

# Igiugig News & Notes

August 2006

Volume 9, Issue 6

## The 4<sup>th</sup> of July HooRAH

By Tanya Salmon

Riding through the village on July 4<sup>th</sup>, one would notice that the village was dead quiet; no kids playing on the roads and riding bikes, no adults riding around or working on their gardens, even the dogs seemed to disappear. Where did everybody go?



The barge was the main attraction for this year's 4th of July

HELLO!!! They were all at the beach enjoying the annual 4<sup>th</sup> of July festivities. This year was the best 4<sup>th</sup> of July beach picnic ever. Gabe even said that the "picnic keeps getting better and better every year."

Everything ran extremely smoothly; Jeremy and I brought up tables earlier that day, Jeremy and Corey picked up a trailer load of wood, Bernadette and Dan took turns cooking fresh salmon, practically everybody brought a dish or two, and Bernadette, Annie, and I cleaned up afterwards. The food was delicious! Plates were filled with agutak, cupcakes, fish, hot dogs,

*(Continued on page 2)*

## Tanalian Bible Camp

By Alicia Zackar

Sixty-three kids and only sixteen counselors, what are they going to do?! This year going to Tanalian Bible Camp was awesome; there

was a hike up to the Tanalian Falls, tournaments, chapel, and of course, free time.

When we hiked to the falls it

*(Continued on page 4)*

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### Birthdays this month

- August 4  
Dan Salmon
- August 13  
Bernadette Andrew

## 4th of July (Continued from page 1)



Mike showed his musical skills by playing the accordion while his wife, Dallia, sang.

salad, and a bunch of other delicious treats.

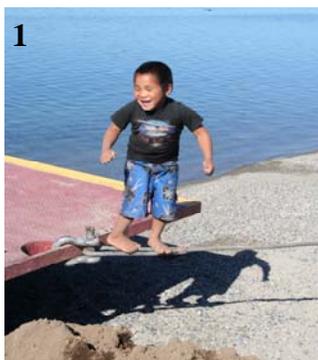
This year, the barge was here, which made the picnic even better. Kids and even adults (including Dan, Buck, Renea, Ida, and if I am considered an adult now, then me too) were jumping off and swimming. The kids enjoyed playing with inner tubes, floating toys, and boats.



Jeremy and Corey leaping off of the barge. Corey liked to do flips when he dove off, which impressed many viewers.

Sand castles were scattered around the beach as the young boys (Hunter, Simeon, Rylee, and Kyle) raced to make the biggest ones. Fishing poles were brought up and every now and then one would hear a whoop of excitement as another fish was caught. Once the fish was dragged to shore, the boys eagerly smacked it on the head until it died. The picnic even had a musician; Mike showed his skills when he brought his accordion and played while Dallia sang a few songs.

The picnic began at 5 PM. In previous years, people ate, visited, and then left, but this year, people ate, visited, swam, ate some more, visited, and then left. At 9 PM, there were still people hanging out at the barge! This was by far the best picnic ever. Everybody had a great time. A big thanks to everybody who made this picnic possible, it was greatly enjoyed by everyone of all ages, from 90+ to 4 months (Mrs. Gust to



- 1) Simeon balances on the barge rope.
- 2) Bernadette cooking fresh salmon and hamburgers.
- 3) Katie, Dallia, Mike, and Madison enjoy their dinner.
- 4) Dan cooking in his wet clothes.
- 5) People lining up to eat.
- 6) Camille and Tatyana swimming.

NAME	books read	pages read
Aiden	15	433
Madison	116	2485
Kyle	82	2289
Simeon	9	289
Hunter	72	2399
Fewnia	35	857
Tatyana	24	606
Camille	79	2833
Dolly Ann	36	977
Gregory, Jr.	6	330
Shaun	26	3276
Spirit	13	509
Tess	6	582
Sharolynn	4	543
Corey	6	1511
Alicia	10	3117
Berna-dette	9	1754
Julie	11	4895
Betsy	3	1569
Tanya	7	2676
Annie	3	510
Renae	5	1703
Mark	1	68
<b>TOTALS</b>	<b>581</b>	<b>36211</b>

## Summer Reading Club

How many butterflies do you have in your net? If the answer is zero, then you better start reading! The Summer Reading Club is still in session, but this year's numbers have been nothing to brag about!

It doesn't look like the Igiugig readers are going to be earning themselves a BBQ, so they better start putting in book numbers to earn a Banana Split Party. Eager readers continue to meet every Tuesday at the library to turn in book/page numbers, to read books, and to check out books. As an incentive for turning in page and book numbers, readers' names are put into a can and drawn every week. The winner earns a dollar worth of goodies from the store. Tanya, Tess, Gregory, and Camille have been this month's lucky winners.

So remember, if you have nothing to do, turn off the TV and pull out a book. Read for yourself and to your kids and start catching those butterflies!

### WORD BUILDING ANSWERS (Game can be found on page 8)

DIE, DIP, ZED, ZIP, IRE, RED, REP, RID, RIP, PER, PIE, DIRE, DRIP, RIDE, RIPE, PIED, PIER, PRIDE, PRIED, PRIZE, PRIZED

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



A  
N  
E  
W  
B  
A  
B  
Y



Keilan Ryan Wassillie was born on July 21, 2006 at 11:31 AM at the Alaska Native Medical Center to Christina and Jackie. He was 8 pounds 5 ounces and was 19 3/4 inches long. Keilan has light brown hair and grey eyes. Big brother Aiden loves to "help" out with the new baby and is always loving him up.

## Camp *(continued from page 1)*

took us two hours to go up and another two hours to get back down. Before we left that morning, we had to find buddies so I went with Angel Alvarez and Kyle Hardin. On the journey to the falls, we saw plants, trees, and more plants and trees! During the walk, my partners and I talked about chapel and about how Kyle is a good singer. On the way up, Angel and I could hear Kyle singing songs from chapel and a whole bunch of other songs I didn ' t know. When we got to the falls, we ate our lunch and took pictures of the falls and of our friends. On the trek back to camp, we only had to go up three hills and the rest was a downhill stretch.

On Saturday and Sunday we grouped up with our teams and played against other teams in volleyball, basketball, and ultimate Frisbee. We had to play each game four times. My team didn ' t do so well in Frisbee and basketball, but we did an awesome job in volleyball. It was wet and rainy out most of the days at camp, so when we played we got wet. The first day, however, when we were playing volleyball, the wind was blowing and dust was blowing in our faces. Every team hoped that they would get the windward side to avoid the dust.

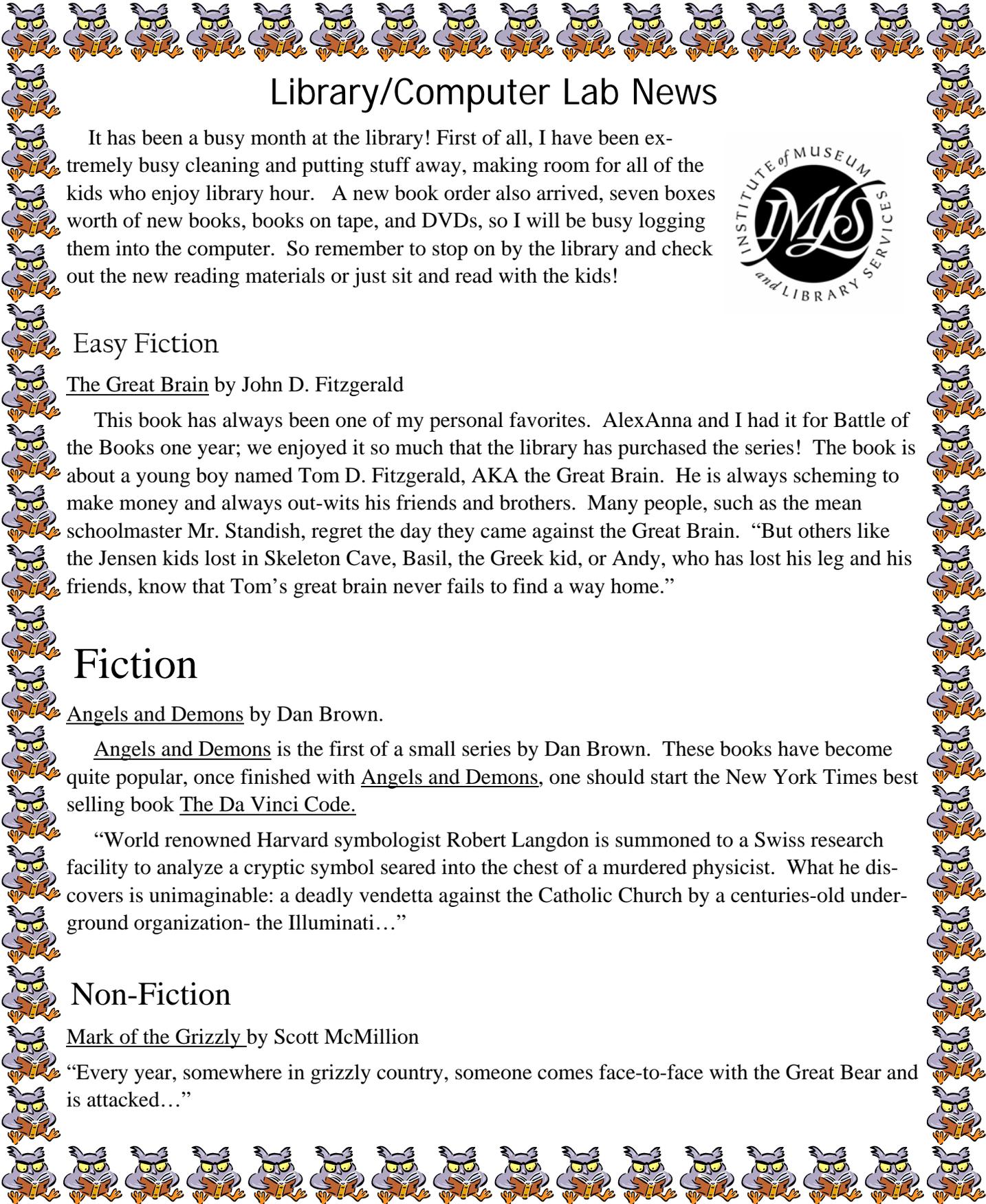
During the beginning of the week, most of us campers were quiet and shy, but by the end of the camp we were jumping up and shouting the songs. In chapel we talked about healthy relationships with John Hagee and we sang a bunch of songs. I already knew most of the songs, but I also learned new songs and had most of them memorized by the end of the week. The song that I liked the most was the "Happy Song" because everyone was in a good mood and they sang as loud as they could.

Each day, we got an hour and a half of free time. I spent my free time canoeing, hanging out, or sleeping, but most of the time I hung out with my friends, while others slept or canoed.



1. Tatyana, Fewnia, Camille, Spirit, and Dolly Ann after Dolly Ann and Fewnia's 6th and 7th birthday party.
2. Kiara playing with the inner tube at the 4th of July picnic





# Library/Computer Lab News

It has been a busy month at the library! First of all, I have been extremely busy cleaning and putting stuff away, making room for all of the kids who enjoy library hour. A new book order also arrived, seven boxes worth of new books, books on tape, and DVDs, so I will be busy logging them into the computer. So remember to stop on by the library and check out the new reading materials or just sit and read with the kids!



## Easy Fiction

The Great Brain by John D. Fitzgerald

This book has always been one of my personal favorites. AlexAnna and I had it for Battle of the Books one year; we enjoyed it so much that the library has purchased the series! The book is about a young boy named Tom D. Fitzgerald, AKA the Great Brain. He is always scheming to make money and always out-wits his friends and brothers. Many people, such as the mean schoolmaster Mr. Standish, regret the day they came against the Great Brain. “But others like the Jensen kids lost in Skeleton Cave, Basil, the Greek kid, or Andy, who has lost his leg and his friends, know that Tom’s great brain never fails to find a way home.”

## Fiction

Angels and Demons by Dan Brown.

Angels and Demons is the first of a small series by Dan Brown. These books have become quite popular, once finished with Angels and Demons, one should start the New York Times best selling book The Da Vinci Code.

“World renowned Harvard symbologist Robert Langdon is summoned to a Swiss research facility to analyze a cryptic symbol seared into the chest of a murdered physicist. What he discovers is unimaginable: a deadly vendetta against the Catholic Church by a centuries-old underground organization- the Illuminati...”

## Non-Fiction

Mark of the Grizzly by Scott McMillion

“Every year, somewhere in grizzly country, someone comes face-to-face with the Great Bear and is attacked...”

## Trio Arts Camp by Alicia Zackar

I attended Trio Arts Camp in King Salmon for a few days. It was so much fun! In just four days, we had to learn three songs, one dance, and we even learned how to “create” a rainstorm! Read on to learn about my camp experience!

The songs we had to learn were “Seed to Sow,” “Jazz,” and “Peace Will Come.” “Seed to Sow” is an African song that we had to learn movements to. The “Jazz” song is where we sang to jazz music and had to dance. “Peace Will Come” was mostly drumming, but there were also cow bells. For this song, we had to learn the movements to a perfection, otherwise, we would mess everyone else up. My favorite song was “Seed to Sow” because there was a lot of singing and dancing.

In dancing, we had to learn Native dances. We were put into groups of two or three and we had to choose a Native dance that we wanted to do. My group chose the “Friendship” song. We also had to perform our dances. When one group was performing we had to sit behind them and wait for them to be done. When they were done, another group would go up. Finally it was our turn! I was nervous, but I think we did pretty well. We also had to memorize and read a paragraph of the “Rain Falls on the Mountaintops” after our dance performance.

While at camp, we also learned how to make a rainstorm in the auditorium without even getting wet and even if it was nice outside! We did this by passing energy. This is how we did it: the person sitting ahead of you would start a motion, then we would wait a second and then start the motion he/she was doing. The first motion that we had to do was snap our fingers. When the first person wanted to change the motion he/she would rub their hands together. Next, we hit our legs with our hands, stomping on the floor came next, and lastly, we did the same motions backwards.

I hope I can go back to the Trio Arts Camp next year and have as much fun as I did this year. Next year Sharolynn will be going and I will be able to teach her things that I learned this year.

### Bits \* n Pieces

#### **National Report Card On Nutrition in our Schools**

**Following are CSPI's grades for the nation's school systems:**

A- Kentucky

B+ Nevada, Arkansas, New Mexico, Alabama, California

B New Jersey, Arizona, Tennessee

B- Louisiana, West Virginia, Connecticut, Florida

C+ Hawaii, Texas

C Maine, Mississippi, District of Columbia

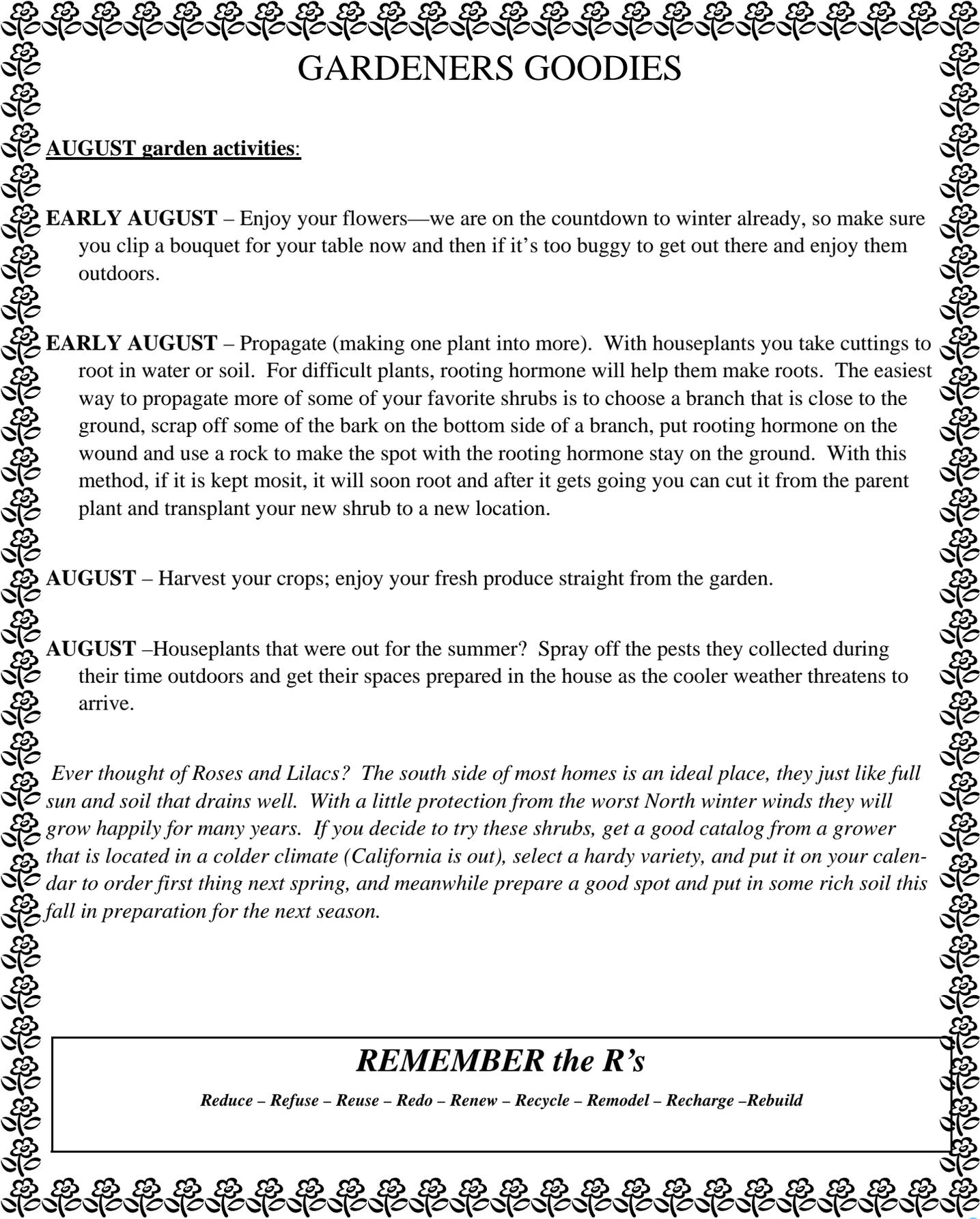
C- Colorado, South Carolina

D+ New York, Maryland

D Oklahoma, Virginia, North Carolina

D- Indiana, Illinois, Georgia

F Alaska, Delaware, Idaho, Iowa, Kansas, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, New Hampshire, North Dakota, Ohio, Oregon, Pennsylvania, Rhode Island, South Dakota, Utah, Vermont, Washington, Wisconsin, Wyoming.



# GARDENERS GOODIES

## AUGUST garden activities:

**EARLY AUGUST** – Enjoy your flowers—we are on the countdown to winter already, so make sure you clip a bouquet for your table now and then if it's too buggy to get out there and enjoy them outdoors.

**EARLY AUGUST** – Propagate (making one plant into more). With houseplants you take cuttings to root in water or soil. For difficult plants, rooting hormone will help them make roots. The easiest way to propagate more of some of your favorite shrubs is to choose a branch that is close to the ground, scrap off some of the bark on the bottom side of a branch, put rooting hormone on the wound and use a rock to make the spot with the rooting hormone stay on the ground. With this method, if it is kept moist, it will soon root and after it gets going you can cut it from the parent plant and transplant your new shrub to a new location.

**AUGUST** – Harvest your crops; enjoy your fresh produce straight from the garden.

**AUGUST** –Houseplants that were out for the summer? Spray off the pests they collected during their time outdoors and get their spaces prepared in the house as the cooler weather threatens to arrive.

*Ever thought of Roses and Lilacs? The south side of most homes is an ideal place, they just like full sun and soil that drains well. With a little protection from the worst North winter winds they will grow happily for many years. If you decide to try these shrubs, get a good catalog from a grower that is located in a colder climate (California is out), select a hardy variety, and put it on your calendar to order first thing next spring, and meanwhile prepare a good spot and put in some rich soil this fall in preparation for the next season.*

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

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

## WORD BUILDING:

Use the following letters to make words in the slots provided

ZDPREI

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20. □□□□□

21. □□□□□□

Answers can be found on page 3



The kids spent many hours fishing at the beach. Above is Corey, showing off his prize salmon.



Gabe ate his dinner from his Honda so he could watch the kids play in the water.



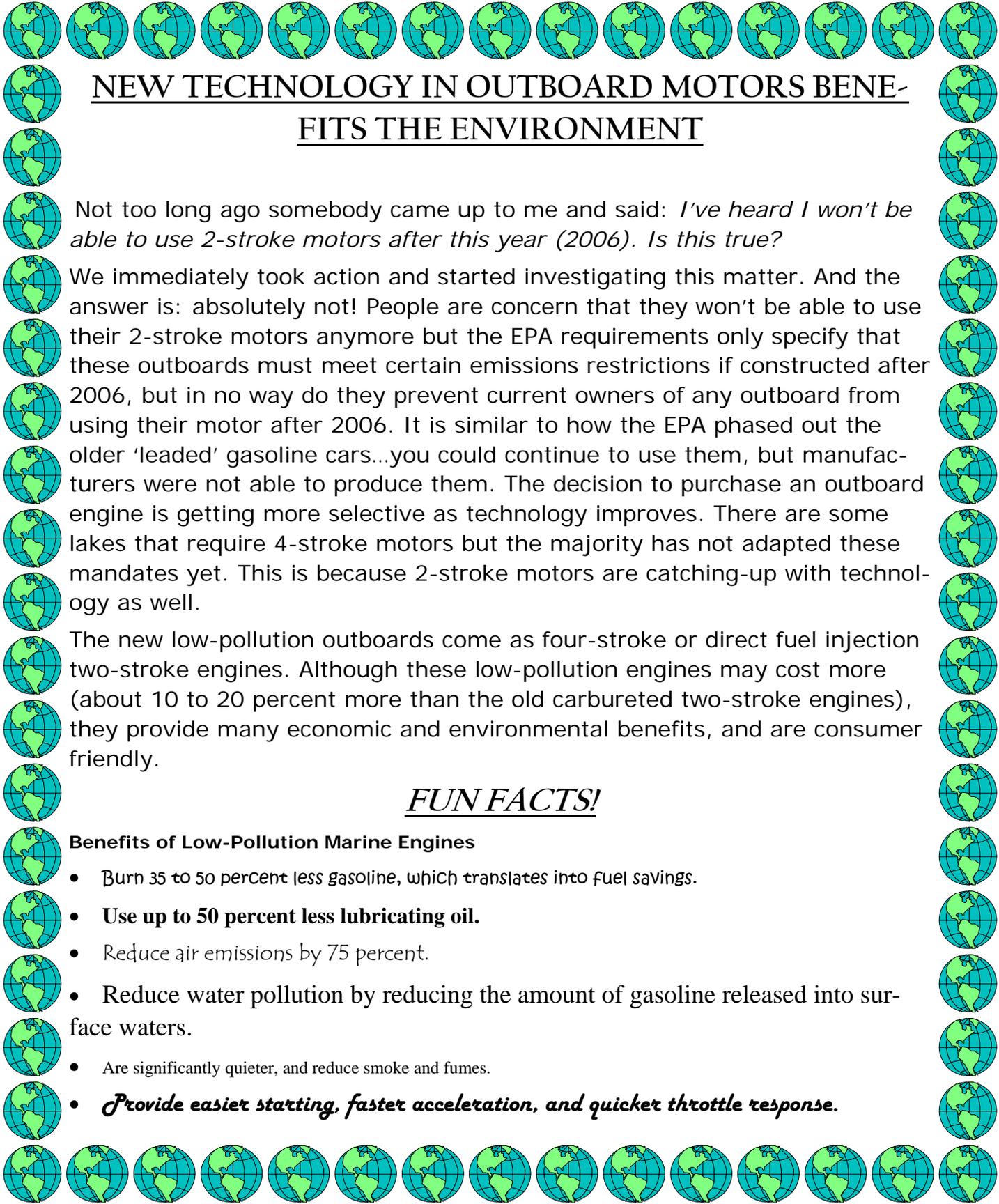
Kyle proudly showing his "dunking skills" (notice the wet hair).



## PLEASE THROW AWAY YOUR TRASH!!!



Many people have noticed that there has been an increase in litter along the roads. Parents please **TALK** to your children about where their garbage goes. If you are out berry picking, then put your trash in your pockets or a bag, don't leave it outside! The store has decided that if the litter does not stop, they will **QUIT** selling pop and candy for a period of time. Thank you!



## NEW TECHNOLOGY IN OUTBOARD MOTORS BENEFITS THE ENVIRONMENT

Not too long ago somebody came up to me and said: *I've heard I won't be able to use 2-stroke motors after this year (2006). Is this true?*

We immediately took action and started investigating this matter. And the answer is: absolutely not! People are concerned that they won't be able to use their 2-stroke motors anymore but the EPA requirements only specify that these outboards must meet certain emissions restrictions if constructed after 2006, but in no way do they prevent current owners of any outboard from using their motor after 2006. It is similar to how the EPA phased out the older 'leaded' gasoline cars...you could continue to use them, but manufacturers were not able to produce them. The decision to purchase an outboard engine is getting more selective as technology improves. There are some lakes that require 4-stroke motors but the majority has not adapted these mandates yet. This is because 2-stroke motors are catching-up with technology as well.

The new low-pollution outboards come as four-stroke or direct fuel injection two-stroke engines. Although these low-pollution engines may cost more (about 10 to 20 percent more than the old carbureted two-stroke engines), they provide many economic and environmental benefits, and are consumer friendly.

### *FUN FACTS!*

#### **Benefits of Low-Pollution Marine Engines**

- Burn 35 to 50 percent less gasoline, which translates into fuel savings.
- **Use up to 50 percent less lubricating oil.**
- Reduce air emissions by 75 percent.
- Reduce water pollution by reducing the amount of gasoline released into surface waters.
- Are significantly quieter, and reduce smoke and fumes.
- ***Provide easier starting, faster acceleration, and quicker throttle response.***

## WALK TO BE FIT

Total Village Mileage through July is 61,228

### \*6 Is your State overweight?\*

The following internet link is an animated map that progresses on a rainbow theme from blue (less than 10%) to red (over 25%), showing 20 years in the progression of America becoming fat.



Sadly, according to this information from the Center for Disease Control, there are only 6 states left out of the fifty in the United States, where less than 20% of the population is obese. Even more sadly ours is not one of them, however, on a positive note we aren't in the list of those with an over 25% obesity rate. 1994 was the last time that any state was 'blue' (less than 10%). If you translate this to real numbers it means that among Alaskans one of every five people is so heavy it is bad for their health.

Check out the internet site to follow further links to find out what other states are doing to help combat the growing bulk in our country—fat—a problem that is likely the largest cause

of lifestyle diseases that this generation of Americans will face.

<http://health.msn.com/reports/obesity/default.aspx>

### What about the food kids eat at School???

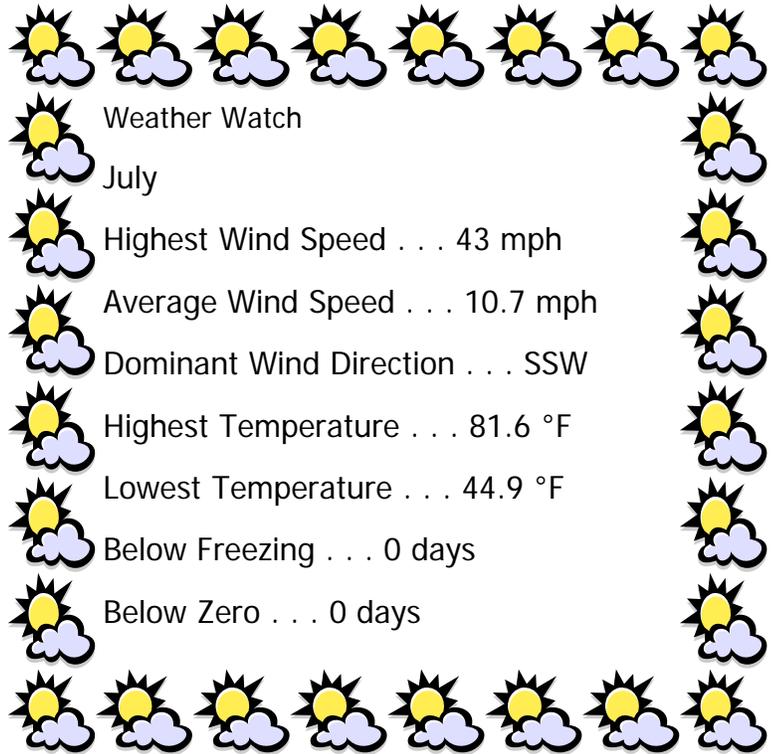
Because our eating habits begin when we are young and the things we eat are part of what determine if we will reach our full potential for height, if our bones are as strong as they should be, and how much body fat we will carry around the rest of our life, scientists did a study that analyzed the foods that are served in the schools in each State and gave them a 'grade' for how well they did nutritionally speaking.

The study looked at both what was offered by the lunch program, in vending machines, and at concession stands. Sadly, Alaska ended up with the worst grade—F! And we are only first on the "F" list because it's alphabetical! Maybe it has something to do with how hard it is to provide fresh produce way out here, or maybe we can just blame Anchorage schools for messing up the statistics because they are much bigger than ours and have lots of vending machines for pop and other non-nutritious snacks. (For the full listing of the States, and their grade, check out "Bits & Pieces" elsewhere in this newsletter.)

## Igiugig Tribal Village Council

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## Recipe Corner

Contributed by Tanya Salmon

### Eleanor Roosevelt's Pink Clouds on Angel Food Cake

Angel food cake was Eleanor's favorite dessert, a fact confirmed by *The White House Diary* and *The Presidential Cookbook* both by Henrietta Nesbitt, the Roosevelt's housekeeper during their White House years. I have copied the recipe from the book *Amelia and Eleanor Go For A Ride* by Pam Munoz Ryan.

#### ANGEL FOOD CAKE

1 cup cake flour (sift before measuring)  
1 1/4 cups egg whites (10 or 12)  
1 1/2 teaspoons cream of tarter  
1 1/2 cups sugar  
1 teaspoon almond flavoring

1/4 teaspoon salt

Sift flour at least twice. Beat egg whites with beater until foamy; add cream of tarter and 1 cup of sugar gradually. Continue beating until egg whites stand up in peaks. Add almond flavoring. Sift remaining 1/2 cup sugar with salt and flour, and very carefully fold into egg whites. Bake in tube pan in 375 degree oven for 30 to 35 minutes

#### WHIPPED CREAM AND STRAWBERRIES

1 pint strawberries  
1/2 pint heavy cream, whipped  
1/2 cup sugar

Crush berries with sugar. Let stand 30 minutes. Carefully fold berries into whipped cream. Spoon on top of angel food cake.