



### Volleyball Jamboree Photos

Photos and highlights of the Volleyball Jamboree held in Kokhanok.

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### D.C. Close Up

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### NACTEC Trip

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### Thanksgiving Day Feast

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december 2009

# Igiugig

news & notes

□ VOLUME 12 □ ISSUE 12

## Volleyball Jamboree

BY CHRISTINA SALMON-WASSILLIE

Fourteen teams met in Kokhanok from November 18th to the 21st for a three-day volleyball jamboree! Mixed six and mixed three-man teams played from morning to night, to claim being District champions. Sadly, April Hostetter came down with the flu and was not able to play with the No-See-Ums.

Once all the teams arrived, we had a coaches meeting and went over house rules, proper sportsmanship, and chaperoning duties. We then

decided who we would recruit to be on our team. Jeffery Clay, originally a Newhalen Malamute, was the chosen one! He happily wore April's jersey, medical tape covering her last name and using a black Sharpie to write in his, he suited up in maroon and white!

Our first game was against the Kokhanok Warlords, beating them, and first game jitters out of our system, we moved on to play Levelock-Egegik, another combined team. After beating them, and on a winning streak, we battled with Chignik Lake, where our winning streak abruptly ended. Maggie, Jeremy and Jeff played their hardest, but were still moved to the loser bracket.

*(Continued on page 3)*

### Birthdays This Month:

- December 11  
AlexAnna Salmon
- December 12  
Dave Hostetter
- December 24  
Sheryl Wassillie
- December 28  
Dannika Wassillie
- December 29  
Willie Nickoli



## The 4-1-1 in the 5-3-3 by AlexAnna Salmon

Oh November! On the 1st, I woke up in Toronto, Canada to begin a day of Canadian Aboriginal Mining Association conferences attended by Native Corporation leaders from the Bristol Bay area, and hosted by Pebble Limited Partnership. I have yet to visit an actual mine, but it was a great learning experience, and an opportunity to sight-see in our neighboring country. I returned to Igiugig to experience my first Single Audit for an entire week; it was intense and our accountant Sandy Alvarez worked tirelessly to prove our fiscal responsibility.

The Igiugig Native Corporation convened on November 8 to discuss 2008 success and to wish longtime board member Julie Salmon a Happy Birthday, followed by a potluck hosted by the Igiugig St. Nicholas Sisterhood. Other activities included: helped clean and prepare the new houses for final inspection, winterized Man Camp, and hosted the monthly IVC meeting before departing for New York to spend Thanksgiving with the East Coast relatives. Before arriving in Penfield, I made a pit-stop to Washington DC for mandatory grant training on the Farmer's Market Promotion Program that operates from the USDA's Agricultural Marketing Service. The attendees spanned the country and it was great insight into local agricultural projects in various states, counties, and towns.

Meanwhile, on the homefront, impressive activities were accomplished. Our Environmental Director Christina Salmon-Wassillie earned the Alaska's Environmental Excellence Award at ATCEM—congratulations! Jack Wassillie completed the Ad-

vanced Power Systems training in Seward, Barbara Brown hosted an extremely informative Fire Department/EMS training on frostbite and hypothermia (just in time for the sudden cold spell mid-November), and the No-see-um Volleyball Team

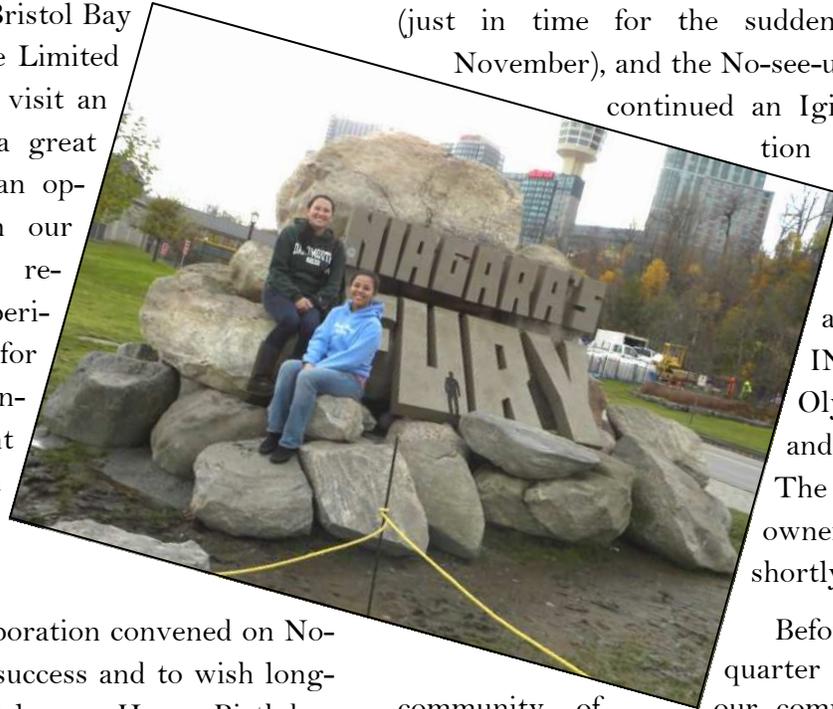
continued an Igiugig School tradition in bringing home

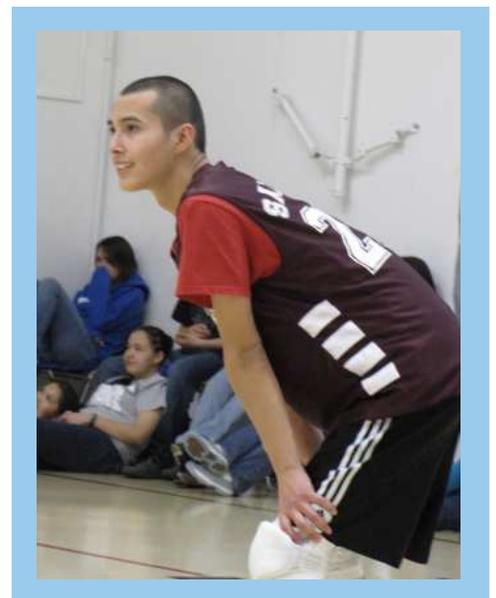
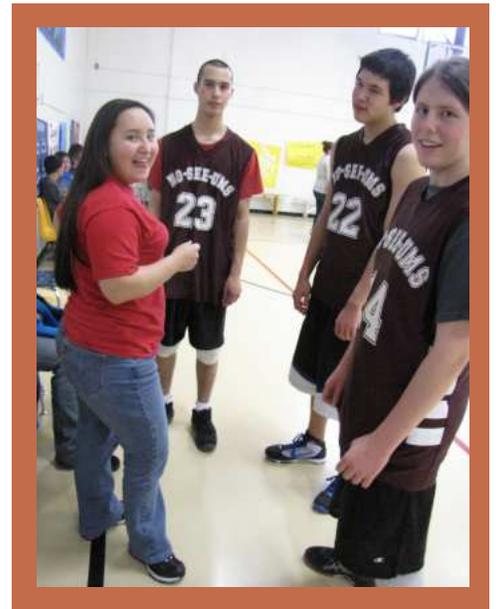
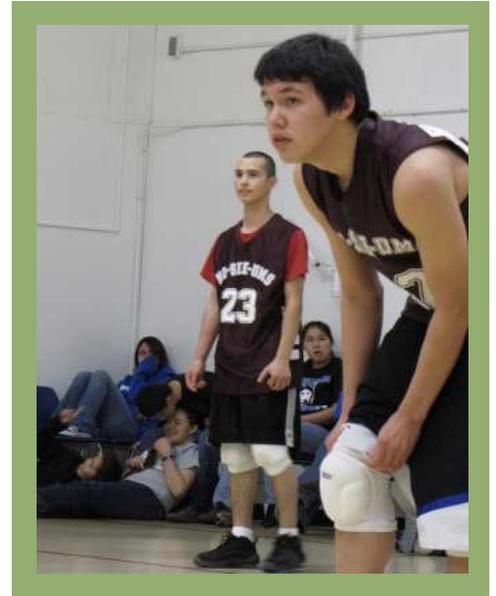
the Sportsmanship Award at the tournament! It was also finally MOVE-IN Day for Kevin Olympic and Mike and Dalia Andrew! The rest of the homeowners will be following shortly.

Before the academic quarter ends, I remind the community of our commitment to education and prioritizing accordingly; after all, they represent the future of Igiugig. There is ample opportunity to volunteer for school events such as the Battle of the Books coaching but the easiest participation is simply asking the students if their homework is done and encouraging pride in all that they do. As Marion Edelman Wright advocated, "Education is for improving the lives of others and for leaving your community and world better than you found it. Education is a precondition to survival in America today."

When I was asked to step up as the President of Igiugig Village Council, I was told, "With your education, Alex, you will be able to speak for our community, and will know what is best." This Thanksgiving, I give a special thanks to the parents, teachers, elders, village, and institution that have contributed to my education and the opportunity to give back.

HAPPY THANKSGIVING





**Sportsmanship Award Winners - Igiugig No-See-Ums**

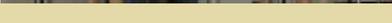
Maggie Stoltman, Coach Christina Salmon-Wassillie,  
Jeremy Salmon, and Jeffery Clay

*(Volleyball Jamboree Continued from page 1)*

Our last game, for 4th place, we challenged the Pedro Bay Chiefs, losing and taking 5th, we were out of the competition.

Far from being losers, we happily shook hands and congratulated the winning team with smiles and hugs. We then spent the rest of our trip visiting with friends and family from other schools, enjoying a live band dance and having a great time.

Jeremy made the All-Tourney Team and the Igiugig No-See-Ums came home with the best award of all: Sportsmanship! Respectful and hard working on and off the court, the No-See-Ums represented our community well!





## Library/Computer Lab News

Betsy Hostetter - Tribal Librarian

Merry Christmas!!! Winter solstice is on the 21st!!! Christmas day is on Friday. Sandy and I just completed the Basic Final Report for this year. Thank you Sandy!!! YOU are an angel!!! Our November library gathering was "What Thanksgiving means to you?"



### EASY FICTION

The Mouse Before Christmas - Michael Garland

"On Christmas Eve, a little mouse decides to stay awake to see Santa and ends up taking a wild ride in Santa's sleigh before being returned home safe and sound."

### Junior Fiction

The Tough Winter - Robert Lawson

"When Uncle Analdas, the old, old Rabbit, predicted, "I hold its goin' to be a tough winter, and needn't nobody bother to deny it,..."

### Alaska Fiction

The Stars, the Snow, the Fire - John Haines

...Twenty-Five Years in the Alaska Wilderness...

### Alaska Nonfiction

Field Guide to Tracking Animals in Snow - Louise R. Forrest

"How to identify and decipher those mysterious winter trails."



### NONFICTION

Christmas Crafts and Customs - Virginia Fowler

"Here is a celebration of the Christmas season, featuring crafts and customs of many different countries as well as recipes for delicious holiday treats."

### INTERESTING WEBSITE OF THE MONTH

[www.allrecipes.com](http://www.allrecipes.com)

This has the best Christmas recipes! Want to make Christmas cookies- one of them is crisp meringues cookie and Michelle's soft sugar cookies. How about bread? The banana sour cream bread, and what about banana nut bread baked in a JAR!

## Snow Babies



Jonathan discovers the joy of making Snow Angels



Shealayla all bundled up for a frosty Thanksgiving Day



Fewnia is ready to ride!

## D.C. Close Up

by April Hostetter - 12th Grade

After eight hours of flight time, Ms. Lester, Samantha Foss, Krista Hobson, and I finally arrived at Washington DC for Close Up. Close Up's main objective is to help students become more effective citizens. We, along with about a hundred or so other students from California, Illinois, Louisiana, Missouri, Rhode Island, Utah, and Wyoming, discussed current issues and events and also some of America's history as we visited the memorials located around our nation's capitol.

Ms. Lester, Sam, Krista and I arrived a day earlier than the rest of the Close Up participants, so we were able to roam around the city before we started in on the program. The next day we moved into a different hotel room where Sam and I met our roommates who were from a small town in Wyoming. The first evening of the program we broke up into workshops. In our workshop we talked about how an individual can be politically effective. We then decided where we, personally, were on a scale that ranged from not very effective (uninformed or inactive) to very effective (informed and active). I put mine closer to the not very effective, since I didn't think I knew very much about all of the current issues.

The next morning we went into Washington DC's Chinatown. It didn't really strike me as being a Chinatown, although most of the signs of the stores were also written in Mandarin as well as English. We got to walk around the neighborhood and think of how the recently added sports complex affected the area. It made Chinatown become more Americanized, and less culturally diverse. But once I saw the Friendship Arch, it made me realize that some of the Chinese culture was still prominent. After we walked around the neighborhood a bit we got on our buses to go eat lunch at the Smithsonian Air and Space Museum, where many famous airplanes reside. Amongst those is the Spirit of St. Louis, which was the first airplane to fly from New York to Paris nonstop.

After lunch we went to see the World War II, Korean, Vietnam, and Lincoln memorials. Thankfully it was a nice day outside, since we walked down the Mall of DC from the World War II memorial to the Lincoln memorial.

The next day we got to visit the capitol building. We were able to speak with Mark Begich and Don Young. Before we saw the capitol building, we went on a tour of the White House. When we arrived at the capitol we ate lunch and then went to Mark Begich's office, where we met with some of the other students from Alaska. We then were able to speak to Mark Begich about his views on different issues. After we spoke with Mark Begich, we then got a tour of the capitol building, but that was cut short since we were running late for our next meeting with Don Young. He didn't mind that we were late, and answered our questions and spoke a lot on his view of the new health care bill. We weren't able to meet with Lisa Murkowski because she was on her way to Alaska.

Throughout the program our schedule was packed. Sometimes we had to discuss what we thought of the memorials while we were on the buses. Some of the discussions encouraged debate between students who had different views. At one point in our workshop



Above: April, Mark Begich, Krista Hobson, Joann Lester  
Below: Spirit of St. Louis at the Air and Space Museum



we debated whether or not the health care bill should be passed. Then all of the students who attended Close Up that week were in a mock legislative meeting, where we voted on the current issues. This was one of my favorite parts since I like to listen to people debate. Usually I am not brave enough to stand up and voice my own opinion, but being at Close Up helped a lot, and gave me a little courage, though I did not participate in the debate in front of everyone.

Close Up is an amazing experience. Being able to see a lot of the memorials gave me a better sense of America's history and participating in the workshops helped me become more informed and active with current issues. Close Up helped me become a more politically effective American citizen, which is essentially what we owe to our country. Our ability to vote comes with a responsibility of knowing what the issues are about and forming an opinion based on that information.

(More Photos Page 10)

## NACTEC Trip

By Jeremy Salmon - 12th Grade

From October 25th through November 7th, I was in Nome attending NACTEC. While there, I learned new swimming techniques, basic avionics and how to fly, and assisted in the daily chores.

Leaving home early Sunday morning, I was excited to be going to Nome for the first time. After staying a night in Anchorage at the School District house, another student, named Robert Gusty from Stony River, and I were on our way to Nome for two weeks. Arriving in Nome late that night, we were picked up from the airport and brought to the NACTEC house where 21 other students greeted us. Since we arrived late, we spent the first night unpacking our bags and becoming accommodated with the house and our roommates. The next day started with swimming lessons, which we had every morning. Everyone grabbed their swimsuits, put on their coats, and walked the short distance to the pool where we greeted our three swimming instructors.

At the pool, we began the lesson by separating into three groups; people who could swim well, people who knew how to swim, and people who couldn't swim. Knowing how to swim already, I joined the second group. There were about seven other students in my group and we began by telling the instructor what we were capable of and what we had troubles with. Every day, the first hour of swimming was spent learning a new swim technique and the last fifteen minutes we had free time. When swim time was over, everyone showered up and walked back to the house to get ready for class.

Though there were 23 students total at the house, only eleven attended the aviation class with me. The others went to drivers' education or art class. In aviation class, Brian Marvin was the teacher, and the FAA sent in Angie Slingluff from Anchorage to help teach us about avionics. Just like any other class, we were given a test to see what we knew already and to also show how much we learned while in Nome. After the pre-test, we moved on to basic avionics, the basic instruments of a plane. We found that the six main instruments to learn include the artificial horizon, airspeed indicator, turn and bank, altimeter, directional gyro, and the vertical speed indicator. The first week of class was spent learning the instruments of a plane, the signs at an airport, and how to communicate with air traffic control. As the week went by, we

moved onto the power plant part of aviation. We learned the basics of an engine and got to look through an old airplane engine to help us see how it all works together. Then that Saturday, it was my turn to fly with the instructor. After warming up the engine, the instructor led me through the take-off procedures and let me taxi down the runway. When we reached the end, he told me to turn the plane and hit the gas. As we gathered speed, the plane slowly lifted off the ground and we were in flight. After clearing the runway, he starting teaching me how to do turns, how to maintain balance, and stalls and recovery. Before I knew it, the two hours flew by and my turn was up. Now that my two hours were completed, the only part left was class. Throughout the week, we left the classroom to go on a field trip to local airlines and businesses.

The class got to get a behind the counter tour of Alaska Airlines, viewing their loading dock, storage, and the different jobs offered there. We also got to visit Hageland Air Cargo, where we got to converse with the mechanics about their job, training, and why they chose that profession. The next day we took a trip to Alaska's Air National Guard facility where we talked with employees on their experience in flying and what they have planned for their future in aviation. Near the end of the tour, we were allowed to examine a Black Hawk helicopter, which is huge when you stand right by it. While at the Air National Guard, I ran into Buck Amadon, a.k.a. Uncle Buck, who was wiring the hangar there, so we got to take a picture in front of the helicopter. The last field trip we went on was to the airport DOT where we got to visit with the airport fire chief. He walked us through his job as fire chief and then one of the students got to put on the fire gear and air tanks. Then as a challenge, he had to do the whole procedure in less than two minutes, just like he were preparing for a real fire. Next we got to view the equipment used to keep the airport clear and running.

First, we looked at the new fire truck Nome got last year. It was a huge truck, able to hold 6,000 gallons of water and 4,000 gallons of foam to turn out airplane fires. And to even further the experience, we got to sit in the cab of the truck while it was running and control the fire hoses and the truck's equipment; unfortunately we weren't allowed to pull the trigger to shoot water everywhere. Then we got a tour of the rest of the trucks, the runway sweeper, the snowplow, and the truck that paints all the lines on the runway surface. When we were done with the tour, we rounded



up in the bus and headed back to the house.

Just like at home, we had class, free time, and of course, chores. At the NACTEC house, everyone had to do his or her part in chores every night if we wanted to have an evening activity. We had to sweep, mop, dust, and vacuum the whole house before dinner, then clean up the kitchen after each meal. After dinner, we decided on what to do for the evening. We could swim, go to the theatre, go to the store, or go to the computer lab. Most nights we spent the time at the house watching television or playing ping-pong.

Just when everyone began knowing one another, the two weeks was up and it was time to head home. I learned a lot at NACTEC and encourage others to attend a session if they are ever given the chance.

# Thanksgiving Feast

by Christina Salmon-Wassillie

All the gym lights were off, a few scattered lamps cast a warm radiance around the community members gathered to celebrate an evening to give thanks together. Tables full of fresh roasted turkey, gravy, a variety of colorful salads and an entire section of desserts greeted villagers as they shuffled in from the afternoon chill. Children ran wildly on one end of the gym, elders sat patiently and the community babies, Jonathan and Dannika took turns poking at one another. Jonathan impressed with Danni's sparkly dress and Danni annoyed that Dude Boy (Jonathan) was following her, took turns crying and being held by their grandmothers. With plates full of delicious food, Yako, our resident photographer, meandered from table to table, documenting the evening. Soft music played in the background as well and all enjoyed each other's company. It was an event enjoyed by all who attended. Moments like this make you realize what a wonderful community we live in, the love and support, casual jesting and respect we all have for one another.



# Announcements

- **December 1st**, Doug Finney will be at the clinic.
- **December 10th**, Igiugig Volunteer Fire Department Regular Meeting, 8:00PM at Barb's House.
- **December 15th**, LSAC Meeting, 3:30PM at the school.
- **December 17th**, Igiugig Village Council Meeting, 5PM at the hanger office.
- **December 19th**, Book & Craft Fair, 1PM at the school.
- **December 21st**, School Play, time to be announced.

## VOCATIONAL TRAINING

Tribally Eligible Adults residing in Igiugig who are in need of Vocational Training to become gainfully employed in the village should consult with Tanya Salmon, Social Services Director, on available programs.

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**PLEASE remember to chain up your dogs! People have been complaining about loose dogs hanging out in porches, trash bags being ripped open, and poop on the roads. TAKE CARE OF YOUR PET!**



## USE CAUTION WHEN DEEP-FRYING TURKEY

As preparations for the holidays get underway in American homes, the National Fire Protection Association (NFPA) and the American Burn Association (ABA) discourage consumers from using turkey fryers to prepare holiday meals because of the risk of injuries and fires associated with these unique devices.

Tests have shown that many of the fryers have a risk of tipping over, overheating, or spilling hot oil, leading to fires and burns. This deep-frying cooking process requires that up to five gallons of oil be heated to high temperatures before lowering the turkey into the device.

### SAFETY PRECAUTIONS:

1. Only deep fry turkey outdoors and at a safe distance from anything flammable .
2. Carefully measure oil; too much oil can result in overflow and fire when the turkey is added .
3. Fully thaw the turkey; ice in turkey can react with the oil and lead to overflow and fire .
4. Have a fire extinguisher handy.

*(Source: National Fire Protection Association)*

## REMINDER!

Please help us get the January newsletter in the mail on time by having all newsletter items turned in by...

**December 23  
by 7PM**

**Thank You!**

## Food Bank

The Igiugig Food Bank is now open and is located in the hangar. If anyone has excess food, they can make a donation to the Food Bank. Although the Food Bank is open to everyone in the community, families in need will have priority. Thanks!

## WORD BUILDING

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

**GEFITD**

1. \_ \_ \_ \_
2. \_ \_ \_ \_
3. \_ \_ \_ \_
4. \_ \_ \_ \_
5. \_ \_ \_ \_
6. \_ \_ \_ \_

7. \_ \_ \_ \_
8. \_ \_ \_ \_
9. \_ \_ \_ \_
10. \_ \_ \_ \_
11. \_ \_ \_ \_
12. \_ \_ \_ \_
13. \_ \_ \_ \_

14. \_ \_ \_ \_
15. \_ \_ \_ \_
16. \_ \_ \_ \_
17. \_ \_ \_ \_
18. \_ \_ \_ \_

Answers can be found on page 13.

# GARDENERS' GOODIES



by Sandy Alvarez

## DECEMBER garden activities:

**EARLY DECEMBER** – Enjoy your house plants and give them special treatment. A quick shower off (under the spray nozzle in the kitchen sink for small plants or in the bathroom shower for big plants) this will eliminate excess dust and allow them to “phyto-remediate” your air more effectively. And it will make them healthier since the dry winter air tends to dehydrate everything which is also hard on plants.

### *Phytoremediation*

Pronunciation [fahy-toh-ri-mee-dee-ey-shuh n]

–noun

a process of decontaminating soil or water by using plants to absorb or break down pollutants.

**DECEMBER** – Work on your winter garden. Rather than growing things, think snow berms over your flower beds, decorative branches, wreaths, bird feeding stations, and twinkly lights on the spruce trees. Just because nothing is growing doesn’t mean we can’t continue to enjoy beautiful gardens. Some other festive holiday touches to the outdoor winter garden can include snowmen and oversized candle votives made of ice (see instructions for the candle holders below the “R” section which were previously printed in the December 2003 issue of News & Notes).

### **REMEMBER those Re’s**

*Reduce – Refuse – Reuse – Renew – Recycle – Remodel – Refurbish – Rebuild – Recharge – Refill – Refinish – Repurpose – Recover – Reclaim – Reload – Reinvest – Reinvent – Re...something.*



In this photo the holder is made with a small bucket and cranberries were floated before freezing for a festive look.

Ice candleholders can be made for outdoor decoration by allowing water to freeze in a bucket until it’s about 2” thick along the walls. Then chip open the ice at the top, dump the water out of the middle, set the bucket indoors just until it comes loose from the sides and take out your new candleholder. Locate outdoors beside your stairs or walkway and burn a votive candle inside for a cheery and inviting holiday look. (These types of decorations often happen naturally overnight when the last person out forgets to empty the steambath buckets!)

## Random - ness

"A family is a unit composed not only of children but of men, women, an occasional animal, and the common cold."

~ Ogden Nash ~

*Wander and ponder Today it Stretches Your Brain*



## Sudoku

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



## Environmental Report

by Christina Salmon-Wassillie – Environmental Director

### November

November was a semi-slow month in our office, but out and about the walls of our workplace it bounced with excitement! I spent the first part of the month continuing grant close out and assisting at the office during our annual audit. On the 21<sup>st</sup> of the month, I went to Anchorage to attend the Alaska Tribal Council on Environmental Management conference. ATCEM is an annual gathering of environmental professionals covering all ranges of environmental issues and concerns. This year it took place at the Hilton Hotel in downtown Anchorage. I attended a workshop on safely transferring fuel to your bulk fuel farm, mostly because I wanted to know the precautions to take and what steps to follow in case of a spill. I also listened to concerns in communities that have major dust problems. This struck me as interesting because it is a challenge we deal with in Igiugig every summer.

On Tuesday afternoon, I am home, skipping out on the conference luncheon, when I a text pops up on my Blackberry, "U R nominated for an award." In excitement, I reply, "Really...for what? Did I win?" In response, "I will let you know in a min." Ten seconds later, "You won." I jump up, tell Jack to get ready, we have to head to the Hilton, I just won an award! If we hurry, I can receive it! By the time I make it there, my Auntie Lydia, the informant of the nomination, is standing by the door holding it up for me! Although I missed out on receiving the honor in person, holding my award for Environmental Excellence, I was just as tickled pink as I would have been on that stage! It was an exciting end to my trip; my time at the conference was cut short for the Igiugig No-See-Ums were due in Kokhanok for the District 3-Man volleyball tournament. Coming in December, AJ Salkoski from RurAL Cap, will finally be making an appearance to review our Demo-Grant and visit our community.

## D.C. Close Up Photos



Left: Chinatown's Friendship Arch



Right: April at the Lincoln Memorial



## Bits 'n Pieces

Contributed by Sandy Alvarez  
Thinking of a good get away this winter?  
Packing List courtesy of [alaskaair.com](http://alaskaair.com)

No matter where your destination, you won't forget a thing with this list!!

### ESSENTIALS

- Confirmation or itinerary info (flight, hotel, car)
- Money (cash, credit card, traveler's checks)
- ID (driver's license, passport, insurance cards)
- Cellular phone & charging cord
- Medication(s)

### CLOTHING

- Jacket/Coat
- Shirts/ Blouses
- Suits/Dresses
- Sweaters/Sweatshirts
- Jeans/Pants/Shorts
- Tie(s)/Belt(s)
- Watch/Jewelry
- Socks/Hosiery
- Underwear
- Shoes: 1 pr comfortable/1 pr dress
- Sleepwear

### TOILETRIES

- Toiletry bag
- Shampoo/Conditioner
- Toothpaste/Toothbrush/Dental floss
- Deodorant
- Razors/Shave gel or cream
- Soap
- Specialty lotions
- Hair products
- Brush/Comb
- Glasses/Contact lenses/Cleaning solutions
- Other hygiene products
- Cosmetics
- Aspirin/Antacids
- Small first aid kit
- Small sewing kit

### MISCELLANEOUS MUST-HAVES

- Guide books/other reading materials
- Camera
- Pen and notebook
- Address book
- Small empty duffel bag

### TRIP WITH KIDS

- Sealable plastic bags
- Small carry-on bag or backpack

- Sunscreen
- Hat or visor
- Sunglasses
- Favorite blanket or stuffed animal
- Games/toys
- Headset with favorite tapes/CDs
- Coloring/Activity/Picture books
- Crayons
- Snacks/juice boxes
- Hand wipes/tissues

### SUN VACATION

- Swimsuit(s)
- Sunglasses/Hat/Visor
- Sunscreen/After sun lotion/Sunburn treatment
- Beach towel/Robe or cover-up
- Flip-flops or aqua socks
- Small neck pouch or fanny pack
- Tote bag
- Small cooler
- Waterproof camera

### SNOW VACATION

#### *On the slopes*

- Ski jacket
- Ski boots/Regular boots
- Poles/Skis
- Wool hat
- Neck scarf
- Long underwear
- Wind shirt, ski sweater, pullover, or vest
- Turtlenecks
- Waterproof gloves or mittens
- Ski socks
- Sunglasses or goggles and head wrap or cord
- Small neck pouch or fanny pack
- Kleenex/Handkerchief
- Sunscreen/Lip balm

#### *Off the slopes*

- Swimsuit
- Beach towel/Robe or cover-up
- Flip-flops

### ADVENTURE VACATION

- Waterproof jacket/Pullover/Vest

- Long underwear
- Turtleneck
- Wool socks
- Gloves/Neck scarf
- Sunglasses/Hat/Visor
- Sunscreen/lip balm
- Insect repellent
- Regionally-appropriate first aid kit
- Backpack/Day pack
- Water bottle/Water purifying equipment
- Charged cell phone w/emergency numbers
- Flashlight/Batteries
- Map(s)/Guide book(s)
- Compass/Binoculars
- Bear bells
- All-weather emergency blanket
- Waterproof matches
- Cooking equipment/eating utensils/food
- Dish detergent in small container
- Tent w/weather accessories/Sleeping bag/  
Pillow
- Clothesline/Laundry detergent in small container
- Hand towels/Paper towels/Hand wipes
- Folding shovel
- Duct tape
- Sealable bags/Trash bags

### INTERNATIONAL VACATION

- Passport/Visa
- Photocopies of Passport/Visa
- Foreign currency or travelers checks
- Phrasebook/Dictionary
- Map/Guide book
- Currency converter
- Adapters for plug-in devices

### VACATION WITH PET

- Documentation/Health certificate
- Medications
- Kennel/Carrier
- Familiar blanket/Bed
- Phone number of vet
- Leash/Toys/Treats
- Favorite food/Bowls
- Toilet supplies (scooper/bags; litter box/litter)

If you would like to edit and print this list for your specific vacation, you used to be able to find it at the website, now I guess you will just have to ask Sandy to forward a copy to your email or just photocopy this one and black out the parts you don't need every time you travel!



## 'Tis the Season of Mr. Grinch?

by Ida Nelson

The snow has arrived, Jack frost has made his grand entrance, and little snowmen are scattered around with happy smiling faces. The days are shorter and the nights are longer. Have you ever noticed that as the days get shorter overcast or snowy day makes you feel gloomy and sad, and how a crisp sunny day can leave you feeling cheerful and energized? Well, there's a scientific reason for this. Insufficient (not enough) exposure to sunlight has been associated with low levels of melatonin and serotonin, over/under eating, weight gain, and sleep disturbance.

Seasonal Affective Disorder AKA SAD, gradually starts to affect our moods once we fall-back to SADness when we turn our clocks back one hour resulting in shorter daylight time. During these decreasing daylight months we tend to increase our thoughts about depression that begins to overwhelm us due to darker days. For those who depend on bright and crisp days to enhance their moods the shortened daylight makes us feel SAD, and most likely we will begin to feel SADer as the season progresses. SAD is like a gray cloud flowing around us filling us up with emotions, melancholy, and anxiety as we attempt to putter around each day.

On a day that is overcast, it might make you just want to stay inside and stick your nose into a good book, or find a comfortable blanket and flip

through the TV channels to enjoy a good movie that is either on HBO or CINAMAX. However day after day being starved of daylight can tend to make a person cranky, lethargic, and disobedient.

### SAD Symptoms:

1. Change in sleep patterns.
  - over sleeping but not refreshed
  - cannot or reluctantly get out of bed
  - require afternoon naps.
2. Depression:
  - feelings of despair, misery, guilt, anxiety, hopelessness, etc.
  - normal tasks become frustratingly difficult
  - withdrawal from friends and family
  - avoiding company
  - crankiness or irritability
  - lack of feeling/emotion
  - constant state of sadness
3. Lethargy:
  - decreased energy
  - everything is an effort
  - decreased productivity
4. Physical Ailment:
  - joint pain
  - stomach problems
  - lowered resistance to infection

- weight gain
- premenstrual syndrome (worsens or only occurs in winter)

### 5. Behavioral Problems:

- appetite changes (usually increased appetite)
- carbohydrate craving
- loss of interest in sex
- difficulty concentrating
- not accomplishing tasks

Seasonal Affective Disorder is also known as Winter Depression, which affects nearly 10 million people in the United States alone. Women are three times more likely than men to suffer from this disorder. People that live in colder climates (Alaska for example) have a higher incidence of SAD than those who live in warmer climates, and sunny locations like California. It has been documented that the suicide rate goes up due to the decrease of daylight.

### SAD Prevention and Remedies

- Low fat diet, without too much protein
- Daily vitamin with magnesium, B complex, and minerals
- Elimination of caffeine
- Stress management
- Elimination of refined sugars and flours
- Walking or aerobic exercise
- Spending 30 minutes each day in the fresh air (in the sunlight if the weather permits, don't forget sunscreen!)
- Light Therapy (Light, whether it is natural or artificial, is essential in your life)

If you believe that you have these symptoms and are seeking additional information, please go and visit your local clinic or hospital for more details and information for aiding you to a better journey in life. A friendly reminder - your local health aides are there to help you and provide you with enough information to become a healthier, happier you.

## Happy Birthday Shealaya! by Kiara Nelson



Happy Birthday  
Shealaya,  
I love you,  
I love your cake  
I love your toys,  
SpongeBob, Patrick,  
and Mr. Crab.  
I love your decorations  
and I love you!



## Clinic News by Barbara Brown

We have the winners for the “Sink Those Germs” coloring contest.

Joshua Brown won first place for the elementary level and Molly Stoltman won for the high school level. The first place winners received flashlights and the other three students who entered drawings, Fawnia Zharoff, Andrew Williams and Kiara Nelson, also received prizes.

I want to thank each of these kids for their participation. I was very proud of all the entries. The coloring contest entries will be on display at the clinic until January 1st.

Thanks also goes out to our teachers and school staff for their help with the presentation.

Happy & Healthy Holiday Wishes!

*Barb*

### Important Clinic Dates:

- Doug Finney will be here Dec. 1st.
- Barb Brown will be back from Session 3 training in Nome on December 21st.



### Community



### Answers to WORD BUILDING

(game on page 8)

TED, TIE, GET, DIE, DIG, FED, FIT, FIE, FIG, TIED, TIDE, EDIT, GIFT, DEFT, DIET, FETID, FIDGET, GIFTED

www.dictionary.com definitions

FIE – interjection,

1. used to express mild disgust, disapprobation, annoyance, etc.
2. used to express the humorous pretense of being shocked.

DEFT – adjective, –er, –est. dexterous; nimble; skillful; clever: deft hands; a deft mechanic.

FETID – adjective, having an offensive odor; stinking.

### A Poem about H1N1 Flu Vaccines

By: School Nurse Betsy Gillespie RN  
Greeley Schools, Greeley, Colorado

There are all kinds of diseases  
That gives you sneezes and wheezes,  
They give you fever and cough  
Unless you fight them off.

The Swine Flu is here  
But a vaccine is near.  
In your nose or your arm  
It may protect you from harm.

The one that you sniff,  
Is just a quick whiff.  
The shot won't hurt if you giggle,  
But it might if you wiggle;  
So relax and hold still,  
Vaccines protect you from ill!

For key facts about seasonal flu vaccine please go to:  
<http://www.cdc.gov/Flu/protect/keyfacts.htm>

For information about the 2009 H1N1 flu vaccine see:  
<http://www.cdc.gov/h1n1flu/vaccination/>

### Answers to SUDOKU (game on page 9)

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

## Congratulations, Igiugig's Environmental Director Earns the Alaska's Environmental Excellence Award at ATCEM!

BY ALEXANNA SALMON

Christina Salmon-Wassillie is an individual who continues to make significant contributions to improving the environment in the Village of Igiugig and the Lake Iliamna watershed. She began her environmental work in high school when she served as the IGAP intern (1998). Today, she has served as the Environmental Director for two years and plans to continue this position because she has ambitious visions.

Specific activities she has accomplished to-date include:

- Organizing the annual Village and Coastal Clean-ups.
- Applying for and managing ALPAR mini-grant to employ youth for trash-cleanup and inspire community service.
- Organize community to participate in global environmental events such as Earth Hour.
- Not only managing Igiugig's IGAP, but helping other villages to apply for their own grant or recycling program.
- Establishing a recycling center in Igiugig and coordinating with residents and surrounding lodges/commercial operators to successfully recycle paper products, glass, battery and used oil, aluminum, reducing the use of plastic bags, and separating food scraps to feed the local chickens.
- Beginning a community garden to build cohesion as well as healthier eating habits.
- Publishing "Environmental News" in the Igiugig News and Notes for the last nine years.
- Establishing long-term environmental

goals for the community—identified in Igiugig's Comprehensive Community Strategic Plan, such as "reduce our carbon-footprint".

- Overseeing Water-Quality Testing on the Kvichak River.

For these accomplishments, and the endeavors she has yet to achieve, and the environmental model community planning, she deserves to be recognized as a New Environmental Professional. A lot of her grassroot environmental efforts are considered "dirty-work" and day-after-day Christina dedicates time, effort, and passion to making this world a cleaner place to live. More importantly, she is making a difference. Her actions make it clear that Christina Salmon-Wassillie has chosen a career path in the environment, and as a result the Village of Igiugig and Lake Iliamna watershed are the direct beneficiaries.

### WATER THAT TREE!

*A message from Igiugig Volunteer Fire & EMS*

What's a holiday party or even the traditional Christmas morning scene itself without a beautifully decorated tree?

If your household, as those of more than 33 million other American homes, includes a natural tree in its festivities, take to heart this simple rule; "Keep the tree watered." That's good advice and not just to create a fragrant indoor winter wonderland atmosphere. Christmas trees account for 200 fires annually, resulting in 6 deaths, 25 injuries and more than \$6 million in property damage. Typically shorts in electrical lights or open flames from candles, lighters or matches start tree fires. Well-watered trees are usually not a problem. Dry and neglected trees are.



**STAY SAFE - WATER THAT TREE!**

You can view the video at:  
[http://www.fire.gov/newsletter/summer2001/page\\_two.htm](http://www.fire.gov/newsletter/summer2001/page_two.htm)



## WALK TO BE FIT *contributed by Sandy Alvarez*

Total Village Mileage through October - 73,332

### 10 "Unhealthy" Foods that are Actually Good for You:

*Written by: Sarah Haan, Registered Dietitian*



1. Canned Vegetables

Canned veggies have earned an undeserved reputation. Yes, many types are high in sodium, but don't discount them completely. You can purchase low sodium varieties and/or rinse your canned veggies in a colander before your meal to remove much of the excess sodium. And most nutrition experts agree that the vitamin and mineral content of fresh, canned and even frozen veggies are all about the same--not less nutritious as once thought. Canned vegetables are inexpensive, easy, and a great fallback when you haven't been able to restock your kitchen with the fresh stuff.

2. Red Meat

Buy the right kind of red meat, and you're on your way to a meal packed with protein, iron, vitamin B-12, and zinc. Not all red meats make healthful choices (beef brisket, for example has 16 grams of fat per 3-ounce serving), but some varieties, like extra lean ground sirloin, which is 96% fat-free, contain just 4.5 grams of fat for a serving of the same size. Read food labels to ensure you choose lean cuts, such as eye of round (top round), top sirloin, bottom round, tenderloin and flank steak. Research has also shown that grass-fed beef is lower in saturated fat and higher in Omega-3's than traditional beef.

3. Potatoes

The low-carb fads of the late '90s still linger today, and many people still believe that white potatoes should be avoided at all costs. The potato can be a great source of carbohydrates and nutrients, including vitamins C, B-6, and folate and fiber (4 grams when you eat the skin). The key is to eat the right portion size and rethink your add-ons (and cooking method). Some large potatoes are almost the size of a football, so be sure to cut those in half or even thirds. To enjoy your potatoes in a healthy way, cut them into 1-inch thick slices, season with garlic, herbs and pepper and bake in the oven until soft and golden brown.

4. Avocados

Avocados have taken the brunt of the criticism for the fruit and veggie world. Perhaps you, too, have overheard folks saying that avocados are bad for you, when in fact, the opposite is true. They received their bad reputation due to their relatively high fat content, but the often-ignored fact is that these fruits are full of heart-healthy, monounsaturated fat. Two tablespoons of avocado has just 50 calories and 4.5 grams of fat, 4 grams of which are unsaturated. Comparing this to the 204 calories and 23 grams of fat in the same amount of salted butter puts it into perspective. Avocados also carry 20 different vitamins along with plenty of lutein for your healthy vision. So go ahead! Spread some on your sandwich, place some chunks on your grilled fish, or throw a couple slices onto a green salad.

5. Dried Fruit

Although some brands of dried fruit do come with gobs of added sugar or oil, that doesn't mean every dried fruit is a bad choice. Dried fruit (without added sugar) can be a great source of vitamins, minerals and fiber. Some criticize dried fruit because "the water is taken out and only the sugar is left." In reality, the sugar was there to begin with, and if you can munch on a handful of natural dried fruit and drink a glass of water, you're getting in one more fruit serving for the day! Try dried fruits like mango, apples, bananas, kiwi, peaches, pears and pineapple. Check the labels to ensure there is no added sugar, and if you have trouble finding a good brand you can make your own (and save money doing so) with a small food dehydrator. Great as a portable snack, a healthful solution to your sweet cravings, and thrown on cereal, salads and cooked meat, dried fruit has a place in any healthy diet.

6. Pizza

When done right, pizza can pack a load of nutrients especially when you make it yourself in your own kitchen. To give pizza a makeover, use a whole-wheat crust; top your pizza with a bit of sauce, hummus or a drizzle of olive oil; then, load it up with sliced veggies like peppers, mushrooms, zucchini and broccoli, some shredded, low-fat mozzarella cheese and your favorite fresh or dried herbs. Talk about an efficient (and delicious) delivery system for whole grains, vegetables, and protein-rich dairy!

7. Bananas

One medium banana (approximately 7 inches long) provides 0 grams of fat, 3 grams of fiber, 105 calories, and 27 grams of carbs--that's cheaper and more nutritious than most 100-calorie snack packs. These specs mean that bananas make great snacks, even for people with diabetes who need to follow carbohydrate-controlled diets. Why are bananas being called "fattening" or high in sugar compared to other fruits is a mystery. They do have a few more grams of carbohydrate than apples and oranges, but that does not mean they should be off limits!

8. Eggs

Eggs, especially egg yolks, have been blamed for causing high cholesterol and heart disease. According to the Harvard University Gazette, researchers found that eating an egg a day did not raise cholesterol levels. So you can feel light-hearted (literally) when enjoying up to an egg yolk per day. When you do, you're getting protein, unsaturated fats, vitamin D and every other vitamin and mineral in the book (save vitamin C). What's bad about that?

9. Shrimp

Another healthy protein source is shrimp. With a reputation as a "high cholesterol" food that is deep-fried more often than not, it's easy to see why people want to avoid it. But eating foods high in cholesterol is just one of many factors that affect your cholesterol levels. Four ounces of shrimp has just 165 milligrams of cholesterol, but also packs 18 grams of protein and a single gram of fat. When you enjoy a high-fiber breakfast and a meatless lunch, you should be able to fit shrimp into your diet and still come under your daily limit of 300 milligrams of cholesterol per day. It's great in stir-fries, pasta and straight off the grill, but avoids deep-fried shrimp to keep this choice a healthful one.

10. Iceberg Lettuce

Iceberg lettuce may be light on the nutrient-side when comparing it to spinach or kale, but it is far from being a pointless or unhealthy food. "It's nothing but water," people say. Well, we all need more water, so what's wrong with that? In fact, eating water-rich foods can keep you feeling full longer. Iceberg is extremely low in calories, which means you can load up your salad with lean proteins like beans, seeds, fresh and dried fruits, and a nice, light dressing. Two cups of the crunchy stuff even gives you a tiny bit of folate and calcium to boot! Sounds healthy to us!

**Live Happy, Live Healthy, Live Well**

## Tips for a Happy and Safe Holiday *submitted by Chuck Brown*

Each year fires occurring during the holiday season claim the lives of over 400 people, injure 1,650 more, and cause over \$990 million in damage. According to the United States Fire Administration (USFA), there are simple life-saving steps you can take to ensure a safe and happy holiday. By following some of the outlined precautionary tips, individuals can greatly reduce their chances of becoming a holiday fire casualty.

### PREVENTING CHRISTMAS TREE FIRES

- **Selecting a Tree for the Holiday**

Needles on fresh trees should be green and hard to pull back from the branches, and the needle should not break if the tree has been freshly cut. The trunk should be sticky to the touch. Old trees can be identified by bouncing the tree trunk on the ground. If many needles fall off, the tree has been cut too long, has probably dried out, and is a fire hazard.

- **Caring for Your Tree**

Do not place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks. Be careful not to drop or flick cigarette ashes near a tree. Do not put your live tree up too early or leave it up for longer than two weeks. Keep the tree stand filled with water at all times.

- **Disposing of Your Tree**

Never put tree branches or needles in a fireplace or wood-burning stove.

### HOLIDAY LIGHTS

- **Maintain Your Holiday Lights**

Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory.

Fasten outdoor lights securely to trees, house, walls or other firm support to protect from wind damage.

- **Do Not Overload Electrical Outlets**

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires - they should not be warm to the touch.

- **Do Not Leave Holiday Lights On Unattended**

Turn off all lights on trees and other decorations when you go to bed or leave the house. Lights could short and start a fire.

- **Keep "Bubbling" Lights Away from Children**

These lights with their bright colors and bubbling movement can tempt curious children to break candle-shaped glass, which can cut, and attempt to drink liquid, which contains a hazardous chemical.

### HOLIDAY DECORATIONS

- **Use Only Nonflammable Decorations**

All decorations should be nonflammable or flame-retardant and placed away from heat vents.

- **Handle Trimmings Safely**

Wear gloves while decorating with spun glass "angel hair" to avoid irritation to eyes and skin.

- **Kid Safe Decorations**

Choose tinsel or artificial icicles or plastic or non-leaded metals. Leaded materials are hazardous if ingested by children.

In homes with small children, take special care to:

- Avoid decorations that are sharp or breakable.
- Keep trimmings with small removable parts out of the reach of children. Pieces could be swallowed or inhaled.
- Avoid trimmings that resemble candy or food. A child could eat them!

- **Never Put Wrapping Paper in a Fireplace or Woodstove**

It can result in a very large fire, throwing off dangerous sparks and embers and may result in a chimney fire.

- **Artificial Christmas Trees**

If you are using a metallic or artificial tree, make sure it is flame retardant.

Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and any person touching a branch could be electrocuted! To avoid this danger, use colored spotlights above or beside a tree, never fastened onto it!

### Candle Care

- **Avoid Using Lit Candles**

If you do use them, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning.

- **Never Put Lit Candles on a Tree**

Do not go near a Christmas tree with an open flame - candles, lighters or matches.

### "SNOW"

- Artificial snow sprays can irritate lungs if inhaled. To avoid injury, read container labels; follow directions carefully.

### FIRES

- Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Check to see that flue is open.
- Use care with "fire salts" which produce colored flames when thrown on wood fires. They contain heavy metals which can cause intense gastrointestinal irritation or vomiting if eaten. Keep away from children.

Finally, as in every season, have working smoke alarms installed on every level of your home, test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to call for help, and remember to practice your home escape plan.

*Sources: The U.S. Fire Administration & U.S. Consumer Product Safety Commission*



*George has something to smile about... his warm weatherized house and new cedar siding!*



*Waiting for occupants, aerial shot of four of Igiugig's six new homes. On the left, top - Jon Salmon's house; bottom - AlexAnna's house. On the right, top - Ida's house; bottom - Christina & Jack's house.*



*Yako & Willie are also weatherized and have new vinyl siding.*



*Mike & Dallia's Cozy New House*



*Kevin's New House*

  
 To:  
 From:  
  


## Baby Boom! by Nancy Nease

As Tanya Salmon prepares for her trip to Anchorage and anxiously awaits the birth of her New Years baby, I thought it might be fun to recap all of the new arrivals (at least the ones I know about) that have graced our families in the 15 months since our family arrived here in Igiugig.

First to arrive in August 2008 was Declan, grandson of the Wilsons. In September, the Alvarez family welcomed baby Jonathan. November saw the birth of my grandson Kaiden. December was a busy month with my own grandson, Isaac, born in Japan, and then Dannika, the only girl of the year, was welcomed by the Salmon/Wassillie family on the 28th.

As far as I know, 2009 has been less fruitful, but I have welcomed 2 additional grandchildren to my family; Leela, born in August, and Alan, born in Japan, only 10 hours before my birthday! (Japan time of course). This brings the total grandchildren for me to a whopping 9!

Though Tanya has opted to keep the baby's sex a surprise, we are all looking forward to welcoming this new little bundle into our Igiugig family.



Newest Additions to Our Family  
(clockwise from top)

Alan & Isaac, both born to Budd & Yuka Brown in Japan

Leela born in Oregon to George & Melissa Brown

Kaiden enjoying his 1st birthday cake, born to Richard Brown & Tawnee Moore

## Recipe Corner

Contributed by... Nancy Nease

### Cranberry Pecan Muffin Mix

Show your friends and family just how much you care by giving them a beautiful homemade gift jar filled with the ingredients to bake these delicious muffins. You can also create these fun gift jars using your own favorite recipe.



#### INGREDIENTS:

- 1 3/4 cups all-purpose flour
- 1 cup dried cranberries
- 3/4 cup chopped pecans
- 1/2 cup packed light brown sugar
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt

#### DIRECTIONS:

1. Layer ingredients attractively in any order into 1-quart Mason jar. Pack ingredients down lightly after each layer.
2. Cover top of jar with fabric; attach gift tag and Cranberry Pecan Muffins recipe with raffia or ribbon.

Makes one 1-quart jar

(Cut out this recipe and attach to the gift jar. Gift tag is on reverse side.)

**Cranberry Pecan Muffins**

**Ingredients:**

- 1 jar Cranberry Pecan Muffin Mix
- 3/4 cup milk
- 1/4 cup butter, melted
- 1 egg, beaten

**Directions:**

1. Preheat oven to 400° F. Grease or paper-line 12 regular-size (2 1/2 inch) muffin cups.
2. Pour contents of jar into large bowl. Combine milk, butter and egg in small bowl until blended; stir into jar mixture just until moistened. Spoon evenly into prepared muffin cups.
3. Bake 16 to 18 minutes or until toothpick inserted in centers comes out clean. Cool in pan on wire rack 5 minutes; remove from pan and cool completely on wire rack.

*Makes 12 muffins*

# CALENDAR

December 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 National Hand Washing Awareness Week Dec 6th - 12th 	7  LSAC Meeting 3:30pm @ School	8  Willie Nickoli	9  Winter Break Dec. 23 thru Jan 11	10  Fire & EMS Regular Meeting 8:00pm @ Barb's	11  AlexAnna Salmon	12  Dave Hostetter
13	14	15	16	17  Annual Village Council Meeting 5pm	18  Book & Craft Fair 1pm @ School	19
20  School Play	21  Dannika Wassillie	22  Sheryl Wassillie	23	24	25  Christmas Day	26
27	28	29	30	31  New Year's Eve	<p><i>The Village of Igouig wishes you a Merry Christmas and a Happy New Year!</i></p>	

# Igiugig Tribal Village Council

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AlexAnna Salmon, Pres. & Acting Tribal Admin.

Randy Alvarez, Vice-President

Dallia Andrew, Member

Annie Wilson, Member

Kevin Olympic, Member

Sandy Alvarez, Administrative Assistant

Betsy Hostetter, Librarian

Christina Salmon, Environmental Director

Angel Alvarez, Environmental Intern

Tanya Salmon, Social Services Director

April Hostetter, Tribal Clerk Intern

Nancy Nease, Newsletter Editor

## Weather Watch November

Highest Wind Speed . . . 34mph - 3rd

Average Wind Speed . . . 2.6mph

Dominant Wind Direction . . . WNW

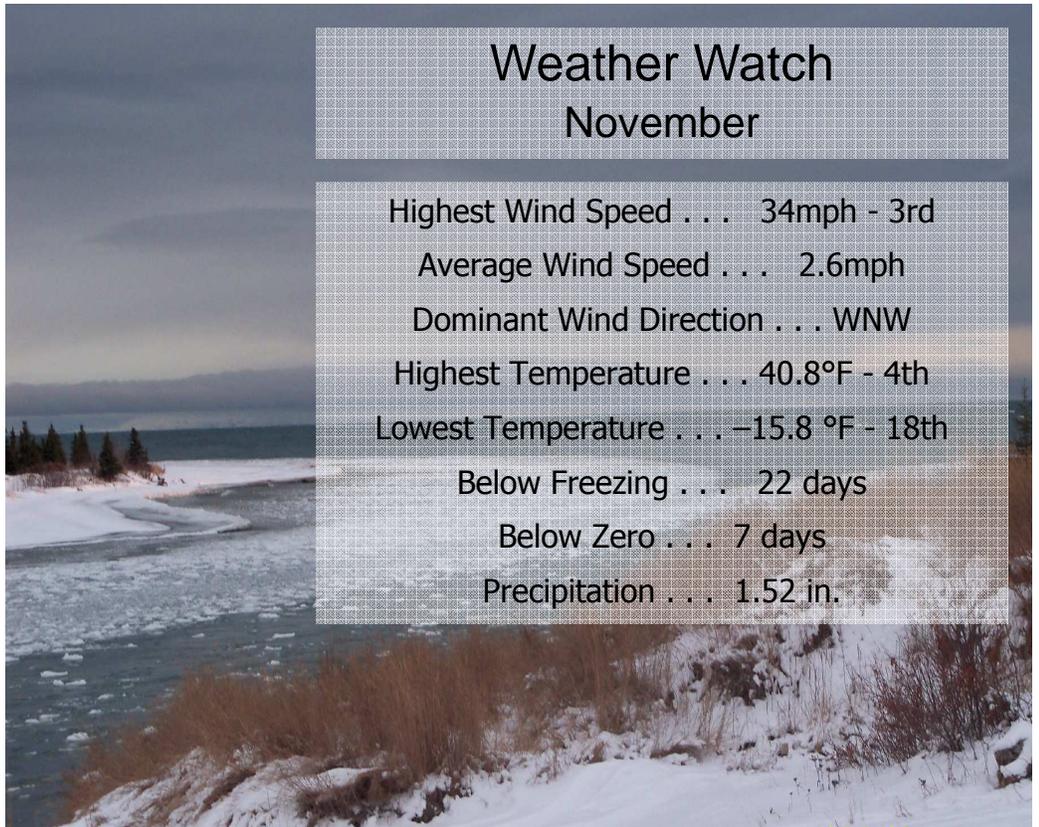
Highest Temperature . . . 40.8°F - 4th

Lowest Temperature . . . -15.8 °F - 18th

Below Freezing . . . 22 days

Below Zero . . . 7 days

Precipitation . . . 1.52 in.



we're on the web!  
[www.igiugig.com](http://www.igiugig.com)

PLANNING A VISIT TO OUR AREA? CONTACT US FOR INFORMATION ABOUT ALL THAT IGIUGIG HAS TO OFFER.  
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