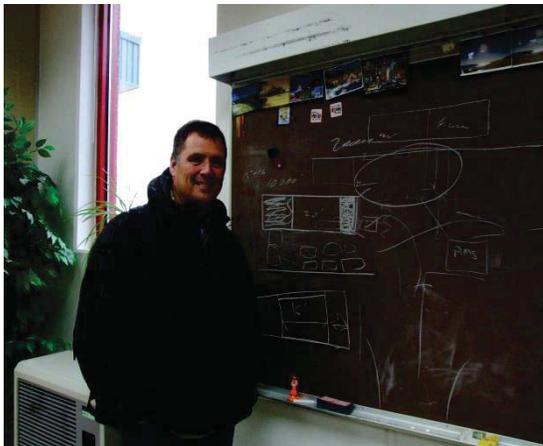


Adak's Monthly Newsletter featuring Local News and Events

The Fishing Industry Continues in Adak



While Icicle pulls out, independent distributors have seen the opportunity in Adak. Pete Hartman of Hart Sales, Inc., is selling fresh halibut from Adak to several customers across the United States. Pete Hartman, shown with diagrams of future operations in Adak, has only kind words about the people in Adak. The people he has come across since he landed in this community have done nothing but welcome him and ask how they can help.

Pete Hartman became interested in Adak after meeting Mike Sharrah at the IPHC meeting in Canada this year. Sharrah and Hartman started talking about buying fish from the F/V Selah; a deal was struck and Hartman now has a presence in Adak. Hart Sales Inc., based in Victoria, British Columbia, has operations in Norway, Chile, Canada and other parts of Alaska. The U.S. Hart Sales operations in Adak, consists of buying fish direct from vessel owners, then distributing the fresh fish in fibers with the producing vessel's name on each box.

Hartman has shown his commitment in his significant investment in the Adak operation before flying any fish out of Adak on Alaska Airlines. He has sent certified scales, fiber board, stickers, marketing supplies, and other items to make the operation successful. Hartman is hoping to eventually hire a local beach crew, to work with local clerical support and shipment handling, so the vessel owner and crew spend more time fishing rather than worrying about getting their product to market.

Hartman's operations in B.C. include an office staff of twelve, four of whom are working on Adak logistical and compliance issues. Hartman initially hoped to ship at least 150,000 pounds of local halibut. After hearing about Icicle's departure he decided to try and double his shipments out of Adak. Hartman has successfully negotiated with the Aleut Corporation for production space.



ENTREPRENEURIAL INTEREST IN ADAK.
Jun Lee and Walter Simpson visited Adak from Gold River Seafood (British Columbia, Canada) in hopes of expanding the market for Adak fish. Along with the normal fish caught in the Aleutian waters, these gentlemen are also prospecting for other ocean products; shellfish. After talking with local fishermen and City leaders the pair is very hopeful that Adak can provide the services and infrastructure needed for their endeavor.



City of Adak to receive \$30,000 from State of Alaska Capital Budget

Although, several budget requests were made to the state legislature for projects in Adak, including improvements for the small boat harbor, restoration of the Old Bering Hill Chapel, and funding to bring up the swimming pool, the only request from approved was for exterior lighting at City Hall and intermittent street lamps around town. There was another \$6.4 million of the capital budget allocated to Adak for airport runway safety improvements, though this is a result of monies passed through from the Federal Aviation Administration.

The Aleut Corporation has Plans for Adak

The Aleut Corporation and several corporate officers from TAC subsidiaries visited Adak, April 5–7, hosting a “Town Hall” meeting and pot luck on the 6th. During the presentation given by Thomas Mack, President of TAC, Adak residents were informed of the many business prospects for Adak Island. Mack reiterated the corporate agenda and mission statement while reaffirming The Aleut Corporation’s commitment to their shareholders and the Island.

Several business prospects for TAC include: water export sales, Arctic shipping support, logistical support for the oil industry drilling in the Chuchki and Beaufort seas, Missile Defense Agency support, and support for small vessel crab fleet. Mack said everyone at TAC and its subsidiaries believe that arctic shipping and oil industry logistical support is not an “if it will happen” event, but a “when it will happen” event.

An open discussion period with residents followed; with topics including the increase in fuel prices, TAC’s plans for support of renewable energy, and what improvements the Corporation will make to attract fishing vessels to Adak. Residents also wanted to know if and when the Aleut Real Estate Corporation would sell existing cabins around the Island.



Daisha Bennett, Ivan Hodes, Kat McCune
Mary Prince & Nikander Shane won \$100 in fuel.



Layton Lockett tells group about the hydro–electric prospects Adak holds.

US DOT issues a Proposal Request for Essential Air Service at Adak, Alaska

The United States Department of Transportation has issued an order requesting proposals for Essential Air Service (“EAS”) for Adak. Alaska Airlines, the current EAS provider, is under contract to provide service until September 30th.

Similar to past requests for proposals, in this case due by May 9th, USDOT is requesting proposals for 1–2 flights per week with 60 seat or larger aircraft. Though service is currently provided as non–stop, carriers can include various options, including multiple flights or multiple stops. Though the proposals will be posted on their website at www.regulations.gov, they will be summarized and presented to the City leaders for community comments shortly after the May 9th deadline.

There is obvious concern that with Icicle Seafoods departure that the utilization of service would decrease dramatically. After reviewing the data, a sample of which is below, traffic to/from Adak has increased during the last year, not all of which is related to Icicle.

The table below shows the statistics for flights to and from Adak, released by the DOT, to help airlines submit their EAS proposal. More specific information is contained in the docket (DOT–OST–2000–8556) available through www.regulations.gov.

From Adak					To Adak				Combined Totals			
Period	Psgrs	Freight	Mail	Total	Psgrs	Freight	Mail	Total	Psgrs	Freight	Mail	Total
3/2010-2/2011	2014	782	84.4	2880.3	1853	1404.4	929.9	4187.2	3867	2186.3	1014.2	7067.5
3/2011-2/2012	1903	914.7	65.4	2883.1	2070	1592.9	799.8	4462.7	3973	2507.6	865.3	7345.9
3/2012-2/2013	2132	1882.4	66.5	4080.9	2084	1515	790.1	4389.1	4216	3397.3	856.6	8470

*Both freight and mail statistics are listed as passenger equivalents for comparison.

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Community Church 9am	29	30	1	2 Open Prayer Meeting 6:30pm 252B Amchitka Hosted by Cynthia G	3	4
5 Community Church 9am	6	7	8	9	10	11 SPRING CLEAN-UP BBQ AGS Parking Lot
12 Community Church 9am HAPPY MOTHER'S DAY	13	14	15 City Council 6pm Community Center	16	17	18
19 Community Church 9am	20	21 Movie Night with Chief Tannehill 6pm gym	22	23	24 School's Out for Summer	25
28 Community Church 9am	29 MEMORIAL DAY PICNIC LAKE ANDREW CITY OFFICES CLOSED	30	31			

*The Adak Community Church invites you to Orthodox Services starting at 9am.
Non-denominational services start at approx. 10 am.

OPEN GYM IS OVER. SEE YOU NEXT YEAR.

When school ends, the gym and weight room are available for use
Monday-Friday 8am - 5pm

COMMUNITY RECIPE BOARD

Buttery Popcorn Balls

16 Cups popped Corn
 1 Cup (2 sticks) Butter
 2 Cups Sugar
 1 Cup Light Corn Syrup

Variations: Add nuts, dried fruit, chocolates, cereals etc.

Melt Butter in pan with sugar and corn syrup, stir until thoroughly combined. Cook over medium high heat, stirring occasionally, until mixture reaches firm ball stage, 263 degrees (for chewy popcorn balls) or crack stage (for crunchy popcorn nuggets). Slowly pour mixture over popcorn – stirring to coat corn evenly. If making popcorn balls, butter hands and press into shape using hands. Syrups cooked to the crack stage break when cooled, do not shape into balls; break corn into serving size chunks.

Honey Roasted Peanuts

Cooking Spray, or greased baking sheet
 2 Tablespoons Honey
 Kosher Salt
 ¾ Cups Sugar
 2 Teaspoons Vanilla
 2 Cups Raw Peanuts

Preheat oven to 400. Lightly coat a shallow rimmed baking sheet with cooking spray. Combine sugar, honey, 3 Tablespoons of water, the vanilla, and ½ teaspoon salt in heavy bottomed pot. Cook over medium heat stirring with a wooden spoon, until the sugar dissolves. Add the peanuts and cook until The mixture begins simmering about 1 minute. Continue cooking, stirring constantly until the sugar mixtures dries out and clings to the nuts, 2 to 4 minutes. Pour nuts onto baking sheet and spread in an even layer. Bake until the sugar mixture begins melting, about 10 minutes. Stir the nuts and continue baking until the nuts are golden brown and glazed in spots, 2 to 4 more minutes. Remove the baking sheet and stir the nuts to distribute the caramel. Let nuts cool on the baking sheet. Store, covered at room temperature, for up to 1 week.

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Ree Drummond's Soul Sweet Taters

4 Medium Sweet Potatoes (1 ¾ lbs)
 1 Cup Milk
 1 Teaspoon Vanilla Extract
 1 Cup Packed Dark Brown Sugar
 6 Tablespoons unsalted butter at room temperature
 1 Cup Granulated Sugar
 2 Large Eggs
 1 Teaspoon Salt
 1 Cup Pecans, Chopped
 ½ Cup Flour

Preheat oven to 375. Bake sweet potatoes until fork tender, about 45 minutes. Cool Slightly. Slice potatoes lengthwise and scrape flesh from skin into large bowl, discarding the skins. Add granulated sugar, milk, eggs, vanilla and salt to the sweet potatoes. Mash the mixtures until combined and slightly lumpy – you do not want the mixture to be perfectly smooth. In a separate bowl, mix the brown sugar, pecans, flour and butter with a pastry cutter or fork, until crumbly. Spread the potato mixture in a baking dish and top with crumble mixture. Bake until golden brown, approximately 30 minutes.

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Double Chocolate Chip Bundt Cake

Oven 350 degrees

1 Cup Cocoa
 6 ozs bittersweet chocolate, chopped
 ¾ Cup Boiling Water
 1 ¾ Cups Flour
 1 ½ Cups Sour Cream
 1 Teaspoon Baking Soda
 10 Tablespoons (1 1/4 stick) butter
 2 Cups Brown Sugar
 1 Tablespoon Vanilla
 5 Eggs
 1 Teaspoon Salt
 1 Cup semi-sweet Choc Chips
 Powdered sugar as needed

Coat Bundt Pan with cooking spray. Mix cocoa and bittersweet chocolate in a heatproof bowl. Pour the boiling water over the chocolates and stir until melted. Let cool, about 3 minutes. Combine flour , salt, and baking soda in medium bowl. Cream butter, brown sugar and vanilla until creamy in large bowl. Add the eggs to the butter mixture and blend well. Fold the sour cream into the chocolate mixture. Add both the flour mixture and the chocolate mixture to the batter mixture and mix well. Add the chocolate chips to the batter. Our batter into prepared Bundt pan and bake for 55 minutes, or until toothpick inserted comes out clean. Cool the cake lightly before removing from the pan. Sprinkle with powdered sugar.

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MAY IS NATIONAL STROKE PREVENTION MONTH

Becky Howe, Dental Hygienist will be seeing patients at the Clinic beginning **May 12-19**. Call **592-8383** for an appointment to see Becky!

What is a stroke?

A stroke or "brain attack" occurs when a blood clot blocks an artery (a blood vessel that carries blood from the heart to the body) or a blood vessel (a tube through which the blood moves through the body) breaks, interrupting blood flow to an area of the brain. When either of these things happen, brain cells begin to die and brain damage occurs.

When brain cells die during a stroke, abilities controlled by that area of the brain are lost. These abilities include speech, movement and memory. How a stroke patient is affected depends on where the stroke occurs in the brain and how much the brain is damaged.

For example, someone who has a small stroke may experience only minor problems such as weakness of an arm or leg. People who have larger strokes may be paralyzed on one side or lose their ability to speak. Some people recover completely from strokes, but more than 2/3 of survivors will have some type of disability.

Stroke 101

Download National Stroke Association's [Stroke 101 Fact sheet](#) for more information.

Take our EAT Community Survey!

[Click Here!](#)

Adak Clinic (907)
592-8383



Esther Bennett, CHA/BHA for the EAT Adak Clinic has been going to Training for Behavioral Health Aide Certification in Fairbanks recently. She has been writing papers, getting great grades, and making us all proud of her! Keep it up Esther!



EAT and the VA Medical System has recently initiated a "sharing agreement" where eligible veterans can receive care at a clinic in their community. If you have served in the military, feel free to come by the Clinic and we can assist you in applying for VA benefits, and encourage you to take advantage of some of the health care and other benefits that may be available to you. And Thank You for your Service!

Stroke symptoms include:

SUDDEN numbness or weakness of face, arm or leg - especially on one side of the body.

SUDDEN confusion, trouble speaking or understanding.

SUDDEN trouble seeing in one or both eyes.

SUDDEN trouble walking, dizziness, loss of balance or coordination.

SUDDEN severe headache with no known cause

CALL 9-1-1 IMMEDIATELY IF YOU HAVE ANY OF THESE SYMPTOMS!

COMING IN JUNE!!!!
ETT training and certification Eastern Aleutian Tribes is scheduling a trainer to travel to Adak to provide certification of the ETT troop here in Adak, tentatively scheduled for the week of June 10-16. **MARK YOUR CALENDARS,** and plan to attend!



Spring Has Arrived!

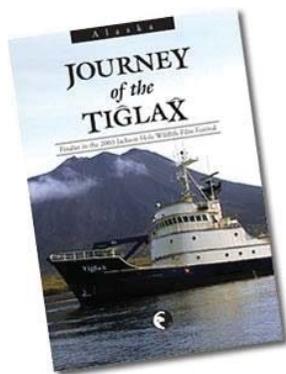
With the snow retreating and just the beginnings of new growth poking up, spring offers some of the easiest conditions for exploring Adak's lower elevations. Think of those tussocky areas along the coast, where later in the summer you have to choose between weaving your way through a maze of runnels with your head barely clearing the tops of the beach grass tussocks, or trying to balance on top of it all, hopping from wobbly clump to clump, lurching and falling into hidden holes and crevices. Either way, you end up soaked most of the time, as every blade of grass seems to hold a gallon of water. Well, right now last year's grasses are dead and flattened, all the holes and other perils laid bare and easy to navigate. You can see where you are stepping, stay relatively dry, and cover ground effortlessly and quickly. It's a great time to visit the North or South Spit of Shagak Bay, venture around the far side of Mt. Adagdak, or take a couple of days to explore further afield: there is still a decent cabin on the south shore of the Bay of Islands. Stop by the Refuge Visitor Center for more ideas!

Yes, We're Open!

The Refuge Visitor Center on Adak is open again, after a long quiet winter. Stop by and see us! Official hours are Mon-Fri 9-11 am, but anytime the door is open you can come on in. If mornings aren't convenient, please call 592-2406 to schedule a time that will work better for you.



SPRING! A young *Senecio* clinging tenaciously with last year's roots to an eroding sand dune, the first sprouts of *Honckenya* and *Leymus* emerging in the background.



Return of the *Tiġlaġ*

As the seabirds return from their winter at sea to their breeding colonies throughout the Aleutians, our monitoring crews are preparing to deploy. The Refuge's research vessel M/V *Tiġlaġ* (TEKH-lah: Unangan for eagle) departs Homer on 17 May to deliver biologists to their camps on various islands, then spends the summer conducting surveys and research for the Refuge and other organizations. You'll see the ship in Adak several times throughout the summer as they transfer people and gear. To learn more about the *Tiġlaġ* and the projects it supports, stop by to pick up a summary sheet and watch ***The Journey of the Tiġlaġ***, 30 minutes of dramatic scenery offering an inside look at the Alaska Maritime National Wildlife Refuge. We're hoping the *Tiġlaġ* will hold an Open House (Ship?) when they are in port around the 3rd of August--stay tuned for more details.

Adak: Hub of Communications

Once the camps are deployed, each checks in with the Adak office at least once a day, from late May to mid-September. Some camps are able to call by phone, but the *Tiġlaġ* and all the



Map showing the location of field camps checking in with Adak in 2013. (not shown: Cape Lisburne, in the far north)

Aleutian and Alaska Peninsula camps check in twice a day via HF radio, at 9 am and 9 pm. These remote camps also have emergency satellite pagers, allowing us to warn them of impending volcanic eruptions or tsunamis and relay urgent messages at any time of day. With all the radio/phone traffic and researchers passing through town, Adak begins to feel more like the center of the world than the end of it!

What's Going On Out There?

Way more than there is room here to describe! But here are a couple of highlights:
>*Seabird monitoring*.--Seabirds are indicators of the health of the marine environment. Each year we send crews to remote seabird breeding colonies to monitor the condition of the marine ecosystem and to evaluate the status of species entrusted to the USFWS. This information enables managers to respond promptly to resource issues and provides a basis for testing hypotheses about ecosystem change.
>*Habitat restoration*.--It's been five years since rats were eradicated on Hawadax, the island formerly known as Rat (read more at: http://alaskamaritime.fws.gov/rat_island.htm). This summer a team of researchers will visit Hawadax to document changes in the flora and fauna as the island recovers from the effects of centuries of invasive rat presence.
>*Auklet migration and wintering areas*.--Very little is known about where auklets go during the winter, or how they get there. A new study by a team of Memorial University (Newfoundland) researchers is using geolocators to track auklets (crested, parakeet and whiskered) captured at breeding colonies on Buldir and Gareloi islands. They'll be giving a talk at the school while they're in Adak (19-23 May), and have posted a video of preliminary results (<http://www.youtube.com/watch?v=krMrFsEKWvY>).



Crested auklet with bands and geolocator tag, Buldir Island. (Photo by Ian L. Jones)



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



Adak Waters

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- BLINDCOVE
- EXPEDITIONHARBOR
- SWEEPERCOVE
- FINGERBAY
- CHAPELCOVE
- BOOTBAY
- ANDREWBAY
- THREEARMBAY
- CAMELCOVE
- CATARACTBIGHT
- BEYERBAY
- FALSEBAY
- SHAGAKBAY
- BAYOFWATERFALLS
- SCABBARDBAY
- BAYOFISLANDS