

Igiugig News & Notes

Igiugig Tribal Village Council

June 2004

Volume 7, Issue 7

GRADUATION!!!

May 15th – GRADUATION DAY- arrived all too quickly for Senior Class of 2004: AlexAnna Salmon. Luckily, everyone volunteered their help to make this day unforgettable.

The teachers and older students made sure the school gym was decorated beautifully for the ceremony with 2004 columns, balloons, graduation signs, tables covered with gossamer and flowers, etc. Meanwhile, villagers started their day cooking up a storm for the great potluck feast to follow.

At 5:00 PM, seventy-plus guests filled the seats and Pomp and Circumstance led the entrance of the Graduating Class of 2004. Superintendent Steve Atwater began the ceremony with an introduction of guests: Representative Dan Ogg, Alex Trout, Counselor Todd Washburn, LPSD board members Rebecca Jensen and Bernadette Andrew, Lake and Peninsula Borough Assembly Member Dan Salmon, and he thanked Igiugig School's certified staff for another wonderful year.

Next, head teacher Kristin Hathhorn announced AlexAnna's scholarships (Coca-Cola, ConocoPhillips, United States Senate Youth...) and high school achievements. The teachers presented a beautiful silk Tlingit-design embroidered scarf to the graduate as a token of their appreciation over the last year. Then Kristin introduced the guest speaker: former Igiugig High School Teacher Jeffrey Thurston. He spoke true words of wisdom, creatively using rainbows as the theme and metaphor of his speech.

Next came a huge surprise for the graduate. The entire student body lined up and told memories of their only senior. Some were funny, others embarrassing, but all very memorable. If that wasn't enough, community members stepped up to the podium to tell their favorite memories, ranging from skiing adventures to traveling mishaps.

After all the storytelling, AlexAnna gave her last speech as a senior. She thanked everyone for their love and support over the years and spoke about how



Dartmouth bound AlexAnna Salmon, whose years of hard work and determination pay off.

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Birthdays this month

- June 5
Christina Salmon
- June 15
Kevin Olympic
- June 20
Jeremy Salmon

(Continued on page 3)

MAY 19TH by Tanya Salmon, 11th grade, Igiugig School

CULTURAL PLAYS



The sixth graders giving their musical performance and solos.

On the first day of school (which feels like over a year ago), Kristin sat her students down and talked about goals. One of the goals this year was to produce three plays, which seemed almost impossible because our schedule was packed and in the past, we only did one play. Once in a blue moon, we would do two. This year, however, we passed our goal and instead of three, we performed FOUR!

May 19th was our last community event, and probably one of the biggest. The evening started out with the 1st-4th graders playing songs on their recorders. The audience enjoyed the music and watching the musicians' little fingers wiggling around and their feet tapping to the beat of the music. Afterwards, Shaun and Corey did a two-person poem on Water Boatmen, while Tess and Sharolynn did one on Bees. Not to be outdone, the 6th graders "fluted" their way to applause also.

I have to be honest, when Mark was first teaching his students how to play recorders they sounded awful! They huffed and puffed terribly. I dreaded the afternoons, when I would hear them practicing. After a few weeks of religious practicing, however, their music sounded enjoyable and I no longer wanted to stuff cotton balls in my ears.

After the musicians came the play, A Promise is a Promise, performed by AlexAnna, Kristin, Mary, Alicia, and Tanya. The students read the book and created a play from the materials read. In a nutshell, the play was about a young girl, Alicia, who would not listen to her mother, AlexAnna. She snuck down to the ocean to go ice fishing and ran into the Qallupilluit, an imaginary Inuit creature, who reportedly grabs children when they come too close to the ocean. In the end, the young girl and her sister, Kristin, were saved from the Qallupilluit and she learned her lesson on obeying her mother and keeping her promises. "I thought that A Promise is Promise was funny yet taught good morals," said Jonathan Salmon.

Jon, Dawsey, Jeremy, April, Derrick, Kristin, and Mark all performed in the next play Two Old Women. They read the book written by Velma Wallace and transformed it into a play. Jon and April played the two old women, Derrick was the wise chief, Kristin and Mark were trackers, and Jeremy played an old wise hunter, a young boy, and a mother. "Very well thought of," Willy Nickoli thought. "Nice interpretation," Kevin Olympic added.

The audience got a kick out of Jon, who wore a kuspuk, a wig, and clip on earrings. The other thespians were also dressed in awesome native regalia: a wolf parka, a beaver parka, a wolverine parka, mukluks, seal fur slippers, and kuspuks were all used.

The students enjoyed putting on the performances and the audience loved the entertainment. The plays were a good way to end a successful school year.



"A Promise is A Promise," main character Al-lashua (Alicia) asks for permission to go fishing.

(Continued on page 6)

GRADUATION (Continued from page 1)



The graduation audience, with the Salmon family occupying front row.

amazing her last years in high school were, and a little about her future plans to attend Dartmouth College. The speech was quite emotional towards the end.

Steve Atwater presented AlexAnna her hard-earned High School Diploma and

wished her the best of luck. Shortly afterward the gym lights turned off and the five-minute senior slide show played. Lastly, AlexAnna gave long-stemmed pink and white roses to her closest friends and family

members in the audience, which by then all the emotional people were teary-eyed and sniffing, lining up for hugs. AlexAnna's godson, Shaun Michael Andrew, even had a breakdown when he thought graduation meant AlexAnna was leaving forever.

The ceremony ended with the largest potluck lgiugig has ever seen: halibut, salmon, turkey, ham, akutaq, pies, two graduation cakes, grilled chicken, mashed potatoes, salads galore, etc. Everyone piled plates high and took home tons of leftovers. After eating, people gathered around to watch the graduate open gifts.

Just as quickly as the graduation came, it was over, but turned out to be a memorable time for everyone, thanks to all that helped.



Terek Anelon and AlexAnna sit down to heaping plates of delicious food.



Steve Atwater introducing the guests in attendance.



Head Teacher Kristin Hathhorn giving AlexAnna her awards.



People lined up on both sides of the food tables to dish out.



Guest Speaker Jeff Thurston delivered his speech in a colorful shirt.



Mike Andrew enjoying a good meal at the graduation.

Library/Computer Lab News

Happy Father's Day to all our fathers! Summer Reading Club will start on June 1st. This year we will get together on Tuesdays in the library. Our theme is "Catching Fish." How many "fish" can you catch? Please drop by and check out books.

EASY FICTION

Just Like Daddy by Frank Asch

"A very young bear describes all the activities he does during the day that are just like his daddy's. . ."

Fiction

Dragonwings by Laurence Yep

"Moon Shadow was eight when he sailed from China to join his father Windrider in America. Windrider lived in San Francisco's Chinatown and worked in a laundry. Moon Shadow had never seen him..."

VIDEO

The Magic School Bus- Plays Ball- A homerun with physics

"Topic: Forces and Motion - Dorothy Ann loves her physic book. Ralphie loves baseball. Ms. Frizzle combines the two in a "Frictionless Baseball Game" and the whole class learns about pushes and pulls."

ALASKA FICTION

Two Old Women by Velma Wallis

"An Alaska Legend of Betrayal, Courage and Survival."

Alaska Nonfiction

The Great Alaska Nature Fact Book by Susan Ewing

"A guide to the State's Remarkable animals, plants, and natural features."

NONFICTION

Native Wisdom - Perceptions of the Natural Way by Ed McGaa

"I love a people whose religion is all the same, and who are free from religious animosities. . ."

INTERESTING WEBSITE OF THE MONTH

www.northerndynastyminerals.com

Northern Dynasty was in Igiugig talking about what they have done so far and what is planned for the Pebble Project. If you still have questions about this, please feel free to browse through this sight. This may be of help to you.



Spic and Span by Tanya Salmon, 11th Grade, Igiugig School



Gregory hauls a sledful of garbage that his group collected during the clean-up.

After the snow all melted and the ponds thawed, trash that was hidden over the winter suddenly reappeared. Loose papers stuck to fences, candy wrappers fluttered along the roads, and soggy cardboard boxes laid in swamps. This was not a beautiful sight. To fix the problem, the school had their annual village clean-up.

Students, teachers, and volunteers broke up into groups and headed out to do a major “hoe down” on May 11th. Groups were assigned to clean certain roads, the beach, and swamps. Once a group finished

their area, they would help another team.

As a tradition, every group had to think of a team name. This year,



Corey picks cans up that have been tossed in the dump and puts them to be recycled.

only three groups came up with names: Holy Moly, We’ve got the Graveyard Shift, and Big Daddy and the Swamp Sisters. Every team had to find the biggest piece of trash, stinkiest, and weirdest. The beach team won the biggest and most foul smelling trash with a rotten caribou carcass. So many weird pieces of trash were discovered that nobody really won in that category.

While people sloshed around in their rubber boots and plastic gloves, other volunteers were busy in the kitchen preparing lunch for the hungry trash exterminators. Around noon, everybody gathered at the gym to feast on hamburgers, hotdogs, tator tots, and delicious desserts.

The village clean up was a good way to get rid of trash, and it also helped students pass service standards and students and adults worked together to benefit the community. Thanks to all the students and adult volunteers: Kristin, Mark, Kevin, Bernadette, Michael, Betsy, Dave, Dan, Julie, Cecelia, Annie, Lydia, Mary, Christina, Yako, Dallia, Ida, Terek, Greg, and Renae. THANKS!



The trash haulers, Michael and Yako, drove around and picked up the piles of garbage that everyone found.



Alicia's group picked up in the swamp and all along the airport.



Jon and Dan pick up the garbage that blows around the dump when it doesn't get burned.



Sharolynn and Tess show some of the garbage that they found around the village.

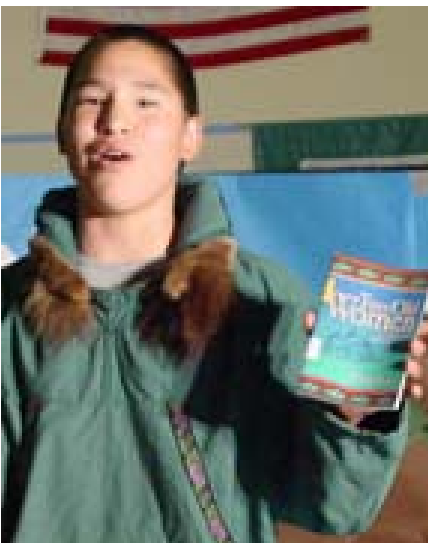
AWARDS



Corey Olympic proudly shows his Goose Poster picture.

cheerful.”

The basketball and volleyball teams, thanked their coaches by giving them awards of their own. Volunteers and school staff were thanked and applauded. Finally



Charley Apokedak played the Narrator of “Two Old Women.”

The award ceremony and plays went smoothly. The community enjoyed the entertainment and seeing the children progress in their academics. Next year will even be more successful!

After the plays, the audience migrated from the bleachers to the other end of the gym where desserts were served. When everybody grabbed a plate of goodies, the lights were turned off and everybody turned their attention to the screen that displayed this year’s interactive DVD yearbook. “I thought it was very good for a first attempt and I anticipate them getting better in the future,” Bernadette Andrew said about the DVD

The DVD has several slideshows on the students and highlights of the school year. There are also video clips on plays, sports, and speeches performed by the students. The Idida movies, which were made earlier this school year, were also included.

When the slideshow was over, the award ceremony began. Students, received awards for passing standards, winning national or state contests, Battle of the Books, National Honor Society, sports, scholarships, or in the case of the pre-schoolers, for being “the most talkative,” “most helpful,” “most questions asked,” and “most



Fewnia Zharoff wins Student of the Year award.



Kristin handing out BOB and athletic awards to her high schoolers.



Everyone thought Jonathan Salmon made a beautiful old lady. April Hostetter played the other old woman.

WORD BUILDING:

Use the following letters to make words in the slots provided
(Answers are on page —)

G P O L A L

1. فقف

2. فقف

3. فقف

4. فقف

5. فقف

6. فقف

7. فقف

8. فقف

9. فقف

10. فقف

11. فقف

12. فقف

13. فقف

14. فقف

15. فقف

Basketball Camp

By Angel Alvarez, 6th Grade, Bristol Bay School

From Knoxville, Tennessee, eight college students and coaches came for a basketball camp. Butch, Fred, Kelly, Pat, Mark, Andrew, Matt and Jay come every year just before school ends. Beth and Terri help out with the camp sometimes, Beth usually goes and does elementary with Butch and Fred, Terri mainly watches but she notices everything that's going on. I've been waking up around 6 o'clock every morning ever since Monday (5/24/04) to go and shoot around and watch the games. This morning I got to play because there were only 6 or 7 people that went that day, but it was fun. Every day at the camp there are some ball handling drills, defensive drills, then there's a competition and right before the camp for middle school is over we play a game with the guys against the "Amoebas." There's always a "camper of the day" and a person who wins the competition that we had earlier that day, the coaches sign the shirt and ball and then give them to the people that earned them that day. Then there's the high school camp after that. I have a ball that says "Cedar Springs Sports" on it and it's signed by all the coaches, Beth and Terri. So for the past week I've spent just around 11 hours or maybe even more at the school every day, But like somebody told me... "Hey, you'll be out of school soon so why not be there extra to make up for the time you'll miss!!!"



Angel and teammates sit in a group and receive instruction from the coaches.



Angel flexes her muscles while posing with the coaches.

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1



2



3



4



5



6



7

See if you know the following wildflowers. Any of these make great additions to your flowerbeds and once transplanted will grow every year without replanting! Check out this page in color posted at the office. Answers can be found on page 10.

1. (yellow)
2. (pink/purple)
3. (yellow)
4. (purple)
5. (blue)
6. (yellow)
7. (lavender)

- A) Monkshood
- B) Bumblebee flower
(Louswort)
- C) Buttercup
- D) Jacob's Ladder
- E) Wild Geranium
- F) Arnica
- G) Seaside Ragwort

GARDENERS GOODIES

JUNE garden activities:

- Early JUNE – Get those transplants growing outdoors in their permanent site. Harden off as necessary for about five days, and then plant into containers and beds.
- Early JUNE – Protect young plants from wind damage. Until they get a good start, a hard wind will stunt growth for weeks or maybe even kill the whole plant.
- JUNE – Water in immediately after transplanting with a mild fertilizer. Follow with another application as soon as the plant begins to grow again.
- JUNE – Be sure to water as often as necessary. Rapid foliage growth during this time uses lots of water and depending on the weather, the ground can dry out in a matter of one or two days.
- JUNE – Keep garden utensils handy and in their assigned place. That way you will be able to do a little bit of quick flowerbed maintenance on your way in and out of the yard without having to hunt down a shovel or rake each time.
- Late JUNE – Send your houseplants ‘out to play’. By putting them outdoors in an area sheltered from severe winds, you will give them the opportunity to grow more healthy and compactly throughout the summer. Be careful though, some plants, such as African Violets, are too tender to move out for the whole summer and should just be given a little bit of outdoor time on nice days.

REMEMBER those 5R's

Reduce – Refuse – Reuse – Renew – Recycle

“Tumbled” glass chips make beautiful mulches and walkways. You can buy this from some recycle facilities or you can make your own if you have a rock tumbler, by breaking glass items into ¾” to 1” size pieces and processing in the tumbler until the edges are smooth and they look like chaffed “beach glass”. Finer pieces can be tumbled with sand until smooth to make a very glittery and/or colorful batch of “sand”. (If you do your own breaking, be sure to wear safety goggles, and be sure to put glass items inside a bag or cloth to keep chips from flying everywhere!)

VILLAGE BEAUTIFICATION

Get ready to help plant flowers around the village during the first week of June!
Please call Bernadette at the office for more information.

Answers to WORD BUILDING on page 7: PAL, LOP, LOG, LAP, LAG, ALL, AGO, GAP, GAL, POLL, PALL, OPAL, GOAL, GALL, GALLOP

Common Sense is the Thing!

Most of the time problems can be avoided if the people involved in or surrounding a situation had been paying attention and using that skill called *common sense*.

So take a moment this summer and remember that:

- ✓ **If something seems wrong** with the picture, then it probably is. If people or things are not where they should be or acting as they should be, take a moment to find out why and maybe help if necessary.
- ✓ **Some say that “Experience is the best teacher”**, but most of us could learn by taking advice from someone who’s already “been there done that”.
- ✓ **Moments make a difference**. A split second decides between an accident and a near miss, so pay attention!
- ✓ **If you don’t know how to do something**, just ask. Learning from someone who knows how to do something, saves lots of time over doing it the way you think and then repairing the damage afterward.

Prevention

USE YOUR COMMON SENSE TO MAKE SMART CHOICES
LEARN FROM EXPERIENCE



Gregory Zackar received an award for all the levels he passed this year.



(l-r) Chief Derrick Nickoli and Tracker Jeremy Salmon huddle by the fire in Two Old Women.

Answers to identifying wildflowers on page 8.

- | | |
|-----------------------------------|-----------------------------|
| 1. Arnica (yellow) | 4. Jacob’s Ladder (purple) |
| 2. Bumblebee flower (pink/purple) | 5. Monkshood (blue) |
| 3. Buttercup (yellow) | 6. Seaside Ragwort (yellow) |
| | 7. Wild Geranium (lavender) |

~Aluminum Cans Update~

Should I start with the good news or the bad news? I think I will start with the good. I would like to thank all of the students who helped crush pop cans on the last day of school. Not only did they spend the first day of freedom crushing pop cans, but they all had a positive attitude. In fact, instead of doing one load of cans, they volunteered to do another! That afternoon, 37 bags of pop cans were crushed! THANK YOU EVERYBODY who helped!

Now for the bad news. Pop cans have been found in the dump, AGAIN! The Village Council and the environmental staff have stressed over the importance of recycling pop cans: they are one of the few items that we can recycle. Not only is recycling good for the environment, but the money received from the crushed cans goes to the Igiugig Student Government. So please make an effort to throw your pop cans in the white shed by the dump. We have complained about the lodges dumping their cans in the dump, but it isn't them, it is us.

The consequences for throwing your cans in the dump: a monthly dump fee. This money will pay somebody to pick through the garbage and fish the cans out. Already, a few unhappy people have done this disgusting task.

Recycling aluminum cans is very important...seeing that 350,000 cans are produced every minute! Once a can is thrown away, it will still be a can 500 years from now. Did you know that there is no limit to the amount of times an aluminum can can be recycled?

So, again, please remember to recycle your pop cans. Thank you!



More Interesting Aluminum Can Facts:

- * More aluminum goes into beverage cans than any other product.
- * Once an aluminum can is recycled, it can be part of a new can within six weeks.
- * Because so many of them are recycled, aluminum cans account for less than 1% of the total U.S. waste stream, according to EPA estimates.
- * During the time it takes you to read this sentence, 50,000 12-ounce aluminum cans are made.
- * Aluminum can manufacturers have been making cans lighter -- in 1972 each pound of aluminum produced 22 cans; today it yields 29 cans.
- * We use over 80,000,000,000 aluminum pop cans every year.
- * At one time, aluminum was more valuable than gold!

And here is my favorite fact:

***Recycling one aluminum can saves enough energy to run a TV for three hours -- or the equivalent of a half a gallon of gasoline.**





1



2



3



4

1. Allashua (Alicia) meets Qallupilluit (Mary), an imaginary Inuit creature.
2. Bernadette with her award and baby blanket for baby Madison.
3. Tanya narrates the play, A Promise is a Promise.
4. Primary students: Shaun, Tess, Corey, and Sharolynn perform a few numbers at the recital.

NO CAVITY CLUB 2004!

Congratulations to the members of this years No Cavity Club!
 Keep up the good work in caring for your teeth!
 We hope to see more members next year!

Kyle Andrew
 Tatyana Zackar
 Camille Andrew
 Dolly Ann Zharoff
 Gregory Zackar, Jr.
 Shaun Andrew
 Alicia Zackar

Jeremy Salmon
 Charley "Dawsey" Apokedak
 Tanya Salmon
 Derrick Nickoli
 Ida Nelson
 Kevin Olympic

WALK TO BE FIT

Total Village Mileage through April is 41,421

Blood Quality!?

You of course have heard of water quality—the measure that tells whether water will produce and sustain a good ecosystem and is safe for use by humans, so relate that to the quality of your own blood and you will understand the term “blood quality”. In order to have a healthy body we have to have good blood quality. Just like water it’s the other things that are in it, that make the quality bad. When there is a problem it’s not normally the blood itself that is the problem, rather, it’s usually something that’s going on ‘upstream’.

The circulatory system is one of the most important parts of your body and includes the arteries, veins, blood, and heart. Problems with this system are the main reason for things such as heart disease, stroke, diabetes, and maybe even Alzheimer’s. If you’ve ever had health problems, you will remember that the first thing doctors do is take your blood pressure, and after reviewing symptoms they need a sample of your blood for testing. By looking at what’s in your blood, they are able to find out what’s probably wrong with you.

Bad Blood indicators:

- ⇒ High blood pressure
- ⇒ High blood sugar levels
- ⇒ High cholesterol levels
- ⇒ Infections in the blood stream
- ⇒ Toxic substances in the blood stream

Why that’s bad?

- ⇒ High blood pressure means that your system is being worked harder than it’s supposed too, either by a heart that’s pumping too much or veins and arteries that are narrowed.
- ⇒ High blood sugar levels means that your muscle cells aren’t absorbing sugar out of the blood like they should or that your body isn’t putting out enough insulin to tell the body to lower the amount of sugar ‘in circulation’.
- ⇒ High cholesterol levels mean that either your body isn’t using cholesterol the way it’s supposed to or it’s not being filtered out the way it should be.
- ⇒ Infections in the blood stream mean that your immune system isn’t working the way it should or you have a wound that is allowing bacteria to get into your body.
- ⇒ Toxic substances in the blood stream means

that you are consuming or otherwise allowing things like pesticides, heavy metals, or other chemicals into your body.

What we can do about it?

- ⇒ Get as much Exercise as you can – at least 20 minutes every day.
- ⇒ Eat a Good Diet – lots of vegetable, fruits and whole grain, along with fish and other lean meats. Avoid sugary foods.
- ⇒ Have good dental hygiene – rotten roots on teeth let bacteria get directly into the blood stream.
- ⇒ Treat infections – keep cuts, burns and other wounds clean, and avoid scratching insect bites until they become infected.
- ⇒ Visit your Doctor – and ask questions about the problems he finds. Get suggestions for life style changes and then put them into practice.
- ⇒ Be your own Researcher - look up the problems or diseases that you may have and read about the symptoms and cures so you will be able to discuss treatment with the doctor.
- ⇒ If you are prescribed antibiotics or other medications – be sure to take them the way the doctor instructs and for the amount of time you are supposed to.

Amazingly, the list is short and simple, the hard part is staying with it one day at a time.

**TO AVOID “BAD BLOOD”
GIVE YOUR BODY
WHAT IT NEEDS EACH DAY
WALK OFTEN!**

Sandy	3297.5
John	2871
Annie	2821.5
Lydia	2487.25
Mary	1523.5
Shayna	1512.25
Yako	1469
David	1371
Dallia	1275
Ida	1207
Angel	1188.75
Tanya	986.75
AlexAnna	979.75
Julie	971
Alice	907.25
Jonathan	839.75
Michael	817
Shaun	816.75
Bernadette	785
Betsy	783
Alicia	743.5
Dan	635
April	601.5
Jeremy	580
Tess	487.5
Camille	479.5
Kevin	425
Sharolyn	419.25
Christina	148

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Bernadette Andrew, Editor & Social
Services Director
Betsy Hostetter, Tribal Clerk & Librarian
Kevin Olympic, Administrative Trainee
AlexAnna Salmon, Clerk Trainee &
Assistant Editor
Tanya Salmon, IGAP Intern
Christina Salmon, Environmental Justice
Grant Coordinator

Weather Watch

May 2004

Highest Wind Speed . . . 45 mph
Average Wind Speed . . . 8.8 mph
Dominant Wind Direction . . . SW
Highest Temperature . . . 74.4°F
Lowest Temperature . . . 30.7°F
Below Freezing . . . 1 days
Below Zero . . . 0 days
Precipitation . . . 1.64 inches

Recipe Corner

Contributed by . . . Agafia Nelson

40-Below Cranberry Dessert

1 pkt. Vanilla Wafers
1/2 cup margarine
1 cup confectioners sugar
2 eggs
2 cups lowbush cranberries
2/3 cup sugar
2 bananas
1/2 cup chopped nuts
Topping—whipped cream

Crush vanilla wafers and line 13x9 pan with half of the crumbs. In a bowl mix margarine, confectioners sugar, and eggs until creamy. Then spread over the crumbs in the pan. In a bowl, mix sugar, sliced bananas, and cranberries and spread over the cranberry mixture. Sprinkle the chopped nuts over the cranberry mixture and then spread whipped cream over chopped nuts. Sprinkle remaining crumbs over whipped cream. Refrigerate over night. Serve with whipped cream. Serves 12.