

# Igiugig News & Notes

Igiugig Tribal Village Council

January 2009

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## Igiugig's Christmas Program by AlexAnna Salmon

The evening of December 22, residents filled Igiugig School Gym, transformed for the night into the local theater. The Christmas Program commenced with an introduction by elementary teacher Mark Battaion. His class carried their music stands and recorders and one by one serenaded us: Silent Night, Sweet Betsy, Cindy. Camille Andrew approached the keyboard to woo the audience with two piano solos—one being the popular Jingle Bells. The class, led by Mark and his guitar, concluded with singing “He’s Got the Whole World in His Hands.”

Next, Jeff Thurston, in a playful mood, introduced the 2008 Christmas Play: *Couch Potato Santa*. He proclaimed that of all the student thespians he’s ever worked with, this year’s was the most fun because students memorized their lines practically overnight, allowing lots of “play” time. With that, the Christmas play and laughter began. Our bellies shook like bowlfuls of jelly as we watched the Christmas comedy and our local talent.

Jeremy Salmon, a skinny couch potato Santa, looked all-too-comfortable sprawled on the couch wielding the cable television remote. Angel Alvarez played a nagging Mrs. Claus, working to get her husband off the couch to deliver gifts because the reindeer have nothing to do. Santa is tired of his old sleigh and demands she grant him the new-fangled sleigh complete with cruise control, On-Star, heat, and a G-P-S. The elves (Fewnia Zharoff, Shaun and Kyle Andrew, and Maggie Stoltman), tinkering happily on left-stage make several attempts to cheer up the de-

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Aggiggy (Fewnia) tries to get Santa off the couch by tickling him.

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## ITVC Annual Meeting

The Igiugig Tribal Village Council chose the first day of winter, the shortest day of the year, to host the longest village meeting of the year! But, villagers eagerly attended in hopes to be a lucky winner of many door prizes.

After the meeting was called to

(Continued on page 6)



Igiugig Village Council (l-r): Randy Alvarez, Michael Andrew, Jr., Dalia Andrew, Annie Wilson, and Alex-

### Birthdays this month

- January 3  
Aiden Wassillie
- January 23  
Annie Wassillie
- January 29  
Mark Battaion

**CHRISTMAS PROGRAM** (Continued from page 1)



Blitzen (Camille) and Donner (Dolly Ann) gather with Rudolph (Tess) to see if they can rouse Santa off the couch.

stage to cheer up Santa. After playful bantering, pleading and reasoning, Santa and Mrs. Claus strike a deal and alas, Santa gets off the couch so the cast can look forward to Christmas-as-usual.

Mary Olympic watched the entire play anticipating an April Hostetter to appear on the set at any moment but her disguise and accent as Dr. Sigmund Igloo made April unrecognizable even to kin! Several play-goers commented that the student actors were so natural in their various roles, and looked at-ease

onstage. The play was followed by an array of desserts and opening of the “Secret Santa” gifts. Once again, Igiugig School pulled off a memorable Christmas Program.



Francis (Molly) and Alex (Joshua) give Santa their wish list for Christmas.



Mrs. Claus (Angel) tells Blitzen not to grumble about working.

pressed Santa with silly songs. Their failed efforts call for more serious help—Dr. Sigmund Igloo, who seems to be bent out of shape over an evil third step-cousin. Two children, Molly Stoltman and Joshua Brown, pester Santa with a long wish-list; he suggests they join the McDonald’s workforce—they are hiring younger every year. The reindeer (Dolly Ann Zharoff and Camille Andrew) only bother Santa, but Rudolph, (Tess Hostetter), the New-Nosed Reindeer, had more luck. Her nose, and the joking comments on-stage, had the audience roaring: “Is that your nose, or am I in a redwood forest?” At last resort, the entire Christmas crowd appears on-



Joshua performs on the recorder during the program.



Dr. Sigmund Igloo (April) tell about her woes to Santa.



Dolly Ann opened the Christmas Program with *Sweet Betsy from Pike* on the recorder.



Banaska (Kyle) tried to get Santa in the spirit of Christmas with some jokes.

# Diabetes Prevention Update

One preventative measure of Type 2 Diabetes is drinking plenty of water (as opposed to sugar-drinks). However, a new study released by Johns Hopkins researchers has linked arsenic, common trace contaminant in well water, with type 2 diabetes (Voiland, *US News: Is Your Drinking Water Giving You Diabetes?* 12/23/2008). "The risk for diabetes for Americans with the highest inorganic arsenic loads in their urine is more than three times the risk for those with the lowest arsenic loads." This is because arsenic increases blood glucose and insulin levels. Utility companies are required by federal regulations to keep arsenic levels in drinking water to a certain level, but this does not apply to private wells. A cheap lab test (~\$25) can determine whether a household's well is contaminated with arsenic. If it is, then water filters, reverse osmosis, and distillation can solve the problem.

In Igiugig, most residents are connected to the public water supply. The timing of this

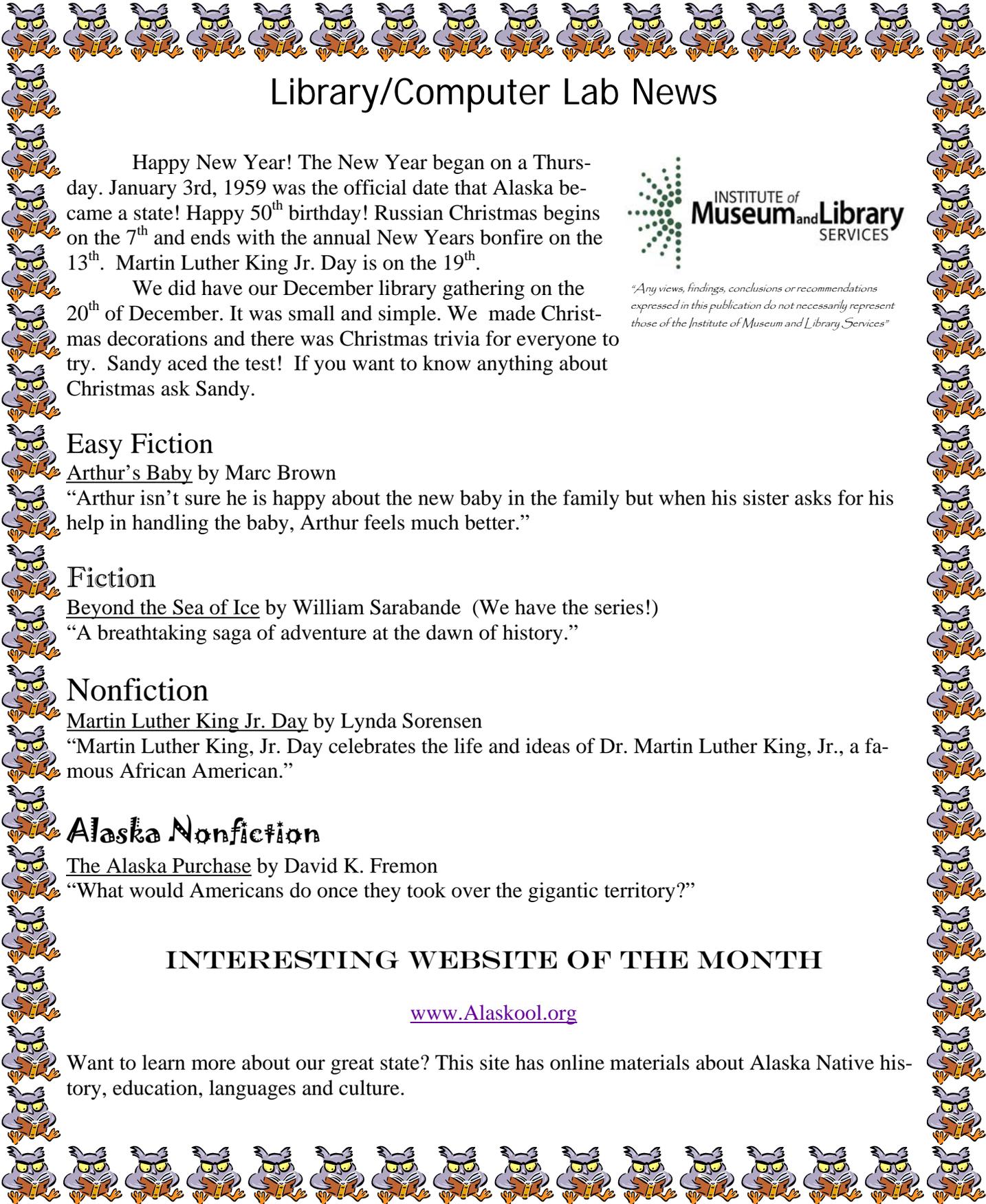
newsflash could not be more relevant because as this newsletter goes to print, Mick Bradford is working to replace our old water filtration system so that Igiugig will be in compliance with the most current DEC regulations for allowable arsenic levels. Also, in Igiugig, many residents continue to drink fresh Kvichak River water. We are lucky to have such a pure water source!

Another way to help prevent Type 2 Diabetes is exercise. This has yet to be proven otherwise, so stay tuned for a special Diabetes Prevention event in January. In the plans is a "Mush Away Type 2", a dog-mushing race involving two teams and two dogs. If you are interested in participating in this outdoors event, please sign-up at the village council. This event will be weather-permitting, and dependent on snow conditions! In the meantime, continue to exercise and eat healthy!



Answer can be found on page 11.

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



# Library/Computer Lab News

Happy New Year! The New Year began on a Thursday. January 3rd, 1959 was the official date that Alaska became a state! Happy 50<sup>th</sup> birthday! Russian Christmas begins on the 7<sup>th</sup> and ends with the annual New Years bonfire on the 13<sup>th</sup>. Martin Luther King Jr. Day is on the 19<sup>th</sup>.

We did have our December library gathering on the 20<sup>th</sup> of December. It was small and simple. We made Christmas decorations and there was Christmas trivia for everyone to try. Sandy aced the test! If you want to know anything about Christmas ask Sandy.



*"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

Arthur's Baby by Marc Brown

"Arthur isn't sure he is happy about the new baby in the family but when his sister asks for his help in handling the baby, Arthur feels much better."

## Fiction

Beyond the Sea of Ice by William Sarabande (We have the series!)

"A breathtaking saga of adventure at the dawn of history."

## Nonfiction

Martin Luther King Jr. Day by Lynda Sorensen

"Martin Luther King, Jr. Day celebrates the life and ideas of Dr. Martin Luther King, Jr., a famous African American."

## Alaska Nonfiction

The Alaska Purchase by David K. Fremon

"What would Americans do once they took over the gigantic territory?"

## INTERESTING WEBSITE OF THE MONTH

[www.Alaskool.org](http://www.Alaskool.org)

Want to learn more about our great state? This site has online materials about Alaska Native history, education, languages and culture.



Many thanks go to Pen Air for organizing the annual Santa visit to the kids in Igiugig. Most kids were very excited to see Santa and sit on his lap to let him know what they had on their list. Andrew was very anxious for his turn, but Leif was not too sure about the whole Santa thing and preferred to stay in his mom's arms!

## Christmas Craft Fair

On December 13 from 1-3:30 PM the people of Igiugig could be found milling around the school gym eager for Christmas shopping. With village internet down, and the mail often on weather-hold, the craft and book fair came at the perfect time for last-minute shoppers (i.e. me). Crafters could purchase a small, medium, or large table to sell gifts. Shoppers had the option of purchasing crafts or books, or visiting the extensive Igiugig Student Government refreshment stand featuring chicken wings, jalapeno poppers, candy and beverages.

Dolly Ann and Fewnia Zharoff made beautiful beaded snow-flake ornaments that nearly sold-out. The Andrew kids sold an assortment of bell-ornaments, and pine-cone fire starters—a hot commodity in a village that loves woodstoves and maqays! Annie Wilson brought fashionable knitted mittens and socks and Dallia Andrew sold her famous designer plastic handbags. Sandy Alvarez hosted a digital photo department with prints ready in minutes and Betsy Hostetter's desk featured fine silver jewelry made by local silversmith Dave. Other than that, all the crafts sold were made by the school students: tie-dye t-shirts and pillow cases, Igiugig No-See-Um gear, model cars, wrapping paper, decorated boxes, and ornaments. They also displayed two long tables of books from Homer Book Store; they sold five boxes of books.

Shoppers were kept on their toes with the cake walks and raffle announcements hosted by the student government. If you happen to see Dallia Andrew, "Maaci" dancing around town to her own beat, it is because she was the lucky winner of an i-Pod shuffle. Or perhaps she will gift it to her grandson, Shaun Michael, who won the \$50 i-Tunes gift card. Maybe one of the lovely gifts were waiting under your Christmas tree!

## ANNUAL MEETING *(Continued from page 1)*

order, around 4:30 PM, and a quorum established, Bernadette Andrew began the Igiugig 2008 Slide Show. The seven-minute show was dedicated to Dan Salmon, former Tribal Administrator. This was the first annual meeting without “Dan the Man” and the room felt emptier without his booming voice and mile-wide grin; he truly found enjoyment in the annual meeting as it was a chance to build community pride in Igiugig’s progress and promising future. However, his vision for the future was reinforced as photos of get-togethers, celebrations, playing baseball at the new diamond, and school festivities scrolled across a screen. The show ended with a thank you to the community for all of their help and participation in keeping Igiugig the most amazing village that ever existed.



Elder Gabe Gust attended the meeting and was happy with his new extension cord that he won!



AlexAnna and Mark help to craft the mission statement.

opportunity to provide constructive criticism and input. Mission statements are a slow process! Also, the community was broken into three groups to revisit the list of priority projects. The lists varied, but on everyone’s top three: a dock/barge landing. After these group exercises, the enlightening meetings ended and people headed home in the dark! With that, we welcome 2009!



Even the youngsters are involved! Leif checks out the graphs with his mom, Martha, during Sandy’s presentation.



Betsy and Gabby share their views and helped to create our new mission statement and ranking projects in order of importance to Igiugig.

Sandy Alvarez, Administrative Accountant, provided a very detailed financial report. This was followed by an Annual Village Overview and “Looking at 2009” by current Tribal Administrator, Bonnie Thurston. AlexAnna Salmon gave a brief environmental report on behalf of Christina, the environmental director, and then informed the community about the agricultural project: Kvichak Organic Produce. The meeting continued, with an overview of the village-owned Iliamna Lake Contractors. Bonnie read an update sent by Helene Herndon, general manager, and it was made public the recent news that ILC received the bid for the HUD project. This received a loud round of applause. Kevin Olympic’s 3-year seat as ITVC Board Member was up, so an election proceeded and AlexAnna was the successor. Intermittently throughout the meeting doorprizes were pulled. The Andrew family won the 100lbs. of propane; the Browns, the 50 gallons of oil; the Thurstons, the 25 gallons of gas. Everyone else won a smaller, but equally exciting, prize ranging from art kits to bunny boots, or blankets.

The official ITVC annual meeting adjourned and was followed with the Community Strategic Planning Meeting. Bonnie Thurston facilitated the discussion of a revised mission statement. Earlier in the week, the high school students—April Hostetter, Jeremy Salmon, and Angel Alvarez—wrote insightful mission statements. These were compiled and edited into one statement, and the community had an opportunity to provide constructive criticism and input.

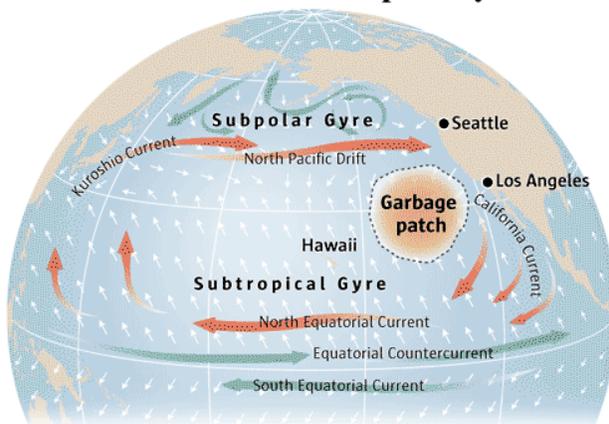
# The Plastic Plague

Contributed by the Igiugig Environmental Department

Way out here in rural Alaska, we don't have to worry much about pollution. Our waters are still clear and clean, and the wildlife still thrive. This cannot be said for other places around the world. Humanity's reliance on plastic has put animals and the sea at jeopardy. Humanity itself is already in danger because we are destroying everything we need to live through pollution. The source of the danger is, as some title it, the Plastic Plague. One of the most prominent dangers is the huge swath of plastic particles located in the Pacific Ocean.

A thousands miles south of our little village, this swirling plastic clump, made up of millions of tiny plastic particles, is estimated to weigh approximately 3 million tons and cover an area the size of Texas. This clump has many names: Plague of Plastic, Great Pacific Garbage Patch, Toxic Stew of Plastic Trash, the Swirling

## North Pacific Subtropical Gyre



Sources: *Natural History Magazine*; *National Geographic Atlas of the World*

THE SEATTLE TIMES

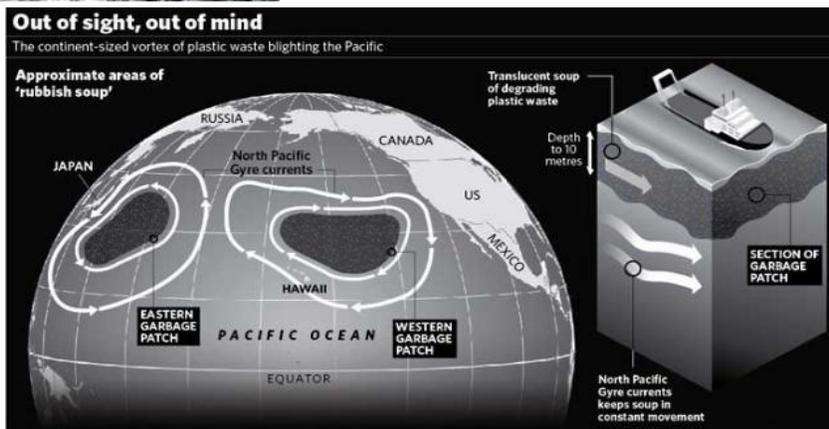


Plastic Vortex. But to animals, this plastic clump represents death. To a sea turtle, plastic bags look like jellyfish to eat. To birds, the plastic debris looks like small squid or fish to feed upon. Countless marine animals are dying because they ingest the plastic material. Sadly, marine researchers believe that this plastic clump is much too large to be cleaned up. Apparently, the only thing we can do is stop using so much plastic.

It is easier said than done. Our whole world consists of plastic; we depend on it for our health, safety, food, packaging –everything. We love it because it is moldable and very durable. So durable, in fact, that it takes approximately 500 to 1000 years to degrade. Unfortunately this means that all

the particles in the big plastic clump still have a few hundred years to go before they are gone. The big plastic clump seems immortal, unless we stop polluting the earth with plastics.

We can help by limiting our use of plastic. Use reusable bags when shopping (even at Sayak's Lavguq), don't use plastic water bottles, and always pick up trash when you see it being littered.



Source: Greenpeace

Graphic: John Poverles, John Bradley

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Bernadette Andrew, Editor & Social Services Director  
Betsy Hostetter, Librarian  
Christina Salmon, IGAP Director  
April Hostetter, IGAP Intern  
Ida Nelson, Tribal Clerk

## Weather Watch

December 2008

Highest Wind Speed . . . 72.0 mph  
Average Wind Speed . . . 10.2 mph  
Dominant Wind Direction . . . NNE  
Highest Temperature . . . 40.8°F  
Lowest Temperature . . . -22.5°F

Below Freezing . . . 24 days  
Below Zero . . . 6 days  
Precipitation . . . 0.78 inches

### Recipe Corner

Contributed by . . . Kristin Hathhorn

### Berry Pudding Cake

- 1 C softened butter
- 1 C sugar
- 2 eggs
- 2 teaspoons vanilla
- 1 cup plain yogurt
- 1 cup flour
- 1 teaspoon baking powder
- 2 cups blueberries/cranberries

Cream butter and sugar; add eggs, vanilla, yogurt. Mix flour and baking powder together and add to wet ingredients. Mix in berries and place in buttered 9" square pan. Bake at 350 for about an hour.

### Answers to SUDOKU (game on page 3)

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