

Igiugig News & Notes

Igiugig Tribal Village Council

September 2005

Volume 8, Issue 9

Summer Reading Club 2005

Summer Reading Club concluded this year with a yummy banana split party and awards ceremony, even if it was slightly delayed. It was originally scheduled to happen at the

Back-to-School Potluck

but the weather delayed the ice cream and toppings from arriving in time.

So on Thursday, August 25th, everyone gathered to hear how much everyone had read this summer, see them receive their awards, and to enjoy **banana splits**.

WINNERS

MOST BOOKS READ		
0 to 4	Kiara Nelson	292
5 to 8	Camille Andrew and Tatyana Zackar	115
9 to 18	Mary Hostetter	28
19 & up	Lydia Olympic	18

MOST PAGES READ		
0 to 4	Kiara Nelson	9025
5 to 8	Camille Andrew	3832
9 to 18	Mary Hostetter	10,869
19 & up	Lydia Olympic	7327

TOTAL BOOKS	1,634
TOTAL PAGES	92,577

Those who didn't join SRC this year had to pay \$3.00 for theirs.

This year the 30 members read a total of 1,634 books with 92,577 pages. (See the chart for the winners of each age group.) We read enough to earn the **BBQ** as well! Watch for that to happen sometime later in the year.

Continue to read and encourage the youth in our

(Continued on page 2)

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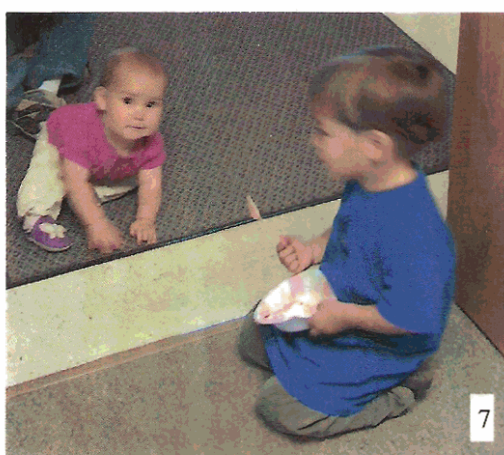
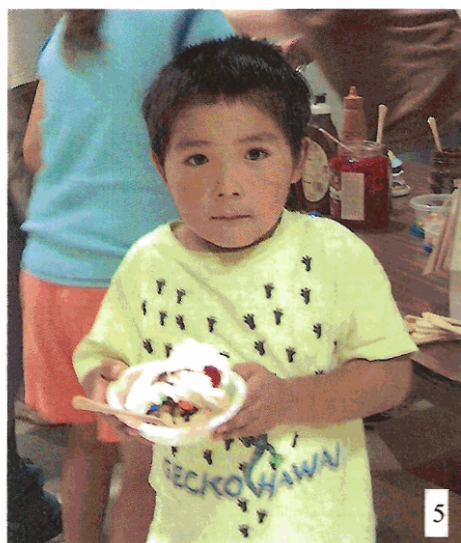
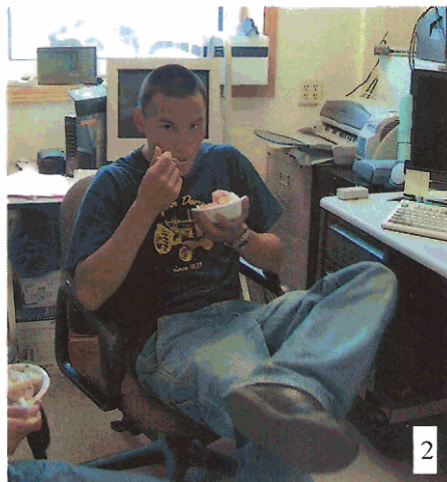
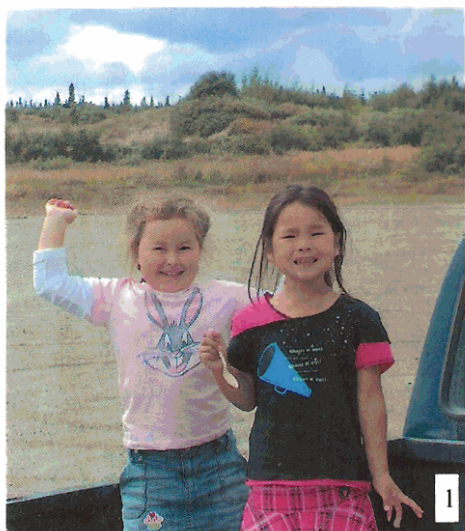
Birthdays this month

- September 3
Alexandria Nuñez
- September 10
Sandy Alvarez
- September 11
Pete Suskuk
- September 27
Angel Alvarez



Sharolynn, Camille, Dolly Ann, Alicia, and Tess sat in the back of the truck, to get away from the puppies, to eat their ice cream.

community to keep reading. And if you haven't already, sign up to help coach the students for the **Battle of the Books**. We have one coach per team but would like to get a second one for each team. So get involved and contact Bernadette or Kristin for more information.



1. Camille and Dolly Ann having fun in the back of the truck.
2. Jon chows down on his banana split.
3. Rylee sits by Fewnia, who wasn't feeling to well, as she ponders if she should eat her ice cream.
4. Ida gives Kiara some of her well earned ice cream.
5. Simeon had fun picking out which toppings to have on his ice cream.
6. The kids were anxious to be the first to get their bowl of ice cream.
7. Madison crawling over to see if she can get into Kyle's ice cream.

WORD BUILDING

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

SNNCOGI

1.
2.
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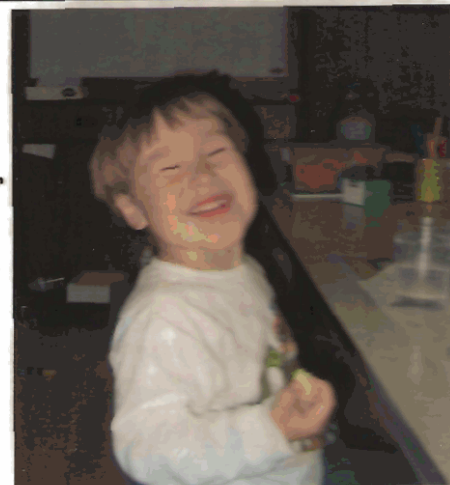
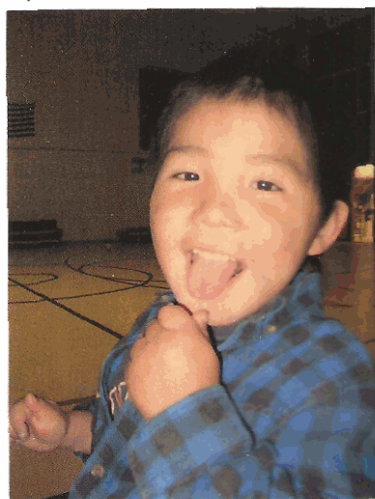
25.

Answers can be found on page 7. How well did you do?

What I Did This Summer

By Kyle Andrew, Age 3, Igiugig Preschool

Hi, my name is Kyle Andrew. I am three years old. This summer I went to Kodiak to visit my Aunty Cat, Uncle Drew, and cousin Taj. I went swimming in a swimming pool. I play with cars all by myself.



What I Did This Summer

By Simeon Zackar, Age 3, Igiugig Preschool

Hi, my name is Simeon Zackar. I am three years old. This is what I did this summer. I went to Rocky Point with my Mom, my Dad, La La (Alicia), Sharolynn, Tatyana, Gregory, Ida, Fewnia, Dolly Ann, Tess, April, and my dog Monster. We went swimming and had a picnic too.



Library/Computer Lab News

Just because school has started up again, it doesn't mean you can stop reading! Reading is very important to all ages. We do have some new and exciting books, so please take the time and read them!



EASY FICTION

Little Bear Goes to Kindergarten by Jutta Langreuter

"It is the first day of school and Little Bear thinks school will be wonderful—but only if Mama stays with him."

YOUNG ADULT FICTION

Russell Sprouts by Johanna Hurwitz

"First grader Russell Michaels grows more than an inch taller, becoming big enough to wear his red slicker and big enough to deal with family and school challenges."

Adult Fiction

Princess in Love by Meg Cabot

"A New York city ninth grader agonizes over her love life, final exams, and future role as a princess of Genovia."

INTERESTING WEBSITES OF THE MONTH

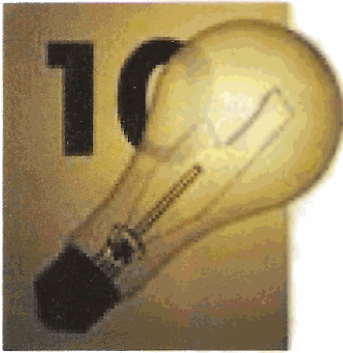
www.drugstore.com/

What to shop without standing in line? Have questions on what you want to buy and no one to talk too? This may be the place for you. This site has reasonable prices and a lot of supplies. Check it out.

<http://kid.allrecipes.com>

Do you have a blender at home? Ice cubes, and fresh or frozen fruit? And kids that say they have nothing to do? Well, let them check this site out. You maybe surprised at the mess they have made, BUT what a treat you will have!

Bits 'n Pieces



Emergency Preparation

Pay attention to the unexpected. If you've ever been weathered in somewhere that you didn't expect to be or have had to wait out a storm, the 'survival kit' idea will make lots of sense to you, and if you never have had the opportunity to need one, this list will help you avoid the discomfort and sometimes disastrous results of the unpredictable Alaskan weather.

With the coming of fall we see colder nights, shorter days, more volatile weather patterns, and hunting season. If you are going to be participating in outdoor activities away from home, whether hunting, berry picking, hiking, kayaking, rafting, or any number of other options, the best piece of advice is *depend on your own supplies*. The main reason many people are unprepared is

they expected that someone else in the group would have packed the necessary items.

Basic Survival Kit

The following things will keep you—if not somewhat comfortable—at least alive in bad circumstances.

- A map and a compass—and the basic skill to use them
- A good multi-tool (leatherman or similar)
- Matches in a waterproof container + one alternate fire starter (flint & steel, or lighter)
- Water bottle or canteen
- Heavy duty aluminum foil for cooking or signaling passing airplanes
- A space blanket or tarp for shelter or wrapping around yourself
- A whistle
- Duct tape—at least a few feet—rolled around a pencil stub.
- Paper—for leaving messages, lighting fires or any number of other uses

Survival Kit Additions

These additional items will help make waiting a bit more bearable.

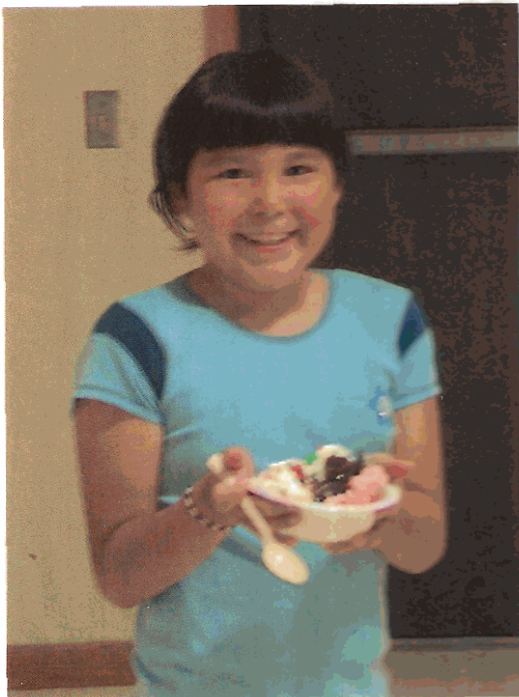
- A pack of beef (or moose) jerky, or a bag of nuts
- A pack of gum or hard candy—with sugar
- A roll of heavy twine or small rope
- Fleece jacket or pullover
- Several large garbage bags—to double as raingear, a ground cover, or waterproof storage.
- Flashlight (the pocket size with LED bulb will give you the longest battery life for it's size)
- Pocket or Hunting Knife

Patience is also a quality that will serve you well in unexpected circumstance, keeping your wits about you is very important. Sometimes you will be able to get yourself home on foot, but often waiting for weather to pass, or rescuers to come, is the best way out of a sticky situation.

GARDENERS GOODIES

SEPTEMBER garden activities:

- ❑ Early SEPTEMBER – package up seeds you’ve harvested from your garden. A regular envelope will work (or one recycled from your junk mail). Seal well and label with the plant name and the year collected (just because things always stay around longer than we think). Store in a cool place and don’t allow the packages to get damp. If you’ve harvested seeds from local wildflowers, be sure to remember to chill them before planting in the spring—just imagine the weather they would receive in their usual climate, freezing etc., and duplicate that for the best chances of good sprouting and growth next summer.
- ❑ SEPTEMBER – enjoy the last of your flowers—they could be freezing any day now. Add a vase or container full to enjoy on your table if you still have lots of pickable blooms.
- ❑ SEPTEMBER – give the grass in the yard its final mowing. Growth should slow way down with the cool fall weather.
- ❑ Late SEPTEMBER/Early OCTOBER – clean up the yard and put away your gardening tools and supplies. Snow will soon be covering up those things that get left out.
- ❑ Late SEPTEMBER/Early OCTOBER – ‘plant’ sticks or branches around the corners and edges your flower beds as markers in preparation for the coming snowfall.



Tess Mariah gets ready to devour her huge bowl of ice cream.



Ida helps Kiara come up to receive her certificate from Bernadette for all the books she read (or had read to her) during SRC. Participants who earned enough points received a \$5.00 gift certificate to spend at the Igiugig Book Fair held later in the year



WALK TO BE FIT

Total Village Mileage through July is 53,031

What about those Numbers?

Blood Sugar...Cholesterol...Blood Pressure...Triglycerides...what else?

There are lots of numbers that tell how healthy our bodies are, or show that our systems are having problems. Often the results of these tests are the first signs that something is wrong, even before we really notice any difference in the way we feel. If we pay attention to what the numbers are and what they mean, we can avoid many serious diseases.

GOOD NEWS!

BBAHC Diabetes Program will be visiting us in Igiugig, coming over from Dillingham on September 22 and 23 to give presentations on diabetes, diabetes prevention, importance of eating healthy and lots of activity.

Here is what the schedule looks like:

September 20: school visit

6:00—7:00 PM Community presentation at the school (blood sugar control, blood pressure, and cholesterol)

7:30—8:30 PM Community Walk—sign up for the President's Challenge

Fruit Art Contest

September 21 8:00 AM—12:00 PM Free screenings for blood pressure, blood sugar, and blood cholesterol at the clinic.

Be sure to come up and participate and get your name entered into the drawing for 2 fruit and 2 vegetable baskets.

TAKE A WALK TO BE FIT

Use your numbers

Pay attention to information about what they mean

Avoid lifestyle diseases with healthy choices including Daily Exercise

Answers to WORD BUILDING game on page 3

GIN, INS, SIN, SON, CON, INN, ION, SIC, COG, INNS, GINS, IONS, **ICON**, **SIGN**, SING, SONG, COGS, COIN, CONS, ICONS, SONIC, SCION, COINS, COSIGN, CONSIGN

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Sandy Alvarez, Administrative Assistant

Bernadette Andrew, Editor & Social

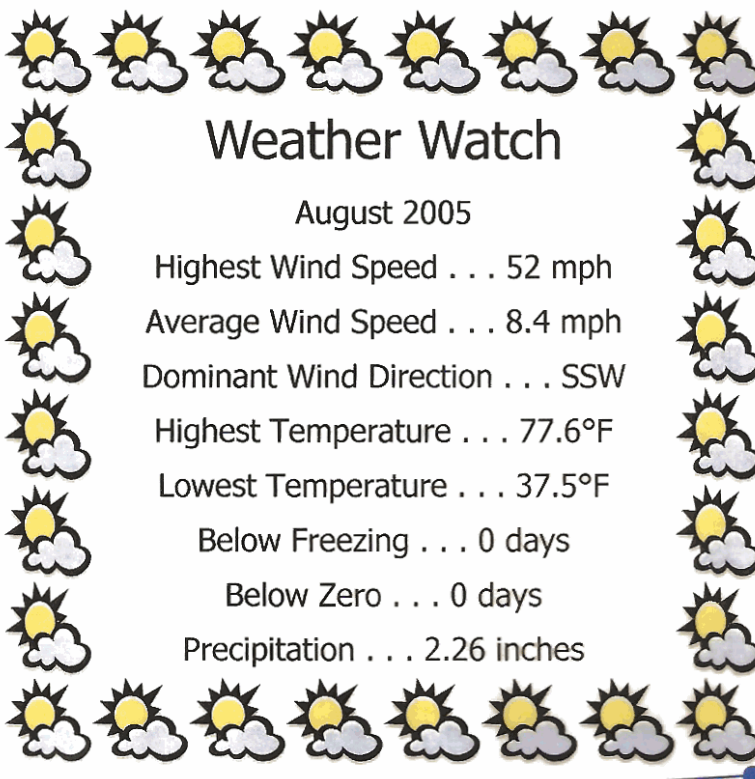
Services Director

Betsy Hostetter, Tribal Clerk & Librarian

Kevin Olympic, Administrative Trainee

Tanya Salmon, Clerical Staff

Eudi Nuñez, Tribal Clerk



Weather Watch

August 2005

Highest Wind Speed . . . 52 mph

Average Wind Speed . . . 8.4 mph

Dominant Wind Direction . . . SSW

Highest Temperature . . . 77.6°F

Lowest Temperature . . . 37.5°F

Below Freezing . . . 0 days

Below Zero . . . 0 days

Precipitation . . . 2.26 inches

Recipe Corner: **TORTILLA SOUP**

2 boneless skinless chicken breasts
3 1/2 cup chicken broth
1/2 cup chopped onion
1/2 teaspoon ground cumin
1 clove garlic, minced
1 tablespoon cooking oil
1 14-1/2-ounce can tomatoes, cut up
1/2 cup corn
2 carrots, chopped small
1/2 bell pepper, chopped
1 can black beans
1 4-ounce can whole green chili peppers, rinsed, seeded, and cut into thin bite-size strips
1/4 cup snipped fresh cilantro or parsley
1 tablespoon snipped fresh oregano or 1 teaspoon dried oregano, crushed
6 5-1/2 inch corn tortillas
1/2 cup cooking oil
1 cup shredded cheddar or Monterey Jack cheese (4 ounces)
sour cream

DIRECTIONS:

Place broth in large saucepan. In a small fry pan, cook onion, cumin, and garlic in 1 tablespoon hot oil until onion is tender but not brown. Add to the broth along with the tomatoes, corn, carrots, bell pepper, black beans, chili peppers, cilantro, and oregano. Bring to a boil and let simmer for about 25 minutes.

Grill the chicken and cut into small pieces.

Cut tortillas in half, then cut them crosswise into 1/2-inch-wide strips. In a heavy medium skillet heat 1/4 inch of oil. Fry strips in hot oil, half at a time, about 1 minute or until crisp and light brown. Remove with a slotted spoon; drain on paper towels.

Add chicken to your bowl and ladle in some soup. Sprinkle with shredded cheese. Add the tortilla strips, sour cream, and any other toppings you like to your soup and enjoy. Makes 4 servings.