

Igiugig News & Notes

Igiugig Tribal Village Council

August 2004

Volume 7, Issue 9

Dancing, Singing, Drumming by Christina Salmon

From July 23rd to the 25th, Ossie, from the group Pamyua, was in Igiugig teaching the community how to native dance, sing and drum. The entire community attended the two-day activity from 10:30 AM to 6 PM; with a two-hour break for lunch daily.

During the first day Ossie wanted to know what we knew already about dancing and we were all clueless except for our fearless leader, Pete. So, we spent the rest of the evening learning basic dances and moves. We all had a blast. No one was afraid to mess up and laugh at themselves. Ossie stressed the importance of never giving up and not being scared to dance because we might mess up. Everyone messes up he said and he would rather we mess up during practice than the real performance.

On the last day we had the Ice Cream song down pat. We were all thrilled that we finally could do an entire dance without Ossie stopping to explain for the 20th time, "Look, like this, your right arm this time, there you go, you guys almost have it," he



Ossie teaching the moves for the Ice Cream song.

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Igiugig Welcomes New Community Member

By Christina Salmon

On July 1, 2004 at 6:25 AM, Ida Nelson became the proud mother to Kiara Nichole Nelson. After 49 hours of labor Ida's hard work finally paid off.

When I first saw her I thought, "She's finally out, thank God," then I thought about how beautiful she was," said Ida.

Maria and Eileen, Ida's sisters were at the Alaska Native Medical Center the entire time of her delivery, taking tons of pictures for her. Kiara came out weighing in at 9 pounds 11.2 ounces and was 21 inches long.

Welcome to the world and Igiugig, Kiara!



Birthdays this month

- August 4
Dan Salmon
- August 13
Bernadette Andrew

SRC 2004 by AlexAnna Salmon

Igiugig Summer Reading Club has only FOUR WEEKS LEFT! Guess who is in the lead? One-year old Rylee is a reading machine, logging in at 271 books with the most pages in his 0-4 age group. As far as the 5-8 year olds are concerned, Gregory leads with the most number of books, but Shaun has read the most pages: 1,665! Bookworms April and Tanya both tie with 20 books; however, seventh-grader April has read the most pages. Tanya's mom Julie and April's mom Betsy are also tied in the adult category. Both mothers have read 14 books each, with Julie in the lead with the most pages. As a group, we have all read 929 books for a grand total of 73,980 pages! Woo-hoo! We need exactly 571 more books to earn a barbecue. Is this possible with only four more weeks left? I definitely think we have more than enough time if we all chip in. Since last month's article, we have had four more weekly winners. Rylee won an ice cream bar in Week #5, April won the following week, then Betsy and lastly Camille. So pick up that good book and CONTINUE READING!



1. First afternoon learning the ice cream song and dance. 2. Ossie teaches dance movements as Pete drums. 3. Kyle sits next to Mary Olympic while watching the dancing. 4. Everyone gathered in a circle to practice singing the songs in Yupik and learning movements.



0 to 4	# OF BOOKS	# OF PAGES
Rylee	271	8865
Kyle	193	4918
Simeon	15	363
Amber	0	0
Tatyana	25	663
Camille	206	5343
5 to 8		
Gregory, Jr.	18	413
Shaun	14	1665
Tess	10	868
9 to 18		
Sharolynn	14	410
Corey	1	30
Alicia	5	672
Jeremy	4	1054
April	20	6083
Shayna	0	0
Angel	0	0
Mary	17	5254
David	0	0
Jon	15	4881
Tanya	20	5717
19 & older		
Bernadette	11	2962
Sandy	2	476
Julie	14	5874
Lydia	12	4812
Betsy	14	3671
Kevin	0	0
Terek	0	0
AlexAnna	6	1336
Ida	0	0
Christina	11	3926
Alexan	2	714
Annie	0	0
Cecelia	9	3010
Pete	0	0
TOTALS	929	73980

The Fourth by Mary Hostetter, 8th Grade, Igiugig School

The weather was perfect: sunny, a little breeze and not too many bugs; a perfect day to spend the Fourth of July. Weather seemed to cooperate, seeing as the last few years it has been windy and rainy.

As people started to arrive at the beach, so did the food: a whole turkey, bear claws, deviled seagull eggs, enough salmon to feed more than the whole village, along with cupcakes, watermelon, potato salad, pasta salad and many other delicious dishes. Cooks Bernadette Andrew and Mary Olympic were busy barbecuing and checking hot dogs and salmon as hungry onlookers waited anxiously for their dinner.



Julie, holding Shasta, Betsy, Lydia and Christina pose for a picture!

Finally, when the food was ready, everybody gathered around the two tables squished with all the food and began to dish themselves out. While everyone was eating, Mike Andrew, Sr. started his accordion and began to play little tunes in the background. As people started to wind down and do more talking than eating, some people braved jumping in the lake and others lit off stink bombs and whistlers. By the time everyone was done eating, a lot of the food was gone but there were still many leftovers for people to take home.

This year's Fourth of July turned out to be fun and the most populated with people since I have been here. Hopefully in the years to come, we will have the same luck: lots of people, good food and great weather.



Mary cooked lots of yummy salmon!



Tatyana and Sharolynn enjoy cupcakes!!!



Gregory and Pete play in the sand with construction vehicles.



Mrs. Gust enjoyed herself and the food.



The Nunez Family: Angel, Rylee, and Alexan.



Bob and Butch from downriver brought a delicious turkey to the picnic.



Dishing out!!!



Brave souls in the lake: Alicia, April, Sharolynn, and Tess.



Library/Computer Lab News

Summer Reading Club is on a roll! We may reach 1,500 books read this year - which means we earn a BBQ! So read on!! I have been working slowly on updating the summaries for the books... I will be starting with the Easy Fiction books first... so please be patient!

Here are some books that may be of interest.



Easy Fiction

Blueberry Shoe by Ann Dixon

"One summer, somewhere between the top of the Ptarmigan Mountain and the bottom, Baby lost his shoe. . ."

Fiction - Young Adults

Blackberries in the Dark by Mavis Jukes

"Austin loved the summertime, when he could visit Grandpa on the farm. . ."

FICTION - ADULTS

The Seeing Stone - Book One of Arthur by Kevin Crossley-Holland

"Thirteen-year-old Arthur de Caldicot lives on a manor, desperately waiting for the moment he can become a knight. One day his father's friend Merlin gives him a shining black stone- a seeing stone. . ."

ALASKA NONFICTION

Tanaina Plant Lore by Priscilla Russel Kari

"The Dena'ina people, Athabaskan Indians of south-central Alaska, have extensive knowledge about local plants. . ."

INTERESTING WEBSITE OF THE MONTH

www.acplace.com - Abigail's Blueberry recipes

This may make your mouth water! Thinking of things you can do with blueberries? I looked this site over and I too was wishing the blueberries were ripe! Try this for the back to school potluck - Blueberry Dessert pizza recipe or Blueberry Wonder recipe.

DANCING . . . (Continued from page 1)

would say. We were all impressed with his patience and teaching ability. He was always full of positive remarks, even if we did look pathetic most of the time! When it came to learning how to sign the songs, he would not get mad when he would have to say a verse ten or more times. He would just take a deep breath and say, "Let's try that again."

The elders especially enjoyed Ossie being here because he is fluent in

Yupik and English is his second language. When the elders first met him, he introduced himself in Yupik and you could instantly see their faces

light up with excitement. They were impressed that a young man was speaking their language as well as they could, and not only that, he could write it as well.

The entire village loved having Ossie here and we look forward to bringing him back this winter sometime. On this trip he would like to teach the community how to make drums and dance fans for the boys. Before he left he gave his handmade drums to Pete and told him to practice the songs and dances. Pete already has the songs down and would like to start practice with whomever is interested in the near future!



Drumming lessons!



All eyes were on Ossie to watch and learn the movements to the dance.

WORD BUILDING

Use the following letters to make words in the slots provided:

IBSCEST

1. قفقف

2. ققفق

3. ققفق

4. ققفق

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27. ققفقفقفقفق

28. ققفقفقفقفق

Answers can be found on page 9. Be sure to try it first. No cheating!!!

GARDENERS GOODIES

AUGUST garden activities:

- ❑ Early AUGUST – Fertilize your plants, this is their last good growing month and good nutrition will help them grow fast, large and strong.
- ❑ Early AUGUST – Divide perennials that have sent up new plants and spread them out for a fuller flowerbed next year.
- ❑ Early AUGUST – This is the last month you will want to seed grass areas if you have any bare patches. There is still time for the new plants to develop good root systems before cold weather comes on.
- ❑ Mid AUGUST – Check on houseplants, move tender ones indoors if you have had them out for the summer. Be sure to trim off damaged foliage and avoid winter problems by looking for plant pests and removing them before bringing them indoors.
- ❑ AUGUST – Mow grassy areas often. Keeping an even length and not cutting more than an inch off the grass each time will encourage root development without too much stress to the plant.
- ❑ AUGUST – Large plants need lots of water, so if it's not raining often be sure to supply your plants with the water they need to stay nice and continue to grow.
- ❑ AUGUST – 'Head' flowering plants to encourage them to continue blooming, or allow the "self-seeders" to set seeds for next year's planting.
- ❑ Late AUGUST – begin clearing away garden debris and preparing for the cooler season to come.

REMEMBER those 5R's

Reduce – Refuse – Reuse – Renew – Recycle

Warehouse store shoppers—WAIT don't throw out those large plastic containers (like the ones that popcorn kernels come in) reuse them to store things that usually come in bags. In the kitchen that could be cereal or rice. For pets that could be dog food or treats. For gardeners that could be fertilizers or leftover potting soil. They are easily cleaned because of the wide top opening and because of their squared off shape, fit well into cupboards or on shelves. These containers will not only keep things fresher and pests out, they are also easy to pour from or reach into. By reusing them you will be helping reduce the amount of trash in the dump! Just be sure to stick on a new label for the current contents.

Thought for the Day:

"He who angers you, conquers you."

by Elizabeth Kenny

Office, Home & Personal Security!

Loss of important things can be costly both in time and money. As usual, prevention is the key. Many times problems can be avoided by making the possibility for theft or mischief more difficult. Use the following suggestions to help maintain security and to keep curious kids out of temptation's way:

- ✓ Lock doors when you are the last one to leave your office or home.
- ✓ Keep critical papers, original documents and irreplaceable information in a fire-safe container (these include deeds, stocks, wills, contracts, legal agreements, tax information, and personal papers like birth certificates or marriage licenses).
- ✓ Lock other important papers in secure filing cabinets (these are confidential information or backup documents, which are important but replaceable if they were destroyed).
- ✓ Guard social security numbers carefully—never give them out unnecessarily, because it can be used to get access to bank accounts, credit cards and to use your name to take out loans that you won't even know about.
- ✓ Put a password on your computer if you save important work on it, or if it has internet access. Set the screensaver to require the password on resume, so that others can't use your computer if you forget to turn it off when you are away from your desk for a short time.
- ✓ Keep your keys with you and never leave them lying in plain sight such as on a desk or table.
- ✓ Keep cash, checks and credit cards in a secure place—for businesses this would be in a locked drawer or cabinet, for individuals this would be in a wallet or purse stored in a place that isn't accessible to other people.
- ✓ Always use checks in numerical order so you will be able to tell if one has been taken.
- ✓ Air travelers, keep your important documents (ID, tickets, prescriptions, etc.), cash, and credit cards 'on your person'—either in a pocket, fanny pack or small purse, which you can wear all the time—rather than in bags that will be put under seats, overhead, or checked as baggage.

Prevention

REMEMBER THAT UNDOING A PROBLEM ALWAYS
TAKES LONGER AND COSTS MORE



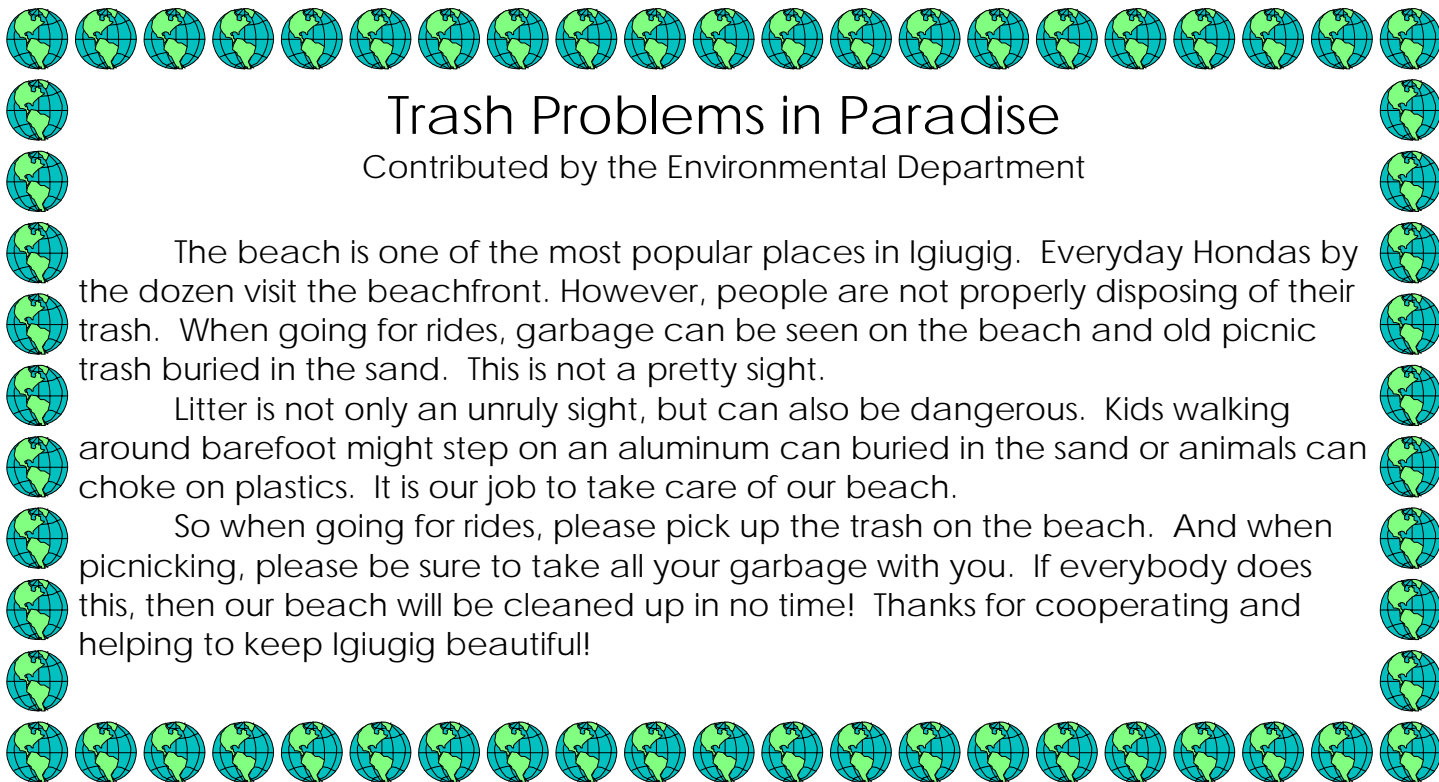
Camille sits in the wagon with her broken leg to watch the village practice Native dances.



Jeremy and Corey have continued practicing the dances with Pete and are said to be pretty much in-sync with each other. Way to go boys!

Answers to WORD BUILDING on page 7:

TIC, SIT, ITS, BET, SET, TIE, SIS, ICE, BIT, TICS, CITE, SECT, SITE, BETS, BEST, BITE, BITS, TIES, SETS, SITS, ICES, CITES, SECTS, SITES, BESTS, BITES, BISECT, BISECTS



Trash Problems in Paradise

Contributed by the Environmental Department

The beach is one of the most popular places in Igiugig. Everyday Hondas by the dozen visit the beachfront. However, people are not properly disposing of their trash. When going for rides, garbage can be seen on the beach and old picnic trash buried in the sand. This is not a pretty sight.

Litter is not only an unruly sight, but can also be dangerous. Kids walking around barefoot might step on an aluminum can buried in the sand or animals can choke on plastics. It is our job to take care of our beach.

So when going for rides, please pick up the trash on the beach. And when picnicking, please be sure to take all your garbage with you. If everybody does this, then our beach will be cleaned up in no time! Thanks for cooperating and helping to keep Igiugig beautiful!



Tess warms up by the fire after swimming.



Olga Chuckwak and Renae sit and chat while waiting for dinner.



Kyle kicks back against his Grandma Dallia while enjoying his dinner.



Rylee had a blast playing in the sand.



Mike, Sr. entertained all playing his accordion.



Cecelia, Angie Chuckwak and Rylee enjoy relaxing on the beach.

WALK TO BE FIT

Total **V**illage **M**ileage through May is 42,988

What Can I Do for Myself?

YOU are the biggest influence on how healthy your own body is! Over the course of your lifetime you have the opportunity to make thousands (or maybe millions) of choices about your health and these decisions can mean the difference between an enjoyable adulthood

Kids – Play outside any time you can. Eat and learn to enjoy the foods that adults tell you are healthy and good for you. Things like milk that helps you build a strong set of bones and teeth, or fruits and vegetables that provide vitamins and minerals to develop a strong body and digestive system are very important during your growing years.

Youth – Participate in sports at school and with friends. Continue to eat those healthy foods you learned about as a child and avoid empty calories such as sodas, candy and chips. Your body is in it's prime building years until your mid-twenties and the amount of bone you build is what you will work with the rest of your life.

Adults – Find physical activities that you enjoy and can do several times a week. Eating healthy foods should also be your priority because it will

help maintain what you developed in your growing years. It's also important to really watch the 'empty calories' you consume because energy needs gradually decline with age in most people, so the same amount of food will actually allow you to put on five to ten pounds per year. Exercise is very helpful in keeping off extra pounds and in keeping your bones strong. The "Use it or Lose it"

motto applies here—bones that are not given a certain amount of stress each day tend to decline in strength and mass leaving a person prone to osteoporosis (a disease of weak, easily broken bones).

Elders – Keep on getting exercise each day and keep up your network of friendships. Continue your life long healthy habits and get rid of any that are not healthful.

1. Don't smoke, and avoid second-hand smoke.
2. Control your weight.
3. Get physical. (exercise in whatever way works for you)
4. Savor salads. (eat lots of fruits & vegetables)
5. Choose healthy fats over saturated fats.
6. Drink less alcohol.
7. Be sun smart. (avoid sunburns and use sunscreen lotions)
8. Consider taking aspirin and/or ibuprofen.
9. Don't grill till it's charred.
10. Take a daily multivitamin and mineral.
11. Drink green tea.
12. Go for garlic.
13. Reduce exposure to pesticides.
14. Drink more fluids.
15. Eat fish.
16. Avoid unnecessary X-rays.
17. Limit salted, pickled and smoked foods.
18. Practice safe sex.
19. Rid your home of radon. (usually not a problem in Alaska if you don't have a cement floor below ground level)
20. Get screened. (routine tests can catch many cancers when they are easily cured)

**WALK TO BE FIT
WALK TO BE HEALTHY
WALK TO DE-STRESS
BUT ALWAYS WALK FOR FUN!**

Sandy	3491.5
Annie	2821.5
Lydia	2607.25
Yako	1869
Mary	1563.5
Shayna	1522.25
David	1431
Dallia	1315
Angel	1278.75
Ida	1207
Tanya	1046.75
Julie	1041
AlexAnna	1034.75
Alice	927.25
Jonathan	889.75
Shaun	846.75
Michael	842
Bernadette	810
Betsy	800
Alicia	756.5
Dan	660
April	651.5
Jeremy	620
Tess	517.5
Camille	504.5
Kevin	475
Sharolynn	430.25
Christina	165

Igiugig Tribal Village Council

PO Box 4008
Igiugig, AK 99613
Phone: 907.533.3211
Fax: 907.533.3217
www.igiugig.com
Email: igiugig@starband.net

Michael Andrew, Jr., President
Dallia Andrew, Vice-President
Randy Alvarez, Member
Greg Zackar, Sr., Member
Lydia Olympic, Member &
Environmental Program Manager
Dan Salmon, Tribal Administrator
Sandy Alvarez, Administrative Assistant
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

July 2004

Highest Wind Speed . . . 58 mph

Average Wind Speed . . . 8.4 mph

Dominant Wind Direction . . . ENE

Highest Temperature . . . 87.8°F

Lowest Temperature . . . 45.5°F

Below Freezing . . . 0 days

Below Zero . . . 0 days

Precipitation . . . 1.63 inches

Recipe Corner

Contributed by . . . Bernadette Andrew

Summer Berry Brownie Torte

3/4 cup granulated sugar
6 tablespoons butter
1 tablespoon water
9 ounces semi-sweet chocolate morsels
1/2 teaspoon vanilla extract
2 large eggs
2/3 cup all-purpose flour
1/4 teaspoon baking soda
1/4 teaspoon salt
1/2 cup heavy whipping cream
1/4 cup granulated sugar
2 tablespoons light corn syrup
1 tablespoon butter
1 cup each sliced strawberries and whole blueberries

FOR BROWNIE:

PREHEAT oven to 350°F. Grease and paper-line 9-inch round cake pan.

COMBINE sugar, butter, and water in small, heavy-duty saucepan. Bring to a boil, stirring constantly; remove from heat. Add 3/4 cup morsels; stir until smooth. Stir in vanilla extract. Add eggs, one at a time, stirring well after each addition. Add flour, baking soda and salt; stir until well blended. Stir in 3/4 cup morsels. Pour into prepared cake pan.

BAKE for 20 to 25 minutes or until wooden toothpick inserted in center comes out slightly sticky. Cool for 15 minutes in pan. Invert onto wire rack; remove wax paper. Turn right side up; cool completely.

FOR FILLING:

BEAT cream and sugar in small mixer bowl until stiff peaks form.

FOR SAUCE:

MELT remaining morsels, corn syrup and butter in small, heavy-duty saucepan over low heat, stirring until smooth.

TO ASSEMBLE:

SPREAD filling over brownie; top with berries. Drizzle with sauce.