

Adak's Monthly Newsletter featuring Local News and Events

**It's Auction Day**

It is Tuesday June 18, 2013, and the town is abuzz with excitement and dread; as today the equipment in the vacant fish plant is being auctioned off in Anchorage, Alaska at the Hilton Garden Inn. Many people will be listening, hoping that the equipment is sold turnkey and not pieced out to individual buyers, looking to improve their existing operations elsewhere in Alaska.

The teleconference phone number has been dispersed to residents so they can listen on their personal phones as the future of Adak rolls off the tongue of the auctioneer. Adak Community Development Corp is broadcasting the auction live on the Polycom in the community center for all interested residents.

The buzz in town is that several fishing companies are interested in the Adak plant, and that one company in particular, has already made a deal with the Aleut Corporation for the lease of the fish plant building and housing for fish plant workers.



*Cod processing lines recently purchased at auction*



*Layton verifying the items purchased at auction.*

It is a little after 8 am now and another seafood company is calling to talk to the Harbor Master, adding more speculation to how many companies are actually interested in the Adak plant as a turnkey operation. Most Adakians are hoping an established, respected fish processor sees the potential as the residents in Adak do.

It is now 10:15 and they auction has not started. Then the auction finally starts. The auctioneer opens at 1 million; there are no takers. The auctioneer drops the price to \$150,000 and they get a bidder. The bid jumps in increments of \$100,000 per bid until it ends at \$1.8 million. Still holding to get the official word on the winning bidder, everyone is wondering if it was Layton Lockett, representing the City of Adak. After what seems like an eternity the confirmation comes through that the City of Adak submitted the winning bid.

The City of Adak, would like to express great appreciation of Icicle Seafoods and all the effort they put into operating the fish plant in Adak. The Manager and staff of the "Adak Land Plant", as listed on Icicle's employment website, had become a part of our community and will be greatly missed. They were generous, courteous and diligent in their support of the community and its residents.

**Adak Island – One of Four Subject Communities for Subsistence Living Research**



*R-L, Dr. Katherine Reedy-Maschner and Dr. Andrea Kayser, Cultural Anthropologists, are working on a 3 year subsistence living research project. Some communities that will be studied are– Unalaska, Nikolski, Atka, and Adak. Layton Lockett, City Manager, discusses Adak vital statistics with the researchers, while Cocoa coaxes the researchers into playing.*

Dr. Katherine Reedy-Maschner submitted a proposed three year research project to the Office of Subsistence Management a division of US Fish and Wildlife Service, which was approved and grant funded. The project consisting of test communities in the Western Aleutians, will hopefully add the "human factor" to statistics gathered by USFWS.

**Some of the foods harvested in Adak according to preliminary findings:**

Caribou	Pushki (Cow Parsnip)
Seal (harvestable only by Aleuts)	Fiddlehead Ferns
Urchins	Berries
Clams/Blue Mussels	Duck/Ptarmigan
Salmon	Crab

The researchers are particularly interested in: who hunts and fishes, what types of species are hunted, fished or gathered, how much is harvested, and if the "subsister" shares their bounties. The survey that records all of the information is 36 pages long, and each participant asked to complete the survey is offered a small honorarium for their time. Once the surveys are completed, they are sent to the University for data entry by student interns, for social network analysis.

The researchers have found that a few families in the community do most of the subsistence hunting, fishing and gathering, yet the subsistence harvests reach a large number of residents and families in various communities through sharing and bartering. What are the researchers hoping to find; vibrant thriving subsistence communities that use the natural resources the residency area provides, specifically the Alaska Maritime National Wildlife Refuge.

## First Cruise Ship of 2013 Stops in Adak



Erika and Cyrus Dushkin, Adrien Diaz and Joe Galaktionoff tour the Caledonian Skv



Photos courtesy of Elaine Smiloff

The *Caledonian Sky*, a small cruise ship registered in Nassau, arrived in Adak on June 11th. The *Caledonian Sky*'s tour called the "Land of Fire and Ice" originated in Japan, traveled to the Russian Far East and Alaska via the Aleutian Islands and ended in Seward. The tour lasted 35 nights with fares starting at £13,995 sterling (approximately \$21,000 U.S.).

This Caledonian Sky holds a maximum of 114 passengers who sleep in one of 57 suites, 28 of which have private balconies on the promenade or upper deck. The *Caledonian Sky*, formerly known as the *Hebridean Spirit* was retro-fitted and re-commissioned as a cruise ship in 2012, after spending 2.5 years as the private yacht of an Arab sheik sailing out of Abu Dhabi, Dubai and Genoa.

## Adak Fresh - Brings Fish Buyers in to View Operations



Hartman gives presentation to fish buyers

Pete Hartman of Adak Fresh, is shown giving a presentation to potential halibut buyers from all over the United States; Boston, Denver, and Southern California.

The buyers were treated to real Adak summer fun as well – they were spotted touring the island on four-wheelers. Fortunately, the F/V *Selah* made it back to Adak late Wednesday night, in time for the buyers to get some fresh halibut to take home. Adak Fresh has become the only shipper of fresh halibut on Adak Island this summer.

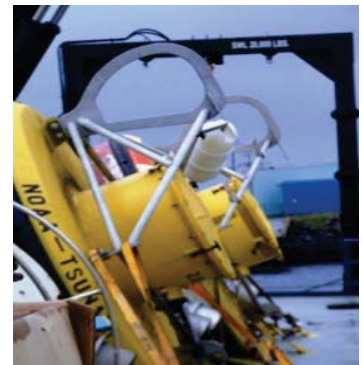
## Hi Jack, By Jack



Brooke Dushkin, Selena Lopez, Leora Dushkin, Cyrus Dushkin and Christopher Laguna standing at the OMD Hangar waiting for Jack Wiegand. Adak was supposed to be Jack's first entry into the United States as he was finishing his "world record" attempt, to be the youngest pilot to fly around the world. The picture of Jack and his plane is courtesy of KUCB in Unalaska. Wiegand decided to fly to Unalaska due weather conditions in Adak.



## The Bluefin Arrives in Adak



The Bluefin a steel clad former refrigeration boat, converted to a multi-purpose vessel, sailed into Adak the morning of June 29, 2013, just as a squall was settling on the seas. Vessel Master Mark Fenner and crew had been servicing tsunami buoys for the National Oceanic and Atmospheric Association (NOAA).

# The Adak Eagle's Call

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The Bluefin started from Commencement Harbor in Seattle, and sailed along the Aleutians to Adak where a crew change took place. Three people flew in from Houston to get on the boat and two men were getting off the boat. After leaving Adak, the Bluefin has one more Tsunami buoy to service, before sailing along to Japan, Guam and eventually the area around Pago Pago, American Samoa. When the Bluefin reaches the equator, they will be setting Tao buoys. Tao buoys measure fluctuations in water temperature and currents. NOAA is specifically hoping to get a better understanding of global warming and the El Nino and La Nina currents that flow from South America to North America. The currents cause rainy weather or drought conditions along the Western Coast of North America. The Toa buoys are set up in rows of approximately 6 buoys several miles long and several miles wide, trans-versing the equator.

## Community Events

July						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**June 30 – July 5:** Dolly Varden Tournament weigh-in at Cold Rock 12& under free, 13 & up \$10 entry fee

**July 4:** Bonfire 11pm, Fireworks 12am at Kuluk Beach

**July 5:** Decorating 11am, Parade 12pm, Beach Events 2pm Kuluk

**July 6:** BBQ - Bring a side dish and Dolly Varden tournament winner TBA. Community Center

**July 16:** Movie night with Chief Tannehill, 6pm Community Center

**July 17:** Adak City Council meeting 5pm, Community Center

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

## COMMUNITY RECIPE BOARD

### Classic Chicken Parmesan

**4 Chicken Breast Filets**  
**¼ Cup plus 1 TBSP olive oil**  
**2 cloves garlic, finely chopped**  
**¼ teaspoon red pepper flakes**  
**1 15 oz can tomato puree**  
**1 ¼ Cups grated mozzarella (6ozs)**

**½ Cup plus 2 TBSP grated parmesan**  
**¼ Cup finely chopped fresh basil**  
**½ Cup all-purpose flour**  
**Kosher salt and fresh pepper**  
**3 large eggs**

- 1) Slice 2 10oz chicken breasts in half horizontally to make 4 thin cutlets. Put the cutlets between two pieces of plastic wrap and pound with a meat mallet or heavy skillet until ¼ inch thick.
- 2) Heat 1 TBSP olive oil in a medium pot over medium heat. Add the garlic and red pepper flakes and cook, stirring until the garlic softens, about 1 minute. Add the tomato puree, then rinse out the can with 1 cup water and add to the pot. Simmer until the sauce just thickens, about 10 minutes. Whisk in ¼ Cup parmesan cheese and the basil. Spread ½ Cup of the sauce in a 3qt baking dish. Preheat the broiler.
- 3) Meanwhile combine the flour and ½ tsp. each of salt and pepper in a shallow dish. Beat the eggs with ¼ Cup parmesan cheese in another shallow dish. Heat 2 TBSP olive oil in a large skillet over medium high heat. Dredge two chicken cutlets in the flour tapping off the excess, then dip in the egg mixture. Carefully lay the chicken in the skillet and fry until golden brown and just cooked through, 2-3 minutes per side. Transfer chicken to the baking dish. Add the remaining 2 TBSP olive oil to the skillet and repeat with the remaining two chicken cutlets. Add the chicken to the baking dish.
- 4) Combine the remaining mozzarella and parmesan in a bowl. Sprinkle half the cheese mixture on the chicken and top with the remaining sauce then the remaining cheese mixture. Broil until the cheese melts, about 2 minutes. *Food Network Magazine*

### Turkey Cobb Salad

**4 large hard boiled eggs**  
**1 tsp smoked paprika**  
**Salt and Pepper**  
**1 ½ lbs cooked turkey**  
**3 TBSP red wine vinegar**

**3 TBSP olive oil**  
**1 pint halved cherry tomatoes**  
**2 Romaine hearts chopped**  
**½ avocado, chopped**  
**¼ Cup crumbled Bleu cheese**

Cut eggs in half and discard yolks – save for another use. Chop egg whites and add to bowl with the other salad ingredients, except the bleu cheese. Toss thoroughly. Place portions of salad in four bowls and top with bleu cheese. *Food Network Magazine*

### Slow Cooker Ancho Chile Chuck Roast for Burritos or Enchiladas

**4 lbs Chuck Roast Diced**  
**3 whole dried Ancho Chiles**  
**Flour**

**4 Cups water**  
**Chile, Cumin, Garlic, Salt and Pepper**

Brown pieces of chuck roast (dredged in flour) in large skillet over high heat turning to brown all sides. Sprinkle with spices. Add four cups water to slow-cooker and heat. Add ancho chilies. Cook until meat is tender. Remove lid and cook until thickened. Shred beef into sauce. Use shredded beef in your favorite Enchilada recipe or burritos. Use lots of spices – my theory if you can't smell the spice – you don't have enough.



# FROM THE WILDSIDE

July 2013

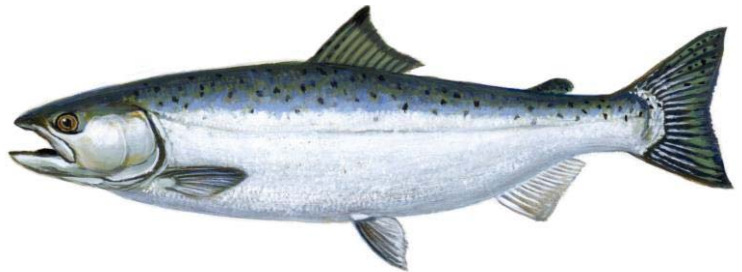
## Return of the Salmon

Anyone who enjoys fishing already knows that salmon return home to Adak during the summer months. Four species of salmon spawn in Adak's streams: pink, coho, sockeye and, in very small numbers in only a few streams, chum. Each species follows its own schedule, but these Pacific salmon share a fascinating life cycle.

Salmon are different from most other fish in that they spend most of their life in salt water, yet they are also dependent on fresh water for breeding, incubation of their eggs and survival of their young. The eggs, fertilized in the late summer and early autumn months, use energy stored in the yolk for several months of growth. Hatching occurs in the spring when the embryo is so large that it needs more oxygen than the surrounding membrane can pass through. When it is about to suffocate, the embryo struggles until it is able to break free from the membrane. Once hatched, the tiny salmon are called alevin.

Darkness is a refuge for these baby salmon. They remain in the crevices of streambed gravel, hiding from hungry older fish. Alevin still rely on the yolk sac for their food and do not feed externally until they leave the gravel. When salmon fry emerge from the streambed they immediately begin migrating to their nursery of choice. In general, coho prefer the shelter of a stream's shoreline, sockeye move to a nearby lake, and pink salmon begin their downstream migration toward the sea. Sockeye may remain in their freshwater nursery for as long as one, two or three years. Coho also stay in freshwater for up to three years feeding on plankton, bottom-dwelling organisms and insects. Both species then spend 1-5 years at sea.

Pink salmon deviate from this pattern, moving directly into salt water after emerging from the streambed, usually during the dark of night. They then school along the beaches to feed on plankton, larval fish and insects. By fall the salmon are 4-6 inches long and move further out to feed in deeper water. The following summer, during high water, the fish return to the stream from which they came. They are now about 30 inches long and weigh about four



pounds. Larger males are the first to run into the fresh water. Females dig a nest with their tail and release the eggs (>1,500) which are immediately fertilized by the males and then covered by further digging action by the females. The process is repeated several times until all the eggs are released. Then, within two weeks of spawning, both males and females die. This two-year cycle is so invariable that fish running in odd-numbered years are isolated from even-year fish. A particular stream will have a more abundant run of pink salmon in an even or odd year. Even years have historically been the best runs in Finger Bay, but the cycle can shift.

Though the number of years spent at sea varies, as adults all salmon leave the ocean to return to the stream where they began their lives. This is a remarkable feat of endurance and of homing. Each sexually maturing salmon will seek out the exact conditions of temperature, gravel and water flow that will assure the success of its offspring. To do this, adult spawners are biologically "programmed" to return to the same tributary and gravel shallow in which their parents spawned and they themselves were hatched.

It is here that anglers eagerly await their arrival. Sockeye salmon begin showing up in July in Lake Constance and at Hidden Bay. (Before WWII there was a big run of sockeye in the Sweeper Cove/Davis Lake drainage...but then Davis Lake became the airfield!) Pink salmon arrive in late July and early August. They are the most prevalent salmon on Adak and can be found in almost any stream with at least six inches of water and a gravel bottom. The Finger Bay stream has the largest pink salmon run on Adak, and is easily accessible from town. Coho salmon can be expected in September to return to nearby streams, including those at NavFac Creek and Little Thumb Bay.

SOCKEYE (RED) SALMON	PINK (HUMPY) SALMON	COHO (SILVER) SALMON
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Dark blue-black back with silvery sides. No distinct spots on back, dorsal fin, or tail.

Large spots on the back and large black oval blotches on both tail lobes. Very small scales.

Greenish-blue back with silvery sides. Small black spots on back, dorsal fin, and usually on upper lobe of tail only.



Spawning adults develop dull green heads and brick-red to scarlet bodies.

Spawning adults turn dull gray on their backs and upper sides and creamy white below. Males develop a pronounced hump.

Spawning adults develop greenish-black heads and dark brown to maroon bodies.

early July to mid-October	late July to mid-October	late August to late November
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Peak numbers of adult sockeye, pink and coho salmon counted on Adak Island during stream surveys in 1993 and 1994:

Hidden Bay (N side)*	4,030	Finger Bay	45,400	NavFac Creek	119
Lake Constance	356	Little Thumb	33,400	Sweeper Cove	81
Boot Bay (W side)	55	Gannet Cove	26,200	Little Thumb Bay	77
Hidden Bay (W side)	39	Shagak Bay (NE side)	20,590	Gannet Cove	77
Gannet Cove	20	Shagak Bay (N side)	10,660	Finger Bay	49
Finger Bay	8	Middle Arm	7,760	Shagak Bay (NE side)	25
Nurse (Lake Andy)	5	Shagak Bay (Heart)	7,500	Lake Constance	15
Little Thumb Bay	4	Hidden Bay (N side)	6,270	Boot Bay (W side)	20
Mitt Lake	2	Amelia (N Bay of I.)	5,860	Caribou Peninsula	15
Caribou Peninsula	1	NavFac Creek	5,590	Hidden Bay (N side)*	12
Shagak Bay (NE side)	1	Boot Bay (W side)	4,200	Amulet (Sweeper Cove)	11
		Thumb Bay	3,682	Sabrina (SW Adak)	5
		Caribou Peninsula	3,235	Mitt Lake	4

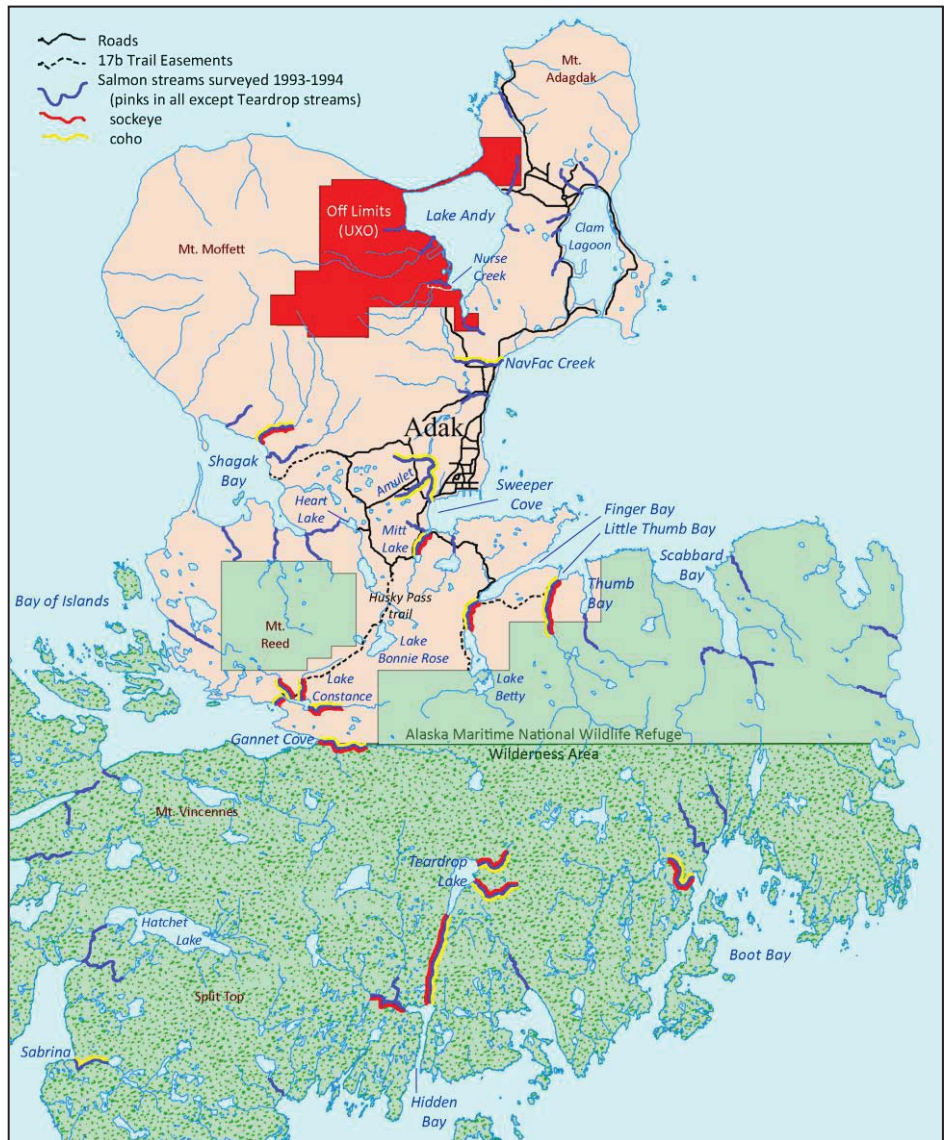
\*Includes two streams flowing into the east side of Teardrop Lake.

## Fish On!

When you're fishing, keep in mind Alaska state regulations allow snagging in salt water only. The dividing line between salt water and fresh water is defined as mean low tide. Tidal action can vary significantly on Adak, and it is not always clear where it is legal to snag. At high tide, the dividing line could be 150 feet into the bay! To avoid ambiguity, be sure you know where the creek mouth is at low tide wherever you are fishing.

Good angler techniques will preserve our fishing opportunities. Keep only the fish you will use, and release the rest unharmed. Use strong line to land fish quickly, and hooks that rust out (or barbless hooks if you intend to release your fish). Remember that extended fighting adversely affects the quality of fish you harvest and survival rates of fish you release. Keep your fish in the water until you know it's a "keeper." When releasing a fish, handle it gently with wet hands, avoiding gills and eyes, and remove hooks quickly. When hooked deeply, cut the line and leave the hook in the fish. Point the fish into a slow current and allow it to swim from your hands; remember that larger fish take longer to revive.

It is also important to process your fish properly to ensure a delicious meal. Quickly stun your catch with a sharp blow to the back of the head (kicking or tossing the fish will bruise the flesh). Bleed your catch immediately, then gut it and keep it cool.



Map showing streams in which adult pink, coho and sockeye salmon were counted in 1993 and 1994. (Not shown: Caribou and Yakak peninsulas, one stream each.)



Rainbow trout

## Adak's Freshwater Fish

When the salmon aren't running, you can still enjoy fly fishing for Dolly Varden, rainbow trout, steelhead, and kokanee (land-locked sockeye salmon). Dolly Varden occur in most streams on Adak and in many lakes and ponds. Rainbow trout and steelhead were stocked on Adak (there was a hatchery on Lake Leone) by the Navy in the late 1950s, by Alaska Department of Fish and Game in 1968-1974, and by USFWS in 1974-76. They were released in most of the streams and lakes on at least the north half of the island, and are still regularly caught in many places. Kokanee occur in Lake Andy and most of its tributaries.

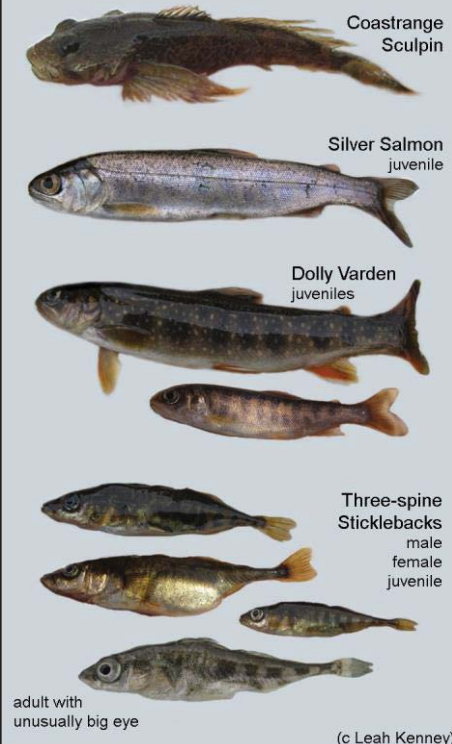
And then of course there are the minnows, small juveniles of all the species mentioned so far (except pink salmon, due to their hasty departure for the sea), plus coastrange sculpin and three-spine stickleback. Even in the smallest puddles, defying logic as to how on earth they got there, minnows will hide themselves from your looming shadow in a flurry of sediment. Take your kids out on the old half-submerged roads around Haven Lake or Mitt Lake and see how many they can spot!

## Help Protect Salmon Habitat

Consider the life cycle of a salmon, and how dependent their survival is on protecting their spawning streams. Eggs need an exact concentration of oxygen to develop properly, and tiny hatchlings depend upon crevices in the gravel to hide and grow. Good salmon habitat is directly related to the amount and quality of surrounding vegetation, because once the plants are damaged, soil erosion changes the oxygen content of the water and blankets the gravel with sediment.

You can help protect salmon habitat. Avoid trampling and damaging vegetation along the water's edge. Use hip boots or waders to fish in the river rather than standing on the bank. Never drive vehicles or ATVs in salmon streams (or any other stream—even if it isn't a salmon spawning stream, it may still be home to Dollys and rainbows and all sorts of other critters that need clean, clear water to survive). The fish say "THANKS!"

### Common minnows of Adak



(c Leah Kenney)

### Dolly Varden (and Lacy!)



(c Chris Diaz)

### Adak Subsistence Foods

JustWordSearch.com

S K Z X R Q O G G G V P Q B R  
 L N O M L A S S N A D T U F M  
 A G Y C A V N U H B A A A Y P  
 E K R N C X N E R L N R T L I  
 S A I K J P N H O U D M N I V  
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**CRAB**  
**SEAURCHINS**  
**PUSHKI**  
**SALMON**  
**FIREWEED**  
**DANDELIONS**  
**PTARMIGAN**  
**BERRIES**  
**SEALS**  
**CLAMS**  
**DUCKS**  
**BLUEMUSSELS**  
**CHOCOLATELILY**  
**OTTERS**



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

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