

Adak's Monthly Newsletter featuring Local News and Events

US Representatives to Tour Adak

Rep. Bryce Edgmon

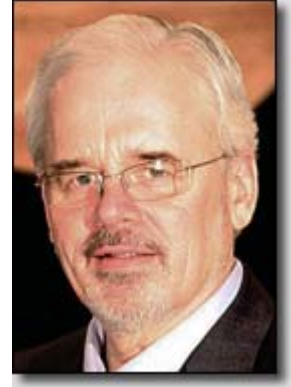


Representatives Bryce Edgmon and Bob Herron flew to Adak on August 1st. Representative Edgmon, a member of several House committees, including the Special Committee on Fisheries and the Legislative Committee on Energy, is also a business owner who resides in Dillingham with his wife Melody.

Representative Herron, born in LaGrande, Oregon, attended high school in Fairbanks. Herron, a former US Marine Corps Sargeant, has resided in Bethel since 1973 with his wife Margaret. Herron is a member of the House Special Committee on Fisheries and the Communities and Regional Affairs committee.

A meet and greet was held at the Community Center Friday August 2 at 12pm.

Rep. Bob Herron



Representatives, Bob Herron, Eric Olsen Chairman of the National Pacific Fishery Management Council, and Bryce Edgmon at the meet and greet in the community center.

Email: Representative.Bob.Herron@akleg.gov

Write:
Bob Herron
PO Box 886
Bethel, AK 99559

Adak – Future Tourist Destination?



Dr. Markus Kern of Austria and Argentina

Dr. Markus Kern, International Travel Consultant, flew into Adak on July 14, 2013 to scout Adak as a possible "far away" or "out of the way" travel destination for the Germans and Austrians. Actually Dr. Kern came to Adak because his original travel plans to Dutch Harbor aboard the "Tustamena" were cancelled.

The target German/Austrian traveler will be between the ages of 40-60, as they have disposable income for traveling. Most German/Austrian travelers still enjoy hiking, fishing and other outdoor activities up to the age of retirement. The target age group is still young enough to weather the conditions and pack enough gear to be prepared.

Dr. Kern had always wanted to make a trip to the Aleutian Islands. Once the Dutch Harbor trip was cancelled, Dr. Kern decided to come to the furthest occupied Island – Adak. He loves Adak. He has traveled to Finger Bay, Loran Station, Clam Lagoon and toured part of the Island by boat with Jack Stewart at the helm.

View of Crescent Beach from turnout before Loran Station



Ode to Sea

Oh beautiful calm sea between my lover and me,
I beseech you to be kind and fair, to all that he'll be.
You hold the treasure and he takes it from you,
To pay the bills each month, when they come due.
Don't worry calm sea, I am not jealous of you.
I know my man and he is true.
So here's my wish -
Give us lots of fish!

~Anonymous~

Fourth of July – Sunburn Weather and Dolly Derby Winners



Penitani Family Parade Entry



Rachel Hines and Family, Plummers



Maria Vierya and BBQ Fans



Katy, Phyllis, Muggs, Erika, Estrella.....



Polar Bear Swim, Great Sitkin



2nd Place Adult: John Farrell *



Smallest Fish: Juliana Rizo
Esperanza Diaz



1st Place JR:
Leora Dushkin



2nd Place JR:
August Bennett

*1st place adult went to the Skipper of the Endeavor (not shown)

Community Events

August						
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

Aug 4: Tiglax Open House 1-3pm, Pier 5

Aug 7: USFWS Kids Exploration Day 1-3pm, sign up with Lisa USFWS Public Presentation, 7-9pm Community Center

Aug 20: Movie Night with Chief Tannehill, Community Center, 6pm

Aug 21: City Council, Community Center, 5pm

Aug 30: Happy Birthday Adak Naval Station 8/30/1942

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

NEWS FROM EASTERN ALEUTIAN TRIBES' ADAK COMMUNITY HEALTH CLINIC

August 2013

Cancer fighters

Did you know?????

More than half of cancer deaths could be prevented by making healthy choices!

Here are just a few ways you can stay healthy:



Good nutrition is one key to good health. Traditional foods, fruits and bright colored vegetables are high in fiber and packed with vitamins and nutrients.



Regular exercise, drinking lots of water, and avoiding tobacco will help you lower your risk for certain cancers.



Having recommended screenings helps to find cancer early when it can best be treated. Talk to your provider about what screenings are right for you.

Newsy News

- New Executive Director search in nearing the end – the EAT Board of Directors is doing final interviews to select a new Executive Director this month.
- Katie Eby has moved to her new position in the King Cove Clinic. Good Luck, Katie! We will miss you.
- Chris Diaz will be taking a couple weeks off to get hitched!
- Upcoming Coverage – Itinerants for Adak:
 - Tony Brown, CHA/P
 - Darla Duran, FNP
 - Ana Neff, FNP
 - Shannon Martin, PA-C
- Fish are in! Be sure to get your subsistence permits – check with Esther about how to get your permit and the reporting process.
- Cynthia Galaktionoff has been selected as EAT's new Quality Assurance/Improvement Coordinator-A little more travel, but still stationed in Adak, doing work site-wide.
- Be sure to complete the patient satisfaction survey that will be distributed in August. If you would like a

*Thanks to ALASKA NATIVE TRIBAL HEALTH CONSORTIUM "HEALTHIER".

In Case of medical emergencies, please use the Clinic's after hours phone number:

572-9989

What is an emergency?

- ✓ Severe Pain
- ✓ Severe Bleeding
- ✓ Open Wounds
- ✓ Poisoning
- ✓ Sudden Change in Vision
- ✓ Fever over 101(kids)
- ✓ Severe Headache
- ✓ Vehicle Accident
- ✓ Serious Falls
- ✓ Chest Pain
- ✓ Serious Burns
- ✓ Smoke Inhalation

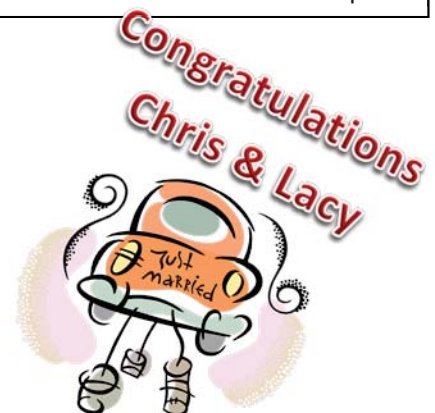
NOT AN EMERGENCY:

- Coughing without shortness of breath
- Common Cold, runny nose, earache, sore throat
- Achy bones
- Small cuts or abrasions that don't require sutures
- Run out of routine medications

CALL THE CLINIC AT 592-8383 FOR AN IMMEDIATE APPOINTMENT DURING CLINIC HOURS: Mon-Fri 8am-5pm

*Life is gifted to you.
What you make of it
is your gift in return. –
Unangan/Unangas Value*

EASTERN ALEUTIAN TRIBES
"Working Together to Promote
Healthy Communities"





Whiskered Auklets

Our strange and sought-after seabirds

In recent years Adak has become a destination for birders during spring and fall. They come praying for westerly winds in the hope Eurasian migrants will be blown off course and stop on our island for a rest. It's a great coup for birders to see an Asian bird while still officially in North America.

But there is another reason for Adak's popularity with birders: our very own whiskered auklet (*Aethia pygmaea*). This small, distinctive, diving seabird is one of North America's rarest alcids. It is highly sought-after by serious birdwatchers because of its remote and extremely restricted range, limited to an arc of islands in the North Pacific, from the Aleutians in the east through the Commanders and Kuril islands of eastern Russia, plus a couple of isolated islets in the Sea of Okhotsk. Adak and Unalaska are the only easily accessible North American locations where whiskered auklets can be observed.

Where can I see one?

Whiskered auklets are not often seen on land. Unlike crested and least auklets, which socialize noisily in huge numbers on the surface of their breeding colonies during daylight hours, whiskered auklet activity around nest sites in the Aleutians is almost entirely nocturnal, presumably to avoid avian predation. Whiskered auklets nest in small numbers along inaccessible portions of Adak's coastline, but since they only approach our shores when it is too dark to see them, most birders look for a boat ride to Little Tanaga Strait on the far side of Kagalaska. There, thousands of whiskered auklets forage in the nutrient-rich waters of the pass.

Throughout their range, whiskered auklets are considered "locally abundant", meaning there are many places you probably won't see one, but when you find a good spot, you'll see masses of them. Most of these spots occur in passes between islands, where the convergence and upwelling of strong tidal currents concentrate zooplankton, the auklet's primary food. Isaac describes a visit to Little Tanaga Strait, where he saw over 10,000 whiskered auklets, in his blog (adakbirding.com): "The Whiskered Auklets are generally tame and would be only 10-20 ft from the boat. I would shut the motor off and we could hear them vocalizing loudly in their little chatter. They have to be one of the cutest darn birds ever!"



Whiskered auklet
c Yuri Artukhin

Whiskered auklets in Little Tanaga Pass...
...and three crested auklets--can you spot them?
c Isaac Helmericks



Fledgling
c Ian L. Jones



Another place you might see them, if you happen to be part of the fishing fleet, is on your boat. Like other nocturnal seabirds, whiskered auklets are attracted to lights, often with tragic results. Over 1,000 birds were killed when they flew into lights aboard a fishing vessel in the eastern Aleutian Islands.

There is also a chance you might run across a young whiskered auklet in late July through October. Unlike other seabirds, whose chicks, once fledged, go straight out to sea and don't return until the breeding season, whiskered auklet fledglings return to shore at night to roost, at least through late autumn, perhaps longer. At left is a photo of one such roosting fledgling, taken at night on Buldir Island; note the dark bill and mere suggestion of what will develop into distinctive facial plumes. Just last week a whiskered auklet fledgling bumbled ashore on the beach near Airport Creek in the early evening. (A bit too early, as it turned out—we fended off a circling eagle and encouraged the youngster to head back out to sea until the predators were abed...)

Often the only way to know you are in whiskered auklet breeding habitat is to listen. Adults are highly vocal at nest sites, particularly during the chick-rearing period. The "mew" call is a short plaintive sound like the mewing of a kitten,

performed incessantly every few seconds on the surface of breeding colonies at night, occasionally by birds in nest crevices day and night, and also at staging areas at sea. The “staccato beedoo” is a loud, distinctive call consisting of a rapid series of sharp notes that sounds like “bee deer bee-deer bee-deer bee-deer bideer bideer bideer bidi bidi bidi bideee,” and is heard primarily on the colony surface at night, but also in crevices and at staging areas at sea during the day. The “alarm squeak” is heard at colonies, probably as birds take flight in response to disturbance.



Whiskered auklet on Iony Island in the Sea of Okhotsk
c Toshiji Fukuda

Crazy whiskers: are they just for looks?

With its exotic black forehead crest and three white facial plumes, an adult whiskered auklet in breeding plumage is immediately recognizable. Interestingly, the size of the ornaments increases the further west one goes. Birds from the Commander Islands have more prominent crests and plumes than Aleutian birds, and those from the westernmost islands in the Sea of Okhotsk are even more pronounced. As with fancy plumages in other bird species, the elongated facial feather adornments of whiskered auklets play a role in mate selection. They have also been shown to have a sensory function, similar to a cat’s whiskers, helping auklets sense their way to and out of their underground nests in the dark of night.

An enigmatic species

If you’ve read this far, you now know a little bit about whiskered auklets. Unfortunately, you’ve learned almost all there is to learn. Because of its remote and limited range, relatively dispersed distribution of hard-to-locate nest sites, and nocturnal colony attendance, the species is poorly studied. No one knows how many birds there are in the world or whether their numbers are increasing or declining. Nobody even knows of an accurate way to estimate populations and thus recognize trends. Survival rates and longevity have not yet been determined.

So what do we know?

The Alaska Maritime National Wildlife Refuge has an annual monitoring camp on Buldir Island, one of two major whiskered auklet breeding areas in the Aleutians. Each



Downy chick
c Ian L. Jones

year we record reproductive timing and success and collect diet samples. We’ve found that whiskered auklets arrive at breeding colonies by early May, and nesting is complete by mid-

August. Whiskered auklets do not build nests. Instead, females lay a single egg on bare rock or in a small rocky crevice, in loose colonies, usually with other colonial seabirds. Both parents take part in incubating the egg and feeding the chick regurgitated marine zooplankton, entering and leaving the colony under cover of night. Chicks fly from their nest sites after dark, when they are about 40 days old and fully feathered, though occasionally some down remains on their flanks or nape.

It is believed whiskered auklets remain near their breeding islands throughout the year, maybe even roosting on land year round, unlike other auklet species that migrate and are observed far from shore during the winter. Dr. Ian Jones of Memorial University, Newfoundland, and his graduate students are currently investigating migration patterns and winter range of crested, parakeet and whiskered auklets, using tiny geolocation tags, weighing only 1-2 grams. A tag attached to a bird’s leg records light intensity, which, once the tag is recovered the following year, provides a daily record of the bird’s movements from August to April by estimating time of sunrise and sunset at the tagged bird’s location.



Whiskered auklet wearing a 1 g geolocator tag
c Chelsey Stephenson

This kind of information has not been previously available for auklets, and provides crucial data for conservation as it may be used to infer the birds’ winter concentrations and vulnerability to (for example) oil spills. So far the crew has presented exciting preliminary results for crested auklets, and this year there will be tags out collecting data for parakeet and whiskered auklets as well.

“Foxes come, birds go”

Even though we don’t know a way to precisely quantify populations of whiskered auklets, there is evidence their distribution and abundance in the Aleutians has been dramatically affected by the introduction and subsequent removal of arctic foxes. By 1940 foxes had been introduced to at least 90 islands for fur farming, and were successful because they preyed on abundant native seabird populations--in the terse words of the Unangan who depended upon breeding seabirds for food and clothing, “Foxes come, birds go.”



Arctic fox in seabird nesting habitat
c Greg Thomson

Subadult least auklet and adult whiskered auklet
c Ian L. Jones



Before the introduction of foxes, whiskered auklets were described as common and abundant in the Aleutians. By the peak of fur farming there were thought to be only a few thousand whiskered auklets remaining, and travelers in the islands felt lucky if they saw one or two birds.

One reason whiskered auklets may have been more susceptible to predation than other auklets is their unique behavior of returning to shore at night to roost in the open, where they would be easily preyed upon by foxes. In 1936 naturalist Olaus Murie reported, "The natives assured us that this species spends the winter among the Aleutians and that during the season the birds return to their retreats among the rocks to roost, where the foxes

get them. Thus due to their roosting habit, these birds fall prey to the foxes year round and suffer much more than the other species [of auklets]. This could well be one of the factors in their present scarcity."

The staff of the Aleutian Islands reservation (now part of the Alaska Maritime National Wildlife Refuge) started eradicating foxes from Refuge islands in 1949. By 2002 foxes had been removed from 40 islands (restoring 1,800 miles of nesting coastline) and remained on only six islands; a year later there were estimated to be over 100,000 whiskered auklets throughout the Aleutians, widely distributed in formerly occupied nesting areas. Once habitat restoration through extirpation of introduced predators became a priority for the Refuge, native species have been recovering—a great conservation success story!

Ask the Experts

If you've now developed a fascination with whiskered auklets, you have a great opportunity to learn more from one of the world's foremost researchers on the species. Dr. Ian Jones, whose work over the last couple of decades has provided much of the information in this article, will be on Adak with his team of graduate students from about 11-15 August as they travel home from their summer amongst the auklets of Buldir and Gareloi islands. Stop by the FWS Bunkhouse and soak up some first-hand wisdom!

Poppy Benson is coming to town!

Alaska Maritime National Wildlife Refuge's Public Programs specialist will be in Adak 4-8 August, and she's bringing ice cream!!! She's also bringing ebullient enthusiasm, extensive knowledge, and lots of fun! Be sure to visit the *Tiglax* on Sunday – Puddles the big blue goose will be there, and a virtual fox trapper in the hold. And don't miss Poppy's talk on Wednesday!

Islands of History

Celebrate 100 Years of Conservation in the Aleutians

R/V Tiglax Open House
Sunday, 8/4, 1 - 3 p.m.

Ice Cream Social and History Talk
Wednesday, 8/7, 7 pm, Community Center

Most of the Aleutians including Adak were designated a Wildlife Reserve in 1913 by President Taft. Come learn about this unique history including WWII on the refuge. Tour our ship, bring the family and meet the blue goose and hear about our work today throughout the Chain.

**Alaska Maritime
National Wildlife Refuge**

Hey Kids!

Want to go exploring outside while Poppy is here?

Tell your parents to call Lisa to sign you up!
(592-2406)

We'll probably go on Wednesday, 1-3 pm.

We might switch days if the weather is going to be too awful.

Come have some fun!!!

