

Igiugig News & Notes

Igiugig Tribal Village Council

December 2007

Volume 10, Issue 12

Happy New Year!



The cast of "How the Grinch Stole Christmas"

1. Tess as Max the dog and Jeremy as the Grinch
2. Camille as Cindy Lou Who and Jeremy
- 3 & 4. The Who's from Whoville: Shaun, Kyle, Camille, Dolly Ann and Fewnia with Jackie Joe as the Mayor
5. The Narrators: April, Angel and Sheryl

Inside this issue:

Library/Computer Lab	2
Games	3
Bits 'n Pieces	4
Gardeners Goodies	5
Environmental News	6
WTBF	7
Weather Watch	8
Recipe Corner	8



Watch in the next issue of Igiugig News & Notes for stories on Igiugig School's performance of "How the Grinch Stole Christmas", Strategic Planning Meetings, the annual Council meeting, and many more.

Birthdays this month

- December 11
AlexAnna Salmon
- December 12
Dave Hostetter
- December 29
Willie Nickoli



Library/Computer Lab News

Merry Christmas and Happy New Year! December in the Gwich'in language means "Low on food". In the Yupik language it means "Time of going around", this means visiting neighbors. Winter solstice is on the 21st, with Christmas on the 25th. Igiugig School's Christmas vacation starts December 21st and everyone heads back to school on January 9th. Our gathering this month was making Christmas decorations; we made wreaths and Christmas trees.



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

EASY FICTION

T'was the Night Before Christmas by Clement Moore

"T'was the night before Christmas, when all through the house. Not a creature was stirring, not even a mouse; the stockings were hung by the chimney with care in hopes that St. Nicolas soon would be there."

Junior Fiction

The Song of the Christmas Mouse by Shirley Rousseau Murphy

"Mom went to the window, staring out. "I've never heard of a mouse liking ripple ice cream."
"You don't believe me."
"Well... put some food out- maybe it'll come back.""

Nonfiction

Christmas Creations 745.59 LLI

In Christmas Creations, you'll learn how to: create a spunky, dancing Santa, make wonderful wildlife gift-wraps... and many more things.

Fiction

A Highland Christmas by M.C. Beaton

"...More and more people each year are going abroad for Christmas."

Alaska Fiction

Christmas Tree Tales From Alaska to Zip by Robert B. Hoffman

"...Each year the Christmas tree brings nostalgic memories of Christmas past and sets the stage for Christmas present."

INTERESTING WEBSITE OF THE MONTH

www.amazon.com

This site is getting better by the year. If you want something, anything of anything sort, from **toothpicks** to **chocolates**, this is a great site. And to top it off the shipping is free (most times) and they are quite speedy in mailing the items. So if you are searching the web... wondering where to go... type in www.amazon.com



Games, games, games

WORD BUILDING

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

AYRRRME

1. □□□

2. □□□

3. □□□

4. □□□

5. □□□

6. □□□

7. □□□

8. □□□

9. □□□

10. □□□

11. □□□

12. □□□

13. □□□

14. □□□

15. □□□□

16. □□□□

17. □□□□

18. □□□□

19. □□□□

20. □□□□

21. □□□□□

22. □□□□□

23. □□□□□

24. □□□□□□□

Answers can be found on page 4.



Answer can be found on page 4.

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

Bits 'n Pieces

DRYER BALLS

Save Electricity – Use less (or no) Fabric Softener – Have Softer Fluffier Clothes

These are the claims of the makers of "Dryer Max Dryer Balls"

So how do they measure up?

In our own un-scientific test, it appears that using the dryer balls shortens drying time by 24%, which means that if you usually dry clothes for an hour it should take around 45 minutes with these little devices. We couldn't tell if there was any more or less static in the fabric, but the clothes did feel softer.

For just under ten dollars you can own a set of these household items, and even if they don't do everything they say, they are also useful as play things for kids, chew toys for pets, and may even give you a good foot massage.

If you're interested in buying a set, there are many internet sites that carry them, but the one we found that seemed to be the most reliable, with the most reasonable shipping costs is listed below.

<http://www.drugstore.com/products/prod.asp?pid=151796&catid=33275>



Answers to WORD BUILDING (game on page 3)

WORD BUILDING answers: YAM, YAR, YEA, AYE, ARM, ARE, MAY, MAR, EAR, ERR, ERA, RYE, RAY, RAM, YEAR, ARMY, MARE, RARE, REAR, REAM, MARRY, MERRY, REARM, REMARRY

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

yar [yahr, yair]

adjective.

quick; agile; lively.

(of a ship) quick to the helm; easily handled or maneuvered.

noun

growling sound

Answers to SUDOKU (game on page 3)

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

GARDENERS GOODIES

DECEMBER garden activities:

DECEMBER – The worms are back!! They will be happy to feed on some of the stuff that is still making the village garbage too wet to burn. Chickens of course like the good food scraps, but the worms will be glad to get the really gross stuff—your coffee grounds, tea bags, and any fruits or vegetables that are too seriously rotten for the chickens to want.

DECEMBER – Bulbs you are forcing should be shooting up green leave by now. If they don't seem to be as strong as they should be, add a little 'bulb food', some seem to like crushed up egg shells. Since bulbs mainly like cooler weather, the windowsill is generally a good place for them since it's usually both brighter and cooler than the rest of the room—if they are too warm the leaves and stems will grow long but not very sturdy.

DECEMBER to JANUARY – Winter beauty in the garden is very different from the summer, but sometimes just as enjoyable, use Christmas lights, bird feeders, and sculptural elements to brighten up your surroundings and invite wildlife into your yard. If you choose the newer LED style lights a string of 100 bulbs usually only uses 4 watts (which means you can have them on for four days straight for about a quarter). With a little snow cover, the winter garden can be even more beautiful than it is in the summer.

WORM FOOD

SUGGESTIONS:

Coffee Grounds & Filters

Tea Bags

Slimy Lettuce

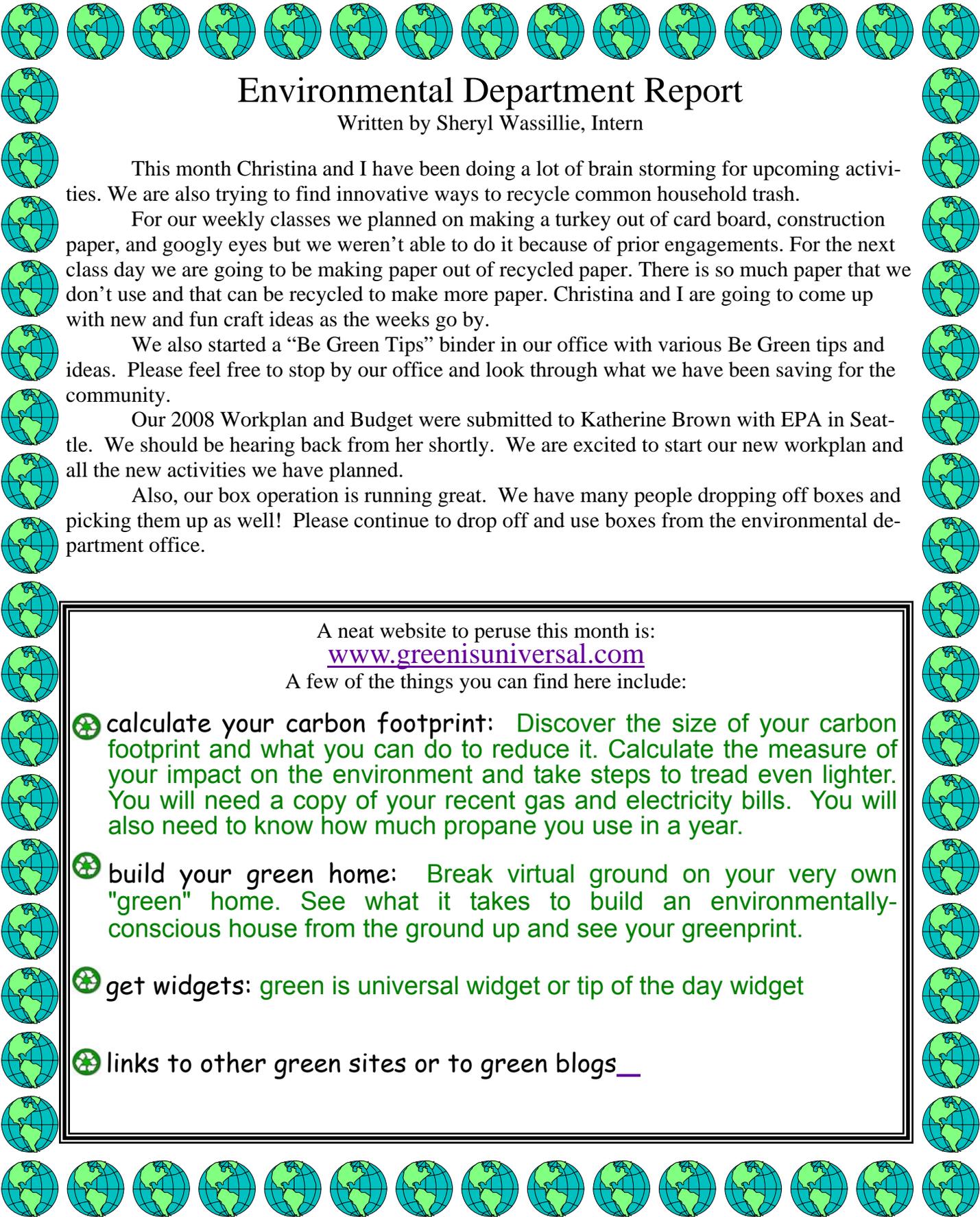
Banana Peels

Don't give them anything that could have had pesticides, household cleaners, mold killers, Clorox, or lots of salt on it.



Many thanks to
Pen Air
for sponsoring
Santa's visit
to Igiugig.





Environmental Department Report

Written by Sheryl Wassillie, Intern

This month Christina and I have been doing a lot of brain storming for upcoming activities. We are also trying to find innovative ways to recycle common household trash.

For our weekly classes we planned on making a turkey out of card board, construction paper, and googly eyes but we weren't able to do it because of prior engagements. For the next class day we are going to be making paper out of recycled paper. There is so much paper that we don't use and that can be recycled to make more paper. Christina and I are going to come up with new and fun craft ideas as the weeks go by.

We also started a "Be Green Tips" binder in our office with various Be Green tips and ideas. Please feel free to stop by our office and look through what we have been saving for the community.

Our 2008 Workplan and Budget were submitted to Katherine Brown with EPA in Seattle. We should be hearing back from her shortly. We are excited to start our new workplan and all the new activities we have planned.

Also, our box operation is running great. We have many people dropping off boxes and picking them up as well! Please continue to drop off and use boxes from the environmental department office.

A neat website to peruse this month is:

www.greenisuniversal.com

A few of the things you can find here include:

-  **calculate your carbon footprint:** Discover the size of your carbon footprint and what you can do to reduce it. Calculate the measure of your impact on the environment and take steps to tread even lighter. You will need a copy of your recent gas and electricity bills. You will also need to know how much propane you use in a year.
-  **build your green home:** Break virtual ground on your very own "green" home. See what it takes to build an environmentally-conscious house from the ground up and see your greenprint.
-  **get widgets:** green is universal widget or tip of the day widget
-  **links to other green sites or to green blogs__**



WALK TO BE FIT

Total Village Mileage through November is 66,511.

Check out the new Equipment

There's a New Treadmill!!!!

If you've not been to the RecHall in awhile, be sure to check out the equipment there. Along with everything else, there is a brand new treadmill, which is by all accounts, top quality and quite simple to use. This will make it easy to get out there and move, walking or running or using one of the preprogrammed workouts. With the preprogrammed ones you will find yourself speeding up, slowing down and going up and down imaginary hills at a rate that will give you a great workout or you can choose to just go at the speed of your choice.

Run with the Pack

Sometimes the motivation you need is found in group activity. If you need to be accountable to others in order to stick with your program, consider joining the community health group that exercises at the school gym five days a week. Currently they are meeting early in the morning on weekdays—6-ish in the a.m. If that time zone isn't one that works for you, take heart, it will likely switch back over to the evening once the basketball season gets over.

In the interim, if you really do need to work out with someone, try just asking a friend to join you—they may say no, but then again they may be thinking of burning a few of the holiday calories too, and you might be just the motivation they need to get out there and go for it.

If you still can't find an exercise buddy—try an exercise video—which you can do at home and will have your exercise buddies right there on the TV. They come in all varieties of walking, calisthenics, martial arts, free weights, aerobics, etc. and at various levels, that way everyone from couch potato to body builder can work out.

AVOID REGRET OVER THE HOLIDAY FEASTING

Experts say that as little as 30-minutes of exercise per day can make all the difference. Almost everyone can fit in a little jaunt of that length into their day. But if not, some researchers say that three 10-minute sessions can still do the trick, particularly if they are spaced throughout the day because it will help to keep your metabolism 'up' for several hours after each round of exercise.

FIND SOMETHING FUN THAT 'MOVES YOU'

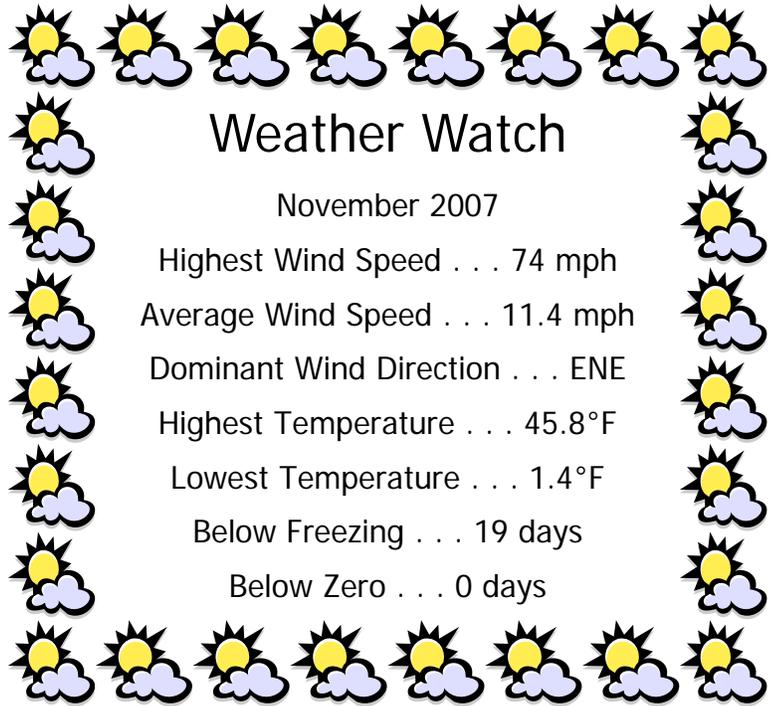
Taking a quick walk around the building
Doing arm exercises with a 1-lb can of food while the coffee perks
Bouncing a toddler on your knee
Making a couple trips up and down a flight of stairs
Lifting boxes around in the 'junk room'
Whatever!!

Anything is better than nothing

Igiugig Tribal Village Council

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

Dallia Andrew, President
Randy Alvarez, Vice-President
Kevin Olympic, Member &
Administrative Trainee
Annie Wilson, Member
Michael Andrew, Jr., Member
Dan Salmon, Tribal Administrator
Sandy Alvarez, Administrative
Assistant
Bernadette Andrew, Editor & Social
Services Director
Betsy Hostetter, Librarian
Christina Salmon, IGAP Director
Bonnie Thurston, Grants Specialist/
Clerk
Sheryl Wassillie, IGAP Intern



Recipe Corner

Spinach and Mushroom Quiche

- * 1 9-inch unbaked deep-dish pastry shell
- * 3 cups chopped and lightly packed fresh spinach
- * 1 1/2 cups chopped ham (1-inch cubes)
- * 1 cup chopped cremini mushrooms
- * 1/3 to 1/2 cup sliced green onions
- * 1/2 cup shredded mozzarella cheese
- * 1/2 cup crumbled feta cheese
- * 3 eggs
- * 1 3/4 cup half and half
- * 1/2 tablespoon flour
- * 1/8 teaspoon white pepper

Preheat oven to 375 degrees. Pierce pastry shell with a fork; bake for 5 to 10 minutes. Remove from oven and reduce temperature to 350 degrees.

In a large bowl, combine spinach, ham, mushrooms, green onions, and both cheeses; toss gently to mix. Spoon into the prepared pie shell. In the same bowl, mix together the eggs, half and half, flour and pepper until smooth. Pour mixture evenly over spinach filling in pan.

Bake for 40 to 50 minutes, or until center is set. Let stand 10 minutes before serving. Serves 4 to 6.

