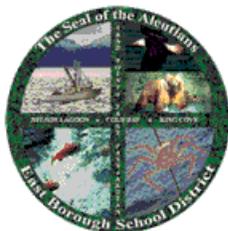
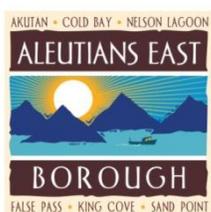


In the Loop



Bringing the Aleutians East Borough, the AEB School District and Eastern Aleutian Tribes together by sharing common goals.

Alaska Supreme Court Orders State's Redistricting Plan to be Redrawn Again

Earlier today, a divided Alaska Supreme Court ordered the state's Redistricting Board to draft a new redistricting plan for the 2014 elections. The court found that the board did not follow the process in redrawing the map the first time. That process mandated that the board create a plan concentrating on state constitutional requirements and then decide if the plan adheres to federal law. If not, the board was supposed to make changes departing from the

constitution when that modification was the only way to meet the federal voting act requirements. Justice Dana Fabe and Senior Justice Warren Matthews, who were sitting by



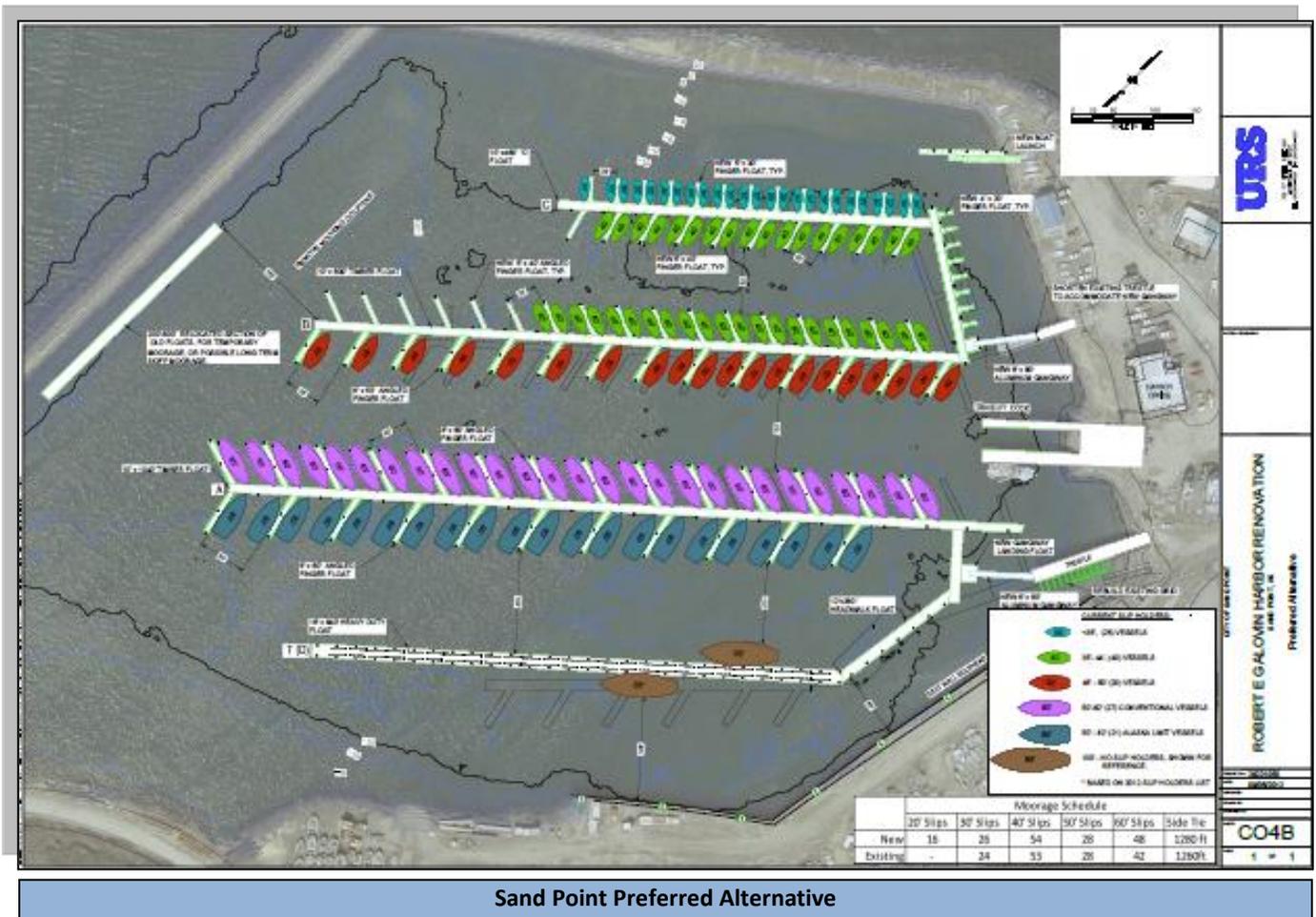
assignment, disagreed, saying they believed the board's approach was practical and reasonable.

[Read more - Anchorage Daily News article](#)

[Court Redistricting Decision](#)

Rehab Design for Sand Point Harbor in Final Stages

The rehabilitation of the Robert E. Galovin small boat harbor in Sand Point is getting closer to reality. URS, working closely with a team of volunteers in Sand Point, is in the final design stages, and plans are to have the project ready to bid by February 1st. If all the stars align, there will be a firm under contract by April, and the actual construction will begin in late summer or early fall. Funding for this project comes from the State of Alaska, the City of Sand Point and the Aleutians East Borough. Because of the size and scope of the project, the City will continue to seek other funding sources in order to complete the entire project as designed.



Sand Point Preferred Alternative

AEB Begins Resource Development Land Use Permitting Program

If you watch TV these days, (and who doesn't?) you know the national economy is a hot topic.



We hear a lot of talk about the development of new businesses and the fate of existing ones. There are also many stories in the national media about environmental damages and the consequences of global warming. Here in Alaska, we have been subjected to what seems like endless ads for and against Pebble Mine development. Taking it all together, the received message is that it's difficult to balance the need for development to keep the economy strong while maintaining a healthy environment.

But it doesn't have to be this way. The good news is, a positive story is emerging at the local level about a new Borough project that manages to do both – provide for economic development *and* protect the environment. The Aleutians East Borough (AEB) is now undertaking a three-year project to develop a local land use permitting program with the goal of allowing resource development opportunities that will create local jobs while protecting community values and the environment.

The Borough has abundant resource development opportunities, including known sources of oil and gas, minerals, sand and gravel. However, the Aleutians East Borough does not currently have a local land use permitting program. Most boroughs and municipalities in Alaska with significant resource development opportunities have local land use permitting programs in place where developers can submit permit applications and receive approval to operate within local government boundaries. This project will bring the Aleutians East Borough's permitting system up to the quality of other local Alaska



governments.

While resource developers currently are required to obtain some state and federal permits, there is no system in place to ensure that resource development projects adhere to the Borough's comprehensive plan and land use planning standards. These planning standards protect local residents and ensure protection of the environment, wildlife and fisheries.

The Aleutians East Borough applied for funds from the Coastal Impact Assistance Program to address the lack of a regional land use permitting program several years ago. At that time, oil and gas development was closer than it is now, and talk of mining opportunities had begun. The Borough has finally received those state funds so AEB staff was able to hire consultants to begin their work. The funds will be used to institute a local permitting program for resource development, including oil and gas and mining operations and future sand and gravel extraction projects. Additionally, this permitting system could possibly cover commercial recreation activities. However, that question needs more community input on the pros and cons.



A land use permit database will be launched to electronically track applications, approvals, inspections, audits and compliance.

This project will establish a permit fee and penalty system, which will provide revenues to process the permit applications and enforce permit compliance. An inspection program will be developed to enforce permit requirements. In addition, a land use permit database will be launched to electronically track applications, approvals, inspections, audits and compliance.

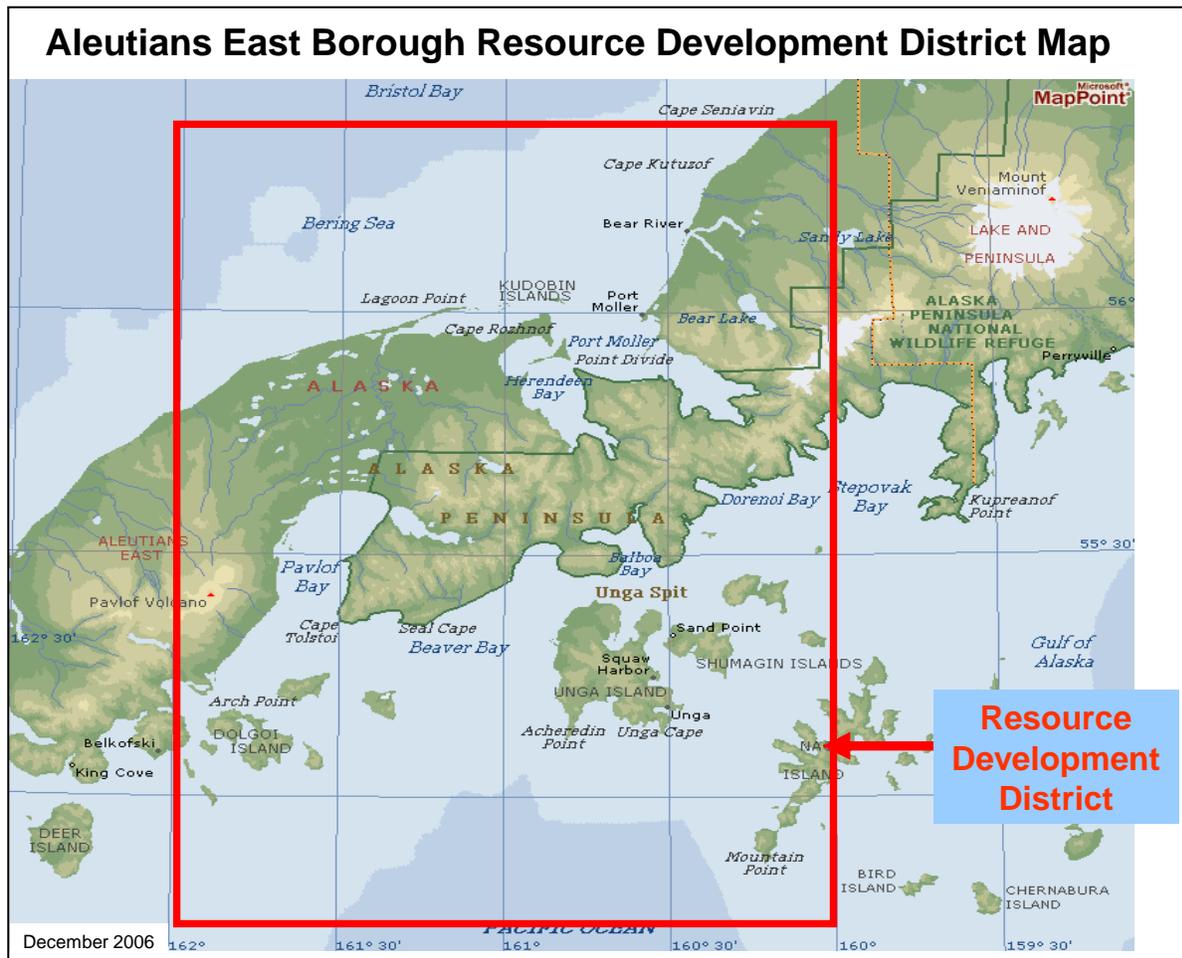
The resource development area, where this local land use permitting program would be applied, is outlined in a red box in the map below. The local land use permitting program

would cover all lands in the Resource Development District shown below, including all private, state, federal, Borough, and municipally-owned lands, tidelands, submerged lands and waters within the Borough's boundaries. It would not apply to federally restricted town site lots or allotments unless allowed by federal law. It would not apply to any lands within the municipal boundaries of Akutan, Cold Bay, King Cove or Sand Point because these cities have the authority to establish their own planning, platting and land use systems.

With this project, the Borough anticipates safeguarding the land, waters and wildlife of the region and will protect the important fish resources and habitat for the commercial fishery and subsistence users. Another major objective is to protect human health, social values and the history and culture of the region. With the implementation of this project, the Borough's goal is

to ensure future economic growth and diversity while avoiding the negative effects of resource development.

So how would this all work? Let's assume that I (along with my wealthy investors) want to start up a mining or sand and gravel operation in the Aleutians East Borough. Currently, I just need to secure the required state and/or federal permits and make an agreement with the landowner to conduct operations. There is no requirement to obtain a Borough permit. The new system will require me to meet with the Borough, explain its project and demonstrate that Borough's environmental, wildlife and fisheries protection standards, human health protection, cultural, and subsistence use protections are in place before my project can commence.



Will this add to the red-tape for getting a resource development project approved? Yes, but this new system will give residents a powerful voice in whether resource development projects are approved, where and how operations are conducted, and stipulations that are applied to the project.

The project began in October of this year and is scheduled to be completed around the end of 2015. The consultants working for the Borough are Susan Harvey (Harvey Consulting, LLC),

Robin Reich and Sharon Boyette (Solstice Alaska, Inc.). The first major task they will work on is to gather the public's thoughts and ideas.

There are two ways you can be heard – public meetings and an easy, online opinion survey. I hope that you weigh in with your thoughts and ideas so that my imaginary business and those real ones that are headed toward the Aleutians East Borough will provide the most responsible and safest economic development for you, your kids and grandkids.

Public Meeting Information:

Cold Bay: January 14, 2013, Monday, City Chambers, 6:30-8:00 p.m.

King Cove: January 15, 2013, Tuesday, Borough Office, 6:30-8:00 p.m.

False Pass: January 16, 2013, Wednesday, Larsen Center, 10:30 a.m. - 12:00 p.m.

Nelson Lagoon: January 16, 2013, Wednesday, Community Center, 1:30-3:00 p.m.

Sand Point: January 22, 2012, Tuesday, City Chambers, 6:30-8:00 p.m.

Here's the link to do a quick and easy survey:

<https://www.surveymonkey.com/s/permittingsurvey>

Written and submitted by Sharon Boyette, a past development director and administrator of the Aleutians East Borough and presently an employee of Solstice Alaska, and Susan Harvey of Harvey Consulting LLC, who worked with the Borough on oil and gas issues from 2007 to Spring 2010.

Holiday Spirit at an All-time High in King Cove during the Search for the Jingle Bell Rock

By Savannah Yatchmeneff



Winter's extreme weather didn't stop King Cove's residents from participating in a community-wide search for the "Jingle Bell Rock", a holiday contest hosted by the City of King Cove. With one lucky winner receiving a \$400.00 cash prize donated by the City, there was no stopping for some residents until the Jingle Bell Rock was found.

This year's contest began on Monday, December 17th, 2012 with a daily clue released at 3:00 P.M. hinting at the Jingle Bell Rock's whereabouts. The goal of the contest was to bring the community together during the holiday season, and it proved to be a success.

"It is very exciting – the town came alive at 3:00 pm with everyone looking all over town!" said King Cove's Mayor Henry Mack.

This was the community's third year searching for the "Jingle Bell Rock." The contest first began in 2009 when the City's previous Recreation Department Head, Robert Lanham, initiated the community-wide search within the City. Each year, the turnout was immense with a single winner taking home the cash prize.

The response from the community is electrifying. Children, families, and adults

JINGLE BELL ROCK
CLUES



King Cove's Jingle Bell Rock is missing once again!
It's up to you to help the City of King Cove find it. Clues will be given daily at 3:00 PM. If found, please return to the City Office immediately!

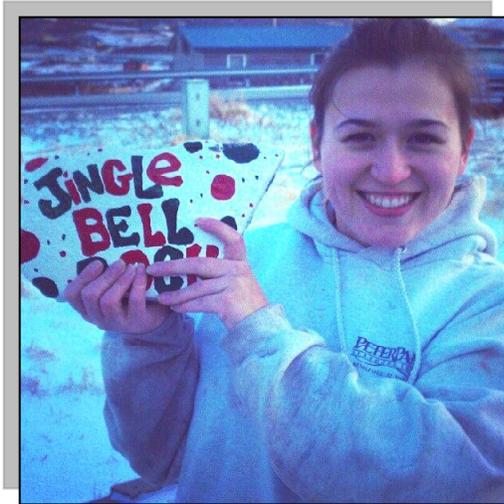
CLUE #1:
Jingle Bells, Jingle Bells, out the door we go, you'll find me here waiting, regardless of the snow!

CLUE #2:
You drive past me everyday.

CLUE #3:
If you were an octopus, you would feel right at home.

REWARD: \$400.00 CASH

of all ages bundled up to go searching despite this week's atrocious weather, some even at night with flashlights. Residents raced by foot, searching in and under objects throughout town. There were no boundaries until further clues pin-point to a specific location.



This year's winner, Amy Mack (above), will split the winnings with her brother, Earl, since the pair searched for the rock together.

This year's contest winner Amy Mack and her sibling, Earl Mack, split the winnings since they searched together. The Jingle Bell Rock was found underneath a community landmark located in the center of downtown, the large yellow rock reading "Home of the Rookies & T-jacks."

According to one resident, in a single hour, over twenty people got out of their cars and searched by the location the rock was discovered. This was the case until Amy and Earl Mack looked a bit further under the landmark.

The City of King Cove intends on making this an annual event. It's a fun, engaging activity the residents look forward to during the holiday season. The goal for next year's Jingle Bell Rock contest is to receive outside

donations to increase the reward.

A Better Use of Wind Energy in Alaska and Applicability for Russian Villages

By Bruce Wright, Senior Scientist, Aleutian Pribilof Islands Association

Alaska boasts 149 small remote communities, and more than 120 of them operate on independent micro-grids. Most of the Alaska villages have a peak operating load of less than 200 kilowatts. Using wind energy to offset electricity produced by diesel in these communities requires a sophisticated integration of energy dispatch, electronic switchgears, storage, controls, and distribution to create a functional and efficient hybrid system. Alaskan customers of these electrical hybrid systems can suffer system shortcomings including blackouts and sometimes increased costs to pay for these systems. The Alaska-sponsored PCE (power cost equalization) program provides subsidies to many remote and high energy cost communities to help equalize energy services with the more urban areas of the state.



Because PCE is essentially a diesel subsidy to the local utility, wind and other renewable energy projects can work at cross-purposes to PCE, depending on the resulting fuel and generation mix.

Some customers are trying to solve their energy issues by installing private wind projects and possibly disconnecting from the grid. Loss of customers from the grid adds a burden to the remaining customers and centralized utility since the grid and the entire associated electrical infrastructure, i.e., the fixed costs of providing electrical service to a community, must be maintained in an already marginal and high cost environment. These costs are absorbed by the remaining customers. The variability in wind, the associated integration problems and the need to lower energy costs in remote communities beg for a better use of fickle wind energy resources.

Hybrid systems with energy storage can offer a level of stability and higher penetration of



Pillar Mountain Wind Farm on Kodiak Island. Photo by Bretwood Higman, Ground Truth Trekking.

intermittent renewable energy than systems without energy storage. Such storage can be in several forms including hot water and electrical storage. In Alaska, some hybrid systems using wind and hydro along with diesel are seeing great success, such as on Kodiak Island, Alaska. Though still young in its deployment in the field, the use of electrical energy storage (EES) systems, if properly designed and installed, can also increase grid reliability and reduce maintenance costs on diesel engines and wind turbines. The Editorial, “Electrical Energy Storage for the Grid: A Battery of Choices” (B. Dunn, et al., Science, 18 November 2011, p928) describes use of electrical energy storage as supportive of deploying renewable energy projects.

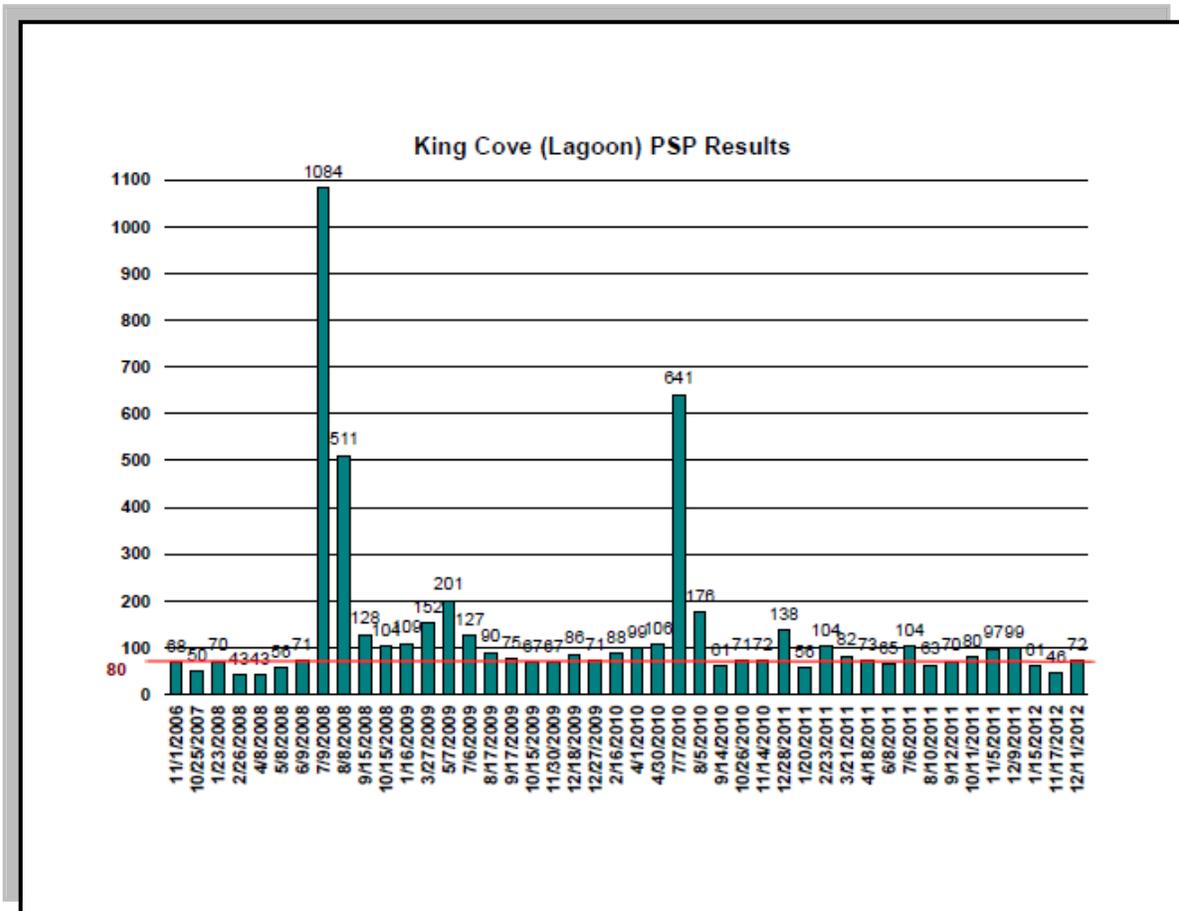
The village of Kokhanok, a remote settlement of 200 people located in remote Alaska, operates on one of these micro-grids with two reconditioned Vestas V-17 turbines rated at 90kW each on 85’ lattice towers. A synchronous condenser and grid forming inverter were installed, along with 336 kWh of nominal battery storage. Lead-acid battery banks were used in Kokhanok because they were less expensive up front, but the extended life of lithium batteries and the added expense of shipping lead-acid batteries from a remote site would favor the use of lithium batteries in some wind-diesel hybrid projects. The integration of these various system

components is still ongoing, and not yet perfected, but holds tremendous promise for high penetration wind-diesel systems and over time, even “diesel off” operation.

[Click here to continue reading article](#)

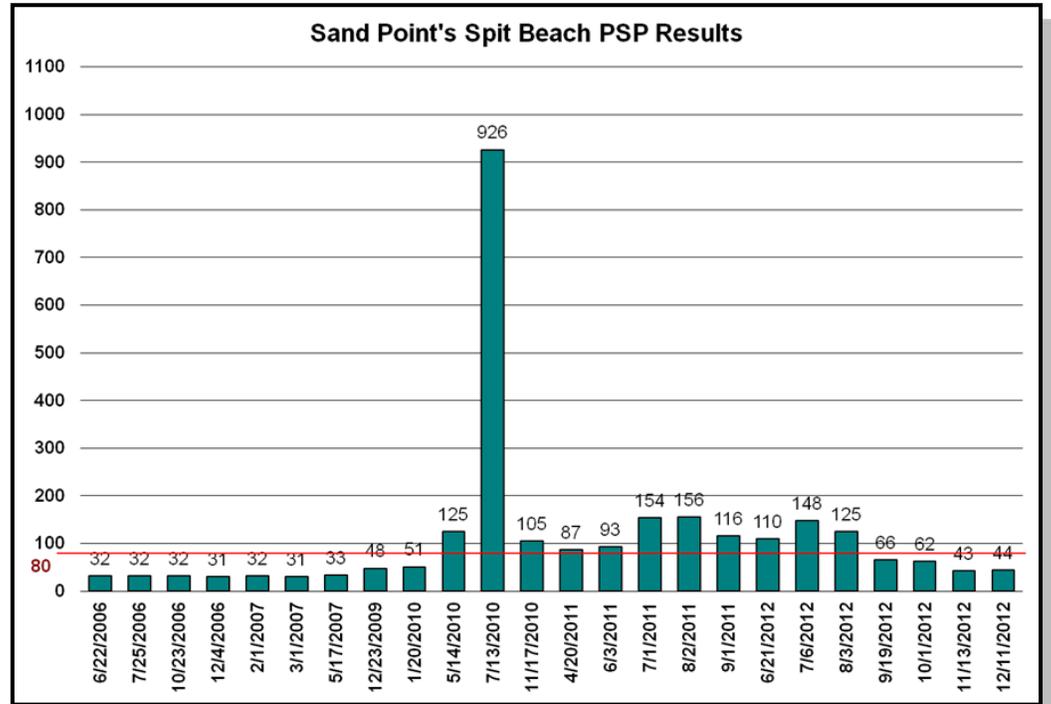
PSP Results for King Cove and Sand Point

By Bruce Wright, Senior Scientist, Aleutian Pribilof Islands Association



The paralytic shellfish poisoning (PSP) results for King Cove (butter clams collected 12/11/12 at King Cove in the Lagoon) had PSP toxin levels of 72 micrograms/100 grams, which does not exceed the FDA limit of 80 micrograms/100 grams. See the graph above.

The paralytic shellfish poisoning (PSP) results for Sand Point, Alaska (butter clams collected 12/11/12 at the airport spit) had PSP toxin levels of 44 micrograms/100 grams, which does not exceed the FDA limit of 80 micrograms/100 grams.



PSP levels will likely be different in adjacent beaches and will change with time. Littleneck clams usually do not reach as high of toxicity levels as butter clams, and littleneck clam toxicity levels usually drop off quicker than butter clams. If you harvest/consume clams from Alaska beaches, you should become familiar with all the clam species. Extreme caution should be taken when consuming any clams, scallops and mussels from Alaska's beaches.

Shellfish harvesters should be advised that paralytic shellfish poisoning (PSP) is a serious health risk when consuming personally harvested shellfish. Crabs feeding on toxic shellfish can accumulate PSP toxin in their digestive system, so I recommend that before cooking, remove the back shell of the crab and clean out all the dark soft tissues that compose the digestive system and crab butter. Shellfish sold at wholesale and retail markets require PSP testing and are considered safe for human consumption.

The Response to Paralytic Shellfish Poisoning in Aleut Communities project is funded by the Region 10 U.S. Environmental Protection Agency (EPA) and managed by the Aleutian Pribilof Islands Association (APIA). This project is a multi-agency collaboration designed to develop methods for communities to monitor occurrence and distribution of PSP toxins that will increase communities' capacities in devising a mechanism to better respond to the threat and minimize the risks of poisoning. The samples are all analyzed by the Alaska Department of Environmental Conservation using approved analytical methods. The attached table(s) and figure(s) may include data from a previously funded North Pacific Research Board and EPA IGAP projects and data collected from the most recent EPA funded project. The data collection will continue through the

summer of 2011. Note that the FDA limit for PSP is 80 micrograms/100 grams, the red line on the graphs. More information is available at <http://www.apiai.com/psp.asp>.

News from Eastern Aleutian Tribes

Dental clinics will be conducted in January in King Cove and Sand Point (weather-permitting).



King Cove: (907) 497-2311

Jan. 2 – 15: Dr. Costa & Erik

Jan 17 – 31: Becky and Erik

Sand Point: (907) 383-3151

Jan. 2 – 15: Becky & Chelsea

Jan. 17 – 31: Chelsea & Dr. Costa

Provider services:

Michael Costa DDS – Dentist: Fillings, most extractions, root canals, full dentures, partial dentures, crowns and bridges.

Becky Howe RDG – Hygienist: Cleanings, sealants, fluoride application.

Chelsea Shoemaker and Erik Linduska, DHAT – Dental Health Aide Therapists: Fillings, simple extractions, above the gum line cleanings, sealants and fluoride application.

Community Elder Gift Certificates

Eastern Aleutian Tribes is pleased to announce that we have, once again, sent our community elders gift certificates good for \$25 worth of food at their locally-owned stores to help them celebrate the Christmas holiday.

Our Community Health Representatives visit at home with our elders and offer assistance with medication management, medical appointments and transportation for shopping, activities and appointments.



Eastern Aleutian Tribes is working hard to promote wellness in our communities. We have introduced diabetes clinics in King Cove and Sand Point, and will soon be rolling the program out to our other communities. The diabetes clinics offer an excellent opportunity for our community members to complete their yearly exams and catch up on the latest information regarding new and innovative ways to

help manage diabetes. We are pleased to say that the diabetes clinics have been a very effective tool thus far, and we are excited to help it move forward and grow. If you would like more information about the diabetes clinics, please call Sandra Lopez toll free at (866) 328-4911 or directly at (907) 532-2153.

Reality vs. Myth in Fighting Holiday Stress

By Edward T. Creagan, M.D. (Courtesy of Mayo Clinic Online)

“Give us the grace to accept with serenity the things that cannot be changed, the courage to change the things that should be changed, and the wisdom to distinguish the one from the other.” This is known as the serenity prayer and has been used by Alcoholics Anonymous, among others. I believe this advice is especially crucial when you confront holiday stress.

The media offers pictures of the multigenerational, well-fed, well-dressed family sitting around a table bursting with holiday offerings. Under the tree are piles of beautifully wrapped gifts. The reality for most individuals is somewhat different.

Most families have challenges, and many families struggle this time of year trying to live up to an idealized version of the holidays. Here are some suggestions that I have heard from patients and families trying to deal with holiday stress.

- **Be realistic.** If individuals have locked horns for most of the year, it is not reasonable to think that on one day all will be forgiven. We need to be gentle with ourselves. We need to forgive ourselves.
- **Give of yourself.** The best gift is not a toy, a trinket or a thing. It is the gift of our presence. It is the gift of our listening. It is the gift of our “being there”.
- **Take care of yourself.** We need to take care of our bodies by getting enough exercise, sleep and by eating a healthy diet. We *also* need to protect our spirit, knowing when to draw a line in the sand and say, “no, thank you for the opportunity, but I will not be able to participate.” If we give and give, there is nothing left to give.

If the stress in your life is more than you can cope with, get help right away.

- National Suicide Prevention Lifeline
1-800-273-TALK (8255)
- Go to the nearest hospital or emergency room

- Call your physician, health provider or clergy
- National Alliance on Mental Illness
www.nami.org
1-800-950-NAMI (6264)



Need more help?

If you believe you have a need for Behavioral Health Services, please contact your Community Clinic or call Behavioral Health directly at
Emergency COPE Line—800-478-2673
King Cove Clinic – 907-497-2311
After Hours –907-497-8203
Sand Point Clinic – 907-383-3151
After hours – 907-386-1227



Are you traveling home from Anchorage? Would you like to carry much needed vaccines to your community clinic for EAT? Please contact Marta Hahn at 1-866-328-4911 or Betty at EAT at 277-1440 to volunteer!



All EAT staff met Friday, December 21st at 12:30 for an all-employee Christmas Party via video-conference. The party was a huge success! In the Anchorage office, Lori Pedersen won the Ugliest Sweater Contest, Gina and Robert Piscoya won the Siamese twin gift wrapping contest, and Robert Piscoya and Nellie Roehl won the door decorating contest. Nellie & Robert used expired cotton balls for the beard and trim. (You can see all the doors on our [Facebook](#) page!) Guests in Anchorage from around the region included Dr. Costa, Erik Linduska, Katie Eby (our new PA, soon to travel to King Cove and ultimately Adak), and Joann Miller. Main dishes were provided by the Directors, and sides and desserts by staff.

Eastern Aleutian Tribes Offers Interpreter Services in All Clinics

EAT has established a partnership with Certified Language International. This service provides interpretation services for 23 different languages, ranging from Arabic to Vietnamese. Non-English speaking patients can simply point at their language of choice on a convenient poster, and clinic staff will then connect to the correct translator. All interpreters are sworn to confidentiality and the Interpreter's Code of Ethics. This is a 24/7 service. You can read more about it at www.certifiedlanguages.com.

The following positions are currently available at Eastern Aleutian Tribes:

Operations

Accounts Payable Technician, Anchorage – Under direction of the Staff Accountant, the Accounts Payable Technician provides financial, administrative and clerical services by processing and monitoring payments and expenditures, in an effective and efficient manner.



Janitor, Temporary, Cold Bay - Under limited supervision, keep EAT buildings in clean and orderly condition. Perform cleaning duties such as cleaning floors, vacuuming and shampooing rugs, washing walls, surfaces, and glass, and removing garbage.

Behavioral Health Aide I -Nelson Lagoon - The position of level I Behavioral Health Aide (BHA-I) provides; prevention, early intervention, case management, aftercare and follow-up for individuals and families impacted by a variety of behavioral health (addiction/substance abuse and mental health) issues. With direction and support from the Wellness Program Manager, the position is responsible for providing access to and delivering behavioral health services, within a defined scope of practice, to community residents.

Primary Care Technician - King Cove - Under general supervision of the Lead Provider, provides basic patient care to all patients to include but not limited to; patient screening, assessment, care, care referral, care documentation and evaluation.

Mid-Level Practitioner - Full time/Itinerant - Akutan, Cold Bay - To provide preventative, primary and emergency care and work as a team with other health care providers, CHA/P and first response team to ensure continuity and quality community health care.

Community Health Aide - Full time/Itinerant - Akutan- Provides primary (acute, chronic, and preventive) health care and emergency care to those seeking health services in an assigned

village. The Community Health Aide/Practitioner CHAP base of operation is in the village clinic.

All Providers and CHA/P providers may be asked to travel for short term coverage assignments at other clinic sites within Eastern Aleutian Tribes.

Vision

“Eastern Aleutian Tribes has the healthiest people in the nation”.

Mission

“Eastern Aleutian Tribes will provide and continually improve quality services in all aspects of health care supporting the well-being of our people”.

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Please visit our [Facebook](#) Page to learn more about the news items and resources mentioned in this newsletter, and to keep up on the latest and greatest! All comments and suggestions from our community partners and friends are welcome. Please feel free to contact the office at 907-277-1440; Michael Christensen at MichaelC@EATribes.net or Irene Douthit at IreneD@eatribes.net.



Got News?

If you have news you'd like to share, please email ltanis@aeboro.org or call AEB Communications Manager Laura Tanis at (907) 274-7579.



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