

Igiugig News & Notes

Igiugig Tribal Village Council

October 2006

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Ursus Arctos by Jonathan Salmon, 12th Grade, Igiugig School

The animals, trembling with excitement and fear, are herded in tight groups led by green clad shepherds. No, there weren't any sheep at Katmai, but instead, tourists being led on paths designed to prevent an unexpected bear crossing. Mingling with the group of tourists were eight LPSD students and two chaperones, a group odd enough to gather more than a few looks. Pupils included Chad, Marissa, Shawnee, Shanda, Eileen, Jenna, April, and me. Law enforcement consisted of the female chaperone, Ms. Lester, and the male chaperone, Mr. Russell. How did we get there you ask? We were chosen by the Lake and Peninsula School District (LPSD) to attend a leadership retreat for five days with the goal of team building, creating a leadership rubric, and to have fun.

The overall goal of LPSD is to graduate students ready for the real world. So, the district decided to start involving students in leadership activities. This idea has grown from taking a small group of students and working with them at athletic meets, to isolating the students in an environment that makes them independent. Ms. Lester had us build a list of leadership qualities and decide what skills a student would need to be a proficient leader. Subject matter included humility, trust, humor, and respect. This rubric will be used to assess students at future leadership meetings.

During preparation to go camping (I forgot to mention that we were stay-

(Continued on page 2)



Check out Igiugig's latest addition— our formerly used dump is now a regulation size Little League baseball field! Watch for some exciting and energizing baseball next summer! This was made possible through a grant from the US EPA. Many thanks to all entities involved!

Birthdays this month

- October 5
Madison Andrew
- October 11
Camille Andrew
- October 23
Loretta Peterson
- October 26
Paul Chuckwak
- October 27
Dallia Andrew
- October 31
Yako Nickoli

Becharof Science Camp 2006

By Mary Hostetter, 11th Grade, Igiugig School

You seriously HAVE to be kidding me. Where's the truck? Hello!?! I think we we're supposed to be picked up right about now. Okay, maybe not... Becharof Science Camp, a camp an LPSD, Bristol Bay or Dillingham student shouldn't miss. Not only do you get to meet new and interesting people, you learn about bear safety, geology, and some about the old Native ways. By the way, you better hope you get Orville Lind for that, he's awesome.

Okay, I must admit, Becharof DOES have its ups and downs. For instance, depending on what subject you are learning, you definitely have to have an interesting teacher. Some teachers are so dry, your attention slowly seeps to the ground and there you are zoning out. Luckily for me though, both years I attended Becharof Science Camp I had decent teachers.

Two of my most favorite subjects were learning about the different macro invertebrate life forms living in the creeks around Port Heiden and learning about volcanoes. Although we did learn much more, these two subjects intrigued me more than the others; the bird selection did not interest me and neither did the bear safety or cari-

bou declination because all three lacked what was important to that subject: the birds, the bears, and the caribou.

During the evenings, we had free time. Some spent their time working diligently in their journals or on carvings while others got in their daily physical education by playing touch-football with a soccer ball. I was one of those people who stayed inside working on my carving. This year, instead of trying to carve a spoon, I decided to attempt carving 'NOSEEUMS22' into my piece of wood, and by the time I was almost finished, my 'U' cracked and I lost all hope for it becoming a beautiful carving... and it's still sitting in the bag where I left it.

Most of the information I gathered during Becharof was also left sitting for too long. Even though it happened on the 11th of September, my memory has failed me and I have had to resort to looking to the book to find what we did. I hope that I have left an 'oh!-I-want-to-go-to-Becharof' attitude on future tenth, eleventh, and twelfth graders. It surely is an opportunity you don't want to miss!!

URSUS ARCTOS (Continued from page 1)

ing in tents), Mr. Russell and Ms. Lester showed us where the supplies were located and had us decide what would be packed and what would be left behind; basically she pointed to the food and told us that we wouldn't be able to take it all. That's not to say that we didn't try, but with efficient stuffing and kicking, we still couldn't squeeze in some crackers and bread. After taping the bulging totes safely shut, assembling and disassembling the tents, inspecting the sleeping bags, and repacking our own bags, we were ready to fly. The floatplane flight was short with only a few minor bumps in the air. At Katmai it was the student's responsibility to ensure that the meals would be on time, heated, and that the mess was cleaned up afterward.

However, Katmai wasn't all about classes and responsibilities; it also included a lot of exercise and entertainment. A majority of the exercise came from having to walk everywhere, but we also hiked down to the "Valley of Ten Thousand Smokes," a little over a mile down into a valley, where we witnessed the raw power of the volcano, Novarupta. The valley is filled with ash, in some places as deep as 700 feet. It's called the "Valley of Ten Thousand Smokes" because when it was first investigated, the ash was billowing with steam from water below. We also visited a reconstructed *barbara*, now called a "subterranean dwelling," and observed bears on a daily basis. This is not avoidable at Katmai, seeing as how the woods are teeming with the large mammals. The rangers are extremely touchy about human behavior near the bears and maintain strict guidelines to indemnify their customers. Every night we attended slideshows to learn more about bears, animal transitions from winter to summer, and the history of Katmai.

Upon our return to King Salmon, we put our supplies away, checked the tents for faults, and took a shower! The next morning consisted of goodbyes and farewells as students were separated to travel home. I had a great time meeting new people and attending the Katmai Leadership Retreat. I recommend that all students try to enter the LPSD leadership program and thank the district for choosing me partake in this once in a lifetime experience.

Student Government by April Hostetter, 9th Grade, Igiugig School

“A vote for me is a vote for a job well done,” or “A vote for me is a vote for success!” were some of the slogans used in our student government elections. This year we had a real student government election where everybody running wrote a campaign speech and presented it to the school. (Look in this newsletter for copies of two of the speeches.)

Mary and Jon ran for student government President and Vice President, while Alicia, Jeremy, Jackie and April ran for Secretary. The results of the election were Jon as President, Mary as Vice President, and April as secretary.

We don't have a treasurer because all the secondary students are going to be working on the budget together instead of just one person, or switching the job

from one student to another like we did last year. In our student government meetings we have decided the secondary students will continue towards our goal of going to Costa Rica. To earn money we will continue our monthly fundraisers, movie nights, craft fair, 'R' carnival and add new fundraisers to reach our goal of \$17,030 (including grants). We are also sponsoring Juliet Buribawa to go to school in Uganda again this year. We have included in our planning participation in AkNOS (Alaska Native Oratory Society) and a Halloween party. Recently we had a dessert auction in which we made a profit of about \$230. So far student government has gotten off to a good start, and we are looking forward to another successful year.

Volleyball Practice by Jeremy Salmon, 9th Grade, Igiugig School

Running down the road, trying to keep up with Jon...I am already tired of running. On September 21st, the Igiugig students started volleyball practice. Six kids arrived at the school at 5:30 p.m. ready to start practice. On the first day of practice, the players worked on getting into shape, passing the ball to each other, and ended the practice with a short run up and down the road.

Before we started practice, we all gathered together to create goals for the year. Our goals are to have everybody be in good shape and for everyone to focus on good teamwork. To get into shape, the students ran laps in the gym with a partner and stretched out to make sure no one pulled a muscle or cramped up. Then after stretching, everybody grabbed a partner and started passing the volleyball.

One of the challenging activities was hitting the ball to your partner without the

ball hitting the ground. This was hard because you and your partner had to get a certain amount of hits to each other before you could finish, but if it hit the ground, you had to start all over again. Then before the end of practice we took a short run up and down the road.

Our run was from the school to the sports fish access trail, and back to the school. As I was running, I got a side ache. It didn't bother me at first, but then it started to hurt badly. When I got to the halfway point, I decided to start walking. After it went away, I ran again. Because I walked a little way, I came in third after Jon and Mark. When everyone got back to the school, we huddled together and then practice was over.

This year is going to be the best year ever because the Igiugig No-See-Ums have three new players, which means we finally have two subs on the team.



Library/Computer Lab News

Happy Halloween! Scary, scary month it is! Alaska Day is on the 17th of October, and don't forget daylight savings time ends on the 29th of October, with Halloween two days after. Our first monthly theme, "Berries and Bears", was a success, with berry treats waiting for us after the Bear Safety movie. Many thanks to Roz Goodman for her wonderful ideas and Interlibrary Loan for sending out books on bears! Watch your mailboxes for the next monthly theme and gathering!



Easy Fiction

The Rainy Day Grump by Deborah Eaton

"Rosie wants her brother Clay to play dress-up, but he is grumpy because it's raining and they can't play ball."

Fiction

The Case of the Halloween Ghost by John E. Erickson

"Hank to cow dog has one of the scariest adventures of his life when he and his cowardly companion, Drover, find themselves in a strange and spooky place on Halloween night."

Adult Fiction

The Eyes of the Dragon by Stephen King

"A tale of archetypal heroes and sweeping adventures, of dragons, and princes and evil wizards, here is epic fantasy as only Stephen King could envision it."

Alaska Nonfiction

Strange Stories of Alaska and the Yukon

"...Strange Stories sneaks up on the reader- after reading a few short stories, it's hard to put down..."

INTERESTING WEBSITE OF THE MONTH

www.FamilyFun.com

Take the time to scan this site as it has scary ideas for your little ones! How to make Ghost Prints looks very interesting. Also it has some interesting recipes for your trick or treaters... like Chocolate Slime and The Bug Juice! Have fun this scary, scary month!

JON for President!!! By Jonathan Salmon, 12th Grade, Igiugig School

I stand, most humbly before you today, because of my love for this school. This love forms a duty that I must fulfill. I can only fulfill this prophecy in a position of power where others will hear my thoughts and ideas more clearly. Most unlike last year, where I had the ranking of a common peasant, where my speculations were quickly shushed leaving my ego damaged and in pain. PRESIDENT! The title alone carries a ringing of authority. I ask you now, to vote for me because of the originality of my ideas and my ability to listen openly to other's thoughts.

A president never makes a decision by themselves, but instead, one unified decision of the people. This position is merely the focal point of a magnifying glass. I think that I would do quite well because of my capability to gather the wisdom of my fellow classmates and to choose the median so that everybody is pleased to some degree. When, and if, I do make a sour decision, I would expect to be told so that I can make a revision to fit the needs of other individuals as closely as possible, so long as it does not interfere with the student body.

As president, I plan to strengthen the core of the student government by growing broad shoulders. When there is a mistake, I am to blame, when there is strife, I am to shame, but most importantly, when there is gratitude, it is to be shared.

Rewards such as currency will be doled out evenly and grants shall be written to accommodate all students. There will be service learning projects by the dozens to help the community, student body, and individuals. Peter F. Drucker once said, "Management is doing things right, leadership is doing the right things" and I plan to live up to that statement.

If anything I said today may have offended you, realize that I cannot please everybody 100%, and try and cope with my decisions. If you are utterly unable to do so, then I am also running for Vice-President!

ALICIA for Secretary by Alicia Zackar, 9th Grade, Igiugig School

Pick me! Pick me! I would make a good secretary, because I would do my best at keeping the student government binder neat and tidy. I will do my best at taking good notes and writing everything down during meetings, and help earn the money that we need to go to Costa Rica. We need about seven thousand more dollars. I will help fundraise and do everything we can to get that money we need. For fundraising we will continue movie nights and have a monthly fundraiser. We will also continue the dinners for special occasions.

As always we will have a carnival, a book fair, and pancake breakfasts. I will help with the ordering and make sure the orders are done on time and when they come in, they are ready to sell. I will help with getting new ideas for the grants that we are going to write. Some of the ideas I have are to get a grant so Jeremy, April, Jackie, maybe Jon, maybe

Mary, and I can go to Anchorage and compete in the AkNOS (Alaska Native Oratory Society) contest, and making a grant for new materials for music and dance.

I want to be the secretary because when I am older and apply for colleges, I can say that I was the secretary of student government when I was a freshman. I was the secretary last year and I will try harder this year to keep the binder neat and write better. I would be good at being the secretary because I am good at listening, writing and if you give me a job, I do it. I think being the secretary is an interesting job because the secretary takes all the notes that we put in the student government binder and usually organizes it too.

A vote for me is a vote for a job well done. So vote for me!!!

WORD BUILDING

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

UFEGNL

1. □□□

2. □□□

3. □□□

4. □□□

5. □□□

6. □□□

7. □□□

8. □□□

9. □□□

10. □□□□

11. □□□□

12. □□□□

13. □□□□

14. □□□□

15. □□□□

16. □□□□

17. □□□□□

18. □□□□□

19. □□□□□□

Answers can be found on page 10.

Tongue Twisters

These tongue twisters were written by the elementary students. See if you can say them 3 times fast!

The block is blocky just around the blocky block house.

- by Gregory Zackar, 3rd Grade, Igiugig School

Silly Sheepe runs down snowy, steep, slippery slides.

- by Dolly Ann Zharoff, 2nd Grade, Igiugig School

Harry Horse came to the hound town which had lots of hairy horses named Hally, Henry, and Hana on Hatty Matty Batty Street.

- by Camille Andrew, 2nd Grade, Igiugig School

Animal Poem

By Alicia Zackar, 9th Grade, Igiugig School

Dinosaurs
R I P P I N G apart their victims
Body
Silently walking trough the trees
Preying on their
Fresh meat
Dinosaurs
Walking quietly eating plants and trees
Not bothering to fight with
Other animals
Dinosaurs
Being ripped into
Shreds
While fighting to get to one another's
Blood
Dripping form their bruised
Bodies
Dinosaurs
So peaceful ☺
So quiet
Dinosaurs

Bald Eagle

By Jeremy Salmon, 9th Grade, Igiugig School

As I hatch from my egg
My feathers are light grey
As I get older
My feathers dark brown
Then to a light brown
And white on the head
I glide above the water
Looking for food
Then I spot
A red dot in the water
Diving quickly
To catch my prey
I catch my food
For the day
If it's too heavy
I drown myself
I sink to the bottom
My life flashes before my eyes
And then I DIE

My Awesome Summer

By Shaun Andrew, 4th Grade, Igiugig School

"Why do I have to get on my bed again?"
"Until the bell rings," said the counselor. I hated FOB time which stands for "flop on bunk." The rest of camp was fun though, and I had a great time at Tanalian Bible camp.

One activity I liked was the water games. The water games were fun because we paddled canoes with our hands. My cabin finished first in the first round, but another cabin was the champ because we didn't have a fast enough time to advance to the second round. Another water game was the tag teams where all the cabins lined up and one person ran and tagged the counselor who ran back and tagged a teammate. My cabin finished in 4th place, but we had fun anyway. Another water game was the alligator race when one person from three cabins got on a blown up alligator. Although I didn't do it somebody else did it in our cabin and he finished third place because he flipped over.

My second favorite activity was the coolest car-

nival. I had fun because there were a lot of little booths where you won little beads. You used the beads for candy, jell-o eating contests, cotton candy, and popcorn. I did so many little booths, I won many beads. At the dart booth the line was long. I worked at some booths and got lots of beads. I worked at booths for a little bit and played at booths most of the time. Sometimes you could arrest people during the carnivals and the captured person got to choose whether to be pushed in the lake or be locked up for ten minutes. Everyone was trying to put their rivals in jail. I arrested one of my counselors and I really wanted to shove him off and that's what he chose. I felt great after pushing him off.

My third favorite activity was the picnic at Dry Creek. At about lunchtime the whole camp got together and walked down to the end of the airport. That was where Dry Creek was, but it really wasn't dry. Everybody got hotdogs roasted for them and then we

(Continued on page 8)

My Summer by Tess Hostetter, 5th Grade, Igiugig School

Have you ever taken care of a baby moose which woke you up at 5:00 in the morning? I did. Over the summer I took care of a baby moose and then I went to Fairbanks, because my parents said so.

I got my moose from our neighbor, Gabe, who caught it after I saw it at the dump, so I went over to see it at Gabe's house. It was lying down exhaustedly while I tried feeding it, but it didn't want to eat. A half an hour later, I got it to eat by forcing the bottle in its mouth which the moose kept spitting it out. Then it wanted to eat all the time. The moose had big dark brown eyes and dark thick brown hair. It had huge ears and long legs. It devoured about ten bottles per two hours when we first got it although it looked like it was in good shape. It left about three or four weeks after I got it, but I don't know why.

My friends and I named it Sally. It came into the village with its mother by swimming across the river. Its mother had two babies. Sally was drifting down the river and didn't have her mom to lean on, but the other one did.

Now I will tell you about Fairbanks. One day we went to Chena Hot Springs and swam in the hot

springs and the pool. Then we went to eat. We went for a walk after that and we saw a really old snow-go. We went home and it was about 7:00 p.m. and we left at 10:30 in the morning! Sometimes we went swimming. When we went swimming in Fairbanks I usually went with my mom. We went to the Hammeey Pool. There were two low diving boards and one high diving board. You had to take a test to go in the deep part of the pool, but I didn't want to take the test because I was too afraid to go off the diving board.

I got to ride a horse in Fairbanks. The horse I road was Chinook. Chinook's owner is Leigh. Leigh has two cats, one dog, and one horse. Chinook is 17 years old, and her dog is 13 years old, but I don't know how old her cats are. Leigh let me go to the 4-H class, ride Chinook, and let me watch Chinook get new shoes. When Chinook was getting new shoes it looked like it hurt, but I knew it didn't. At 4-H class, there were four horses, but I forgot their names.

It was fun when I went to Chena Hot Springs, swimming and riding Chinook, but sometimes I got bored. Still I think that my summer was great.

AWESOME SUMMER (Continued from page 7)

got to make s'mores. However, we weren't allowed in the creek because everyone didn't want us to get wet, so it wasn't that fun.

My fourth favorite outside activity was the counselor hunt. The counselor hunt was like hide-and-go-seek. I ran hurriedly out of church and started looking for counselors. I was looking hard, but I couldn't find any counselors. Then just as I started back towards the lake I heard counselors talking, but it was too late. I wouldn't be able to get them because the bell rang.

My first favorite indoor activity was wrestling, but when I wrestled this one kid he looked as strong as me. In the second round he got hurt. I went to check if the kid was okay, but he wasn't. He couldn't talk and he couldn't see how many fingers the counselor held up. I felt bad for hurting him and I didn't wrestle any more.

My second favorite indoor activity was church. I learned more about church and read more of my Bible. One thing I liked about church was sword drills. These were when we put our bible in the air, Master James said go, we searched for the verse and chapter. Another thing I liked was bear/ninja/hunter game where two people went back to back and chose the bear, ninja, or hunter. I won once and got to have some candy for my whole cabin.

My next favorite indoor activity was camp songs. I learned many new camp songs. I learned "The Happy Song" and 8 other new camp songs. Someone could hear us even all the way across the bay.

Every boy at camp hated FOB time, but we got to practice Bible verses for points. During FOB I read my Bible and practiced verses and I got 5 verses memorized. My cabin, Multchatna, got 700,580 points, but everyone was always happy when FOB ended. We jumped off our bunks and ran out of the cabin.

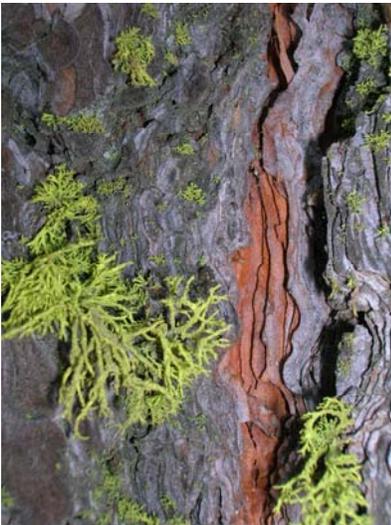
I had a great time at Tanalian Bible Camp and I'd like to go again next year. I think more kids should go next year because it was so fun.

GARDENERS GOODIES

OCTOBER garden activities:

- ❑ EARLY OCTOBER – Enjoy the bright colors of the fall foliage, but everything that’s already gone brown can be removed to the compost pile in preparation for winter.
- ❑ EARLY OCTOBER – In the words of a seaman—“Batten down the hatches”. In other words prepare for the windy cold weather of late fall. Remove stuff from around the house that will blow around and become damaged or damage something else in its route.
- ❑ EARLY OCTOBER – Get out on those good days and enjoy picking cranberries, a crop that you didn’t have to work hard to grow—nature’s bounty!
- ❑ OCTOBER – Think about education. With kids back in school, make an effort yourself to spend some time learning more about gardening, plants, soil or any number of other interesting topics, consider taking a course, searching the internet on interesting subjects, or diving into a good gardening book. Make notes as you go and save them somewhere that you will find in the spring so you will be ready to put your new knowledge into practice in the coming growing season.
- ❑ LATE OCTOBER – Survey the yard for stuff that doesn’t need to stay out all winter. Halloween almost always brings snow, so putting away things before they are covered with ice and snow will save wear and tear on your stuff, as well as help you avoid having things ‘gone missing’ all winter.

Take time to look at the beauty of the many artworks of nature in plants. Tree bark, fungus and moss are always quite amazing to look at!



Self-Portrait Poem

By April Hostetter, 9th Grade,
Igiugig School

Outside:

Brown hair and eyes
Tall to some, short to others

Inside:

Loves to
Laugh
Travel
Swim
Hear thunder
And look at clouds

Others see her as...

Grumpy or
Hyper or
Mad sometimes.
Wavy hair.
Is sad
Why? I don't know?

Younger sister:

Bossy
Mean
Fun
Weaker than I am.

Friend:

Hardly plays anymore

Has "grown up" too much
But is still fun sometimes
Is really confused

Parents:

A very big procrastinator
Not very helpful
Middle daughter
Too sensitive.

Me:

Sometimes doesn't understand

Wants to be happy

Is happy.

Back to School

By Alicia Zackar, 9th Grade, Igiugig School

Aw! I forgot there was school today. That's what I was thinking on August 22, when school started.

Jeremy thinks that the starting of the school year was the best ever!!! However April thinks that the new school year was the worst ever because people continuously got their names on the board, and the movie nights were watched horribly by the leaders of the groups. I think that the new year of school is getting better, but started off kind of rocky.

Our goals for the school year are to get first place in volleyball and basketball. Our grant goals are to receive grants for AkNOS, music/dance, and receive grants from BBAHC. Our goals for Battle of

the Books this year are to be the district champions and for each one of us to have read most of the books on the list. For our new areas, we are hoping to have a culinary arts lesson with Jason from Brian Kraft's Lodge. For the iDidaMovies we are hoping to submit two movies about 20th century U.S history. We are going to perform *Charlie Brown's Christmas* for our Christmas play and are planning a music or dance performance before the end of the year. We are also hoping students will go to CloseUp and participate in the Phases. A student will attend AFN as well.

As you can see, the school year so far has been full of action and there is much more action to come.

Answers to **WORD BUILDING GAME** on page 6.

FLU, FUN, FEN, LUG, LEG, GUN, GNU, GEL, ELF, FLUE, FUEL, LUGE, LUNG, GLUE, GLEN, GULF, FLUNG, LUNGE, ENGULF

Check out Word Definitions: (from www.dictionary.reference.com)

fen¹ /fɛn/ [Pronunciation Key](#) - [Show Spelled Pronunciation\[fɛn\]](#) - [Show IPA Pronunciation](#) - *noun*

low land covered wholly or partially with water; boggy land; a marsh.

gnu /nu, nyu/ [Pronunciation Key](#) - [noo, nyoo]

-*noun, plural gnus*, (especially *collectively*) **gnu**.

either of two stocky, oxlike antelopes of the genus *Connochaetes*, the silver-gray, white-bearded *C. taurinus* of the eastern African plain and the black, white-tailed *C. gnou* of central South Africa: recently near extinction, the South African gnu is now protected. Also called **wildebeest**.



Economic Opportunities and Environmental Challenges

Contributed by the Environmental Department

As many of us in Igiugig already realize, large resource based economic projects in the Bristol Bay Region are being proposed as alternatives for our economic sustainability and consideration. Foremost has been the ongoing exploration of the Pebble Mine Project and the ensuing debate of support or not of this new industry to our region.

While the actual Pebble deposit is a distant 47 miles from Igiugig, the scientific, environmental, engineering, and social welfare fields will collectively develop, propose and evaluate the impacts both positive and negative that this project may have on our community and its residents. This information will continue to be shared with our village via mailings, onsite and offsite visits by Northern Dynasty Minerals, State and Federal agency representatives and others who are charged with the duty to help guide us through the permit application process. When a formal “permit to develop a mine” is submitted by NDM, Igiugig and others will have a wealth of information to look at and evaluate, ask questions, and see a complete detailed plan of how NDM proposes to develop this vast natural resource ore deposit. Mr. Bruce Jenkins, NDM Chief Operating Officer, has asked us to reserve premature decisions of yes or no to this project and let him prove that this project can be accomplished in an environmentally safe and considerate manner and also bring great sustainable economic relief to a depressed region. Many in our community are already working at this projects location and are learning a new trade or skill while at the same time becoming familiar with this industry and those that propose to develop this resource. Programs have been initiated in the Lake and Peninsula School District curriculum that are educating and training our youth to be qualified for the jobs and opportunity that will ensue if this project is developed. Other individuals, organizations, and/or special interest groups who oppose this project provide us with news and information that supports their belief that this project is not feasible, compatible, or acceptable in our region or this location.

Regardless of how one feels about this project, it is a reality that the future will bring these types of issues and potential changes to our way of life. The Igiugig Environmental Program and staff with the guidance and funding by the US EPA are entrusted to learn about these issues and how they may affect our local and regional environment. IGAP staff will continue to attend meetings and gather information on the Pebble Mine, provide educational information to Igiugig residents and help facilitate a technical and culturally appropriate atmosphere that all who may be impacted by these potential changes will be informed and allowed input on the merits of whether these types of economic projects can be accomplished while maintaining and complying with the environmental laws and values that make our village and region a safe, healthy and great place to live.

NEXT MONTH: Local Water Quality Monitoring

Bits 'n Pieces

The fourth Saturday of each October is designated as a day to help out those who need it. Of course around Igiugig we often help people whenever they need it, but if you feel like being part of a nationwide effort mark the 28th of October and find someone who could use a hand with something they can't do by themselves.



Celebrating extraordinary deeds performed by ordinary people on America's largest day of doing good. The next Make A Difference Day is Saturday, Oct. 28, 2006.





WALK TO BE FIT

Total Village Mileage to mid-September is 62,111

Middle Age Spread—don't get it!

The name is related to the fact that over the years we all tend to add just a little weight each year until by 'middle age' we have spread a bit wider that we used to, and if its not happening to you—you are very lucky. In most people this happens at about the rate of a pound a year, if you are a math whiz you can easily figure the 100 calorie plan. Since a pound of fat is about 3200 calories (check the side of any one pound box of butter—32 servings x 100 calories), getting rid of an extra hundred calories here and there could make all the difference.

What to do?

The following is part of an article published by *Kathleen Zelman, MPH, RD/LD*
Web MD Weight Loss Clinic—Expert Clinic

Easy Ways to Burn 100 Calories

Here are some quick and simple ways to burn an extra 100 calories:

1. Buy a pedometer and walk an extra 2,000 steps.
2. Walk the dog for an extra 20 minutes.
3. Jog for 10 minutes.
4. Do 30 extra minutes of housekeeping.
5. Pull weeds or plant flowers in the garden for 20 minutes.
6. Pedal an exercise bike for 13 minutes.
7. Climb up and down stairs for 18 minutes.
8. Jump rope for 15 minutes.
9. Swim for 15 minutes.
10. Dance for 20 minutes.
11. Mow the lawn for 20 minutes.
12. Wash the car.
13. Work out in your living room with an exercise video for 15 minutes.
14. Golfers, carry your clubs for 15 minutes.

How to Cut 100 Calories From Your Diet

And here are some tips from the calorie-cutting side of the equation:

15. Eat a high-fiber, whole-grain breakfast cereal instead of granola
16. Use mustard or low-fat mayonnaise on your sandwich instead of regular mayonnaise.
17. Have a piece of fresh fruit in place of cookies or chips.
18. Drink diet soda instead of regular soda.
19. Choose sherbet, sorbet, or low-fat ice cream over super-premium ice cream.
20. Use 2 tablespoons of light whipped butter or margarine instead of regular.
21. Top your favorite pasta with a red sauce instead of a cream sauce.
22. Skip the blue cheese topping on your salad.

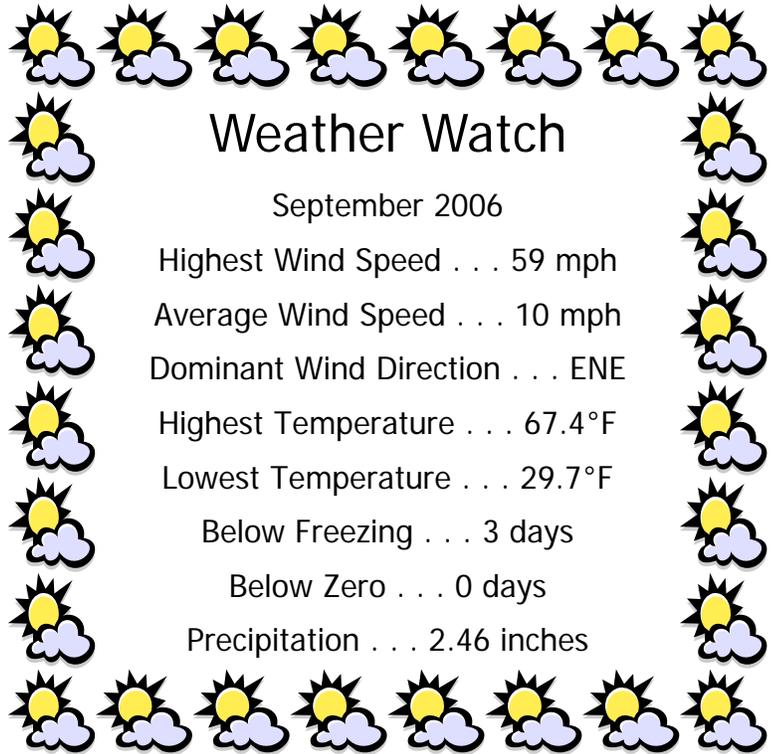
23. Order a small drink instead of a super-sized.
24. Hold the bacon on your sandwich or at breakfast.
25. Use water-packed tuna instead of oil-packed.
26. Eat a snack-sized chocolate bar instead of a whole candy bar.
27. Order your pizza with veggies instead of high-fat meat toppings.
28. Eat an appetizer as your main meal instead of an entrée.
29. Skip the extra butter on your popcorn.
30. Order your sandwich on whole-grain bread instead of a croissant or bagel.
31. Leave the crust on the pie just eat the filling.
32. Leave 3 to 4 bites of food on your plate.
33. Pass on the gravy on your mashed potatoes.
34. Try an open-faced sandwich.
35. Leave the cheese off your sandwich or burger.
36. Switch to low-fat salad dressing instead of regular.
37. Use only half the packet of salad dressing when ordering salads to go.
38. Eat 2 slices of whole-grain bread instead of a bagel.
39. Spread your bread with jam instead of butter or margarine.
40. Have a side salad instead of French fries as a side dish.
41. Savor 5 Hershey kisses instead of a chocolate bar.
42. Choose skim milk instead of whole milk.
43. Eat 1/2 cup less of pasta or rice.
44. Remove the skin from poultry before eating.
45. Share a dessert.
46. Enjoy hummus with baby carrots instead of cheese and crackers for a snack.
47. Choose fruit canned in natural juice instead of heavy syrup.
48. Skip the butter or margarine in the pan when grilling sandwiches or eggs.

Make it a *minus 100* day today

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Recipe Corner

MOOSE/CARIBOU STEW

Time to break out the crock pot and warm up to a delicious bowl of hot stew!

INGREDIENTS:

- 2 pounds caribou or moose meat, cut into 1 inch cubes
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 clove garlic, minced
- 1 bay leaf
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce

- 1 onion, chopped
- 1 1/2 cups beef broth
- 3 potatoes, diced
- 4 carrots, sliced
- 1 stalk celery, chopped

DIRECTIONS:

Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.

Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.