

Igiugig News & Notes

Igiugig Tribal Village Council

November 2008

Volume 11, Issue 11

Lights! Camera! Confidence...

*Note: This is a follow-up article to last months "Lettuce Talk Biz"

On Thursday October 23rd, I sat in the new Dena'ina Civic and Convention Center in nervous anticipation of the announcement of the third year Alaska Marketplace Competition winners. I listened to Mark Begich, the mayor of Anchorage and Senatorial candidate, welcome the Alaska Federation of Natives and he spoke directly to the feelings I felt as I proceeded through the competition. Firstly, he mentioned, "Alaska is experiencing a need to do things differently." I recalled all of the innovative business ideas at the marketplace that left me inspired and motivated to begin an agricultural business in Igiugig. Begich also mentioned that he shares the same example of service set by his father, a former Alaskan congressman, who died tragically in a small airplane crash. Having recently lost my father to the same circumstances, this could not be more true for me. Then he said his feeling was one of mixed emotion, but the right one being one of confidence.

Confidence was an emotion that I needed in order to win the competition. I am very new to the position of grant-writing and business proposals—an amateur that aspires to write like

(Continued on page 2)



Inside this issue:

A Small Voice . . .	3
Library/Computer Lab	4
Honeymoon	6
Sudoku	6
World Building	6
Washington D.C.	7
Scrumptious . . .	7
Potato Harvest	8
Gardeners Goodies	9
Bits 'n Pieces	10
Seasons	11
Environmental News	12
WTBF	13
Weather Watch	14
Recipe Corner	14

People to People

by Shaun Andrew, 6th Grade, Igiugig School

James scaled the Washington Monument, Chon explored the Newseum, Shaun studied the Air and Space Museum, and we all met for dinner at the Pentagon Mall. These are the kind of experiences that you can acquire at the World Leadership Forum in Washington D.C. I went and successfully graduated from the World Leadership Forum. All of the student delegates achieved these four qualities: academics, college credit, leadership skills, and personal skills.

Before and at the World Leadership Forum, the student delegates had a decent pile of work: e.g. the three assignments, a study guide, and four online quizzes that had to be completed. We had another 110 page packet to

(Continued on page 3)



Shaun at the Lincoln Memorial

Birthdays this month

- November 5
Nancy Nease
- November 8
Julie Salmon
- November 29
Shaelayla Nelson

LIGHTS! CAMERA! CONFIDENCE...(Continued from page 1)

my father, to deliver exactly what sponsors want to hear and to back it up with evidence. But I have a long way to go and it is difficult when writing on behalf of the Village—to put the desires of the Village in my own words and sound passionately convincing about it. The problem is that when I applied to the Alaska Marketplace, I simply mentioned that the greenhouse would be heated by waste-to-energy conversion from the village landfill incinerator. It sounded great, it was exactly as I heard my dad say it, but I was clueless as to how to make it work. The judges, looking for innovative ideas, loved the idea and I became a finalist in the category: “Practical Use of New Technology.” Dave Hostetter was a tremendous resource for designing the alternative use of energy, but I—not fully understanding how each system worked—did not feel confident at all.

On Monday I flew to Anchorage and scrambled to prepare my visuals for the booth, only how could I explain the technology when I did not understand it myself? I went into panic mode and confidence levels fell to an all-time low. I regretted mentioning the waste-to-energy component—after all it was my father’s vision and he was not there to explain. My father’s good friend—a carpenter named Lee Nieman—came to my rescue. He randomly stopped by the Anchorage house to fix our dryer and explained exactly how this system would work and drew a small diagram for me. It made perfect sense and I felt a new confidence in our project design. On Tuesday night I attended the orientation and booth set-up at the ConocoPhillips atrium only to worry once more. All the booths looked phenomenal and the finalists’ passion for their projects left me intimidated. I knew that I had better deliver the best business pitch in order to win. Then I stopped at Joann’s to buy the supplies to finish the diorama since I finally understood the technology component. Then, on Wednesday from 10AM to 5PM I stood in front of the *Kvichak Organic Produce* booth and presented to a selection of judges, including representatives from the Denali Commission, Bristol Bay Native Corporation, Alaska Energy Authority, DCED, and major oil companies, and I pitched my heart out.



One side of the booth read: Kvichak Organic Produce, “cultivating our subsistence way of life.” Underneath featured an aerial map of the village, a letter from Royal Wolf Lodge pledging customer support, and a visual demonstrating our “Practical Use of New Technology”. The other booth panel displayed photos of our community supported projects: village beautification, potato garden, recycling, and chicken coop. In our case, the photos captured in essence what I could not explain in words: proof that this project is a community vision, and that is the key to our sustainability. Elevated on a plant pot sat the diorama the kids helped me make. I boasted all day about Igiugig and emphasized what I did know: that Igiugig would make this project work. When I enthusiastically informed viewers that Igiugig already supplies free eggs to residents, that our village—two hundred and fifty miles from the city and completely isolated—are ahead of the nation in our extensive recycling program, that we *buy* flowers from the city to beautify our village each year, their facial reactions (jaw dropping, eyes wide) of sheer amazement fueled my passion for not only this project, but my love of Igiugig. I would have loved to claim these village accomplishments for myself, but I eventually had to give credit where credit was due. I told him that it was my father’s vision to build a sustainable community and a greenhouse will bring us one step further. One man came by and after a solid minute of contemplating the project design, he shook his head and said, “To tell you the truth, that is a very good idea!” Then he brought his wife over to make sure she voted for our project because he was so impressed with the innovative use of heat.

The judges’ reactions boosted my confidence in our project. But the next morning as I listened to the ninth of eleven winners being called to the stage, the confidence again began to fall. Don Perrin and gram Mary Olympic were there to suffer the suspense alongside me. When I heard a small pause and then “E-egegik”, I knew that was our village and after hearing the award amount—\$36,000—I could not contain my excitement. For those of you who watched the announcement on television—I think we know what this looked like. Thank you for your support and please forgive my greedy “money dance.”

The Alaska Marketplace gave me a chance to step away from the community and revisit our accomplishments; Igiugig has come a long way. More than ever before, at this competition, I truly felt the benefit of standing on the shoulders of Igiugig’s giant. Dan Salmon, our former tribal administrator, paved a smooth road for our village and we all better walk it and see how far we can get. It was an honor and a privilege to represent Igiugig Village. This project is far from over, and my thoughts over the last few days have been, “What have we gotten ourselves into now...”—especially considering we are not a traditional agricultural community. But at least now I have confidence. I look forward to working with you all as we advance this project from an idea to a sustainable business!

A Small Voice Can Make a Change, by Maggie Stoltman, 8th Grade, Igiugig School

Some people think students don't have a voice, but here in Igiugig we think otherwise. For example on October 21 we received a notice saying the school would be closed during in-service and Christmas break. Knowing that if the school were to be closed during the breaks the activities that are usually held at the school would not happen. The library would be closed to students and it would be to the community. After discussing the situation for a while we decided to write letters of complaint to Superintendent John Owens explaining why we did not want the school to be closed during the

breaks. After drafting and revising our letters we gave them to Mr. Thurston who delivered them to Superintendent Owens. The following Monday Superintendent Owens contacted us through e-mail to let us know he changed the policy and that the letters were inspiring and influencing regarding the closing of the school, and next time he will research around the district rather than just listening to a few well intentioned folks. In the end we learned that if there is something that you do not agree with then voice an opinion about it whether on paper or in speech.

PEOPLE TO PEOPLE *(Continued from page 1)*

complete as homework during the week. Everyone assessed speakers, journaled, and answered questions about the places we visited. I stayed caught up with my homework, but our facilitators didn't give us a lot of time to work on it. On the flight to DC I learned how spacious our country is, I learned that DC is bigger than I thought, and I learned about the places where my friends lived. I learned the science of making a cannon as a blacksmith and making a newspaper with a printing press in 1773. We acquired the knowledge about government at the Capitol Building and whenever we saw a president's memorial. I accumulated a lot of knowledge of the history of our country and of the struggles the United States of America went through.

People to People offers a wide range of college credit and high school credit available to its student delegates. After the World Leadership Forum all the student delegates obtain a certificate of graduation. Colleges and Universities look for programs like People to People because it looks better on the student's resume with a chance of attending a better college.

At the World Leadership Forum I met a lot of new people. I encountered people from all over from North Carolina, California, and Oklahoma etc. I got to know many people and I was always proud when someone asked where I lived and I said, "Alaska." I developed the skill of collaboration because my leadership group had to work together a lot during the week for projects and homework. My buddy and I did homework together on the bus after learning the history of places and all the delegates had assignments at night so my roommates worked with me.



Thousands of soldier's are buried at Arlington National Cemetery— the lines of graves go on and on.

My leadership group traveled to JFK's grave at Arlington National Cemetery. We had to be quiet and respectful because he was a president and it was a rule. We also witnessed the changing of the guard at the Tomb of the Unknown Soldier where we stood silently and respectfully. We walked through the thousands of men and women who have fallen for America's freedom. I felt sad when I walked through the gravesites of America's soldiers who gave the ultimate sacrifice for our freedom. The Unknown Soldiers Tomb was melancholy because no people knew who the soldiers were and whom they were related to. We also listened and learned about the speaker's jobs and some about their life. These are the three speakers: an astronaut, a US congressman, and a representative from Saudi Arabia.

In my opinion the trip was thrilling, superior, and I already want to go back to see all my friends. More kids should join People to People because you can acquire many new experiences and meet many new people. Kids should join because not many kids join the program from Alaska. All the kids were excited to meet me for one reason: I was from the Great State of Alaska and the delegates were asking me if I rode polar bears to school.



Grandma Sheila gets her picture with Shaun before he went on his World Leadership Forum trip.

Library/Computer Lab News

Don't forget daylight saving ends on the 2nd so your clock will be falling back one hour! Election Day is the 4th of November; please take time and exercise your right to vote! Watch the skies at night for the Leonids Meteor Shower on the 15th. Thanksgiving Day is on the 27th, which is on a Thursday. BOB still meets on Fridays from 10a.m. to 10:30a.m., so come and check out what is happening with your children and see the books they are reading.



INSTITUTE of
Museum and Library
SERVICES

"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

Franklin's Thanksgiving by Paul Bourgeois

"Franklin liked everything about Thanksgiving. He liked eating pumpkin-pie and cranberry jelly"...

'Twas the Night Before Thanksgiving by Dav Pilkey

School children on a field trip to Mack Nugget's farm save the lives of eight turkeys in this poem based on "The Night Before Christmas."

Nonfiction

It's Thanksgiving by Jack Prelutsky

"When Daddy carves the turkey, it is really quite a sight, I know he tries his hardest, but he never does it right".

A Pioneer Thanksgiving by Barbara Greenwood

"... Collect some chestnuts and play the old-time game of conkers. Find out how the First Peoples celebrated the harvest."

Moose Racks, Bear Tracks and Other Alaska Kidsnacks Recipes by Alice Bugni

"... is an assortment of kid-tested and kid-approved snack recipes - designed for young and enthusiastic cooks who view flour dust storms as a sign of process and sticky fingers as a measure of success!"

INTERESTING WEBSITE OF THE MONTH

www.target.com

There is a Target store that just opened in Anchorage! Lower prices are a plus for us. Gift cards are also available. Christmas is around the corner, and do you have a long list of favorite people you want to impress? This sight may be for you.

Molokai Honeymoon by Christina Salmon

After months of planning and preparation for our wedding and all the dust was settled, Igiugig returned to normal. For the most part. Jack and I were no where back to our day-to-day lifestyle. How could you be knowing that in a few months, you were off to honeymoon in Molokai, Hawaii?

We arrived in Honolulu on October 11th and had a 5 hour layover before boarding a smaller airplane to the remote island of Molokai. Once in air we were staring at the brilliant blue ocean in amazement, the gorgeous white beaches of the Hawaiian Islands and the red volcanic dirt on Molokai. I could not take in enough of the scenery and was kicking myself for putting the camera into our checked luggage! Molokai was a balmy 83 degrees when we



Pretty flowers were right outside of our door.

landed and I thought for sure I was going to have a round with heat stroke. Jack, being the local Hawaiian he is at heart, fit right in and was adjusted to the heat by that evening.

After a quick meal at what became one of our favorite restaurants, we headed out to find our condo and settle down for the night. I was asleep by 8 and Jack was left to watch cable alone on our first night there.

Although we spent a week touring it felt like it was over in a flash. We filled our days touring the 2nd largest coffee plantation on the Hawaiian Islands where we fell in love with their coffees. Visited the macadamia nut farm and ate nuts right from the tree that were delicious. I became victim to a terrible case of sunburn as we kayaked part of the 32 mile long reef. On our kayak trip we snorkeled for about an hour and then paddled into an ancient mangrove field to see a very old fish pond. All the time our tour guide teaching us about the colorful history of

(Continued on page 6)



Christina stands in front of a macadamia nut tree during their tour of a macadamia nut farm.



Answer can be found on page 11.

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

HONEYMOON (Continued from page 5)

Molokai and its people. We went out on a sunset cruise and watched the sunset, lighting up the horizon like a wildfire. It was one of the most spectacular sunsets we ever watched or have taken the time to watch! Many of our afternoons were filled relaxing on Papohaku Beach, the longest beach on any of the Islands. We learned that Waikiki is a man made beach and its sand was barged across from Papohaku Beach! Our last evening was spent driving to the remote side of the Island, Halawa Bay. It was a breathtaking drive, right along the cliffs and into the rainforest.

Before we knew it, we were back in Igiugig, full of gifts and stories to share with our friends and family. We have already starting making plans to return again, this time with our children and possibly their gram in tow! Thanks to AlexAnna and my Mom for watching Aiden and Keilan for us for 10 days, we were able to spend quality time together and truly enjoy our honeymoon. Molokai is definitely a place you go to get away from it all and relax!



One of our many self portraits, we took this one at Halawa Bay on our last evening.



Jack on our sunset boat cruise just before the sunset.

WORD BUILDING

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

MLRSOA

1. □□□

2. □□□

3. □□□

4. □□□

5. □□□

6. □□□□

7. □□□□

8. □□□□

9. □□□□

10. □□□□

11. □□□□

12. □□□□

13. □□□□

14. □□□□

15. □□□□

16. □□□□

17. □□□□□

18. □□□□□

19. □□□□□

20. □□□□□

21. □□□□□

22. □□□□□□

23. □□□□□□

Answers can be found on page 11.

Visit to Washington D.C. by Camille Andrew, 4th Grade, Igiugig School

Washington D.C. has great restaurants, fantastic museums and amazing monuments and battlefields. The weather in our Nation's capitol was scorchingly hot and suffocatingly humid during our family vacation between September 13-25. Washington D.C. is not like Igiugig; it's like comparing a skyscraper to an igloo. These towns are as different as 1,000,000 and 1, so you could see how big of a difference it is.

The temperature when I was there was in the high 70's, low 80's. When we went to Hershey Park, where mouthwatering chocolate is made, it was so humid. An amusement park is also there. People are everywhere. A

lot of people are at the metro station and Hershey Park. Hershey Park was fun, but uncomfortable because I was so sweaty and hot.

The fantastic restaurants are amazing. We went too many. At Benihana's I had scrumptious fried rice. Entertainment was also provided by the chef. He took utensils and flipped them in the air.

The chef caught the utensils, cleaned the oven and chopped food. Chop. Chop. Chop. He made an onion volcano and put water in the middle and hitting the grill next to it made it smoke. He also took

(Continued on page 8)



Camille, Michael, Grandma Sheila and Madison with the Mall and Washington Monument in the background.



Camille, Madison, and Kyle climbed on the roots of the huge trees at Mt. Vernon estate.

Scrumptious Fundraiser by Tess Hostetter, 7th Grade, Igiugig School

"And this is a pumpkin cream cheese roll" stated April. The auction began, and the numbers started to rise like dough in the oven: Five! Ten! Fifteen! Twenty! Twenty-five! Thirty-five! Fifty! Sixty! Seventy! Seventy-five! Finally it sold to Dallia Andrew for seventy-six dollars. The Igiugig high-school students started their October school fundraiser with a dessert auction at the school gym and after it was done they were 451 dollars richer. This fundraiser baked a lot of fun for our hungry village of fifty.

The Igiugig School Dessert Auction went delightfully well this year. Chocolate and color vision cake, chocolate covered apples, and key lime pie were some of the many exotic, colorful desserts. Sitting on the brown table in front of the bleachers, like a rainbow across the horizon, the sugary delights were auctioned to the dessert-crazed Igiugigians in attendance.

Throughout the auction they were many offerings made. Prices ranged from \$11-76 dollars. Even six year old, first grader Kyle Andrew, who out bid Kristin Hathhorn, raised the price for a chocolate cake. "It looked yummy," he said. "I had to have it."

The students from seventh grade and up all helped to make the desserts. Key lime pie, tres leches, chocolate and color vision cake and more decorated the dessert table. All the desserts, this reporter has to say, sold for expensive prices like the \$25 dollar miniature watermelon or the \$76 dollar pumpkin cream cheese roll. According to April Hostetter, Student Government President, the dessert auction was a "tremendous success. It shows how the community goes above and beyond expectations to support our school."

After all desserts were purchased, people gathered their desserts, paid their price, and returned home with their community delights, and the student government banked their dessert cache.

Potato Harvest by April Hostetter, 11th grade, Igiugig School

At the end of September the community went out to help pull up the potatoes. Though a lot of the potatoes were tiny (which isn't bad, because they are delicious if you deep fry them), we had a very successful garden. After the potatoes were dug up, we brought them to the hanger to dry. After they dried, Christina and I rubbed most of the dirt off and divided up the potatoes to give to all the families. During this tedious task, we found many deformed potatoes that we added to our potato family group, one even looking like Shrek or Mr. Potato Head. Finally, on October 3rd, Igiugig held it's first annual Potato Festival. Everyone who attended brought a unique spud-based dish such as potato fry bread, deep fried baby potatoes, potato cookies, roasted potatoes, and a very creative potato volcano (mashed potatoes with cheese on the inside). Next year we hope to have an even more successful potato harvest.

WASHINGTON D.C. (Continued from page 7)

Shaun's cup and flipped it all the way around without a top. The restaurant was amazing. Joe's Crab Shack was great too. My calamari was appetizing. My dad and Shaun had a bucket of shellfish that included crab and shrimp. They had food in buckets and they wore bibs! They used little yellow tools to take the crab out of the shell. Many fake sea animals were hanging up on the ceiling. Another eatery was Don Pablos, which was a Mexican restaurant. I had a fun time playing games on the kid's menu. My meal of Nachos was mouthwatering. I had a fun night.

The famous buildings are amazing. I have never seen buildings like the buildings in D.C. Capitol Hill was unbelievable. They had tunnels underground that went under a street. They had a tram for them. There were lots of statues of the presidents, too. Another spectacular building was the Library of Congress. It is a beautiful Italian Renaissance. When the Library burnt down Jefferson gave the library his books and they are still there. George Washington's Mansion is another amazing sight; behind the mansion is a terrific view of the Potomac and animals like chickens, oxen, horses, sheep, and hogs were every-



Kyle walks along the Vietnam Wall looking at the names and some of the mementos left each day.



Kyle, Michael, Madison, Camille and Grandma at one of the observations towers at Gettysburg. We all climbed to the top, except Grandma who took pictures of us.

where. Another great home is Eisenhower's. It is humongous. In the garage there are vehicles Eisenhower used. The view of his cornfields is astounding, I could sit there and look at it for hours. The museums are incredible too. The National History Museum has a large blue diamond and other diamonds. Stuffed mammals were really cool. They had a movie on how mammals were created. Sadly, the exhibit for the blue whale was closed. The fossils and bones were remarkable. They had real bones and casts of bones. The Air and Space Museum was superb. There were model planes everywhere. The space ships were awesome. I saw a model of the Wright Brother's plane. After visiting all the museums, climbing up all the stairs, and walking, I was exhausted.

We went to the Lincoln Memorial, World War II Memorial, and Vietnam Memorial. When we were at the Vietnam Memorial I saw a man on a ladder taking a copy of the name off. That probably means someone they knew and loved was lost in war. They probably took a copy of the name so that he or she will always be with them. It made me feel sad.

My trip to our Nation's Capitol was astounding and I will never forget it. I hope I can go again some other day. Well what did you think of my visit to Washington D.C.?

GARDENERS GOODIES

NOVEMBER garden activities:

- ❑ NOVEMBER – Get ready for snow—put all your tools and spare pots away in a shed or under the house to keep them in good shape for next year’s growing activities. Hoses should be drained and coiled up in an out of the way place—they are easily damaged or broken if they are handled roughly when they are frozen.
- ❑ NOVEMBER – Talk with AlexAnna! She recently won the Market Place Award from AFN which is a very cool thing that will help us on our way to producing locally grown greens and other vegetables. She will be doing lots of planning, organizing and ordering in the next few months and volunteers will be super important to making this project work.
- ❑ NOVEMBER – Keep trying new and different potato recipes and look forward to the “soon to be published” local potato cookbook. Plan to join the community potato gardeners in the spring next year when they prepare the plot and plant the 2009 crop.
- ❑ NOVEMBER late – check on your outdoor garden decorations. Strings of Christmas lights can be a good way to light a pathway to and from the steambath while adding a bit of cheer to the winter scenery. Put up markers for things you don’t want driven over through the winter months, and place markers along trails that you will want to shovel if we are blessed with lots of snow.



*What's blooming now?
Snowy sunsets are the colorful part of life this time of year.*

REMEMBER those Re's

***Reduce – Refuse – Reuse – Renew – Recycle – Remodel – Refurbish – Rebuild – Recharge –
Refill – Refinish – Repurpose – Recover – Reclaim***

– Reload – Re...something. Two new “re’s”

Reinvest and reinvent!

*Try to **reinvest** your time and energy in projects that will make a difference for future generations...read with a kid, create a memory, build a family heirloom (sled, quilt, bench, etc.)*

Reinvent think up new and innovative ways to use things we already have—like burning trash to heat the water to circulate through the greenhouse floor to keep it warm so the food will grow.

Bits 'n Pieces

SENDING STUFF?

Tis the season to be sending stuff all over the country for those people you love who live too far away to go see in person, Halloween, Thanksgiving, Christmas, Valentine's Day.....

So if you are pondering the best way to get stuff from here to there, here are some handy tips.

www.usps.com



This picture is what you should see when you type in the link above on your computer, it is the website to the U.S. Post Office and a really good starting place for all your shipping needs.

You can do lots of useful things at that website, like ordering up postage, supplies, or gifts for stamp collectors. You can calculate postage costs by entering the zip codes and the weight of your item.

Also you can print priority and express package labels complete with postage, so all you have to do is drop it in the mail.

If the things you are sending are small but heavy, it's almost always the most economical to use one of the 'flat rate packages', because you can put as much weight as you can fit into them as long as they close smoothly.

Flat Rate Packages:	Size:	Rate at PO:	Rate online:
Large Flat Rate Box	12" x 12" x 5-1/2"	\$12.95	12.50
Flat Rate Priority Mail Box	11-7/8" x 3-3/8" x 13-5/8"	\$9.80	9.30
Flat Rate Priority Mail Box	11" x 8-1/2" x 5-1/2"	\$9.80	9.30
Flat Rate Priority Envelope	12-1/2" x 9-1/2"	\$4.80	4.75

Another mailing tip—if you have extra room in your box and you're out of extra packing peanuts, a light weight way to fill up the space is to put empty (clean) water or juice bottles in to fill it up.

Add a label that says "**Air from Alaska**" to give a good laugh to the recipients.

How fun is that?!

The big rain drops make big long streams down to the gigantic ponds.

When the rain falls down from the sky and makes the sound "clunk" it sounds like pretty music.

All of the rain drops drip from the sky on there way down to the ground. The rain drops catch all of the dust in the sky.

- by Dolly Ann Zharoff, 4th Grade, Igiugig School

The small streams are rushing down to the lake.

Rain falls down and it splashes and makes the sound "csh".

Rain comes when it wants and it falls to the ground and it splashes.

- by Joshua Brown, 3rd Grade, Igiugig School

Seasons

by Molly Stoltman, 8th Grade, Igiugig School

Bright colors everywhere
Slowly fade with the chilling air
Look around no longer will you see
Every color that can be
Every leaf of every tree
Softly falling with the morning breeze
With every leaf like a blanket on the ground
It starts to snow all around
With many months of swirling snow
People remind themselves of what they know
Knowing that the snow would soon be gone
You realize you were wrong
Knowing that the snow would never last
You see that having snow was a blast
With a sudden change through the night
We wake with a happy sight
With many bright colors everywhere
Slowly growing with the warming air.

Answers to WORD BUILDING

(game on page 6)

RAM, ARM, LAM, OAR, MAR, SLAM, SOAR, RAMS,
ROAM, ARMS, ALSO, ALMS, LOAM, ORAL, OARS,
MARS, SOLAR, ROAMS, ORALS, MORAL, MOLAR,
MORALS, MOLARS

Odd Word Definitions: (from
www.dictionary.reference.com)

alms [almz] -noun.

Money, food, or other donations given to the poor
or needy; anything given as charity.

lam [lam]

-noun.

A hasty escape.

-verb.

To beat; thrash; strike.

to run away quickly; escape, flee; hide

loam (loh-m) -noun.

A rich, friable soil containing a relatively equal mix-
ture of sand and silt and a somewhat smaller pro-
portion of clay.

When I go for a walk outside I see little
streams and they turn into puddles.

When I am outside the rain makes a
"clunk" sound. It sounds like a cat.

When I am outside when it is raining,
the rain makes loud, loud noises like a
bear scratching the door.

- by Fewnia Zharoff, 3rd Grade, Igiugig School

The rain hits the school and sounds
like taps.

It rains off and on like a light switch.

Rain is so cold that it freezes.

When it is really wet, and I stay out-
side too long I start shivering.

- by Kyle Andrew, 1st Grade, Igiugig School

Answers to SUDOKU (game on page 5)

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

Save Money on Home Heating Bills This Winter!

- If you have a woodstove, use it! Using your woodstove will lower your fuel intake since you are not heating your home with an oil stove. If you do use your woodstove, make sure your oil stove is off.
- If you only have an oil stove, set your thermostat as low as comfortable. Resetting your thermostat from 72 degrees to 65 degrees for the day you can cut your heating bill by up to 10 percent.
- Replace furnace filters regularly.
- Temperature variations near the thermostat will affect the whole house, so make sure your thermostat is located in an area that is not too cold or hot.
- Open up shades in the day to let in the heat from the sunshine, and at night close them to help keep the heat in.
- Use storm or thermal windows in colder areas. The layer of air between the windows acts as insulation and helps keep the heat inside where you want it.
- Keep windows closed during cold weather, but be careful to air out the house on a regular basis to avoid buildup of any toxins.
- Repair all cracks and holes, large or small, in your roof, walls, doors and windows. Make sure you seal off anywhere that heat might escape.
- Close off the attic, garage, basement, spare bedrooms and storage areas. Heat only those rooms that you use.

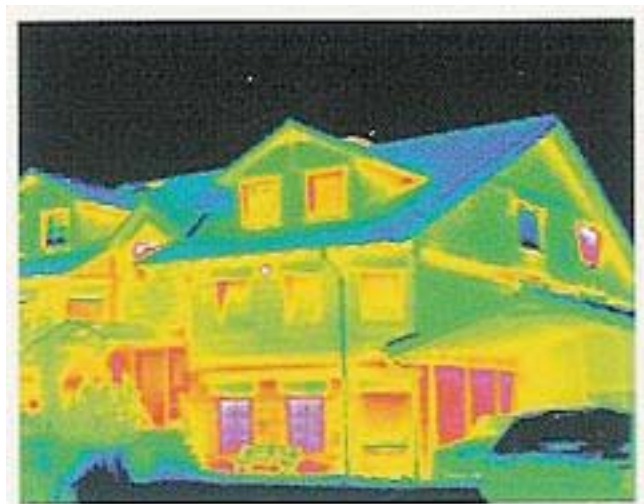


Figure 3 Thermal imaging photograph
Red = High Heat Loss, Yellow / Green = Medium Heat Loss, Blue = Low Heat Loss

For more tips on saving money this winter, go to

<http://www.chiff.com/a/cut-heat-bills.htm>



WALK TO BE FIT

Total Village Mileage through May is 69,200

Do an exercise moment

We all have guilt occasionally for the lack, of exercise and couch potato existence that we easily fall into if we aren't careful

Hopping to Health

If there's no way to add a good exercise session into your day consider an exercise moment. Some studies have shown that adding just 8 minutes of intense activity into your day can turn around many of the ill effects of a sedentary life. And further, they found that these eight minutes could actually be spread out over the day as very short bursts of activity.

Try one or more of these and just see if you at least don't feel a little more energetic:

1. Race a little person to the kitchen, down the hall or to the bathroom.
2. Do a few jumping jacks to get your blood pumping.
3. Every hour get out of your chair and take a quick walk around the house, office or room.
4. Jog in place for one minute.
5. Go up and down on your tip toes while you watch the coffee pot finish perking your morning brew.
6. Balance on one foot while you put on socks and shoes.
7. Sit on an exercise ball to watch your favourite evening show.
8. Challenge someone else to a DDR session.
9. Do stair steps on a small bench or step stool while you watch an interesting evening news clip.

Move it just a little every day—it will make you more energetic and your kids may even think you are more fun to be around!

Igiugig Tribal Village Council

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

Dallia Andrew, President
Randy Alvarez, Vice-President
Kevin Olympic, Member &
Administrative Trainee
Annie Wilson, Member
Michael Andrew, Jr., Member
Bonnie Thurston, Tribal Administrator
Sandy Alvarez, Administrative
Assistant
Bernadette Andrew, Editor & Social
Services Director
Betsy Hostetter, Librarian
Christina Salmon, IGAP Director
AlexAnna Salmon, Tribal Clerk
Ida Nelson, Tribal Clerk

Weather Watch

October 2008

Highest Wind Speed . . . 49 mph

Average Wind Speed . . . 6.9 mph

Dominant Wind Direction . . . SSW

Highest Temperature . . . 50.7°F

Lowest Temperature . . . 3.2°F

Below Freezing . . . 29 days

Below Zero . . . 0 days

Precipitation . . . 1.63 inches

Recipe Corner

Pecan Crunch Pumpkin Cheesecake Pie

- 1 8 oz pkg cream cheese, softened
- 1/4 cup white sugar
- 1/2 tsp vanilla
- 1 egg, lightly beaten
- 1/2 tsp finely shredded lemon peel
- 1 pie crust for a 9-inch deep dish
- 1 1/4 cups canned pumpkin
- 1 cup half-and-half
- 1/2 cup packed brown sugar
- 2 eggs, lightly beaten
- 2 tsp pumpkin pie spice
- 1/4 tsp salt
- 3 tbsp packed brown sugar
- 3 tbsp all-purpose flour
- 2 tbsp butter, softened
- 3/4 cup coarsely chopped pecans
- Sweetened whipped cream

In a medium mixing bowl, beat cream cheese with electric mixer until smooth. Beat in sugar, vanilla and 1 egg until smooth. Stir in lemon peel. Cover and chill for 30 minutes. Arrange pie crust in 9-inch deep pie plate. Spoon cream cheese mixture into pie spreading evenly. In a medium mixing bowl, stir together pumpkin, half-and-half, 1/2 cup brown sugar, 2 eggs, pumpkin pie spice, and salt. Carefully pour over cream cheese mixture. Bake, loosely covered with foil, in a 350 degree oven for 30 minutes. Uncover, bake for 30-40 minutes more or until center is set. In a small bowl, combine 3 tbsp brown sugar, flour, and butter. Stir in pecans. Sprinkle this mixture over pie filling. Bake 10-15 minutes more or until topping starts to brown. Cool 1 hour on wire rack. Chill at least 2 hours before serving. Serve with sweetened whipped cream.