

# Igiugig News & Notes

Igiugig Tribal Village Council

January 2004

Volume 7, Issue 2

## Million Dollar Christmas Play!

By AlexAnna Salmon, 12th Grade, Igiugig School

Scrooges being reclaimed at Christmas. A Santa bum casting curses. Male shoppers wearing bright pink polyester pants. *A Million Dollar Christmas*, written by John DePrine, was performed by the Igiugig secondary class thespians on Tuesday, December 23, at 5:00 PM.

Half the gym was transformed into a decorative stage: one side looked like a NY city shopping strip, the other, a regular lawyers' office. Street lamps, decorated with Christmas lights and the hangars' shop lights provided Broadway lighting. It was a perfect stage for a twenty-five minute play about three greedy, stingy, not to mention out-right rude cousins who inherit a million dollars, as well as the un-wanted Christmas spirit from their Aunt Minnie. Their only problem was the cousins had to give away three million dollars on Christmas Eve before receiving the remaining million. All cousins raced to give away their cash and encountered problems of their own: Fletcher Blosh (AlexAnna Salmon) gets sent to the psychiatric ward, Latisha attacks an officer (Mary), and ends up with a pistol that she readily uses. Roscoe (Jonathan Salmon) attacks the Santa Bum (Jeremy Salmon) with a cane.



Fletcher Blosh's timid office lackeys: Alicia Zackar (left) and April Hostetter (right).

In the end, Latisha Blosh, acted by Tanya Salmon, gave away all her money first and got hit by the Christmas Spirit. She received the remaining million and split it with her two cousins. The action-packed Christmas play had the audience rolling in laughter, mostly from the hilarious costumes. Office lackeys (April Hostetter and Alicia Zackar) were dressed in heavy make-up and frilly skirts. Latisha wore cat eye sunglasses, heels, a wig, facial mole, and wild lashes. Meanwhile, the Narrator (Derrick Nickoli), made sarcastic remarks throughout the

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### Birthdays this month

- January 23  
Annie Wilson
- January 29  
Mark Battaion



play, while wearing a summery, Hawaiian outfit.

Afterwards, teacher Mark Battaion's class and four preschoolers sang "Oh Christmas Tree," "Silent Night," and "Jingle Bells." Singers had on cute Christmas outfits. Following the carols, everyone gorged on the delicious Christmas potluck. Entrees from banana cream pie and honey ham to asalyuqs and moose intestines were served. After fixing technical difficulties, the high school class and the sixth graders presented their iDida-movie projects in the classroom. Viewers were impressed at the technological skills of the students.

To wrap up the 2003 Christmas program, Santa (Jeremy Salmon) passed out presents donated by a group of people from Wisconsin. A good time was had by all. Comments were made that this has been the best Christmas program in a long, long time!



The three horrible cousins: Jonathan, Tanya, and AlexAnna Salmon (l-r). This was only dress rehearsal!

## Santa Came to Town!

Igiugig kids must have been extra good this year. No one was pouting, crying, or shouting because **Santa Claus** visited the school on Monday, December 22. Arriving on Pen Air, Santa brought gifts for all the good little (and even the BIG) kids of **Igiugig**. Kids excitedly sat on his lap and received presents, which they opened immediately. **THANK YOU VERY MUCH PEN AIR FOR BRINGING SANTA TO IGIUGIG AND MAKING THE HOLIDAYS SPECIAL FOR ALL THE KIDS!!!**



Dolly Ann Zharoff anxiously hops on Santa's lap for a gift.



Rylee Hunter Olympic, who recently moved to Igiugig, keeps his cool on Santa's lap.



Kyle Francis Andrew does not enjoy his Santa-sitting experience.



## School Highlights By Jonathan Salmon, 9th Grade, Igiugig School

December was a busy month for Igiugig School; our schedule was full and the calendar had almost every day filled in. This month the High School and the Middle School were working on a movie project called the Idida Movie sponsored by AK Society for Technology in Education. Participants had to make a movie that was funny, educational, or environmental/cultural. The movies had to be two minutes or shorter and not take up more than thirty megabytes. The winning team gets two hundred dollars and a chance for eight tickets to Hawaii.

The High School created an educational video about the salmon cycle with a "Bill Nye the Science Guy" theme. Bill Nye hosts a children's show to teach kids about science; he is energetic and catches the viewer's attention, so we tried to capture that emotion in our video. Luckily, we took the pictures of our fish before all but two tragically died.

The Middle School put together a cultural video about trapping, and busily interviewed the

trappers in the village: George Wilson, Dan Salmon, Greg Zackar, and Annie Wilson. This was a great learning project because they never created a movie, or experienced video taping before.

Other notable highlights in December were the Poetry Slam and Battle of the Books on Saturday the 13<sup>th</sup> and the Craft Fair on the 14<sup>th</sup>. Before the Poetry Slam, the 6<sup>th</sup> through 9<sup>th</sup> graders learned different types of poems in class. As for Battle of the Books, the teams have been practicing inside the classroom preparing for January competitions. Visitors in December included Mary Brewer who came to Igiugig to talk about the Talent Search Program on the 16<sup>th</sup>. On the 17<sup>th</sup>, Robin Proctor came to the school and talked to the students about hypothermia and survival.

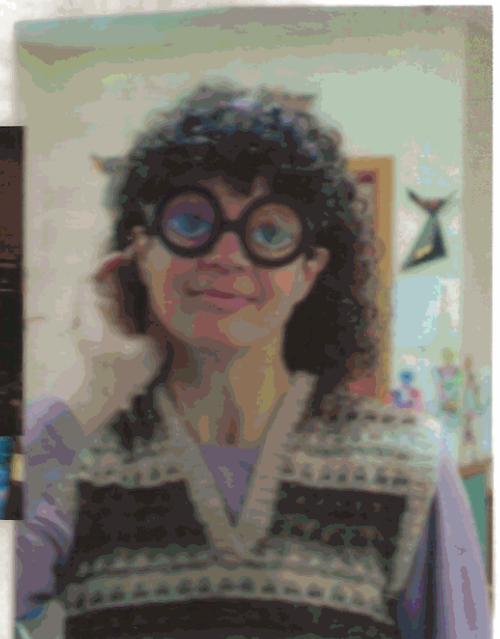
On the 23<sup>rd</sup>, the Igiugig School students hosted a play called "A Million Dollar Christmas." Christmas break started on the 24<sup>th</sup> and ends on January 13<sup>th</sup>. Have a happy Christmas!



Beware of Chef Al's concoctions!



Jeremy learns the basics of fur sewing from Annie.



Nice glasses, Kristin!





## Library/Computer Lab News

Happy 2004 New Year! 2003 has come and gone. This year will be a blast! Want to see more interesting books, videos, cassette tapes, etc. on the shelves this coming new year? This is the time to make "your" wish list and give it to Betsy; she will decide which ones are COOL and order them for our library.

### EASY FICTION BOOKS:

I'm in Charge of Celebrations by Byrd Baylor

"Last year I gave myself one hundred and eight celebrations-besides the ones they close school for..."

### Fiction books:

The Wish Giver by Bill Brittain

"That's what the sign outside a shabby old tent reads, at the annual Coven Tree Church Social. Only four people are curious enough to venture inside the tent. When they do, a funny old man named Thaddeus Blinn gives them each a magic card. *Just press your thumb on the red spot in the center*, he tells them, *and wish...*"

### Alaska nonfiction book:

Once Upon an Eskimo Time by Edna Wilder

"A year of Eskimo life before the white man came as told to me by my wonderful mother whose Eskimo was Nedercook..."

### ADULT FICTION:

The Giggler Treatment by Roddy Doyle

"Mr. Mack is about to step foot-first into the fate he doesn't deserve. He is about to experience... the Giggler Treatment. Who gets the Giggler Treatment?..."

### NONFICTION BOOK

Myths to Live By by Joseph Campbell

"What is properly functioning mythology and what are its functions? Can we 'live by' myths today?..."

### INTERESTING WEBSITE OF THE MONTH

<http://wilstar.com/holidays/newyear/htm>

Would you like to start your new year with a BANG? And find out how other people celebrate the New Year? Interested in their customs? This site is for you!





## My First Slavi by Corey Olympic, 4<sup>th</sup> Grade, Igiugig School

My uppa makes a wonderful star for me. The colors are white, green, red, with a cross in the middle. After my mom cooks food and it smells so good. It tastes like a lot of good stuff. Then we get ready for Slavi. Next we go to church to sing and spin the stars. Lots of people from different villages come too. They sing at our church. Next they go to all the houses and spin the stars again. Also they sing when we are spinning the stars. Then we eat at the houses. Next we talk to people. After I go home and I go to bed. Then in the morning we go to the church and we stand until it's afternoon. Next the people go home. Then we open the presents.

## Jesus' Birth by Tess Hostetter, 2<sup>nd</sup> Grade, Igiugig School

Mary and Joseph went to Bethlehem. Joseph and Mary are there now. Joseph and Mary find a place to stay. But the place where they can stay is in a manger. There were sheep, cows, goats, chickens, donkeys, and horses in the manger. After Jesus was born, Mary, God, and Joseph were happy. God put a star in the east where Jesus was. There were three wise men. They followed the star.

## My Christmas Story by Shaun Andrew, 1<sup>st</sup> Grade, Igiugig School

Santa and his reindeer were at the North Pole. But a blizzard was coming. The blizzard was a really bad one.

Santa went to the work shop but all the elves are sick and the reindeer are sick too. So Santa went back to his house. He had an idea: cancel Christmas! But then the elves got better and the reindeer got better. They better hurry up because it's almost morning.

## My Christmas Story by Sharolynn Zackar, 3<sup>rd</sup> Grade, Igiugig School

I am going sledding at big hill. I am getting ready. I am getting on my clothes and my shoes. Then I go out and start the Honda. Next I go to big hill. Then I go down the hill. Then I fell off of my sled. Then I got snow in my face. After that I went home. Then I drank hot chocolate. Then I went to sleep. Then when I woke up it was Christmas.

## Beading and Weaving By Alicia Zackar, 6<sup>th</sup> Grade, Igiugig School

Did you know you can make bookmarks with yarn and straws? Well we did and it was really fun and fast. Did you know that big pouches can be woven in about two days!? Some people in our class made pouches and it only took one weekend to weave them. Other students chose to make bracelets with designs on a beading loom.

At the beginning of the school year we started on crafts to send to Juneau for display in the capitol building during the month of January. On Christmas Eve, we sent out one scarf made by Jon Salmon and one each by his sisters, AlexAnna and Tanya. They made the scarves on a big weaving loom. We also

completed nine little pouches and two purses. We also have six other beading projects and two coffee cup holders. It was very fun to make them. The first thing we made was a bookmark. Pouches were made secondly. Everyone in the class became addicted to the beading and weaving projects. Our projects can be viewed on-line at website [www.legis.state.ak.us/students/students\\_page.htm](http://www.legis.state.ak.us/students/students_page.htm) during the month of January.

We give a big thanks to Julie Salmon, Kay Hathhorn, and Carol Bursiel-Brown for donating the beads and yarn. We will get our beadings and weavings back in February.



# Native Oratory Society Proposal

By Igiugig High School

At the end of November, the Igiugig high school students and teacher, Kristin Hathhorn, approached Igiugig Tribal Village Council for support on a proposal. The proposal began as an idea introduced to the student government by Kristin, who wanted her students to be involved in a debate club. Students took the proposal to the Council requesting a stipend and travel expenses from Anchorage to Igiugig for Dan Henry and one of his Native orators, Chris Kolerok. There are several reasons why Igiugig School wants to participate in the Alaska Native Oratory Society (ANOS). For one, Alaska Native peoples have a history of strong oratory skills, but have not had a strong voice in public policy making in recent times.

Two years ago, the ANOS was established, under the direction of Dan Henry, in an attempt to get young people involved in public speaking and to bring back the traditional oratory talent of Native Alaskans. The goal of the Igiugig high school students is to bring Dan Henry to Igiugig at the beginning of February, in order to initiate the process of becoming involved with ANOS. Professor Daniel L. Henry has been involved in competitive speech and debate activities since 1978. His specialties include public address, performance studies, and forensics education. We want Dan Henry's help in getting us started in ANOS because he is an expert on public speaking skills; Dan Henry will not only conduct workshops with the students, but also the community.

We would like to take on a leadership role by getting involved in the ANOS in order to improve our own speaking skills and to encourage participation by others in our district and region. In the process, we will meet many standards in reading, writing, personal/social/health, career development, and cultural awareness. Ultimately, we would like to foster confidence in our ability to have a voice worth hearing as we move closer to becoming the Alaska Native leaders of the future. Working with Dan Henry, students will research topics and prepare speeches and cultural performances. In April we plan to participate in the ANOS contest held in Anchorage, and then embark on a road trip, during which we will visit schools along the Alaska Highway system and present our speeches and cultural performances.

If we can obtain financial resources from regional organizations, we hope to participate in this public speaking event annually. It is our hope that our participation and enthusiasm will spark the interest of other young people in our area and promote pride in our oratory traditions.

The high school also presented the proposal to the Igiugig Native Corporation during their annual meeting at the hangar. The Board expressed great interest and support for the students at Igiugig School. Thank you Igiugig for supporting the development of our public speaking skills and our training for future Native leadership. We feel we possess great potential for public speaking, and look forward to having fun doing a productive, educational activity while promoting our cultural pride.

## The Salmon Tank

By April Hostetter, 6th Grade, Igiugig School

There were about five hundred of them! What? Baby salmon of course! The day we got our school's baby salmon was November 13, 2003. On this day everybody was excited because it was the day of our cultural play, and the funny thing about it was our play was about salmon! Anyway, the fish came in their eyeball stage and they looked really small and red-orange.

First, only two eggs died, then a few more died. But, some hatched, and more hatched,

then all of a sudden, they all hatched! Sadly, a few days later, almost all had died because of the copper in the water. When Mark cleaned the fish tank he found out that there were two survivors, Ne and Mo - Nemo! Hopefully we will be able to keep Ne and Mo alive so we can release them in the spring.





## Craft Fair 2003 By Jeremy Salmon, 6th Grade, Igiugig School

Whoever missed the craft fair should have been there because it was exiting and really interesting. This year's craft fair took place on December 14<sup>th</sup> and it was in the school gym. It was held as a fund-raiser for the school and so other people could sell crafts for Christmas presents. It was two hours long and people either ate (some people were selling baked goods, and the student concession stand sold

chicken wings and other 'fair food'), sold crafts, walked around, or did the cake walk and cookie exchange. I had the most fun playing tag and doing the cake walk, which I liked because you don't know who'll win and it is surprising.

I can't wait till next year's craft fair because it was fun and I want to make crafts next time.

## Letters to Santa

Dear Santa,

I have been good. Simeon has been good. Gregory is being nice. May I please get a play stove, and a play car with a flower on it? Thank you,  
Tatyana Zackar, 4 years old, Igiugig School

Dear Santa,

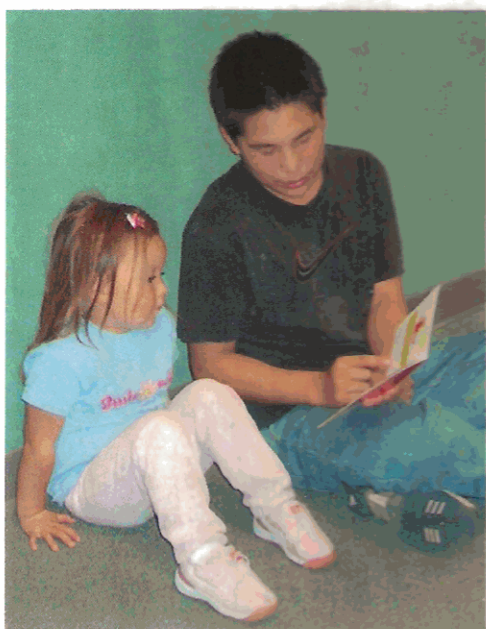
I been good. Dolly Ann been good. May I please get a play tea, play sink, and a play baby? Thank you,  
Fewnina Zharoff, 3 years old, Igiugig School

Dear Santa,

I have been good, by my own self. I have been good with my Dad. May I please get a butterfly to catch, a horsey, and when I am big I want to go see my Mom. Thank you,  
Dolly Ann Zharoff, 4 years old, Igiugig School

Dear Santa,

I am being good. May I please get a fake baby, a chair, more babies, and a fake car? Thank you,  
Camille Andrew, 4 years old, Igiugig School



Dawsey reads a story to Camille during "buddy reading".

# THANK YOU

Igiugig Student Government would like to thank **Dan O'Hara** and **Robin Proctor** for their generous monetary donations to our school, and **Bernadette** and **Michael Andrew**, on behalf of Kvichak Cabin, for the awesome donation of concessions. Thank you very much for helping us achieve our goals! **Quyana!**





K-Preschool BOB Team: Gregory Zackar (K) and Camille Andrew (Pre)

a contest. Tanya and AlexAnna were not part of the contest but did an optional performance, even though they didn't study poetry in class. Some of the poems which made us all laugh were Jonathan's "Get Up an Go" poem, Dawsey's "When I'm an Old Man" poem, and AlexAnna's "Sad Memory" poem about the baby duck she accidentally squished to death. They were all hilarious! Presenters had to memorize their poems, although some of them forgot their lines mid-speech. First place was handed to Jeremy (he recited "Monster's Soup," and a memory poem about Meanie Greenie, his mom's parakeet), second place went to Jonathan (his memory poem was about a pet bat), and third went to Mary (she recited "Twas the Night Before Christmas" written by a soldier in Japan, and her memory poem titled "Slipped Away" was about her deceased Auntie Annie Mann).

Afterwards, the Battle of the Books (BOB) practice competition was took place. The Battle of the Books is where individual persons



7-8th only team member Mary Hostetter racks her brain thinking of the correct answer for the competition.

## The 2003-2004 Poetry Slam & Battle of the Books Practice Competition

By Derrick Nickoli, 11th Grade, Igiugig School

The poetry slam was a success. In the beginning there were refreshments, such as pumpkin cake, chocolate mousse cake and apple crisp, all made and served by April, Alicia and Jeremy. Jonathan, Mary, Dawsey, Alicia, April and Jeremy, who had been studying a poetry unit in class, presented one poem written by someone else, and one poem written by themselves. Both poems were memorized and acted out in front of the audience as part of



Jeremy Salmon reciting his poem.

or teams of students all compete in a series of questions about books they have read in their grade category. The kindergarten/preschool team is Camille and Gregory, the first and second grade team is Shaun and Tess, the third and fourth grade team is Corey and Sharolynn, and the fifth and sixth grade team is Jeremy, Alicia and April. The junior high team is Mary, Mary and only Mary. "Hee hee". The high school team is Tanya, AlexAnna, Jonathan, Dawsey and I, Derrick!

During the practice competition, which took place after the Poetry Slam, the winners were the first and second graders, the pre-school and high school teams tied for second, and third place went to Mary. There were ten rounds in all. The competition was slow, but it helped students practice for the district competition in January.



## GARDENERS GOODIES

### JANUARY garden activities:

Early JANUARY – Check on your outdoor holiday decorations, since they will probably stay in use through the Russian Christmas & New Years, make sure that they are not getting ice around electrical connections or being damaged by winter weather or vehicles.

Early JANUARY – Check the snow cover on your perennial plants—be sure to add snow or something else (grass or mulch) for insulation on any areas you find that are bare ground. (Sometimes just putting down a few spruce boughs will cause snow to drift into the area and stay there.)

JANUARY – Look forward to those gardening catalogs and make your list of seeds to order. If you are planning long season crops such as tomatoes, make sure your order for those seeds is placed by late this month or early February. Be sure you consider other gardening items you may also need such as hoses, sprayer, fertilizer, potting soil, etc.

JANUARY – Tree boughs and other live foliage used for Christmas decorations can be hung outdoors for the winter birds to enjoy, especially if there are some cones with seeds still in.

JANUARY – relax with a cup of something warm and enjoy looking out at the clean beautiful view of your yard under snow (assuming that there is any snow out there to look at)!

### ***THE 5R's***

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

*Begin collecting those used milk cartons or other containers to use in starting your spring plants. If you're not starting plants from seed, check around for someone else who might be interested in Reusing things from your house.*

*Join the Can Crusher Club's efforts at Recycling by saving aluminum to be turned into cash for community activities.*

*Sew a "memory quilt" from scraps of old clothing of your children, parents, friends or your own. That way these things can be Reused as a lasting family heirloom rather than a landfill eyesore.*

*Make friends with other people who enjoy caring for the environment, because someone else always has another good idea you haven't tried yet!*

***2004 FISHING, HUNTING, and TRAPPING LICENSES***  
are available now.

See Bernadette to get yours!



# 2003 Snapshots!



Father and son repairing fish racks during the cultural play.



(above) The four happy authors of "The Old Village of Igiugig".



Elders, Alice and Mary, dish out delicious beef stew during a potluck.



(to the left) Mike Sr. taking the teachers out for a cruise on the Kvichak.



Alexis Finn teaching the younger kids about our watersheds.



Sliding Gregory through the web during Don Cline's visit.



The No-see-ums Volleyball Team's home game



# Once in a Blue Moon?

If you do something "once in a blue moon", you will be glad to know ahead of time that will be on July 31<sup>st</sup> this year. In case you wonder what a blue moon is, that's the name for the second full moon in any given month. Some years it happens more than one time, last year it didn't happen at all, but this coming year you will have one opportunity to take care of those blue moon things!

If you are interested in the full moon and the names for each month, the following information from the 2004 Farmers Almanac will be something you will want to hang on to for future reference:

January 7<sup>th</sup> at 10:40 a.m. – Full Wolf Moon  
February 6<sup>th</sup> 3:47 p.m. – Full Snow Moon  
March 6<sup>th</sup> 6:14 p.m. – Full Worm Moon  
April 5<sup>th</sup> 6:03 a.m. – Full Pink Moon  
May 4<sup>th</sup> 3:33 p.m. – Full Flower Moon  
June 2<sup>nd</sup> 11:20 p.m. – Full Strawberry Moon  
July 2<sup>nd</sup> 6:09 a.m. – Full Buck Moon  
July 31<sup>st</sup> 1:05 p.m. – Full Sturgeon Moon (your blue moon)  
August 29<sup>th</sup> 9:23 p.m. – Full Fruit/Barley Moon  
September 28<sup>th</sup> 8:09 a.m. – Full Harvest Moon  
October 27<sup>th</sup> 10:07 p.m. – Full Hunter's Moon  
November 26<sup>th</sup> 3:07 p.m. – Full Beaver Moon  
December 26<sup>th</sup> 10:06 p.m. – Full Cold Moon

Check out what these moon names mean on page 13 of this newsletter.

This and much more information is available in the "Farmers Almanac", some of which is accessible online at:

[www.farmersalmanac.com](http://www.farmersalmanac.com)



So many FISH in the sea!



Agafia busily helps clean up at the dump during Village Clean Up!



Two pretty Halloween ladies:  
(l-r) Mark and Tanya



Corey concentrating HARD!



# ETT Class

From December 8th to 20th, Robin Proctor was in Igiugig to provide ETT Training to individuals. After many hours of lecture, practicing on each other, and testing, ten individuals: Pete, Johnny, Yako, Willie, Greg, Dawsey, Jon, Mark, Dan, and Michael successfully completed the course. In addition, Cecelia attended and got some continuing education hours completed. Renae recertified her EMT status, Annie got her CPR card, and Alexan, our new health aide who arrived after the course had started, got her CPR card and some continuing education hours. Robin also visited the students at school with lessons on hypothermia and survival. Congratulations to all! And thanks to Robin for her time and patience!



← Alexan, as the CPR student

or

Alexan, as the patient →



← Michael, Mark and Pete strapping Jeremy to the backboard.

Jon and Dawsey get treated for eye injuries. →



← Willie and Johnny practice getting the oxygen ready.

Mark and Pete get Jon ready to be removed from the vehicle. →





# Full Moon Names and Their Meanings

Full Moon names date back to Native Americans, of what is now the northern and eastern United States. The tribes kept track of the seasons by giving distinctive names to each recurring full Moon. Their names were applied to the entire month in which each occurred. There was some variation in the Moon names, but in general, the same ones were current throughout the Algonquin tribes from New England to Lake Superior. European settlers followed that custom and created some of their own names. Since the lunar month is only 29 days long on the average, the full Moon dates shift from year to year. Here is the Farmers Almanac's list of the full Moon names.

- ♦ **Full Wolf Moon - January** Amid the cold and deep snows of midwinter, the wolf packs howled hungrily outside Indian villages. Thus, the name for January's full Moon. Sometimes it was also referred to as the Old Moon, or the Moon After Yule. Some called it the Full Snow Moon, but most tribes applied that name to the next Moon.
- ♦ **Full Snow Moon - February** Since the heaviest snow usually falls during this month, native tribes of the north and east most often called February's full Moon the Full Snow Moon. Some tribes also referred to this Moon as the Full Hunger Moon, since harsh weather conditions in their areas made hunting very difficult.
- ♦ **Full Worm - March Moon** As the temperature begins to warm and the ground begins to thaw, earthworm casts appear, heralding the return of the robins. The more northern tribes knew this Moon as the Full Crow Moon, when the cawing of crows signaled the end of winter; or the Full Crust Moon, because the snow cover becomes crusted from thawing by day and freezing at night. The Full Sap Moon, marking the time of tapping maple trees, is another variation. To the settlers, it was also known as the Lenten Moon, and was considered to be the last full Moon of winter.
- ♦ **Full Pink Moon - April** This name came from the herb moss pink, or wild ground phlox, which is one of the earliest widespread flowers of the spring. Other names for this month's celestial body include the Full Sprouting Grass Moon, the Egg Moon, and among coastal tribes the Full Fish Moon, because this was the time that the shad swam upstream to spawn.
- ♦ **Full Flower Moon - May** In most areas, flowers are abundant everywhere during this time. Thus, the name of this Moon. Other names include the Full Corn Planting Moon, or the Milk Moon.
- ♦ **Full Strawberry Moon - June** This name was universal to every Algonquin tribe. However, in Europe they called it the Rose Moon. Also because the relatively short season for harvesting strawberries comes each year during the month of June . . . so the full Moon that occurs during that month was christened for the strawberry!
- ♦ **The Full Buck Moon - July** July is normally the month when the new antlers of buck deer push out of their foreheads in coatings of velvety fur. It was also often called the Full Thunder Moon, for the reason that thunderstorms are most frequent during this time. Another name for this month's Moon was the Full Hay Moon.
- ♦ **Full Sturgeon Moon - July** The fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. A few tribes knew it as the Full Red Moon because, as the Moon rises, it appears reddish through any sultry haze. It was also called the Green Corn Moon or Grain Moon.
- ♦ **Full Fruit or Barley Moon - August** The names Fruit and Barley were reserved only for those years when the Harvest Moon is very late in September.
- ♦ **Full Harvest Moon - September** This is the full Moon that occurs closest to the autumn equinox. In two years out of three, the Harvest Moon comes in September, but in some years it occurs in October. At the peak of harvest, farmers can work late into the night by the light of this Moon. Usually the full Moon rises an average of 50 minutes later each night, but for the few nights around the Harvest Moon, the Moon seems to rise at nearly the same time each night: just 25 to 30 minutes later across the U.S., and only 10 to 20 minutes later for much of Canada and Europe. Corn, pumpkins, squash, beans, and wild rice the chief Indian staples are now ready for gathering.
- ♦ **Full Hunter's Moon - October** With the leaves falling and the deer fattened, it is time to hunt. Since the fields have been reaped, hunters can easily see fox and the animals which have come out to glean.
- ♦ **Full Beaver Moon - November** This was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. Another interpretation suggests that the name Full Beaver Moon comes from the fact that the beavers are now actively preparing for winter. It is sometimes also referred to as the Frosty Moon.
- ♦ **The Full Cold Moon; or the Full Long Nights Moon - December** During this month the winter cold fastens its grip, and nights are at their longest and darkest. It is also sometimes called the Moon before Yule. The term Long Night Moon is a doubly appropriate name because the midwinter night is indeed long, and because the Moon is above the horizon for a long time. The midwinter full Moon has a high trajectory across the sky because it is opposite a low Sun.



# SAFETY 1<sup>st</sup> – SAFETY 1<sup>st</sup> – SAFETY 1<sup>st</sup>

## Emergency Personnel needed?

We always hope for the best and don't like to think that bad things will occur, but occasionally accidents are unavoidable. At that point in time the most important thing is to know is how to help:

- ✓ **Know your Health Aide** – Take time to pay attention to who is on duty and what the clinic hours are.
- ✓ **Know who is a trained ETT or EMT** – Know names and phone numbers for people that are trained in emergency response. (If you aren't sure there's probably an article in this issue that tells of the recent training so check it out!)
- ✓ **Pay attention to details** – Make it a point to notice everything that's happening so if you are the one that has to call for help you can give the best information to the responder. Having the right equipment along in an emergency can make a big difference for the patient.
- ✓ **Know where an emergency medical kit is** – There are emergency bags located in all the major public facilities in Igiugig, so if you are an emergency response team member, or if you work in the building, make it a point to know where to find these supplies.
- ✓ **Warn People** – If you have any health issues that could cause you to pass out or become incapacitated, wear a medical bracelet and be sure that the people you live and work around know what it is and how to treat it.
- ✓ **Be a willing helper** – Respond quickly to people in trouble to help avoid serious consequences.

## Prevention

\*\*\*TRAIN AND PREPARE AHEAD OF TIME\*\*\*

\*\*\*BE WILLING TO HELP DEAL WITH PROBLEMS IMMEDIATELY\*\*\*

## 2003 Igiugig Weather Statistics

	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	YEAR
Highest wind speed (mph)	79	66	52	48	47	53	59	51	N/A	53	53	58	79
Average wind speed (mph)	15.3	9.1	9.1	8.6	9.8	10.8	9.6	6.8	N/A	13.6	10	9.3	9.9
Dominant wind direction	ENE	ENE	N	NE	SSW	ENE	SW	SSW	N/A	NE	SSW	SSW	ENE
Highest temperature (*F)	44.1	50.9	54.7	58.6	69.4	77.0	85.1	81.6	66.9	59.9	49.9	41.8	July 85.1
Lowest temperature (*F)	-21.6	16.4	-9.7	10	27.2	41.6	45.7	41.3	21.8	14.4	-6.8	-19.0	Jan. -21.6
Days below freezing	19	12	29	18	5	0	0	0	10	16	18	31	158
Days below zero	5	0	7	0	0	0	0	0	0	0	3	11	26
Precipitation	N/A	N/A	N/A	1.61	1.00	1.63	2.69	4.18	0.88	2.09	2.81	0.71	17.6





# WALK TO BE FIT

**T**otal **V**illage **M**ileage through October is 37,907

## “Winterized”??

I’m sure by now you’ve done the winterizing on your house, your vehicles and anything else that’s affected by cold weather. But what about winterizing your exercise activities? Following are some tips from the Prevention Magazine for winterizing your walking program.

### Get the Doc’s OK!

- ✓ People with heart problems should talk with their doctor before doing exercise outdoors because cold weather constricts certain blood vessels and can double or triple the possibility of heart attack.
- ✓ People with blood sugar problems (such as diabetes or hypoglycemia) also need to be careful because exercise in cold weather uses more calories quickly and can cause dangerous changes in blood sugar levels.
- ✓ People with diabetes need to be especially careful about frostbite because they generally have reduced circulation to extremities and may not notice patches of skin losing feeling.
- ✓ People with asthma need to be aware, wear a scarf over their face to help warm incoming air and carry their inhaler because they may have an attack from breathing very cold air.
- ✓ People with any chronic health problem should mention their outdoor exercise plans to their doctor and get advice on the best way to avoid or limit problems.

After getting the okay from your doctor, always be sure to warm up properly and use the following tips to make your walk both enjoyable and beneficial for you.

### Layers Keep out the Cold

By dressing with a number of layers that include insulating materials like fleece and a wind resistant breathable layer like goretex, you can adjust your level of warmth just by zipping or unzipping the layers. Be sure to include gloves, hat, hood, scarf, and in sub-zero temps a facemask. With a nice big pocket in your coat, extra items can always be removed and tucked away if you are overheating, but if you leave home without them the cold could get you!

### Footwear Considerations

Socks – Several soft warm pairs!

Shoes/Shoepacks – Warm, large enough to comfortably fit two pair of socks, good traction soles, and easy to walk in.

Ice Grips – If it’s at all slick you should wear them because you can keep a more even and steady stride if you don’t have to pay attention to not slipping.

### Skin Protection

Moisturize everywhere—dry skin has a harder time regulating body heat, so pay attention even to skin that is covered up by clothing.

Sunscreen exposed skin—remember that up to 85% of the sun’s ultraviolet rays are reflected back up by snow, so the same sunny day in winter can expose you to almost double the damaging rays as in the summer.

Protect cheeks, chin and nose—even if you don’t frostbite them, repeated exposure to extreme cold can damage skin structure and small blood vessels, leaving you with things like a permanently “rosy” complexion or wrinkles.

Baby your feet—pay particular attention to callus removal and moisturizing, because sore feet are the quickest way to convince yourself to give up on this walking thing!

## Keep on Walking on your way to an energetic old age!



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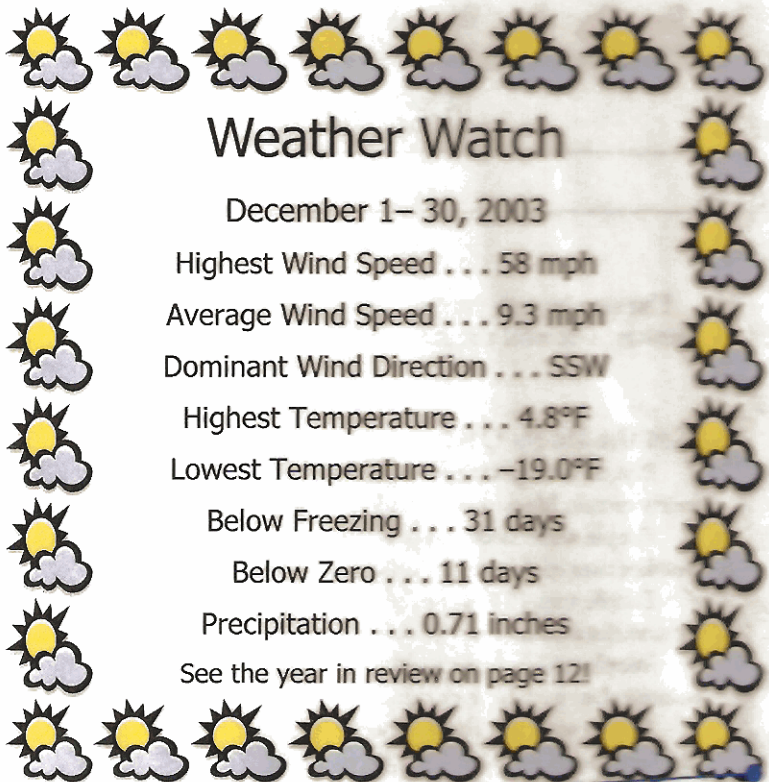
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## Weather Watch

December 1– 30, 2003

Highest Wind Speed . . . 58 mph

Average Wind Speed . . . 9.3 mph

Dominant Wind Direction . . . SSW

Highest Temperature . . . 4.8°F

Lowest Temperature . . . -19.0°F

Below Freezing . . . 31 days

Below Zero . . . 11 days

Precipitation . . . 0.71 inches

See the year in review on page 12!

## Recipe Corner

Contributed by . . . Sandra Alvarez

### CHAI NOG

3 tea bags

2 cups boiling water

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon ginger

Dash cloves

1/4 cup sugar

2 teaspoons vanilla

milk

dark. Mix the cinnamon, nutmeg, ginger, cloves, sugar and vanilla.

Combine the tea mixture with milk in equal proportions and enjoy!



Steep the tea bags in the boiling water until very