

Igiugig News & Notes

Igiugig Tribal Village Council

November 2003

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V-ball at Nondalton and Pedro Bay

By Jonathan Salmon

On the third and the fourth of October the No-See-Ums went to Nondalton with Pedro Bay to play volleyball. We got there at the same time as Pedro Bay, so everybody crammed into the Suburban and went to the school. The teams ate, got dressed and started to warm up. Then we got a run down of the rules because the LPSD is using rally rules for three man teams this year. Rally rules mean that you can hit the net on a serve and it will still count, you can do a double hit on the first hit over the net, teams score on every serve, and the games are played best out of five. A couple other rules are that if a serve goes out of bounds or hits the net, it is the other team's point, but the games also go on to 25 points.

Play began with Pedro Bay against Nondalton and Pedro Bay won. The No-See-Ums played against Nondalton next and we beat them in the first three games, so we didn't have to go to five games. After Nondalton, we played again against Pedro Bay who we lost to in the first three games. That ended our night games, except everybody hung out and played some games for fun.

The next morning the No-See-Ums did a little better. The first games were played with us against Nondalton where we beat them in four games because they won one of them. We played against Pedro Bay next and



The No-See-Ums get ready to return to the Nondalton Warriors.



Jon prepares to serve to the Pedro Bay Chiefs as Tanya and Dawsey get set to play.

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Birthdays this month

- November 8
Julie Salmon
- November 13
Agafia Nelson
- November 15
Joshua Nelson
- November 21
Mary Olympic
- November 26
Simeon Zackar

(Continued on page 2)

this was a close game. Pedro Bay won the first and the second games but we won the third and the fourth games so both teams had an even advantage, except, we never knew that on the fifth game, the game is only played to 15. When Pedro Bay won, we didn't know what was going on until later when we learned that the fifth game is only played to 15.

The No-See-Ums also traveled up to Pedro Bay on the 17th and the 18th with Port Alsworth. Everybody ate again and the teams warmed up for the first games where Pedro Bay beat Port Alsworth in four games. Next we played Pedro Bay and lost in three games. We also played Port Alsworth and beat them in four games. The next morning we lost to Pedro Bay, again in three games. The next games we played were six man games, Igiugig with Pedro Bay against Port Alsworth. Pedro Bay team's mascot is called the Chiefs and ours is called the No-See-Ums so we called our team the "Chief-See-Ums." We beat Port Alsworth in four games. After that we had to clean up a little bit, ate our lunch, and played around on the court before our plane came.

Come see us play against Pedro Bay and Kokhanok on the 7th and 8th, our only home game!

Japanese Folktales and Proverbs

By April Hostetter, 6th Grade, Igiugig School

What do you think this Japanese proverb means? "Even monkeys fall from trees." I think it means anyone can make mistakes. Wait, there's more in the following paragraph! Also there are Japanese Folktales such as, The Two Frogs and The Woman and the Bell of Miidra. In this essay I will tell you about two folktales and some proverbs.

The first folktale is called The Two Frogs. It is about two frogs that want to go someplace new. So each frog goes to a different town in Japan. But in the middle of the two towns there was a mountain. No problem! They both climbed it and were very surprised to see each other (another frog). Both of them were very tired and stopped to rest. One frog said, "I wish we could see the town we are going to go to." The other frog had an idea, "We can! All we have to do is to stand on each other to be our tallest and then we can see the other town!" The other frog thought that was a good idea so they tried it. But they both were facing the wrong way! They were facing back to their own town! One of the frogs said, "This town is exactly the same as the town I live in!" The other frog said, "If I knew your town was the same as my town I wouldn't have come all the way up here!" So they each said "Good bye," and went home. The theme of this folktale is, "Each town you're in is just as good as the next one." This story tells me that Japanese people like to be the same in different towns.

The next Folktale is called The Woman and the Bell of Miidra. This folktale is about an ancient monastery in Miidra where there was a great bronze bell. The monks and the other people that went to the monastery said that

women couldn't ring the bell because they would pollute and dull the bell. Now a pretty woman heard this and became very curious. Then finally one day she couldn't hold in her curiosity and said, "I am going to make the bell ring a soft and beautiful note." She put on her make-up and went to the bell. She saw her pretty reflection in the shining metal. Then she put her fingers on the bell and the bronze felt her fingers. The place where she had touched it shrank and then the entire bell was dull and no longer shiny. The theme is "Don't think highly of yourself." This story tells me that Japanese think that the women aren't supposed to ring the bells.

Proverbs in Japan also tell us about their society. For example, "Obey the customs of your village," I think means don't go against the customs of your village; go with the customs. Here is another one: "Even monkeys fall from the trees." I think this proverb means, "We all make mistakes." My favorite Japanese proverb is "Fall down seven times, get up eight." This proverb means if you fail, try and try again, or never give up.

I think that Japanese folktales and proverbs are cool. They tell us a lot about Japanese culture. Like in The Woman and the Bell of Miidra, Japanese people think that women aren't supposed to do stuff relating to church, like ringing bells, unless they are going to go to church. Also the proverb, "Obey the customs of your village" means that they want to have their people follow the customs of their culture and they want other people to obey their own culture too. The stories and proverbs tell me that Japanese people are very proud of their culture.



Library/Computer Lab News

Happy Thanksgiving! Have you been in our library lately? Yes, changes again... Have you seen labels on our Alaska Books? We are slowly "upgrading" our small but full library. We will be moving things around.... AGAIN! Be sure to come by and check out a book or surf the internet!



Here are some interesting books that are in our library:

EASY FICTION

Thanksgiving Day at Our House—Thanksgiving Poems for the Very Young by Nancy Carlstrom

"A collection of poems about one family's activities on Thanksgiving day, including pondering the history behind the holiday, welcoming visiting relatives, praying for others, enjoying the good food, and giving thanks at the end of the day."

Minnie and Moo and the Thanksgiving Tree by Denys Cazet

"All the animals in the barnyard ask the cows Minnie and Moo to hide them so that they will not become Thanksgiving dinner".

ADULT FICTION

Walkers of the Wind by William Sarabande

"Following the trek of the woolly mammoth, the great hunter Torka leads a brave band of survivors across the Arctic tundra. But"....

Alaska Nonfiction

ETOK: A Story of ESKIMO POWER by Hugh Gregory Gallagher

"This is the biography of Charles Edwardsen Jr. (Etok), an Eskimo radical. It is the story of the struggle to protest Alaska Native land rights and way of life in the face of the relentless onslaught of Western culture"...

INTERESTING WEBSITE OF THE MONTH:

www.thanksgivingrecipes.com

This site has so many interesting recipes in it. All you may want do is look every recipe up; just to see what it is made up of. Try this out.... Like tails in your dressing? Crayfish tails dressing sounds very intriguing. Want a stuffing which is very easy with only four ingredients in it? It is called "Easy Stuffing" Some of these may blow you away!

Studded Tires?

With the coming of winter, comes icy dangerous roads and hazardous driving for those who are not prepared and paying attention. Each year Anchorage news reports hundreds of accidents for people who continue to drive the same way they normally drive in summer.

Know what kind of tires are on the vehicle you are driving. Snow tires, studded tires, tires made for wet road conditions, summer tires, or tires that are so old no one knows where they came from—knowing the condition of the tires should make a difference in how you choose to drive the vehicle.

Know what kind of vehicle you are driving—four-wheel drive, front wheel drive, all wheel drive or two-wheel drive. Each type brakes differently on slippery roads, behaves differently on ice, and may be able to drive right back on the road should you slip off—or may be stuck until someone else pulls it out again.

Leave extra room between yourself and the vehicle in front of you.

Keep an eye on the person in front of you (so you don't slide into him) and the other eye on the guy behind you (in case he can't stop either). Going off the road is usually a better choice than slamming into another expensive vehicle.

Make sure you have emergency gear—at the very least a tow strap, a spare tire with a jack, and jumper cables.

Take along survival gear anytime you are going any distance from the village.

Make sure ice is thick enough for the vehicle's weight whenever it's necessary to drive off-road.

Prevention

Pulling a sunken vehicle up from the bottom of a frozen lake takes much longer and is a lot more trouble than chopping a hole to check the ice thickness beforehand!

BE SURE YOUR EQUIPMENT IS SAFE

PAY ATTENTION TO WEATHER CONDITIONS

BE AWARE OF DRIVERS AROUND YOU

Scary Story

By Jeremy Salmon, 6th Grade, Igiugig School

Once there was a boy and a girl named Rob and Eliza. They were brother and sister and they got along real well. One day in school their teacher told the class about a witch who once lived in the woods. She said that the house still stood, but the witch was hanged a couple years ago and was buried right underneath the house.

After school Rob and Eliza both wanted to check out the house and they decided to go after they did their homework. When they finished their homework they packed up food, flash lights, extra batteries, and lots of noisy firecrackers with a lighter to light them - just in case they needed them. When they reached the house, they were about two miles away from home. Both of them went into the house and there was a table, chairs, lots of candles, and a candle in the middle of the table covered with spider webs. Right away they could feel themselves getting cold and noticed that there was a fireplace at the end of the room. They both decided to light it and warm up a little, but when they lit it there was a terrible earthquake.

The house began to shake real hard and all of the sudden the door swung open. A dark figure shown up and they noticed it was a witch with a black cat on her shoulder. The cat jumped at the kids but they moved and it landed against the wall. Rob and Eliza ran as fast as they could and pushed the witch out of the way and started running. The witch caught up to them but she hit a tree branch.

The kids ran one mile and decided to rest because they couldn't see the witch anywhere so they set up camp and slept for a while. They were awakened by a terrible screech and they got up and saw the witch coming right at them. They got up and ran as fast as they could.

When they reached the village they told their parents and called everyone. Later on the villagers made a group of people who had pitchforks and torches. They all chased the witch away from the village and they never saw her again.

The End

Electrifying News

Extra Electricity Used is extra money out of your Pocket!!!

Electrical Fact: a mirror correctly placed can reflect back almost as much light as a north-facing window of a similar size would provide!

THOSE DIM DAYS OF WINTER ARE APPROACHING...

...and reflective lighting use may be your perfect solution:

Some light fixtures have lots of mirrored surfaces to reflect back the light from the bulbs. Installing one of these fixtures over your table or in other areas where lots of light is needed can give you more than twice the lighting with the same bulb you're already using.

Mirrors place opposite from windows or other light sources can also double the light in a room because it will reflect it back into the room again.

Dark colors absorb light, while white or other light colors (on walls in particular) will reflect it, making a room seem much brighter.

Win 100kwh of free electricity

and other electrical prizes!

Submit your favorite energy saving tip and get your name entered in a drawing. For each tip submitted to the office and used in the newsletter, a ticket will be added to the drawing bucket on your behalf. The drawing will be held once a year.

19 entries to date!

I want to enter the drawing!

Here's my favorite electricity saving tip: _____

Name: _____

Solar tubes are some of the newest and most energy efficient skylights that you can have. They are like a large shiny stove pipe that is capped by a Plexiglas dome on the top (a foot or two above your roof) with an interior cover that looks a lot like a light fixture. This system allows natural light to shine in through the roof, reflecting down the pipe into the room without losing heat through a glass pane. So if you have a room that's always dark, using one of these to bring in natural lighting can save you money in electrical usage over the years. Shiny surfaces, especially on floors (no matter what the actual color of the floor) will also reflect back light making rooms seem brighter.

Thought for the day:

Re-Using your lighting by bouncing it back and forth on shiny reflective surfaces should keep you in a bright and cheery mood all through the dark days of winter!

What Will I Be Like When I Am Old?

By Mary Hostetter, 8th Grade, Igiugig School

I imagine myself when I am old as a grumpy old lady... I will have white hair and blue streaks like highlights. I will wear hot pink pants with a neon green tank top, and 5-inch tall shoes. My house will be glow-in-the-dark orange, and my car will be neon purple with stickers all over it. I already feel sorry for the town I will be living in. I will have two children; Chansy and Dominic, who try to avoid me at all costs. My husband, Dylan, is always grumpy and finds something to complain about even when he is sleeping; he is weirder than I am! His hair is all white, along with his beard, but he finds it amusing to grow his hair long and dye it purple. He thinks, if he continues doing this, the hippie groups will go all out trying to get him to join their group. Sadly enough, he isn't allowed to be in any of their groups.

Dylan and I live in Sri Lanka, we don't know where that is - our children sent us here for vacation and never paid

our way backL (which they were supposed to.) We live in a two-story house, which gives the dogs, cats, birds, and mice that over populate our living quarters, a tough time. Our house is waterproof, hurricane proof, fire proof, and volcano proof. Although a volcano hasn't hit us, we have had major problems with the rest. Our house will be too cold or too hot at times, and we cannot figure out why. Children from Sri Lanka know us as the "White Witches." They think Dylan is a woman, because of all his hair; so the children, much less adults, never come and visit us. Occasionally, the mailman comes to drop off bills and such, but then disappears as fast as he came.

Sometimes I don't know whether I was made to be on this planet, but, I am... This is me when I am old, wrinkly, grumpy and living in Sri Lanka...

Scary Story by Alicia Zackar, 6th Grade, Igiugig School

Once there was a boy and his name was Christopher. He didn't believe in the hairy man or Iliamna Lake monster until he saw them and the date was 10/31/03. One day he was walking with a couple of his friends. They were walking on the tundra by the beach. They were talking about the hairy man and the lake monster. One of his friends said he had seen the lake monster and he said it had big teeth and a big, black back. Christopher said he didn't believe in that kind of stuff.

Then he turned back to see his friends and they weren't there and he told them to quit joking around. But then he saw that a black thing was holding them.

When he looked back again, there was nothing. He was really scared and he remembered that Halloween was coming soon.

He and his friends were going to go trick or treating together, and he took his little sister with them. There was a house near the beach and Christopher didn't want to go there, but his sister was running to the house. The house had the most candy and he really wanted to go there, but he was still scared of the lake monster. But they still ran along the beach and he saw a really dark thing in the water so he got really freaked out. The he woke up to find out it was just a dream.



DONE FISHING???

Don't forget to mail in your

SUBSISTENCE

PERMIT!!!

Writings from the Primary Students

A moose was eating by the river. He likes it there because it was full of grass. There was danger because wolves came. Then bears came. A caribou came to fight the moose. The moose was stronger because they are bigger and stronger and better than the caribou. Caribou also eat here. There was lots of water there, but there was lots of food for the moose. The bull moose had to fight the caribou because they had to protect there kids,

- by Shaun Andrew, 1st Grade, Igiugig School

In the cave there was a bat. Its name was Charlie. Charlie and his friends like to eat insects at night. One night they were eating then Charlie got caught at night. He got caught by a kid whose name was Corey, when he was walking to school in the morning. Then he saw Charlie by the school.

- by Corey Olympic, 4th Grade, Igiugig School

A fox is in the tree. A hunter is by the tree. The fox sneaked up on the hunter. He shot the fox. First the hunter skinned the fox. The hunter ate him.

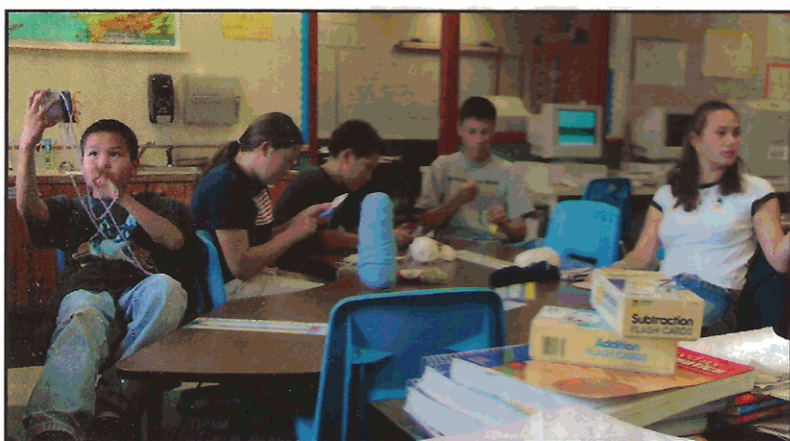
- by Sharolyn Zackar, 3rd Grade, Igiugig School

In the forest, a rabbit was digging a hole for his home to hide from the fox. Fox was mean and hunted at night. He sneaks up on you and captures you in a bag and takes you to his home. He cooks you for his dinner and eats you up. That night rabbit went out to visit his friend. When he was going he saw fox running across the road. Rabbit ran as fast as he can and made it safely to his friend's house. After he went home and had a good night. The end.

- by Tess Hostetter, 2nd Grade, Igiugig School



The authors (clockwise from top left): Corey, Sharolyn, Tess, and Shaun



Corey, AlexAnna, Dawsey, Jon and Tanya work on their weaving projects. Students artwork will be displayed in Juneau at the Capitol during the month of January.



Some of the projects completed by the students: pouches, purses, bracelets, and potholders.

GARDENERS GOODIES

NOVEMBER garden activities:

Early NOVEMBER – the first snowfall has happened! Was anything lost under the covering? If so make an effort to find things and get them put away now before the snow is here for the winter.

Early NOVEMBER – be sure to drain all hoses to insure that they don't get cracked and ruined by the water freezing in them.

Early NOVEMBER – if you're thinking of having a live Christmas tree, now would be the time to dig it up and put it into a container. If you wait much longer the ground will be frozen solid!

Early NOVEMBER – if your worm bin has moved indoors for the winter, remember that you may have lots of flies develop if you over feed them. Limit feedings to about twice a month. It also helps speed up the process if you save scraps in a covered container where they can begin to decompose a bit for the worms ahead of "feeding time".

NOVEMBER – Keep an eye out for pests on houseplants. Catching problems early can help to keep the bugs from spreading to ALL of your plants. Remember to enjoy those houseplants; they are after all, making you cleaner indoor air everyday!

NOVEMBER – Propagate more houseplants now. Get cuttings from other people's plants that you like, or take cuttings from your own to make more plants. Even if you don't need more plants for your own house, taking cuttings can make your plants grow more full and compact, and the extra plants can make good gifts by early spring when they will be growing strong.

Late NOVEMBER – Mulch and protect perennials in your outdoor flower beds to keep them from freezing and thawing too often as the weather goes into winter. Mulch will also help keep plant roots a little warmer throughout the cold season allowing them to come back stronger and earlier the next season.

Late NOVEMBER – plant any bulbs you are planning on 'forcing' in pots using well-drained damp soil. Store in a cool (32-50 degrees) place that is well lit. Bring plants indoors to enjoy after leaves have emerged to a few inches in height. If you don't have good lighting in the storage area, keep a close eye on the pots and move to a brighter location as soon as leaves emerge. Several good winter blooming bulbs are amaryllis and narcissus.

THE 5R's

Reduce – Refuse – Reuse – Renew – Recycle

This is the perfect time of year to start relaxing after all your busy summer work and maybe crochet a bag or two from the 'store bags' you've collected over the summer months and during the fall school shopping trips! They're always useful for hauling stuff around the yard, carrying steam bath items, traveling, or for sale at the gift shop.



WALK TO BE FIT

Total Village Mileage through September is 36,534

Walking Diet??

Check out Prevention Magazine's Article entitled "Walk it off". You can either read this from the magazine in the rack at the Council Office or check it out online at

www.prevention.com

The author of the article suggests a daily "walking diet" outlining different ways to get in walking at intervals just as frequently as you would eat. Some of the suggestions are as follows:

✓ **(BREAKFAST) WAKE UP WALK-**

with a three-minute walk outdoors and two-minute walk up and down some stairs

✓ **(MORNING SNACK) ORGANIZATION STROLL-**

make several laps (about 5-minutes) around your home or office making mental notes of the to-do list for the day.

✓ **(LUNCH) HIGH NOON CRUISE-**

rev your metabolism with a pre-lunch jaunt, warming up at a regular pace for five minutes followed by ten minutes of brisk walking and another five minutes at a slower speed.

✓ **(AFTERNOON SNACK) ERRAND**

RUN-take a quick break to run an errand to the post office, store or other necessary place which is about a 5 to 10 minute walk away.

✓ **(DINNER) LEG STRETCH-**

After dinner (and instead of second helpings) get up and take a walk through the neighborhood.

✓ **(EVENING SNACK) SITCOM**

SLIMMING- pop up during commercial breaks in your evening shows, and straighten up a room, take out the trash, or sort laundry.

The article has three additional days worth of different ideas for short activities you can do along side of your meals and snacks to help get in your 10,000 steps per day and rev up your metabolism without needing to find a long stretch of time in your busy day for an "exercise program".

Keep on Walking on your way to Better Health!

John	287.5
Sandy	2484.5
Annie	2334.5
Lydia	2023.25
Joshua	1580.25
Shayna	1512.25
Mary	1326.5
Yako	1259
David	1135
Dallia	1135
Marie	1123.5
Ida	957
Angel	906.75
Alice	902.25
AlexAnna	844.75
Kayla	831.5
Julie	801
Tanya	781.75
Michael	717
Alicia	697.5
Bernadette	690
Shaun	686.75
Jonathan	666.75
Betsy	643
Dan	611
April	475.5
Jeremy	465
Sharolyn	395.25
Camille	369.5
Tess	367.5
Kevin	335

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Assistant Editor

Tanya Salmon, Library Intern

Weather Watch

October 1—31, 2003

No wind speed due to technical difficulties. We will have a report next month.

Dominant Wind Direction . . . NE

Highest Temperature . . . 59.9°F

Lowest Temperature . . . 14.4°F

Below Freezing . . . 16 days

Below Zero . . . 0 days

Precipitation . . . 2.09 inches

Recipe Corner

Contributed by . . . AlexAnna Salmon

Thanksgiving Pumpkin Pie

Ingredients:

- 1 1/2 pints vanilla ice cream, softened
- 3 eggs
- 1 3/4 cups pumpkin puree or canned pumpkin
- 3/4 cup white sugar
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 2 (9 inch) unbaked pie shells

Directions:

1. Preheat oven to 425 degrees F. Place ice

cream near the warm oven to soften.

2. In a large bowl, whisk together the eggs. Stir in the pumpkin puree, sugar, salt, cinnamon, ginger, and nutmeg. Mix in soft ice cream until smooth. Pour filling into two 9 inch pie shells.
3. Bake for 15 minutes in the preheated oven. Reduce temperature to 350 degrees F, and bake an additional 30-40 minutes, or until filling is set.

