

Igiugig News & Notes

Igiugig Tribal Village Council

October 2002

Volume 5, Issue 9

Banana Split Party and Back to School Night

By Tanya Salmon, 10th Grade, Igiugig School

This summer, the 26 participants of the Summer Reading Club read over 750 books, earning them a banana split party. The party was held at the school on September 6th. They gym started to fill with kids, parents, and adults by 6:00 PM.

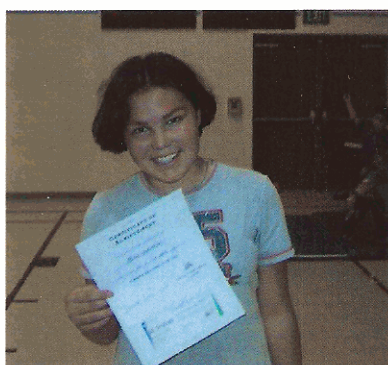
Before the party began Mr. Pete and Ms. Bonnie talked to parents about the new grading system and standards. Meanwhile elders watched kids play basketball, soccer, and tag in the gym. When the teacher conferences were over, Bernadette began the awards. The Summer Reading Club was broken down into four age categories: 0-3, 4-7, 8-18, and 19 and older.

Kayla Nelson, who read a total of 265 books and 9208 pages won the 0-3 age group competition. Joshua Nelson read 5619 pages winning him the "most pages" award for the 4-7 age group, while Shaun Andrew read 169 books, earning the award for "most books" read for the 4-7 age group. Mary Hostetter read 27 books with 6873 pages, which made her the winner for the 8-18 year old age group. Julie Salmon won the adult group by reading a total of 18 books and 7643 pages.

After the awards were given out people began to line up at the ice cream table. Ida, Tanya, and Sheryl were dishing out strawberry, chocolate, and vanilla ice cream.



Tanya and Ida busily scooped ice cream for the banana splits.



Mary Hostetter proudly shows off the certificate she earned for reading all those books this summer.



Kayla Nelson, busy being silly.

Everybody got to choose their toppings: chocolate syrup, caramel syrup, candy sprinkles, whipped cream, and maraschino cherries.

When everybody was finished eating their delicious award, volunteers began cleaning and putting away tables before heading home. Next year, the village goal is to read 1500 books, which will earn them a BBQ.

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Birthdays this month

- October 11
Camille Andrew
- October 27
Dallia Andrew
- October 31
Yako Nickoli

Iliamna Lake Kayakers by Tanya Salmon, 10th Grade, Igiugig School

In mid July, seven kayakers from Germany and the Czech Republic paddled their way down to Igiugig. Miro Podhorsky, his wife, son, and friends began their journey in Iliamna. From there, they paddled to Pedro Bay, Kokhanok, and finally Igiugig in five kayaks, which took two weeks. Their destination was King Salmon, where they would catch their flight home.



Miro Podhorsky and his friends think Alaska is a "marvelous country, we enjoy it very much." That explains why they have been in this state about twenty times before, kayaking and camping on beaches.

Last year, when they came to Alaska, they kayaked around Lake Clark. The paddlers enjoyed it so much, they decided to kayak Lake Iliamna. The seven stopped at different beaches and socialized with the "very nice people."

Who knows where they will travel next year!!!!



Lake Becharof Science Camp

By AlexAnna Salmon, 11th Grade, Igiugig School

I spent the best week of my school year at Becharof Lake studying a combination of science and Alaskan Native culture from September 3-7. About 15 students and 9 adults attended the camp, which was extremely well organized by Angie Terrell-Wagner.

Located on the large Becharof Lake, near the volcano Mount Peulik, in the middle of nowhere, this camp was the perfect place to study and participate in both hands on earth science and culture. The most important theme we learned was that every living organism as well as plants, geology, and the transfer of energy is integrated into the circle of life –and everything plays an essential role. There were specialists in a variety of different science fields and we covered topics such as the geology of Becharof Lake, how energy transfers from living organisms, all about tundra vegetation and lichens, how to read a dichotomous key, how to read maps, fossils (we found some of our own), how to identify the parts of a flower, birds – how they are banded, what noises each type makes, how to keep track of bird productivity, radiotelemetry, how to classify rocks, how to operate a GPS, compassing skills, we learned the

properties of a stream, the stages of salmon, and fish adaptations, all about the behavior of brown bears (I saw about 15 total on our trip; they were everywhere), and how to track animals and why this is important to our culture. Overall, we had an excellent opportunity to participate in fun, hands-on science.

As for the traditional component to the camp, we learned how studying earth science directly relates to our Alaskan Native Culture, and had the chance to do any type of native art or activity offered: play native dart games, knap arrowheads out of obsidian, make seal-oil lamps, carve spoons or bark art pieces, make fire with a firebow, sew birch bark or grass baskets, twine rope, etc. I carved a wooden spoon. Elder Orville Lind told us traditional stories every night before bed. The last day a traditional sweat lodge was constructed, which we all crowded in, told stories, and steamed.

I had the most educational experience at the Spirit of Becharof Science Camp. I suggest all high-schoolers interested in earth science and how it is relevant to our culture, fill out an application to attend. I guarantee you won't regret it.

Pre-School Days

Anxious little preschoolers arrived early for their first day of school on Tuesday, September 3rd. School didn't start until 12:30 PM but they showed up full of energy and ready to go just after 12 noon.

Betsy Hostetter has plans for some special crafts this year with her four young students: Gregory Zackar, Kayla Nelson, Camille Andrew, and Tatyana Zackar. They have gone on some field trips to collect berries, dirt, leaves, etc. and then use them to color or paint with. Currently they are working on making masks.

Betsy has Tatyana, Gregory, Camille, and Kayla (l-r), out on many field trips on nice weather days.



Gregory, Camille, and Tatyana love to play using the net as a cage.

First LSAC

The Igiugig School LSAC held their first meeting in the library on Thursday, September 26. The LSAC consists of Betsy Hostetter, President; Julie Salmon, Member; Bernadette Andrew, Member; and Greg Zackar, Alternate.

Ida reported on student government activities. They plan to hold one fundraiser each month with the first one being their dinner and a movie on the 27th. They are also planning on publishing the school annual in house this year as the school has a new color laser printer.

Pete gave a list of important dates for October which include: Child Find and Health Screenings on the 2nd, first volleyball match on the 4th and 5th, teacher in-service 9th to 11th (which means no school for students), and AFN and ASAG later in the month. Bonnie will be leaving on the 8th and Staci Anelon

from Newhalen will be taking over her classroom until Christmas.

Pete also expressed his thanks to all who came to help clean the school while they were looking for a custodian. Yako Nickoli has been hired for that position.

Also student teacher Ed Lester is leaving on the 27th. He will be going to Levelock to continue his student teaching. Thanks for your work with the kids, Ed and good luck.

Students in the middle school and high school have been working on public policy for their current thematic unit for social studies and will be working up to a court trial. The primary students have been working on mapping for social studies and have made dioramas of the village.

The next meeting of the LSAC was set for October 24th.

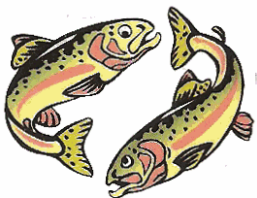
NEED A FISHING OR HUNTING LICENSE?

NEED TO GET HARVEST TICKETS?

BOTH ARE AVAILABLE

FROM BERNADETTE.

STOP BY AND GET YOURS!





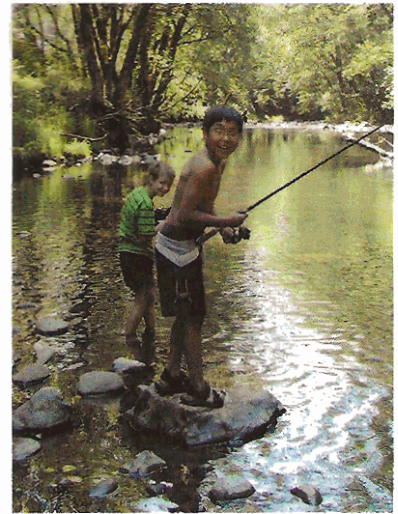
Family photo at Birch Bay, Washington with my grandparents, cousins, aunt and uncle.

California Vacation

By Angel Alvarez, 5th Grade, Naknek School

When we were in California it made Hawaii seem just a little warm. The hottest temperature in California was about 108°F. We still never go to go to the water park, but we got to help clean Mrs. Christopher's yard and go to the under ground garden! At the under ground garden it was nice and cool! It was a cellar for a man that dug it out of hardpan with only ax and a shovel. At Mrs. Christopher's yard I learned a few things to: 1. You can

bounce potato bugs like basketballs 2. It's a good job to just have to push the green waist basket around collecting the weeds and grass that just got pulled up or just mowed. 3. Never sneeze by the guy that has the hose. (It sprayed me when I wasn't looking) And at my grandpa and grandma's house I caught more than 23 grasshoppers! And at the family reunion I got to see lots of my old friends like Mary, Breonna, Shannon and Steven.



David and Nick fishing in the Salmon River, Otis, Oregon.



Library/Computer Lab News

Have you been to our library lately? Have you seen all the additions? If not, please take the time and drop in... you will be very surprised of what we have been doing and what is stored for you. The library now has books with cassette tapes for the younger readers to get into. Here are some new and interesting videos to watch **102 Dalmatians, Atlantis – The Lost Empire, Spy Kids, Best of Thomas, Series of Friends and many more.** Books on tapes are: **Everything on a Waffle, Charlotte's Web, Where the Wild Things Are...** Books with cassette tapes are... **Camels don't fly, Goodnight Moon, Hop on Pop and many more** and for books there are: *Kitag Goes Ice Fishing, Dance on a Sealskin, Watchers, Strangers, The WEB, and The Hunting Wind.*

<http://www.lego.com>

This site has lots of games for the younger children and you yourself may play them. Click on this and take the time to build!!!

<http://www.dickblick.com>

Want some ideas for homemade Christmas gifts? Would you like to paint a scenic picture and have no idea where to shop? Need art supplies and don't know where to look? Well, look no further, here is a place for you to surf through...



Electrifying News

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

ELECTRICAL FACTS:

DID YOU KNOW...

...electric utilities aren't responsible for equipment that is damaged by power surges. You pay for your own repairs or replacement.

...power surges can be caused by acts of nature, and regular operation. The following list of things that can cause problems with your electric supply comes from the September 2002 issue of the Ruralite Magaine:

Causes Outside the Home

- Bad Weather, downed trees, lightning.
- Birds and animals contacting the lines.
- Accidents involving power lines.
- Neighbors using major power equipment.
- Normal utility operations.

Causes Inside the Home

- Faulty wiring, loose connections, poor grounding.
- Operation of heating/air conditioning units.
- Major appliances or large motors switching on and off.

Protection for your electronic equipment represents a tremendous value, compared to the cost of repair or replacement—not to mention the inconvenience and frustration resulting from damaged equipment.

ELECTRICITY SAVING TIPS:

- *Surge Suppressors can protect your equipment from the damage noted above. When buying one, be sure it is rated for the equipment you will be plugging into it. If it is for a computer, consider getting a backup battery, which provides surge suppression and has enough power stored so you will have time to save your work on the computer before it shuts down due to a power outage.*

-Author's tip

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!

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.



Tess, Shaun, and Joshua took advantage of the shelter and got out of the rain while eating their hot dogs.



Jeremy kept on fishing even though nothing was biting.



Agafia helped out with the roasting of hot dogs.



AlexAnna tried her luck, but it wasn't any good for her that day either.

Igiugig School Takes a Fieldtrip

On September 25, 2002, Igiugig students had a picnic on the beach above Mary Olympic's fish camp. This field trip rewarded the students who read enough pages to fill the

bulletin fish rack. If you read 95 pages you could hang a fish on the fish

rack. The students were promised a surprise for filling the rack, and it turned out to be a fishing picnic trip. At 12:00 on Wednesday, everyone walked to the beach, built a fire, made hot dog sticks, and began fishing. Villagers Yako and Willy Nickoli, Agafia Nelson, and Julie Salmon joined the picnic, and everyone munched on trail mix, hotdogs, apples, and s'mores. Although the fish weren't biting, everyone had a great time. Some people were lucky to catch a stickleback and Jeremy Salmon managed to hook a very dead salmon in the mouth. At 2:00 PM, the students were dismissed from class, and that ended the picnic.



Mr. Pete caught the only alive-fish of the day, a stickle-back.

The Fundraising Begins!

Igiugig students began their yearly student activity fundraising by holding a Dinner-n-movie/gym night function at the school. At 6:00 PM on Friday, September 27, the spaghetti dinner began. At 7:00 PM, the movies *Monster's Inc.* for the children, and *The Usual Suspects* for the adults started. Children 8 and under enjoyed a supervised gym night until 9:00 PM. The event ran smoothly, and the concession stand made booming business. Overall, the student activity fund raised well over three hundred dollars, which is an excellent start. Our goals and objectives for the student government include holding at minimum one fundraiser a month, and to plan another school trip to Katmai. Our student government is composed of President: Alex-Anna, Vice-President: Tanya, Secretary: Ida, Treasurers: Jon and Sheryl, and Parliamentarian: Mary.

GARDENERS GOODIES

OCTOBER garden activities:

- ☐ October – if they haven't frozen off yet, continue to deadhead flowers to keep them blooming.
- ☐ Early October — if you have some particularly pretty potted flowers that are still blooming, consider moving them indoors. If you keep regular houseplants though, be sure you wash the outdoor plants to limit the extra bugs you bring in. This can be done with a spray hose outdoors or in your shower. It is generally good to follow that with a good misting of soapy water made with a few drops of dishwashing soap mixed with water in a large spray bottle.
- ☐ October – be sure your mulch stays in place through all the fall wind so the roots will be protected on your perennials when we begin having seriously freezing weather.
- ☐ Late October – check your stakes and markers near perennial plants to be sure they didn't get removed with the last yard clean up of the fall.
- ☐ Late October – be sure your worms are somewhere warm enough. This is the month they will likely freeze if you forget about them.
- ☐ October — Lawns
 - If the weather stays mild enough for grass to continue growing, mow grass once more.

REMEMBER those 5R's

Reduce – Refuse – Reuse – Renew – Recycle

Renew your indoor air with houseplants – The photosynthesis process automatically cleans toxic things out of your homes air and if you get plants that are fragrant such as miniature roses, or other flora or citrus scented plants, they will also act as 'air freshener'.

Reuse junk mail – If you have a paper shredder you can use junk mail as packing for fragile things or for mailing out boxes (like those outgoing Christmas gifts next month) rather than burning it all at the dump.

Along those same lines you can save incoming packing materials this time of year to mail other things back out. Some of the Styrofoam packing 'popcorn' in my family has been en route for a number of years having made at least five trips up and down the West coast between the various homes of my relatives and friends.

With Sincere Appreciation from the Community of Igiugig

Thanks

Again to all those who
Donated

Time and money toward this year's

Village Beautification Project

If you enjoyed the beautiful flowers, consider being a participant in next year's activities!



Homemade Halloween Costume Ideas

Contributed by the Environmental Department

Trick or treating is just around the corner. What are you going to be this year? The best part of Halloween is dressing up! Nothing beats homemade. Below are some basic ideas for you to play with. All are cheap, easy, and allow for tons of imagination. After all reusing things at home will save you money and a trip to the store. Why not find something to use at home? Besides you will only use it once. Never know the criteria for the best costume may change to **"best homemade costume"**.

Make Your Own Make-up

You will need:

- 2 tablespoons of soft shortening
- 4 tablespoons of cornstarch
- Food coloring

Mix ingredients shortening and cornstarch. Separate the recipe into different cups, add food coloring.

Wash your face and any area that you will be applying makeup to and then dry thoroughly.

Apply a thin coat of cold cream or Vaseline to the entire face.

Using a cotton ball, gently pat cornstarch over cold cream or Vaseline. Keep your eyes closed.

Apply make-up with fingers tips. Have fun inventing your own makeup.

- **American Flag Costume:** It's real easy to make this flag costume! First, you need a navy blue sweatshirt and red sweat pants. Cut stars out of white contact paper and stick to the shirt, and use white tape to make stripes down the pant legs. Simple!
- **Static Cling:** Wear anything a solid color is good all white or all black. With safety pins, pin anything to yourself such as: socks, underwear, bounce sheets, etc. You can also spray your hair straight up in the air.
- **Scarecrow:** Over sized flannel shirt, faded blue jeans with patches, rope for belt and to tie at the cuffs of his jeans and sleeves, stuff the shirt and jeans with plastic grocery bags, or paper, a little bit of straw to hang out of jeans and shirt. Add a little bit of make-up. It may be a good idea to use the bathroom before you head out the door.
- **Costumes made from boxes**
Just use your imagination.
- **Dice:** Find a box just your size. Paint or glue on black paper. Cutout several pieces of white circles from a reusable white office paper and glue them on the black box. Cut an opening just the right size for your head and roll the dice.
- **Soda pop can:** Use a cardboard box, cut front and back, shape it into a soda pop can. Attach straps to the top to move on and off your Honda. Paint it the colors of a pop can. Presto! You have a pop can!!
 - Paint it red, tack on some paper plate wheels, and you are a **race car**.
 - Paint it white and a handle and you will be a cool **refrigerator**.
 - Wrap it in Christmas paper, add a large bow. Wow! a **Christmas present**.

Halloween will be here before you know it. Have fun dressing up and remember to brush those pearly whites before you go to bed. For more homemade Halloween costumes log on to www.google.com and enter homemade Halloween costumes.

WALK TO BE FIT

Exercise makes you smart! No I didn't get that backwards—yes, it is smart to exercise, but new research shows that exercise does keep you smart. According to Energy Times, September 2002 issue, pg. 80:

“...Scientists at the Duke University Medical Center had set out to see how exercise might affect depression. But while they found that exercise helped boost mood just as well as antidepressant drugs did, they also discovered that people who worked out did better on standardized tests that measured cognitive ability (*Jrnl of Aging*, 1/01).

According to Dr. James Blumenthal, PhD, a professor at Duke who led the study, ‘Exercise improves the heart’s ability to pump blood more effectively, as well as increases the blood’s oxygen-carrying capacity. It is thought that one of the reasons why the elderly, especially those with coronary artery disease or hypertension (high blood pressure), tend to suffer some degree of cognitive decline is in part due to a reduction in blood flow to the brain. So it may be that just as exercise improves muscle tone and function, it may have similar effects on the brain.’”

That said...if your brain is feeling a bit fuzzy with all the recent schoolwork or office work...get out and get some exercise and boost your brain functions!

IDEAS???

- #1 ~ **W**here is your favorite walking route?
- #2 ~ **W**hat’s your favorite form of exercise?
- #3 ~ **W**ho’s your favorite exercise partner?
- #4 ~ **W**hat is it that gets you out the door for exercise even when the weather isn’t the greatest?

Take a few minutes to answer these questions for yourself, and if you have an idea that is especially good, share it with the rest of the Walk To Be Fit participants so they can give your method a try. If you haven’t got any answers to these questions, get out there today and find out!

Total Village Mileage through August is 24,284—we made the first lap around the globe with our walking miles. So off we go on the second lap!

MARCH 2000 – AUGUST 2002

Around the world in 880 days!

(or there about, give or take a few)

KEEP ON WALKING!

Personal Totals (Since Mar.00)

John	2369
Annie	1485.5
Sandy	1305
Joshua	1241.25
Shayna	1150.25
Lydia	1049.25
Marie	938.5
Yako	859
Dallia	840
Mary	839.5
Pete	650
Kayla	644.5
AlexAnna	569.75
Alice	557.25
Tanya	511.75
David	502
Ida	502
Michael	487
Bernadette	485
Angel	471.75
Dan	456
Julie	442
Shaun	431.75
Betsy	423
Charlie	416
Jonathan	325.25
Alicia	317.5
April	270
Bonnie	220
Jeremy	213.5
Sharolyn	210.25
Tess	196.5
Camille	189.5
Kevin	170

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Bernadette Andrew, Editor & Social
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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

September 1—30, 2002

Highest Wind Speed . . . 53 mph

Average Wind Speed . . . 9.9 mph

Dominant Wind Direction . . . SSW

Highest Temperature . . . 70.1°F

Lowest Temperature . . . 30.5°F

Below Freezing . . . 2 days

Below Zero . . . 0 days

Recipe Corner

Contributed by . . . Bernadette Andrew

OLD-FASHIONED PUMPKIN NUT LOAF

2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1-1/2 teaspoons pumpkin pie spice
1 teaspoon salt
2 eggs, slightly beaten
1-1/4 cups solid packed pumpkin
1 cup sugar
1/2 cup evaporated milk (not sweetened
condensed)
2 tablespoons oil
1/2 cup chopped nuts

Combine flour, baking powder, baking

soda, pumpkin pie spice and salt in me-
dium bowl.

Beat eggs, pumpkin, sugar, evaporated
milk and oil in a large mixer bowl until
blended. Add flour mixture and nuts; mix
just until moistened. Pour into a greased
9x5-inch loaf pan.

Bake in a 350 degree oven for about an
hour or until wooden toothpick inserted in
center comes out clean. Cool in pan for 10
minutes; remove to wire rack to cool com-
pletely.

Yield: 18 servings