

Adak's Monthly Newsletter featuring Local News and Events

Island News

CITY RECEIVES NEW WATER GRANT FROM DEC VILLAGE SAFE WATER PROGRAM. The grant program is to find the best suitable means of treating our water in anticipation of building a new water treatment plant. Currently our water is being treated at the pressure reducing valve station with chlorine.

CITY OF ADAK/ACDC/SCHOOL DISTRICT ELECTIONS. On October 2nd the City of Adak will hold its annual general election, along with ACDC and the School District. City Council seats 2A, currently held by Doug Newman, and 2B, currently held by Cynthia Galaktionoff are open for election. Both seats are three year terms. A special city council meeting will be convened October 8, 2012 at noon to certify the election and to elect a mayor for the next year. Official election results for the City will be published after the special council meeting.

ADAK RESTORATION ADVISORY BOARD will meet 6 pm on Thursday October 10th at the community center. The Agenda and topics of discussion are: Munitions Program, Petroleum Sites, Long Term Monitoring, Institutional Controls, Community Report, Review New Action Items, and a Preliminary Agenda for the next meeting.

A/PIA WELLNESS AND GOVERNANCE CONFERENCE was attended by several local citizens. The delegates from Adak flew into Unalaska on September 11th on an ACE charter. Each participant was able to sign up for various sessions and symposiums that best suited their interests.

SHELL OIL GETS PERMISSION TO DRILL. Shell oil was granted permission to drill in the Arctic area on August 30th. On another note, it was reported in the Anchorage Daily News on September 17th Shell will not be drilling any deep holes in the arctic this year. Apparently a test run of the oil leak containment ship, Noble Discoverer, failed. Damage was sustained to the containment dome itself. Shell has announced they will be drilling shallow entry wells and capping them for the winter, to get a head start for 2013. We're very optimistic that Adak will be utilized as a logistical support terminal by the oil companies, nothing yet has been finalized. The year round ice free deep water harbor along with available housing and office space are Adak's prime features, not to mention the wonderful airport on Adak.

ARCTIC IMPERATIVE SUMMIT cancelled their Adak visit due to weather, but were able to fly into Unalaska for their next scheduled stop. Anyway, the food was delicious and thank you to Aleut Enterprise for all the goodies.

HOME WEATHERIZATION – ALEUTIAN HOUSING AUTHORITY will be hosting a community meeting Wednesday October 3rd at 6pm, at the Community Center. The weatherization program funded by the Alaska Housing Finance Corporation was developed to make homes more energy efficient, as well as, reduce energy costs. Weatherization upgrades include: air sealing, window and door replacement (where necessary), re-insulating, moisture control and mold prevention, and large or outdated boiler replacement. The meeting is open to all residents. Qualification for the program is based on income. Qualifying applicants will be put on a list and homes weatherized as funds are available.

Applications are available at City Hall. The income guidelines for the Aleutians West Census Area:

1 Member Household – \$60,900	5 Member Household – \$94,000
2 Member Household – \$69,600	6 Member Household – \$101,000
3 Member Household – \$78,300	7 Member Household – \$107,900
4 Member Household – \$87,000	8 Member Household – \$114,900

CENSUS 2012 – CYRENTHIA NEWTON a Census Bureau Employee was here on Adak in support of the American community Survey. The survey allows statisticians, utility companies and other entities to get a demographic synopsis of the communities surveyed. The United State Congress allocates money for the program so the government has current US residential information. Ms. Newton is a graphic artist by trade – or calling as Ms. Newton explains and became a part time census worker during 2010 while she was an instructor at UAA. Later in the year when her contract with UAA expired, her regional director at the Census informed her there was a Field Representative Position opening. She applied and got the job and is now the US Census Field Representative for rural Alaska. Cyrenthia calls her job an answer to prayer as she to gets to see remote villages and islands in Alaska, she would not otherwise visit. Don't worry she said you were all awesome – yeah! Many thanks to Rhonda, Imelda and Mike.

NEW TEACHERS ARRIVE: On August 30, 2012 all of Adak Island was ready to meet with the new school staff. We had a community potluck to welcome our new teachers and hand out backpacks to the students,

18 in all, attending Adak School this year. The back packs were provided by the Aleutian Regional School District. The pot luck was attended by Joe Beckford, Superintendent of ARSD, and the entire Adak Public School staff. Welcome back to school students – and GET TO STUDYING! Yes, moms and dads – break time is finally here!

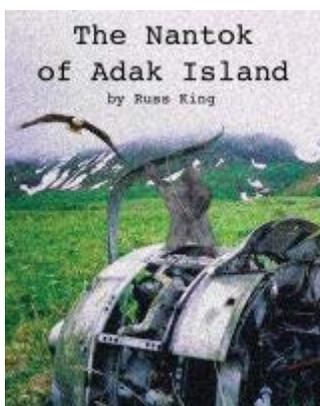
HALLOWEEN PARTY WITH ADAK RECREATION AND TRICK OR TREAT. Again this year, Adak Recreation will be having a Halloween party – scheduled Saturday October 27th, time to be announced. *Dress up so we can see who's scary and who's not.* Parents please escort your children if you choose to Trick or Treat the community on Halloween night. There will be a sign-up sheet at the Store for households passing out candy. Please sign up so our Trick or Treating parents know where to drive their children.

ADAK SUMMER CONTRACT SEASON WINDING DOWN WHILE HUNTING PICKS UP. As you drive around this October, you will see less contractors and visitors here with special projects. Don't forget to be alert if you are out and about in the wilderness – the hunters are arriving. Caribou tags for nonresidents can be purchased at City Hall. We also have Harvest Tickets available to all hunters.

OPEN GYM NIGHTS TUESDAY AND THURSDAY allow the residents of Adak to get in some workouts despite the weather. The weight circuit room, first room to the left at the top of the stairs is available for use along with the main gymnasium. I used the circuit Tuesday, August 18, and was quite impressed with the results. I'm still feeling the workout Wednesday morning. There are stationary bikes, a recumbent bike, and stair stepper machine also available for use. Enter the side doors by City Hall and walk up the stairs to find the weight circuit room – lights are on a timer. We have a rack with several basketballs, volley balls and bouncy balls at the entrance to the Gymnasium for action on the courts.

SEE YOU AND NEW BABY SOON: Rebecca Dunton is off to Anchorage at the end of this month to give birth to a third child for Rebecca and Bernardo. Congratulations!

PRAYERS AND THOUGHTS: To Chuck and Kathy. We hope to see you at home soon!



Adak Science Fiction

Jasen Karnes is the son of a naval officer whose family is stationed on an isolated US naval air station on Adak, Alaska, an Aleutian Island. On a hunting trip he encounters a race of tiny, intelligent primates who very much do not want to be discovered. When he is caught in a trap not intended for him Jasen's life is put at the mercy of these small but very dangerous creatures.

Author's bio Excerpt from the web:

..... I only lived there two years (1979 to 1981), but it will always draw me back. I have not had the opportunity to physically go back yet, but one of the ways that I relived my time there was to write my book *The Nantok of Adak Island*. While it is a science fiction novel, it includes many events based on my actual experiences there as a high school student living life on an isolated Aleutian island.

My internship with the (then named) Aleutian Islands National Wildlife Refuge (AINWR) was one of the most amazing things that ever happened to me. In my book, the main character experiences several things that really did happen to me. Some of these are more embellished than others, but they are based on true events. For example, I really did get to perform a necropsy on a huge female sea otter that died giving birth. I really did get to trap and mount a Norwegian brown rat, which was added to the refuge's official collection. I really did go through a bit of initiation from the biologists that included counting hairs on caribou and sea otter pelts. One of the most amazing things I did that I did not mention in the book was that I got to help trap and band bald eagles.

Several of the biologists were working on a project of monitoring the bald eagle population on Adak. They were experimenting with several methods of trapping. They tried everything from padded leg traps, to traditional falconry bow nets, to a cannon net like the one used at the beginning of the old Mutual of Omaha's Wild Kingdom with Marlin Perkins, except that one caught a flock of Canada geese.



Eastern Aleutian Tribes Signs Agreement with Department of Veterans Affairs

Eastern Aleutian Tribes is one of 14 Alaska Native tribal health programs to sign an agreement with the Dept of Veterans Affairs (VA) that will allow Alaska veterans living in our communities to receive health care closer to home.

If you are a Veteran, a Veteran's dependent, the surviving spouse, child or parent of a deceased veteran, a uniformed service member, or a present or former reservist or National Guard member, you may be eligible for VA benefits. In order to be eligible to receive VA care through EAT, veterans need to be enrolled with the Veterans Health Administration. You can click here: <http://www.eatribes.org/VAhtm> to register. Please contact Adak Community Health Center if you have any questions.

National Recovery Month (Recovery Month)

(www.recoverymonth.gov) is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. **Recovery Month** spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. Call Eastern Aleutian Tribes Behavioral Health Department at (907)497-8203 or (907) 386-1227 for more information or in case of an emergency, and after hours. Or call the Adak Clinic at 592-8330.

Katharine Eby, FNP, visited Adak on Sep 20-23, doing a site visit as part of her application for a position with EAT. We hope you got a chance to meet her, and share you Adak experiences with her. Maybe we will see more of her in the future!

EAT employees, Cynthia Galaktionoff and Esther Bennett, attended the



Regional Wellness and Governance Conference, along with several Adak City Council Members Sept 11-16. The conference was well attended by folks from all cities and villages

throughout the Aleutian/Pribilof Islands region, and Adak announced itself as part of that region. Community health issues were discussed, that included everything from Subsistence foods decline, to economic development to transportation issues, to improving patient care. Communication between villages was established, and there are hopes of continued conferences of this type would be happening.

TEEN SCENE WITH ALICIA: This month a lot has happened. One of the big things is the starting of school. The school year has started and in the older kids class there is the new teacher Mr. Hodes. The Students in his class are Alicia, Augie, Brian, Geselle, and Vuna. The teacher in the K-12 class is again Ms. Molly, with help of some assistants. This year is off to a good start for most of the students.

I am going to be gone almost the entire month attending school in Atka. Another thing going on in the health world in Adak is I am going to be working on a Green House for Adak so anybody interested in working on it with me or while I am gone is welcome to contact me on that. Now, one of the things most interesting to teens, music. The month has had a good run of music and the top ten are right here.

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|--|-----------------------------------|
| 1) Lights by Ellie Goulding | 6) Wide Awake by Katy Perry |
| 2) Whistle by Flo Rida | 7) Blow me One Last Kiss by Pink |
| 3) Where have You Been by Rihanna | 8) Scream by Usher |
| 4) Good Times by Owl City and Carly Rae Jepsen | 9) Pound the Alarm by Nicki Minaj |
| 5) Want you back by Cher Lloyd | 10) Don't Wake me Up by Usher |

The bonus track of the month, Titanium by David Guetta feat. Sia

Thank you very much for all of your time and have a nice day :) For any questions or comments you can contact me at bennett.alicia98@yahoo.com or call Esther Bennett at (907)-592-2119 any time after 5:00 on week days. Or if you call earlier leave a message and she will get back to you! Thank you.



Adak's Royal Guests

October marks the beginning of one of nature's special moments for Adak and other Aleutian islands as the beautiful Emperor Geese return once more from their summer nesting grounds.

Called "Emperor" because it is generally regarded as the handsomest goose, it has a blue-gray body and feathers trimmed in black and white. Its distinctive black throat and orange legs make it easy to identify. Emperor Geese are also called Beach Geese because they are often seen on nearshore rocks, reefs, sandy beaches and mudflats where they feed on seaweed, mussels and shellfish.



Emperor Geese rarely stray from coastal Alaska and eastern Russia, and are one of North America's rarest goose species. This small and regal goose pairs for life, and nests primarily on the Yukon-Kuskokwim Delta. In early fall they migrate slowly south along the Alaska Peninsula and eventually to their wintering grounds in the Aleutian Islands. You may see them on Adak from October to April, but peak numbers occur December through March.

Numbers of Emperor Geese declined drastically in the late 1900s, and though recently they seemed to be recovering slightly, the population last spring was again in decline. Due to their limited numbers, Emperor Geese are a protected species, and no sport or subsistence hunting of them is allowed.

Be sure to take time to drive around Clam Lagoon or walk the island's rocky coast from now through April to

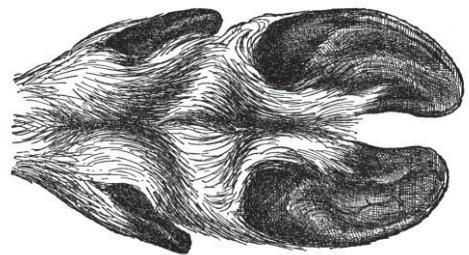


glimpse this rare but regal visitor! Look for family groups--the juveniles (left) have sooty heads that gradually lighten over the course of the winter (center) until they resemble adults (right), with snowy mantles and pink bills. If you see a goose with a collar and are able to read the code, please report to Lisa (592-2406).

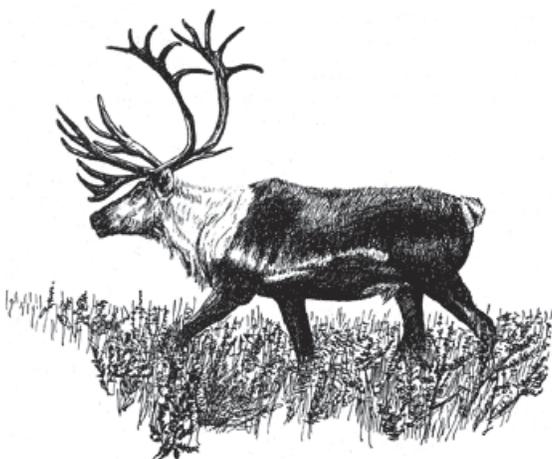
A Few Facts About Caribou

We all know caribou are beautiful and majestic animals that taste really good, but how many of us know anything more than that? Adak's caribou survive through some of the roughest weather on earth to provide recreational enjoyment in one form or another for many people. Here are some things to consider next time you see one.

Barren-ground caribou are found only in North America, Russia, and Scandinavia on open tundra. As a result, they are well adapted to live with cold temperatures and deep snows. For example, caribou hair is hollow, which adds insulation and warmth. Caribou have widely spread hooves that enable easy travel on the tundra and on steep gravel mountainsides. The hooves function as paddles when the animals swim, and they expand in the winter to act as snowshoes. They also act as shovels when digging for food in snow and ice.



Caribou are the only members of the deer family in which both sexes grow antlers. The antlers start growing in the spring and are nourished by a network of blood vessels called velvet. This velvet is rubbed off after the antlers stop growing in the fall. What is left is a structure of bone which is used by males for sparring matches during the breeding season, or rut. Antlers are shed once a year; the largest bulls may shed as early as late October, while smaller bulls and non-pregnant cows may not shed until April. Pregnant cows generally keep their antlers until after calves are born. On Adak the main calving ground is in the Teardrop Lake basin. Calves are usually born in late May or early June and, although they average only 13 pounds at birth, they grow fast, doubling their weight in 10-15 days. They can walk an hour after they're born and outrun a man after only a few days.



Nomads by nature, mainland caribou move constantly to find adequate food; they can travel 50 miles in a day. On Adak many animals tend to migrate north during the fall; you will often see them just outside town during winter. They eat lichens, grasses, sedges, willows and the roots of various other plants. When caribou are introduced to islands without natural predators, there is always the worry the herd will grow to the point of overgrazing the land and eventually starve. This summer a small breeding population was discovered on neighboring Kagalaska Island. If there was enough to eat on Adak, would cows risk swimming the strong currents in Kagalaska Strait? Unfortunately there is a lot we still don't know about the population dynamics of Adak's caribou, their impact on the island's tundra, and what the future holds.

CITY OF ADAK ANNOUNCES: Open Gym Tuesdays and Thursdays 6–8pm; weight room available upstairs.

ALASKA SPORT LICENSES AVAILABLE AT COA

Commercial Crewmember

Sport Hunting/Fishing

Resident Class 30	\$60	Resident Class 1 (Sport Fishing)	\$24
Non-Resident Class 31	\$200	Resident Class 2 (Sport Hunting)	\$25
Resident Child Class 34 (10 and under)	\$5	Resident Class 4 (Sport Fishing/Hunting)	\$48
Non-Resident Child Class 35	\$145	Resident Class 5 (Hunt/Trap/Sport Fishing)	\$62
Resident 7 day Class 36	\$30	Non-Resident Class 6A (Sprt Fishing 14 day)	\$80
Non-Resident 7 day Class 37	\$30	Non Resident Class 8 (Hunting)	\$85
Duplicate License Class 32	\$5	Non-Resident Class 8A (Small Game)	\$20

*Licenses also available for low income, disabled and military. Details at the city office. Caribou Tags - Free to residents non-resident Caribou Tags for non-resident \$325, non-resident aliens - \$425

NOTICE OF ELECTIONS

WHEN: TUESDAY, OCTOBER 2, 2012

WHERE: COMMUNITY ROOM BOB REEVES HIGH SCHOOL

**WHAT: ADAK CITY COUNCIL ELECTIONS SEAT 2A, SEAT 2B
REAA ARSD SCHOOL BOARD, ADAK COMMUNITY DEVELOPMENT CORPORATION**

POLLS OPEN: 8:00 AM

POLLS CLOSE: 8:00 PM

PRECINCT ADAK, ALASKA AS DEFINED IN ALASKA STATUTES TITLE 15.10.070

THIS IS A GENERAL ELECTION. ALL VOTERS WITHIN THE PRECINCT THAT HAVE REGEISTERED TO VOTE AT LEAST 30 DAYS PRIOR TO THE ELECTION ARE ELEIGIBLE TO VOTE.

*Applications for candidacy will be accepted starting September 2, 2012 at 8:00 am until September 24, 2012 at 8:30 am. Applications must be submitted to the City Clerk.

ACDC BOARD ELECTIONS

WILL BE HELD TUESDAY, OCTOBER 2, 2012. PLEASE CONTACT MARY NELSON AT 592-2335 FOR MORE INFORMATION OR CANDIDACY APPLICATIONS.

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Elections City Council and ACDC Board	3 City Council Cancelled AHA weatheriza tion project com center 6pm School Testing	4 School Testing	5	6
7 *Church Community Center 9am	8 Council Special Meeting Official Election Results 5pm	9 Open Gym 6-8pm	10	11 Open Gym 6-8pm	12	13
14 *Church Community Center 9am	15	16 Council Workshop Open Gym 6-8pm	17 City Council Meeting 5pm	18 Open Gym 6-8pm	19	20
21 *Church Community Center 9am	22	23 Open Gym 6-8pm	24	25 Open Gym 6-8pm	26 End First School Year Qtr	27 Halloween Party Adak Rec Time TBA
28 *Church Community Center 9am	29	30 Open Gym 6-8pm	31 Happy Halloween Trick or Treat			

*The Adak Community Church invites you to Orthodox Services starting at 9am.

Non-denominational services start at approx. 10 am.

Get your event on the calendar - birthdays too! e-mail information to dsharrah@adak-ak.gov

COMMUNITY RECIPE BOARD
BAKED HALIBUT CHABLIS

Preheat Oven 500 degrees

6 ¾ " halibut filets	½ Cup sour cream
1 Cup Chablis	½ Cup chopped onion
1 tsp Salt	½ tsp paprika
1 Cup fine dry bread crumbs	Parsley for garnish
1 Cup Mayonnaise	

Marinate halibut in wine and salt for 4 or more hours, turning occasionally. Remove halibut from marinade and coat with bread crumbs. Place coated halibut in greased 9x13 pan. Combine mayonnaise, sour cream and onions and spread evenly over filets. Sprinkle with paprika and bake 20 minutes. Arrange on hot platter and garnish with sprigs of parsley. Recipe provided by Norm Baker

TRADITIONAL ALEUT FISH PIE

Preheat Oven to 400 degrees

1 lb halibut, baked in foil packet until barely done	¼ Cup chopped onion
3 - 4 Cups cooked rice	½ tsp dry parsley flakes
¼ lb sautéed mushrooms	¼ tsp salt
2 strips bacon cut in small pieces	1 can cream of mushroom soup w/ ¼ water or fish stock
Pastry to cover top of pie	

Lightly fry bacon. Add onion and cook until limp. Flake halibut. Lightly fold together all ingredients. Place in 9 or 10 inch pie plate or quiche dish. Cover fish mixture with pastry, cutting vents in top. Bake about 30 minutes until crust is nicely browned. Ingredients may be layered with rice mixture on the bottom if you prefer. May substitute salmon for halibut. Recipe provided by Norm Baker.

ORIENTAL FISH SOUP

2 QT Fish stock	1 Tblsp vegetable oil
1 Small onion, sliced thin	2 Cloves garlic, chopped
1 or 2 slices fresh ginger	2 Pkg Udon noodles
1 pkg firm tofu cut in bite size pieces	1 or 2 eggs slightly beaten
Salmon sliced thin, shrimp, scallops (1/2-1 lb each)	
1 Cup firm vegetables (e.g. carrots, radishes, turnips, celery)	
1 Cup tender vegetables (e.g. snow peas, sliced mushrooms)	
2-4 Cups leafy vegetables (e.g., m spinach, bok choy or sui choy, cabbage)	
Condiments for serving: soy sauce, sesame oil chili oil, chopped green onions	

Lightly sauté onion garlic and ginger until fragrant.
 Add fish stock and simmer 15 minutes.
 Add firm vegetables to stock, simmer for 5 minutes.
 Add flavor packets from Udon noodles. Simmer 5 minutes.
 Add noodles and tender vegetables. Simmer 2 Minutes
 Add tofu, seafood and leafy vegetables. Simmer until seafood is just done.
 Drip beaten eggs into soup, let simmer until set probably 30 seconds.
 Serve with condiments. Recipe provided by Norm Baker

Recipe submissions requested. Please e-mail to dsharrah@adak-ak.gov



Make sure to follow us on Facebook at www.facebook.com/cityofadak

We want to hear from you! Let us know what you think. All comments are appreciated.

City of Adak, Alaska
P.O. Box 2011
Adak, Alaska 99546



Kids of Adak

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 ADRIEN
 BRIAN
 ALICIA
 GESELLE
 CYRUS
 FINN
 KARINA
 SIENNA
 LOGAN
 ESPERANZA