

# Igiugig News & Notes

January 2007

Volume 10, Issue 1

## 2006 Christmas Program

By April Hostetter, 9th Grade, Igiugig School

“We wish you a merry Christmas, we wish you a merry Christmas, we wish you a merry Christmas, and a happy New Year!” was the conclusion of our school’s Christmas play, A Charlie Brown Christmas. This year’s Christmas program consisted of performances of music, rhythm, and A Charlie Brown Christmas.



Lucy figures out that Charlie Brown has the fear of everything.

As you may know, we started learning about music back in August with Cheyenne Brown. She taught us the beginning fundamentals of playing the piano and harp. She also taught us a Scottish song about picking weeds called “Tha Mi Sgith.” During the Christmas program, the high schools students performed *Tha Mi Sgith*, *Joy to the World*, and *Jingle Bells* on the piano and keyboards.



Linus checks the tree that Charlie Brown picks out.

The elementary students presented rhythm performances from The New Conga Joy by Bill Matthews. They presented three pieces Heartbeat, Djembe Jam, and Rumba Tumba which included stomping and clapping.

Afterwards, both the elementary and high school students performed A Charlie Brown Christmas. The casting follows: Jonathan as Charlie Brown, Mary as Lucy, Dawsey as Linus, Jeremy as Snoopy, April as Schroeder, Alicia as Violet, Sharolynn as Sally’s friend, Tess as Sally, Shaun as Pig Pen, Jackie as Patty, Camille as Frieda, and Gregory as Shermey. In the play, Charlie Brown was getting depressed because he couldn’t find the

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### Birthdays this month

- January 23  
Annie Wilson
- January 29  
Mark Battaion

# Igiugig 2007 Craft Fair by Mary Hostetter, 11th Grade, Igiugig School

For weeks leading up to Igiugig's annual Craft Fair, a lonely corner stood alone no more. A large table surrounded by wax, dyes, and scents provided our main workplace for making our decorative, fragrant candles.

The student government craft for the year was candles handmade by the high school students. Production of No-See-Um Scents began the end of November and continued to the day of the Craft Fair, December 9<sup>th</sup>.

At the same time, the younger No-See-Ums were busy making many different crafts. In addition to their elders' candles and fleece items, the elementary classroom sold wampum-bead necklaces and brightly painted bird houses.

As the countdown ended and villagers began walking in, students were hurrying from one end of the school to the next just to be sure everything was ready. Our DJ system was brought down, tables were carted down the stairs and through the gym doors, and food was passed from our cashier to customer.

From different tables, bags, candles, scarves, goodies, and other homemade crafts were sold as gifts or little trinkets. The student government, both high school and elementary, sold products at a quick pace, raking in over \$1,000 and surpassing our goal.

The 2006 annual Craft Fair was a major success; we hope next year will be the same. Have any ideas of crafts you would like to buy next year? Tell us and we'll try and make them!

## CHRISTMAS PROGRAM *(Continued from page 1)*



Alicia and Jackie playing *Joy to the World*.

meaning of Christmas. In the end though, his friends helped him out.

After the play, we also had the privilege of holding a dinner and a one-year memorial for Agafia Nelson. We miss her very much, and wish her family the best.



The cast looks on at Charlie Brown's little Christmas tree.



Snoopy rocks out as Schroeder plays some different songs for Lucy.



Charlie Brown talks with Pig Pen and Frieda about their parts in the play.



Tess, Sharolynn, Shaun, Gregory, and Camille clapped and stomped during their rhythm performance.

# Looking Back at 2006





# Library/Computer Lab News

Happy New Year! Slavi starts on Sunday, January 7th. School begins again on the 10<sup>th</sup>. Martin Luther King Jr. day is on the 15<sup>th</sup>.

Did you know that in the Koyukon Athabascan language January means “one that separates long and short days.” In the yupik language January means “bad month for storms, such as blizzards and snow storms.”

Our December theme for our monthly get together was “Fa la la la la”... a musical night with bells, pianos, a horn and a drum. I hope that someone went home with a song in his or her head!



*“Any views, findings, conclusions or recommendations expressed in this publication do not necessarily represent those of the Institute of Museum and Library Services”*

## Easy Fiction

Who lives in the Arctic? by Susan Canizares

“Is the Arctic a cold and lonely place to live? See who has made this environment their home.”

## Fiction

Brian’s Winter by Gary Paulsen

“Thirteen-year-old Brian Robeson learned to survive alone in the Canadian wilderness, armed only with his hatchet.”

## Alaska Nonfiction

Winter Watch by James Ramsey

“Somewhere in the Schwatka Mountains of northwest Alaska, a region of great natural beauty, and stark solitude, a little log cabin sits besides a river. In that “magic place” author James Ramsey lived alone for 266 days...”

## Alaska Fiction

Lost in the Barriers by Farley Mowat

“Awasin and Jamie, brothers in courage, meet a challenge many men could not endure...”

## Video

1987 Yup’ik Dance Festival - video # 175

“In the spring of 1987, more than a dozen villages from the Yukon Kuskokwim Delta sent dancers to Bethel to participate in one of the largest festivals in recent years. High school performers as well as Eskimo Elders took part in this two day extravaganza.”

## INTERESTING WEBSITE OF THE MONTH

[www.wilderness-survival-skills.com](http://www.wilderness-survival-skills.com)

Looking for the right survival kit? Need to learn how to build a survival shelter? This site has a lot of information from what should be in a survival kit (such as water/wind proof matches, high-energy snack, pocketknife, and a loud whistle) to how to survive in the wilderness. Be sure to learn more at this site and be prepared before venturing out on your next journey.

# Bits 'n Pieces

Just one more bunch of reminders on how to stay well this season while traveling to the many carnivals and things in other villages.

(Advise courtesy of **Dr. Joseph Mercola**)

## Beat the Common Cold and Flu With Happiness

Happiness, along with other positive emotions, could be even more important to health than had been previously thought.

A recent study finds that those who are happy, lively, calm or otherwise generally exhibit positive emotions are less likely to become ill when they are exposed to a cold virus.

What's more, when happy people do catch a cold, they report fewer symptoms than might be expected.

Previous studies had reported similar results, but left open the possibility that the greater resistance to infections may not have been related to happiness per se, but to other characteristics often associated with happy people. But this latest study controls for those variables, and still found that those who report positive emotions are less likely to catch colds, regardless of such factors as age, race, gender or body mass index.

Manifesting positive emotions and happiness are only one of several natural ways to strengthen your immune system, which include:

- Eating a healthy diet and avoiding sugar
- Getting enough rest
- Eating fresh garlic regularly
- Using an effective tool to help you address the stress in your life
- Washing your hands regularly
- Optimizing your intake of omega-3 fats
- Exercising regularly



Answer can be found on page 11.

	7	9	6					
	4						9	1
			5		3			
3	5		2	4				
	2	8	7					
	6				5	4		
							5	4
				3		6		8
2								3

# Avoiding the Bug - Part II

## DON'T GET THE SICKNESS

Just a few more ways to keep yourself from catching the worst of what's going around:

*(See November issue if you already forgot what the other ones were.)*

1. Stock up on your own pens or pencils and keep them in your coat pocket at all times so you won't have to use one everyone has touched. (at the Store, PO, etc.)
2. Avoid computer keyboards and phones that lots of people have used.
3. Use Clorox wipes on public use things that you can't avoid touching.
4. Wash your hands often—regular soap & water is good enough.
5. Keep personal size hand sanitizer in your pocket for those occasions when you've shaken a bunch of hands and can't get to a sink to wash. (at a banquet or lunch at a meeting for example.)
6. Drink plenty of liquids—preferably water.
7. Rinse eyes and nose with the saline solutions, especially if they feel dry or irritated.
8. Get enough vitamins & sleep.

Don't give germs entry and if they do get through the defenses,  
certainly don't let them take up residence!

### WORD BUILDING

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

HGFTSI

1. □□□

2. □□□

3. □□□

4. □□□

5. □□□

6. □□□

7. □□□□

8. □□□□

9. □□□□

10. □□□□

11. □□□□

12. □□□□

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14. □□□□

15. □□□□

16. □□□□

17. □□□□

18. □□□□□

19. □□□□□

20. □□□□□

21. □□□□□

22. □□□□□□□

Answers can be found on page 11.

# Serenity

By Jonathan Salmon, 12th Grade, Igiugig School

Hello? Anybody home? Where did everybody go? They left, poured out of the village to get a break. Myself, well, my break was spent on the quiet streets of Igiugig and resting at home. That isn't to say I didn't have a blast, after all there was Christmas, New Years, and Slavi.

Christmas was joyous as all eating holidays seem to be, but nobody was here for New Year's. There were no fireworks, bonfires, or gatherings. Instead, it was another peaceful night at home with only my dad and me. In the evenings, I rested with master power over the T.V. controller, and during the daylight hours, I went riding around. I would often leave home and find myself in the hills, riding through plush mounds of fresh snow. I rode out back for several days, leaving in the morning and coming back home at night. On these travels I saw numerous moose, bold and towering in the bare birch. Unfortunately, the region was hit with a tremendous cold snap that restricted my travel. I never went too far as any problems with the snowmachine would have left me camping. Anything worse than camping outside is camping at thirty below. I also amused myself with household chores during this time period.

Soon enough, Slavi was here. For those that don't know what Slavi is, I will explain. Slavi is the Russian Orthodox Christmas. The residents go house to house singing songs of praise. Then, the group feasts, sings thanks, and moves onto the next house. This year the group was only about fifteen people. Everybody was disappointed with the lack of children as the youngest was 10-year-old Tess. We also finished in a record time of about four hours for the five houses we went to. Some villages Slavi until two in the morning!

Now that school has started again, I feel like I never accomplished much. On another note, I was on break and you're not supposed to set goals when you're on vacation! Now, it time to grab the backpack and rush out the door as my last semester in Igiugig School has begun. I'll enjoy it while it lasts.

# Christmas Break

By Jackie Woods, 12th Grade, Igiugig School

During Christmas break, the painful basketball camp at Kokhanok School with Mike was a lot of fun because we got to learn many new basketball drills. I thought that the basketball camp would never end, but I was wrong. It only lasted about three days. The first two days the sessions were in the afternoon and the last one was in the morning at nine o'clock. I thought that everyone would show up at the games, but I guess they slept in too long and forgot, but it was still a lot of fun and exciting.

I planned to come home on January 3<sup>rd</sup>, but I had to wait until the 9<sup>th</sup> because it was too cold during that time. I was stuck and that's why I went to basketball camp.

The first day of camp was on the 5<sup>th</sup> of January. Everyday we ran until we couldn't run anymore. After that, we had to do drills. One drill was the people that were on the losing team had to run the wide side of the court three times in less than 35 seconds. The people that didn't make it had to do 10 to 20 push ups even though they were out of breath and very thirsty.

The second day of the basketball we had to play against the girls five-on-four. I think that Irish Topkok was getting mad at me because they were losing and we didn't give them a chance, but I told her that they need to learn how to box out their opponents so they can bring down the ball and score. But I don't think that the girls had a chance to score that much over Mike, Gust, Paul, and me because we had a pretty good team and didn't give any mercy playing against the girls.

The last and final day Mike gave us some shirts and told us to gather up so we could get a picture with our shirts. I only held mine up because I didn't belong to Kokhanok School at the time.

Basketball camp was a blast because we got to play a lot and learn how to do different drills. I would recommend basketball camp to the other basketball players around the district even though you will come out of camp really sore and may barely be able to sit down.



## 2006 Igiugig Weather Statistics

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	YEAR
Highest wind speed (mph)	35	58	41	51	57	57	43	51	59	64	51	51	64
Average wind speed (mph)	7.2	13.0	9.1	9.7	9.6	9.7	10.7	9.5	10.0	10.3	9.5	7.4	9.6
Dominant wind direction	S	SSW	SSW	SSW	NE	NE	SSW	SSW	ENE	SSW	NNW	E	SSW
Highest temperature (*F)	36*	40.8*	38.8*	47.9*	94.2*	73.9*	81.6*	69.6*	67.4*	63.2*	38.0*	38.3*	94.2*
Lowest temperature (*F)	-31.4*	-32.7*	-10.5*	8.3*	19.7*	34.6*	44.9*	39.1*	29.7*	13.1*	-11.5*	-19.9*	-32.7*
Days below freezing	25	11	24	7	0	0	0	0	0	2	26	21	116
Days below zero	18	5	4	0	0	0	0	0	0	0	11	11	49

*With Sincere Appreciation from the Community of Igiugig*

Thanks  
to all those who  
donated  
their time and money this year  
for the  
*Beautification Project / Flower Planting*  
**After School Study Hall**  
Village Clean-up

*If you enjoy the benefits of this community, please consider how you could*

# GARDENERS GOODIES

## JANUARY garden activities:

- ❑ JANUARY – Catalogs? Browse, choose, and then set aside your list to think about your selections for awhile before you actually place the order. If you are a typical gardener, you will wish to try at least twice as many different things as your garden beds have room for. By reviewing your list a day or two later, it's much easier to make a decision about whether you will really be able to use all the things on your list and then pare it down accordingly.
- ❑ JANUARY – Consider ice sculptures—the extremely cold days are very good for freezing hollow 5 gallon size ice chunks just by filling a bucket, putting it out for 5 hours (or more depending on the temperature) to allow about an inch or two of ice to freeze on the sides, then chipping a hole in the center of the top, pouring out the extra water, and warming up the ice chunk indoors just long enough to slip it out of the plastic bucket. These make very pretty yard ornaments and a single tea light candle will illuminate the 'candle holder' for several hours. They are very cheery in these dark days of winter, and make beautiful patterns of shadows and reflections at night. If you forget water in the steam bath over night this time of year you just may make some of these 'candle holders' by accident.
- ❑ JANUARY – Also consider the birds—they too make nice winter garden decorations. They will have begun to deplete the 'wild' supply of seeds by now and a few strategically place feeders with sunflower seeds and suet should encourage the little garden visitors. Just be sure to locate them where they are easy to fill and viewable from the window, but NOT near areas that you will be planting with early spring seeds—or the birds may be by and dig up you work in spring too!
- ❑ JANUARY – If you find yourself often leaving on the porch light this time of year and would like a cheaper way to light the walkway, get double duty out of those new Christmas LED (light emitting diode) lights, by putting them on your porch railing or the eaves of the roof. You can also string them along the trees on the path to the steam bath and they will give enough light to get around easily while only costing you about the same per string as a night light in electric use. As a bonus they continue the holiday feel with their decorative look.

As you begin to look forward to the passing of winter you should know that since we are beyond the shortest part of the year, the days are lengthening rapidly about now. If you wonder exactly how much—check out the following information and plan your day accordingly!

Date	Sunrise	Sunset
1/01/07	10:19a	4:44p
1/07/07	10:15a	4:54p
1/14/07	10:08a	5:07p
1/21/07	9:57a	5:22p
1/27/07	9:46a	5:37p
1/31/07	9:38a	5:46p



*During the month of January we add 1 hour and 34 minutes of daylight, with the sun rising 41 minutes earlier by the 31<sup>st</sup>, and setting 62 minutes later.*

### **REMEMBER the R's**

Reduce – Refuse – Reuse – Redo – Renew – Recycle – Remodel – Recharge –Rebuild

# My Christmas Vacation

by Jeremy Salmon, 9th Grade, Igiugig School

Babies crying, T.V. blaring, and then the water freezes... Over the Christmas Break, I spent most of my time in Newhalen. I watched the fireworks on New Year's Eve, babysat for my sister Christina Salmon, and then one day, the water froze.

When I first went to Newhalen, I had planned only to go there for New Year's, but ended up staying until school started. On New Year's, Tanya Salmon, Dwight Anelon, Little Tim Anelon, and I waited for the fireworks. The fireworks were set up on the lake and everybody parked their cars and trucks to watch the big display. Once it hit midnight, they began to light the fireworks off. They lasted about five minutes and in the middle of the display, one of the fireworks fell over and the guy who lit them ran away. Then the firework shot all over and almost hit the parked cars. I got scared that it would hit a car and ruin something and Tanya got scared and jumped in the truck. After the fireworks were all done, we said, "Happy New Years", to the Anelon family for it was finally 2007 and some people warmed up by the bonfire. Then Tanya and the others drove me back to Christy's house and there, I went to bed and that is how my New Year's went.

The reason why I stayed in Newhalen so long was to help baby-sit for my sister. When she went to work, sometimes I went with her to watch over Aiden, or I stayed at the house to watch him. Some days, Christy would drop Aiden and Keilan off at Carrie's house and I wouldn't have to baby-sit. One thing I hated about baby-sitting was changing their diapers. One time, Keilan had a big poop and I had to change it. It was hard and when I was done, everyone complained how much it stank. After a while, you could still smell the stench and we finally noticed it had gotten on Keilan's shirt and that is what we smelled.

Another thing that was tough about the two babies was it was difficult to do what Christy, Sister, and I wanted to all the time. If we wanted to play games, we had to wait until they went to bed or went to someone's house or else they would bug us, especially Aiden who got into anything we had. Other than that, I had a lot of fun with them, but still, just from baby-sitting, I know that I don't want to have kids anytime soon.

One day, the water froze and nothing worked. My gram, Mary Olympic, thought the babies would starve because they had no bottles, so she went to one of the neighbor's houses and stole a bucket of water and used their bathroom while they were sleeping. She came back with the bucket and my Mom and Christy laughed when she told them the story. Later that morning, my Gram called the person who she stole water from and told him what she did, which made him laugh. At about noon that day, the water finally unfroze which made us all happy. Ever since that day, the toilet hasn't been able to flush all the way and you have to use a bucket to fill the water basin so it would flush completely.

Baby-sitting was fun and a good experience for when I get older, but I learned that having kids is something I will put off for a long while.

**Answers to WORD BUILDING** (game on page 6)

SIT, HIS, HIT, ITS, FIT, FIG, SIGH, SIFT, THIS, HITS, GIST, GIFT, FIST, FISH, FITS, FIGS, SHIFT, SIGHT, GIFTS, FIGHT, FIGHTS

Check out Word Definitions: (from [www.dictionary.reference.com](http://www.dictionary.reference.com) )

**gist**  
-noun

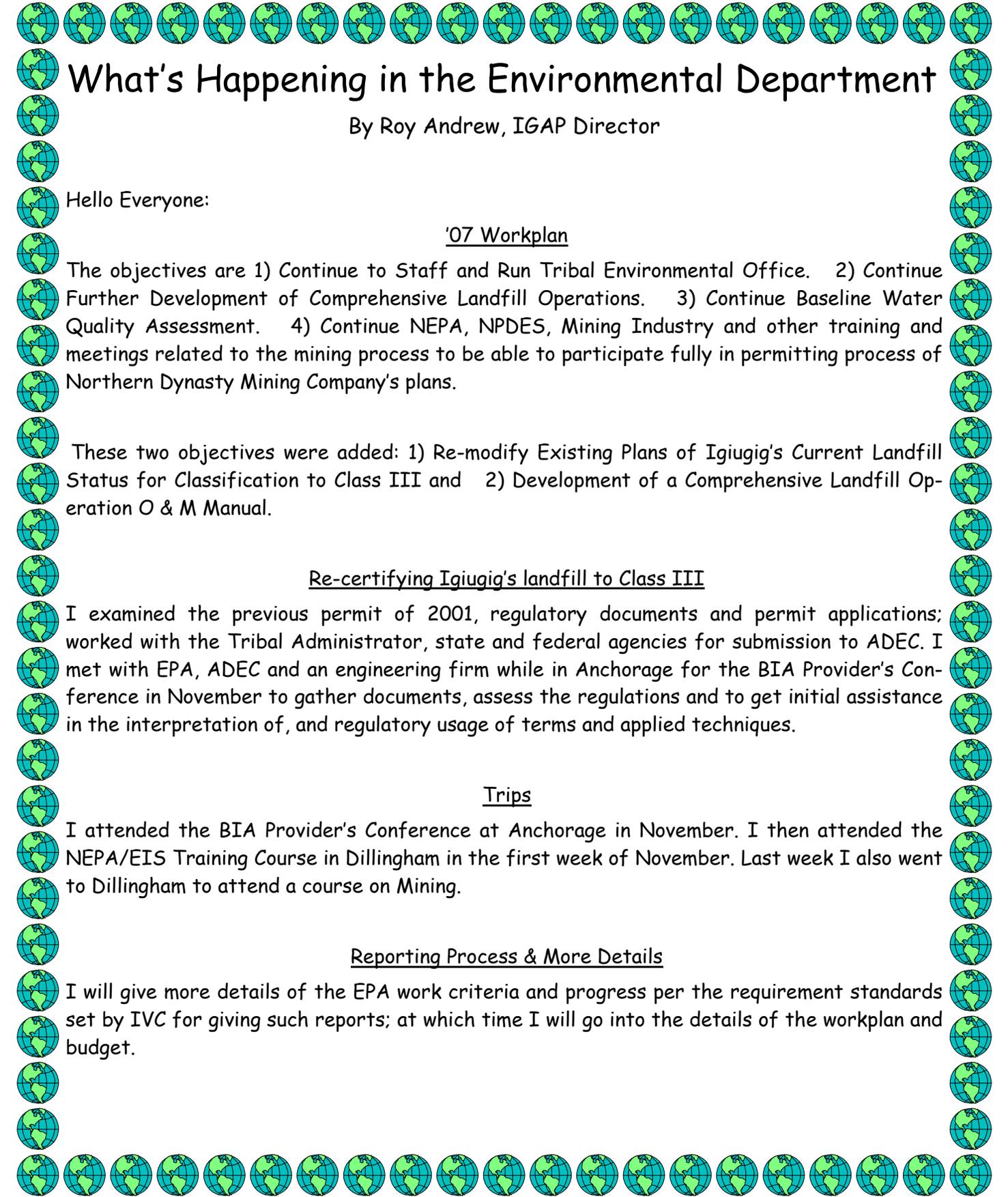
1. the main or essential part of a matter: *What was the gist of his speech?*

the ground of a legal action.

—Synonyms 1. essence, point, substance, burden, kernel, import.

## Answers to SUDOKU (game on page 5)

5	7	9	6	1	4	3	8	2
6	4	3	8	2	7	5	9	1
8	1	2	5	9	3	7	4	6
3	5	7	2	4	1	8	6	9
4	2	8	7	6	9	1	3	5
9	6	1	3	8	5	4	2	7
1	3	6	9	7	8	2	5	4
7	9	5	4	3	2	6	1	8
2	8	4	1	5	6	9	7	3



# What's Happening in the Environmental Department

By Roy Andrew, IGAP Director

Hello Everyone:

## '07 Workplan

The objectives are 1) Continue to Staff and Run Tribal Environmental Office. 2) Continue Further Development of Comprehensive Landfill Operations. 3) Continue Baseline Water Quality Assessment. 4) Continue NEPA, NPDES, Mining Industry and other training and meetings related to the mining process to be able to participate fully in permitting process of Northern Dynasty Mining Company's plans.

These two objectives were added: 1) Re-modify Existing Plans of Igiugig's Current Landfill Status for Classification to Class III and 2) Development of a Comprehensive Landfill Operation O & M Manual.

## Re-certifying Igiugig's landfill to Class III

I examined the previous permit of 2001, regulatory documents and permit applications; worked with the Tribal Administrator, state and federal agencies for submission to ADEC. I met with EPA, ADEC and an engineering firm while in Anchorage for the BIA Provider's Conference in November to gather documents, assess the regulations and to get initial assistance in the interpretation of, and regulatory usage of terms and applied techniques.

## Trips

I attended the BIA Provider's Conference at Anchorage in November. I then attended the NEPA/EIS Training Course in Dillingham in the first week of November. Last week I also went to Dillingham to attend a course on Mining.

## Reporting Process & More Details

I will give more details of the EPA work criteria and progress per the requirement standards set by IVC for giving such reports; at which time I will go into the details of the workplan and budget.



# WALK TO BE FIT

Total Village Mileage through November is 63,452.

## Strange but maybe True??

Too much night lighting may be adding to the cancer 'epidemic'...

### Night shift workers and others...

Are the changes in lighting levels of the past century to blame for some of the ever rising cancer rates?

This is something to ponder since prior to 1900 almost no one had electric lights and for the most part people went to bed after the sun went down. There were also no computer screens, or televisions to sit in front of until all hours and even the bedside reading lamp of yesteryear would burn out of oil or wax after a few hours.

Thinking on this has set scientists to wondering and researchers have taken up that though and reviewed a number of studies, the most extensive one of 78,562 nurses, and they found that night shift workers were up to 48% more likely to experience cancer than people who did the same job during the daytime. The January 2006 issue of Prevention Magazine included these and many other interesting things in their article entitled "The Cancer-Light Connection". Check out the magazine or access the article through their website— [www.prevention.com](http://www.prevention.com) .

The reason they think this connection between light and cancer may be true is linked to the hormone melatonin. This is a substance which is made naturally by your body during dark hours, which along with causing you to sleep deeply, fights cancer causing agents and cancerous cells within your body. By spending too much time in the light, they theorize that the body is unable to produce enough melatonin to fight or effectively ward of disease.

As a thinking person you may read through this and think maybe other obvious factors, like getting less sleep in general, and eating more from vending machines (thus junk food) are the real cause. If so, then maybe it would be wise to translate more than less 'night light' into your 24-hours, and also address all of the above in your quest for a disease free life!

## What to do? Evaluate your lifestyle:

- Seek Daylight Activities Outdoors
- Head to Bed when it's Dark
- Do the other Healthy things—eat nutritious food, exercise and do physical work

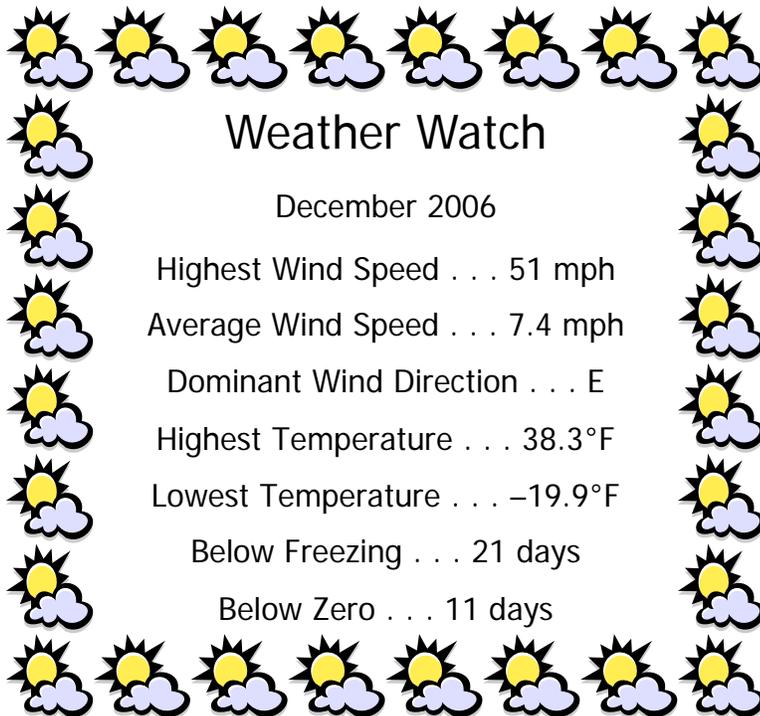
*-and-*

Follow the Sun—use every excuse to get outdoors when it's out—and settle in to sleep when it's not!

## Igiugig Tribal Village Council

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## Recipe Corner

### Spinach Calzones

#### Dough:

- 1 1/3 cups water
- 2 tablespoons olive oil
- 2/3 teaspoon salt
- 1/2 teaspoon oregano
- 4 cups bread flour
- 2 1/2 teaspoons yeast

#### Filling:

- 10 1/2 ounces frozen chopped spinach
- garlic powder
- 2 tablespoons olive oil
- 1 cup grated provolone cheese
- 1 cup grated mozzarella cheese

Process dough in bread machine. Remove dough from machine and roll it into circles of approximately 8 inches. Spread filling on one half of the circle leaving a border around it for closing. Close the calzone by folding the unfilled side on top of the filled side and crimping the edges closed with your fingers or a fork. Place on a lightly greased baking pan. Let rise approx. 30 minutes. Brush lightly with olive oil and bake at 500°F for 15-30 minutes or until puffed and golden.

#### Spinach Filling:

Saute thawed spinach in olive oil and garlic powder until all water has evaporated. (Squeeze out excess liquid first) Mix cheeses into spinach. You may substitute frozen chopped broccoli for spinach.