek (water in Yupik), Staman's grandmother, told Staman that it was no use, Eek was not going to make it through the next day. Angrily, Staman put aside the negative words and continued to stay at Eek's bedside. Early the next morning, Eek passed

away.

The village mourned and had a funeral for the young man. As the villagers cried, Staman held her head up high, but she did not cry. Mek saw the pain in her granddaughter's eyes and told Staman to cry. "Granddaughter, you should cry and let out your sadness, then you will feel better," Mek repeatedly told Staman.

Staman would reply "I will not cry in sadness for Eek. Whenever I was with him, I was happy. When I cry, it will be in happiness, for that is when I will return to Eek. When I cry, everybody will know."

That winter Staman died of pneumonia. But, when she died, she had a smile on her face because

Electrifying News

Extra Electricity Used is extra money out of your Pocket!!!

ELECTRICAL FACTS:

DID YOU KNOW...

...heating is one of the largest annual costs for Alaskan households?

...things with 'mass' can store heat up when it's warm in the daytime and release it into your home when it begins to cool down at night? (examples would be a cement floor, stone walls, or even jugs of water)

...taking the time to make doors and windows fit properly and closing up other cracks and air leaks now can save you lots of money in winter heating costs? (pay special attentions to places that pipes enter or exit your home, such as the dryer vent, propane lines and oil pipes.)

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.

19 entries to date!

ELECTRICITY SAVING TIPS:

- *Make a very large batch of cookie dough, freeze in cookie size balls, and then store in a freezer bag. This way when you are baking or using the oven to make dinner you can bake a tray or two of fresh cookies in no time using the frozen dough. This saves energy because the oven only needs to heat up once to do two projects. (You might save even more energy if your children like to eat cookie dough raw directly from the freezer.)*

-Author's tip

I want to enter the drawing!

Here's my favorite electricity saving tip:

Name :

Drop off your tips to the office or send to Sandy through the Post Office or via e-mail

Bicycle Safety

Bicycle related injuries are the third leading cause of traumatic brain injury among Alaskans under the age of 20. These bicycles are associated with more childhood injuries than any other consumer product other than automobiles. That is why the Igiugig Village Council requires kids to wear their helmets when they are riding the bikes purchased by the Council. 85% of head injuries would be prevented if all bicyclists wore helmets. Here at the hangar we sell helmets for \$10.00 each; that is cheap insurance. Keeping these statistics in mind, make sure you are wearing your helmet when out bike riding.



RECYCLE! RECYCLE! RECYCLE!

The Igiugig Village Council recycles printer ink jet cartridges. If you have any empties, bring them by the office and we'll recycle them for you. It doesn't matter what size, type, or if they are colored. Thank you!

Summer Reading Club Update

Our Summer Reading Club is coming to a quick end, with school starting in less than a month. As of July 29, 2002, the club has read only 699 books totaling 44,358 pages. Seeing as we need 1500 to earn a barbecue, we aren't doing as well as usual. The next goal we HAVE TO reach is 750, to earn a banana split party. We ALWAYS reach that one. If everyone would participate, continue reading books, and come to the Monday morning meetings, we can reach our goal. KEEP ON READING!!!

MOST BOOKS (as of June 29, 2002)

0-3	Kayla Nelson	199
4-7	Shaun Andrew	132
8-18	Mary Hostetter	21
19 & older	Julie Salmon	13

MOST PAGES (as of July 29, 2002)

0-3	Kayla Nelson	6506
4-7	Shaun Andrew	4163
8-18	Mary Hostetter	4993
19 & older	Julie Salmon	5454

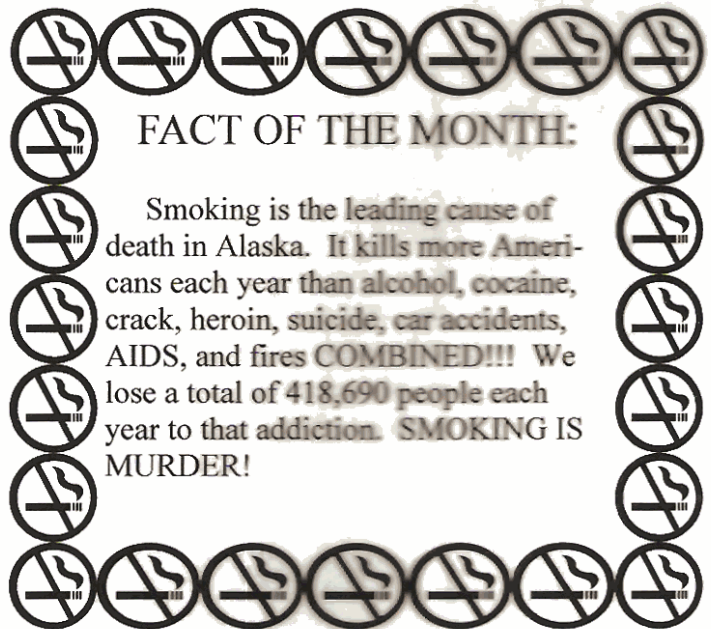
CAMPBELLS LABELS

We have collected a total of
4944



Campbells Labels!!!

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



FACT OF THE MONTH:

Smoking is the leading cause of death in Alaska. It kills more Americans each year than alcohol, cocaine, crack, heroin, suicide, car accidents, AIDS, and fires COMBINED!!! We lose a total of 418,690 people each year to that addiction. SMOKING IS MURDER!

A Trip to the Stores

By Mary Hostetter

My parents, April, Tess, and I went to Fairbanks on June 1st. We were scheduled to leave Kokhanok at 12:00 PM, but never left until 2:00 PM. We arrived at Birchwood Air and caught a taxi to the "big" airport to rent a car. Once we got the rental we started to drive toward Wasilla. With my sisters, all our luggage piled in back (we didn't have a trunk), and our dog Blackie, the car was crowded. To make things worse, Blackie slobbered on us and the car was stuffy because the windows couldn't open all the way. By 1:00 AM we reached Fairbanks. Our house looked the same, but my dad made steps and an additional storage room. Fairbanks is usually warm during the summer, but when we arrived it was raining!

April, Tess, and I were excited to see our friends, but none were home, so we cleaned the house to make it dog, mouse, and squirrel proof. We went to town everyday.... which became a nuisance. I hated going to town after the first 6 days; it got old. Everyday there was something to buy at the hardware store, or mall. I don't know why but I couldn't be left at home. April had her friend Alexa to play with, I had Jenny and Jess, and Tess didn't have friends her age.

On the 4th of July, we had a bonfire at my friends' house. We ate marshmallows and told scary stories until I got tired and went home. It wasn't as exiting as the fireworks 'n' all at Igiugig, but was fun. We watched *Lilo and Stitch* at the Regal Cinemas, and my parents saw *MIIB*, which wasn't as good as *Lilo and Stitch* (our first movie).

Shopping: the main idea. At Bently Mall, (the only mall in Fairbanks other than Gottschalks), we would spend half the day shopping for groceries, clothes, and other things we needed for the house. Almost 3 days were spent shopping or driving around town, which was very boring (a tip: never go to town everyday if you live far away from it).

A few days before we left, we went to visit Rick and Remy, my moms' friends who live at the North Pole (by the way, Santa Clause doesn't live there). We ate at Pizza Hut, and went to the mall, which was sort of under construction, to buy ice-cream and cones. We set out to hunt for their house, which was hard to find. The North Pole roads are long! Finally we found the house and visited for an hour. We left their house and made it home in 30-40 minutes (this road was also under construction).

The day arrived and we said our good-byes, and waited for our rental car which was very small—smaller than the one we used to drive up. The ride was long, but we saw and smelled a blown out tire (it stinks!). We arrived in Anchorage, ate and went shopping (again). We left the next morning at 10:00 AM and arrived in Kokhanok two hours later.

GARDENERS GOODIES

AUGUST garden activities:

- ☐ August – Deadhead flowers to keep them blooming longer, or allow them to go to seed to save for next year's crop.
- ☐ Early August – fertilize your perennial plants for the last time this growing season. This will allow them one more chance to put on good growth and then harden off before it begins to freeze.
- ☐ Early August – transplant any perennials that are too crowded.
- ☐ Late August – Save seeds from flowers that you want to grow again next year.
 - Shake dried heads or seed pods from the same type of plant over a paper envelope, leave the envelope open for several days to ensure that seeds are dry and free of bugs. Label the envelope with the type of flower/plant and the date collected. After you're sure there is no moisture in the seeds, put all envelopes into a ziplock bag or other airtight container and store in a dark, cool place until next growing season.
 - If you like a wildflower 'look', just harvest all sorts of flower seeds and maybe even flowering weeds (such as fireweed and dandelion) into the same container and allow the seeds to air-dry for several days. After you're sure that the moisture has all evaporated, store seeds in a sealed jar in a cool dark place until spring.
 - If you are trying to fill a bed with one type of perennial plant, shake seedpods directly onto the ground around the parent plants and gently stir into the top layer of soil.
 - Be aware that if your plant was a hybrid, the seeds you collect may not produce flowers that look like the parent plant.
- ☐ August —Lawns
 - Fertilize in early August to help the plant be healthy for the end of the growing season, to better survive the winter and to begin growing better next spring.
 - Seed in bare spots in early August to give new grass a chance to get started before winter.
 - Mow grass frequently so it won't be tall when it freezes in the fall.

REMEMBER those 5R's

Reduce – Refuse – Reuse – Renew – Recycle

Reuse – Save envelopes from those junk mail offers for reuse in storing seeds you collect from your flower gardens. Ones with cellophane windows are especially nice because you can see the seeds without opening the pack.

Reuse – Badly stained or frayed pillow cases can be reused to store items that need to 'breathe', such as dried herbs, summer clothes, quilts, or pillows. Using this method will keep them dust and pest free without causing them to mildew or rot.

Definitions for gardeners

Deadheading – Removing the old flower heads that have finished blooming. Since plants are trying to produce seeds, removing the old flower heads will make them bloom again to try to make a new batch of seeds.

Go to Seed – Allowing the old flowers to remain on the plant and produce seedpods.

Hybrid – A plant that was bred from two different plants mixing genes to create a completely different looking flower or plant. Seeds from a hybrid generally don't grow plants that look like the parent plant because there is a variety of genetics that can be in any seed.



DID YOU KNOW?

Igiugig Environmental Department

Do you know how long our trash lasts?

- Cigarette butts 1-5 years
- Aluminum cans 500 years
- Plastic bags 10-20 years
- Orange and banana peels 2 years
- Glass bottles 1,000 years
- Plastic six pack rings 100 years
 - Wool socks 1-5 years
 - Tin cans 50 years
- Plastic and Styrofoam lasts forever

This is how long they would be in our dump before they would decompose.
Recycling would reduce the amount of trash going into Igiugig's open dump.
Recycling protects valuable resources and saves energy.

Did you know?

- That each time we recycle a can we save 95% of the energy needed to make a new can from raw materials.
 - We use more than 80 billion cans every single year.
- Aluminum cans can be use and recycled over and over and over again.

NOW YOU KNOW!

NOTHING BUT THE FACTS:

Each of us generates on average 4.4 pounds of waste per day per person. Recycling and composting recovered 24 percent of our municipal solid waste in 1994. That's around 49 million tons! Recycling all of your home's waste newsprint, cardboard, glass, and metal can reduce carbon dioxide emissions by 850 pounds a year. Recycling an aluminum can saves enough energy to run a television set for three hours. It is estimated that 150 million computers will be discarded in the United States alone, enough to fill a hole one acre in area and 3.5 miles deep. Every Sunday, the United States wastes nearly 90% of the recyclable newspapers. This wastes about 500,000 trees. Each year, Americans throw away 1.6 million pens, 2 million razors and blades, and 200 million tires. One tree can filter up to 60 pounds of pollutants from the air each year.

WALK TO BE FIT

Summer is such a fun time to get out and exercise. Evening walks, volleyball or baseball games, all can be enjoyed during this time of year. When traveling make an effort to add walking to your day, it will help to keep up good circulation in your legs during long flights or drives, it will help you get a better night sleep, and it will keep your digestive system on track despite that fast food and late meals.

IDEAS!

- #1 ~ Travelers by plane should try to stand up and move around once per hour.
- #2 ~ Travelers by car should schedule stops at rest areas, historic sights, tourist attractions or playgrounds along the way so you will be able to stand up and stretch.
- #3 ~ Travelers doing fall or school shopping should choose a mall so they can walk the distance rather than taking a car between different stores.
- #4 ~ Travelers to Anchorage with children could schedule in a trip to the zoo for a good walk (and a good look at some interesting animals).
- #5 ~ Travelers who are delayed at airports can walk the different concourses for a bit of exercise—even more exercise than just walking because you need to keep all your carry-on items in your possession while you walk!
- #6 ~ Travelers can eliminate lots of dietary problems by adding a bottle of water and some healthy snacks to their hand-carry bag.

Total Village Mileage through June is 21,499.

KEEP ON WALKING!

Your weight x distance = energy used walking. Time does not matter as much as distance. A simple rule of thumb is 100 calories per mile for a 150 pound person.

(chart courtesy of walking.about.com)

Calories burned per. Mi. by walking:

lbs	100	120	140	160	180	200	220
2.0 mph	65	80	93	105	120	133	145
2.5 mph	62	74	88	100	112	124	138
3.0 mph	60	72	83	95	108	120	132
3.5 mph	59	71	83	93	107	119	130
4.0 mph	59	70	81	94	105	118	129
4.5 mph	69	82	97	110	122	138	151
5.0 mph	77	92	108	123	138	154	169
6.0 mph	86	99	114	130	147	167	190
7.0 mph	96	111	128	146	165	187	212

Personal Totals (Since Mar.00)	
John	2249
Annie	1376
Sandy	1202
Joshua	1145
Shayna	1061
Lydia	889
Marie	865
Yako	794
Mary	750
Dallia	740
Kayla	613
AlexAnna	500
Alice	482
Tanya	482
David	449
Angel	437
Bernadette	430
Michael	427
Ida	427
Dan	416
Julie	382
Shaun	372
Charlie	361
Betsy	323
Alicia	298
Jonathan	285
April	245
Jeremy	199
Sharolyn	198
Tess	162
Camille	155
Kevin	150
Pete	75
Bonnie	20

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Greg Zackar, Sr., Member
Lydia Olympic, Member &
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Bernadette Andrew, Editor & Social
Services Director
Betsy Hostetter, Tribal Clerk & Librarian
Ida Nelson, Environmental Program Intern
Marie Nelson, Environmental Technician
Kevin Olympic, Administrative Trainee
AlexAnna Salmon, Clerk Trainee &
Assistant Editor
Tanya Salmon, Library Intern
● Jason Nowatak, Library Intern

Weather Watch

July Month

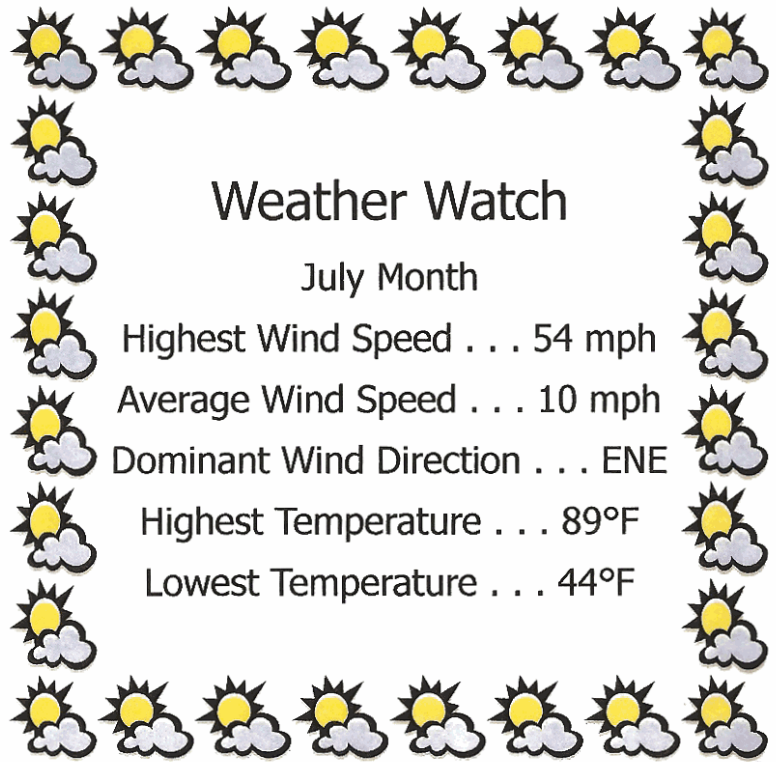
Highest Wind Speed . . . 54 mph

Average Wind Speed . . . 10 mph

Dominant Wind Direction . . . ENE

Highest Temperature . . . 89°F

Lowest Temperature . . . 44°F



Recipe Corner

Contributed by . . . AlexAnna Salmon

Funnel Cakes

Ingredients:

1 ¼ c. flour
2 tbsp. Sugar
1 tsp. Baking powder
¾ c. milk
1 egg, beaten
Powdered sugar
Cinnamon
Oil

Procedure:

Combine flour, sugar, baking powder and salt together. Add milk and beaten eggs, stirring until mixture is about ¼ cup of batter in funnel and make design in hot oil in skillet. Fry until brown. Remove from skillet and place on wax paper. Sprinkle with powder sugar and cinnamon.
This is also good with pineapple or strawberry topping or any other topping.

* This recipe is for Sister Wassillie. Next time you come down we'll make them!