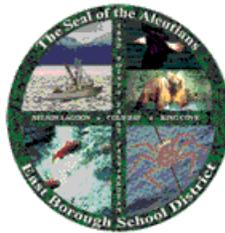
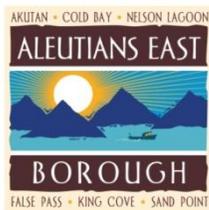


In the Loop



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

Cold Bay Couple Escapes House Fire Following Gas Propane Explosion



Propane-powered appliances are fairly common in rural Alaska.

Hal Kremer never imagined investigating a propane gas leak in his dryer, located in his bathroom, would result in a dangerous explosion, fire and burns to his body. On top of everything else, he and his wife, Linda, both 64, were trapped inside their home at first. It happened at the end of last month, and it's something they won't soon forget.

“The combustion blew the door past the jamb, and they couldn't get out of the house,” said their son, Harold “Hap” Kremer, an advisory member from Cold Bay to the Aleutians East Borough Assembly.

“The explosion blew the roof line off and the end wall out a bit,” he added.

Fortunately, the couple was able to get to their cell phone in the bedroom. They called Hap, told him they were unable to escape and asked for his help. Hap also works for the Department of Transportation in Cold Bay, which has the only firefighting equipment in town. He and a crew arrived within minutes, just as his dad, Harold, was helping Linda climb out of the window as it snowed heavily outside.

“He was yelling at me to shut the propane off,” said Hap. “I didn’t notice until later that the fire and explosion had burned his pajama bottoms right off of him.”

Hap grabbed some coats for his parents before his wife took the couple to the clinic. Linda ended up with a few bumps and bruises. Harold sustained several deep burns. It was 7 ½ hours later before the couple was medevaced from Cold Bay to Anchorage. Since the fire, the couple has been staying with their other son in Homer while Harold recovers.

Meanwhile, the fire crew’s swift response resulted in saving the Kremer’s home.

“It’s amazing the structure itself could be saved,” said Hap. “Most of the fire was contained to the bathroom where the propane dryer is. The sheetrock and wiring was messed up. We had to suck the roof line back down.”

According to the National Fire Protection Association (NFPA), U.S. Fire Departments responded to an estimated annual average of 1,170 home structure fires involving liquid propane gas between the years 2003 to 2007. These fires resulted in 34 deaths, 135 injuries and \$8 million in property damage.



The properties of propane gas are much different than natural gas. Leaking natural gas vapors are lighter than air and can rapidly dissipate into the atmosphere. Propane gas is heavier than air. As a result, it drops to the lowest level around the appliance or the source of the leak and stays there unless moving air disturbs it.

Appliances and tanks containing propane gas located in an enclosed area pose a danger because a propane gas leak will collect or pocket. It can then explode when the appliance ignites, or in some cases, even when a light switch is flipped.

Fortunately, there are several safety precautions you can take to protect yourself. The NFPA recommends handling any propane-powered equipment carefully, and always follow the manufacturer’s instructions. Cylinder tanks for equipment, such as stoves and ovens, must be located outside of the home. The association cautions against ever storing or using propane gas cylinders larger than one pound inside the home. Having propane gas equipment inspected

periodically by a professional for possible leaks or malfunctioning parts is also a good idea. If you smell a strong odor of gas, the NFPA strongly recommends leaving the area immediately and call the fire department from outside the home.

For more information on propane safety, visit this [link](#):

AEB Residents Provide Helpful Suggestions during Recent Land Use Permitting Meetings

*By Anne Bailey, AEB Community Development Coordinator
and Sharon Boyette, Solstice Alaska, Inc.*



Sharon Boyette of Solstice Alaska, Inc. led the discussion during the recent AEB land use permitting meetings.

suggestions, offer ideas and ask important questions about how the permitting system would work. The Borough has abundant resources, including oil and gas, minerals, sand, gravel and wildlife, but now, without the Coastal Management Program, it has no locally mandated rules to manage development.

The Aleutians East Borough, with grant funds from the Coastal Impact Assistance Program, is beginning a three-year process to develop a natural resources land use permitting program. The goal of the program is to develop responsible resource development opportunities that will create local jobs and revenue while protecting community values and the environment. The project began with community meetings to solicit

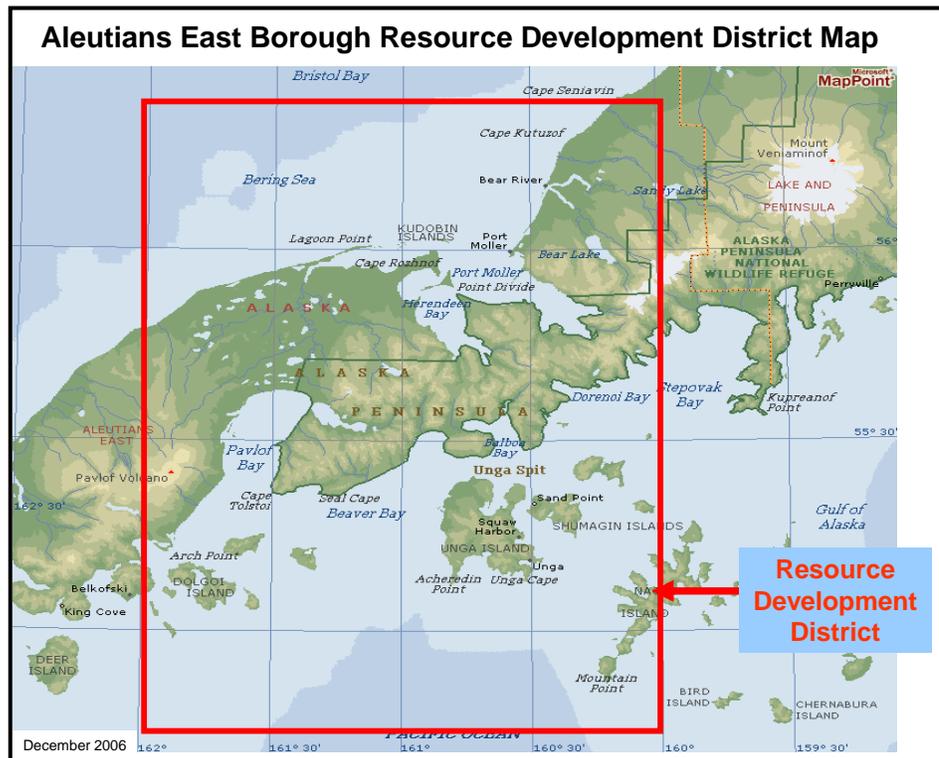


The public meeting in False Pass included some friendly negotiations between “developers” and “permittees” over fees to be charged.

In order to solicit public input, the permitting system meetings were held in Cold Bay, King Cove, False Pass and Nelson Lagoon during the week of January 14, 2013 and in Sand Point on January 22, 2013. Thirty-two local residents participated in the meetings led by Sharon Boyette, of Solstice Alaska, Inc.

While in most of the meetings, the number of participants was small, they were all actively engaged, enthusiastic about the possibilities and came up with some good ideas. In Cold Bay, when asked how the Borough should communicate with residents about development applications, it was suggested that postcards be sent to all mailboxes to offer an email and mailing address if residents wanted to comment.

In False Pass, one of the questions that came up was whether the permitting system should only apply to the Resource Development Area or should change to all lands within the Borough boundaries. Currently, the resource development area, where the local use permitting program would be applied, is outlined in a red box in the map below. This area



includes all private, state, federal, Borough-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 and Sand Point because these cities have the authority to establish their own planning, platting and land use systems. It also excludes residential and commercial areas of Nelson Lagoon.

Some of the community members in Cold Bay and False Pass thought it would be a good idea to extend the resource development area to include all Borough lands.

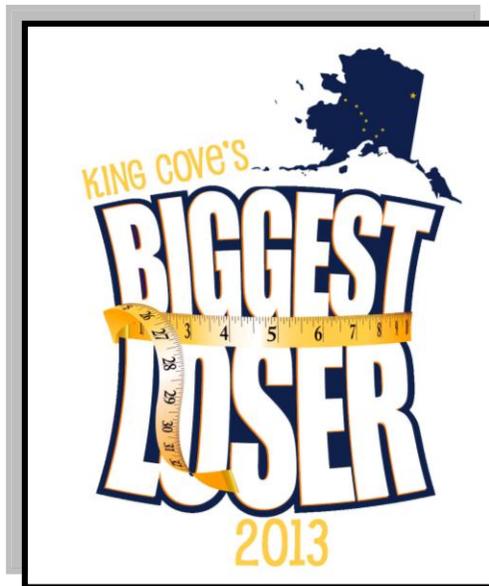
Many other ideas were presented at the meetings. In Sand Point, Mayor Gunderson suggested including energy projects as a resource opportunity that should be included in the permitting

system. In Cold Bay, they suggested a permit stipulation to be placed on hunting and fishing guides that would exclude them from designated local subsistence areas. King Cove wanted to be aware of upcoming development allowing local residents to receive the proper training for future jobs. False Pass proposed subsidizing part of the costs of the fees for potential businesses with local resources (i.e. allowing vessels to moor in the harbor for ½ of the moorage fee). Other topics that were discussed include but are not limited to penalties, enforcement methods and fees to cover the Borough's expenses in administering the permitting program.

If you have any comments on what development opportunities should be, subject to permitting, how fees and penalties need to be handled or anything else regarding this permitting system, please fill out the online Land Use Permitting Survey at <https://www.surveymonkey.com/s/permittingsurvey> or you can contact the Anchorage Borough Office at (907) 274-7555 for a hard copy. The survey takes only about ten minutes to complete. If there are questions that you don't want to answer, you can skip them. It is easy an weigh-in on this important issue.

Please fill out the survey at
<https://www.surveymonkey.com/s/permittingsurvey>

‘Biggest Loser’ Contest in King Cove Sees Big Gains in Community Participation



King Cove residents are showing their enthusiasm for losing weight, thanks to a little inspiration from the popular TV show, “Biggest Loser” on NBC. The City is hosting its own “Biggest Loser” contest, and it’s becoming quite the hit in King Cove.

“This challenge is definitely the buzz around town”, said Savannah Yatchmeneff, King Cove City Clerk. “Everyone is excited -- not only about the prizes, but they’re also motivated to make lifestyle changes to improve their overall health and well-being.”



The initial weigh-in occurred earlier this week (Monday, January 21st at the King Cove Clinic from noon to 1 p.m.). The turnout alone was incredibly successful!

“We went ahead and opened the City office on Monday, Martin Luther King Day, because a lot of people had the day off,” Savannah said. “We had a lot of people coming in that day for initial sign-up. Thankfully, Heidi Wilson, who works for EAT, opened the clinic on her day off to

assist the City with our challenge.”

Those taking part in the contest must be a King Cove resident and be at least 18 years of age. They must also sign a liability waiver form and pay a \$50 entry fee. That fee, however, could pay off in a variety of ways. Participants will have a chance to win a \$3,000 Alaska Airlines Vacation gift card to any Alaska Airlines vacation destination, with two round trip tickets from King Cove to Anchorage.



“We wanted to offer nice prizes as an incentive and encouragement for our entrants,” Savannah added. “Some people are even saying, ‘It doesn’t matter if I win. I just want to do it. It’s going to be fun.’ The



first day, many residents were outside walking and using the City’s recreational facilities. Everyone is engaging in physical activities.”

When people sign up, they start the challenge with a packet full of information, including logs, info about the active programs in King Cove (the gym, Heidi’s workout classes held 4 times a week at the Rec Center) and tips.

“Heidi’s exercise classes have doubled since we started this,” said Savannah. “Everybody’s going to the city’s gym and fitness center. That’s what we were trying to do -- get everybody active and promote a healthy lifestyle.”

During the 12-week challenge, there will be mini challenges along the way, including a ‘Best Healthiest Recipe Contest’. Participants can submit favorite healthy recipes to the City Office by January 31st. Recipes will be uploaded anonymously to the City’s Biggest Loser Facebook Page. Entrants will vote for their favorite recipes by ‘liking’ the photo. Voting will take place until April 1st. Another mini challenge will be the ‘Blood Pressure Finale Drawing’. Entrants are encouraged to have their blood pressure checked weekly throughout the Biggest Loser Challenge

and log the results. Those that do will receive a ticket for the End Finale Blood Pressure Drawing (maximum of 12 tickets per entrant).

All the activities and fun will come to a close on April 8th. That's when the final weigh-in for the 'Biggest Loser Challenge' will occur (during the grand finale). At that time, the winners (a grand prize winner and a runner up) will be announced.



If you haven't made the commitment yet, don't worry. You still have time to get in on the action. The last day to register for the Biggest Loser Challenge is **January 31, 2013**.

"It's just so fun!" said Savannah. "A lot of people are getting involved right now."

For more information, call the City Office at (907) 497-2340.

Fisheries Update

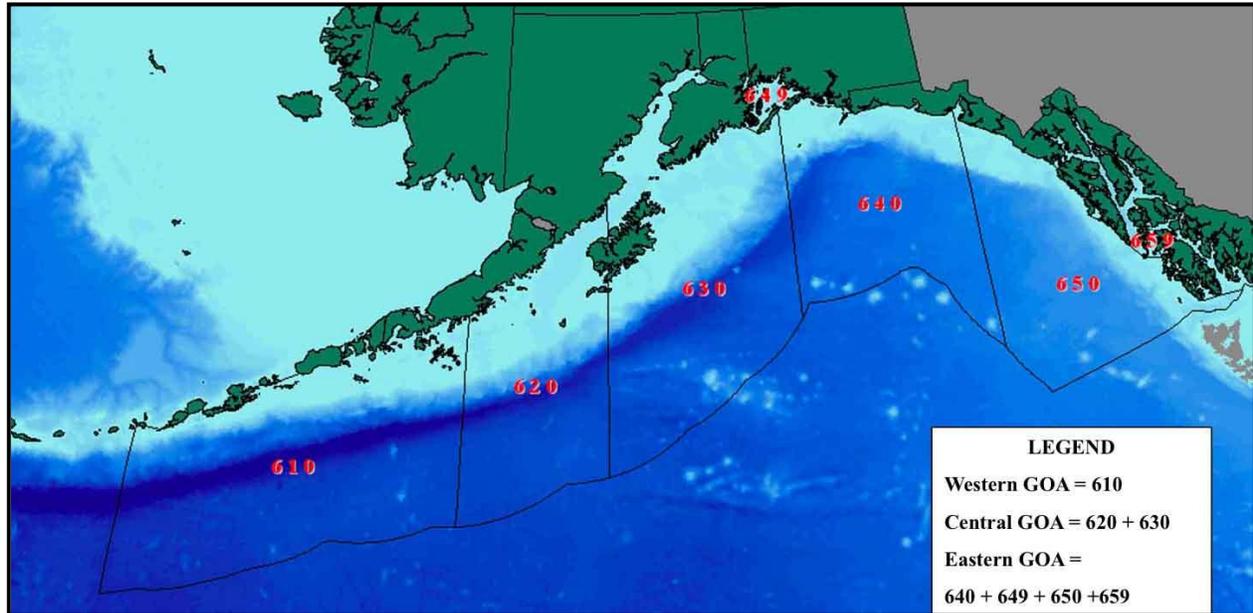
By Ernie Weiss, AEB Natural Resources Director

January GOA Fisheries:

Directed fishing for Pacific cod using hook and line, pot and jig gear, opened January 1, 2013, and trawl gear cod fishing opened on January 20th. The 2013 Gulf-wide total allowable catch (TAC) for cod is 60,600 metric tons (mt) down from 65,700 mt in 2012. In the Western Gulf, (Area 610) the A-season allocation for Pacific cod using pot gear is 4,095 mt. Twenty-eight vessels have reported their catch so far. NMFS will close the WGOA pot gear Pacific cod fishery at noon on Monday, January 28th.

Directed fishing for pollock using trawl gear also opened January 20, 2013 in the Gulf of Alaska. So far, six vessels have reported pollock catch in Area 610. Only two vessels have reported pollock catch in Area 620. The A season pollock allocation is 4,292 mt for Area 610; 16,433 mt for Area 620; and 5,998 mt for Area 630. NMFS ended directed fishing for pollock in Area 630 on January 22, 2013 to prevent the fleet from exceeding the 630 A-season allowance.

The state Tanner crab fishery opened at noon on January 15th. The Eastern section of the South Peninsula District had a guideline harvest level (GHL) of 230,000 pounds. The Western section and the Chignik District were closed. The Kodiak district GHL was set at 660,000 lbs. In the South Peninsula District - Eastern section, all waters between 161° and 162° west longitude (Pavlof Bay and Jude Island) closed at noon January 16th, and Beaver, Balboa & Stepovak Bays (all waters north of 55° 20' N) closed at 6PM January 22nd. The Nagai sub-management area offshore remains open to commercial Tanner crab fishing.



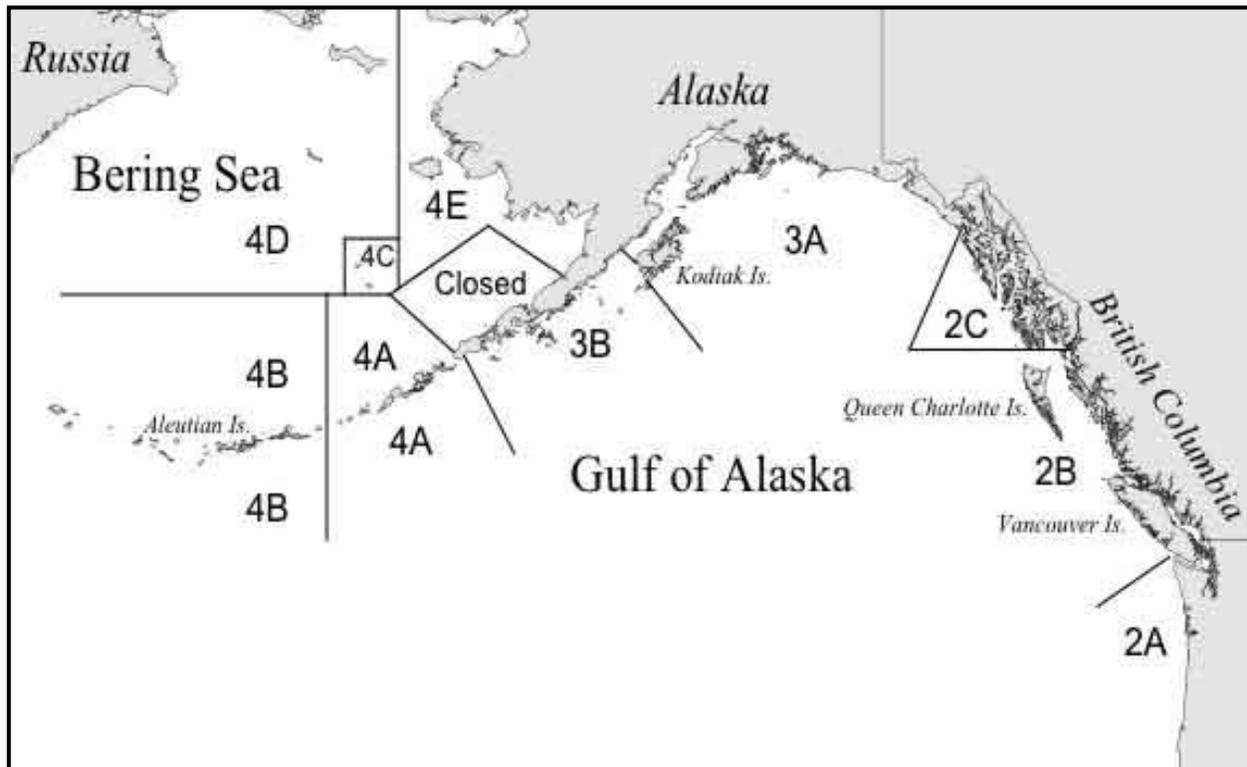
Halibut:

The International Pacific Halibut Commission (IPHC) annual meeting was held this week in Victoria, BC, and most sessions were available via internet / webinar. On Friday, the Commission adopted the 2013 Pacific halibut catch limits by area. The 2013 limits are a reduction of 7% for all areas combined, and a reduction of 15% for Area 3B.

IPHC	2012 Catch Limits	2013 Catch Limits	Percent change
Area 2A	989,000 pounds	990,000 pounds	less than 1% change
Area 2B	7,038,000 pounds	7,038,000 pounds	zero change
Area 2C	2,565,000 pounds	2,970,000 pounds	16% increase

Area 3A	11,918,000 pounds	11,030,000 pounds	7% reduction
Area 3B	5,070,000 pounds	4,290,000 pounds	15% reduction
Area 4A	1,567,000 pounds	1,330,000 pounds	15% reduction
Area 4B	1,869,000 pounds	1,450,000 pounds	22% reduction
Areas 4CDE	2,465,000 pounds	1,930,000 pounds	22% reduction
Total	33,480,000 pounds	31,028,000 pounds	7% reduction

Dr. James Balsiger was elected Commission Chair for 2013/2014. The IPHC is currently seeking nominations for 2 vacant U.S. seats on the Commission. Details on the IPHC nominations can be found at: <http://alaskafisheries.noaa.gov/newsreleases/2013/iphc011513.htm>



Salmon:

The next Board of Fisheries meeting runs February 26th – March 4th at the Sheraton Hotel in Anchorage. At this meeting, the Board will take up proposals dealing with the Alaska Peninsula / Aleutian Islands salmon fisheries. The Board met in Naknek in December 2012 to discuss Bristol Bay salmon, and earlier this month to discuss Arctic-Yukon-Kuskokwim (AYK) salmon proposals. At each Board meeting since the initial release of the Western Alaska Salmon Stock Identification Program (WASSIP) reports from October, the Board has received additional presentations on the salmon genetic study. At the AYK salmon meeting this month, the department also showcased large posters that make the genetic study information even easier to understand. Many AEB fishermen who have been reading the WASSIP reports recently and the just-released Southeastern District Mainland (SEDM) genetic study, may gain insight from viewing the new WASSIP posters. They are now kept at the Anchorage Department of Fish and Game office at 333 Raspberry Road, and are available as PDF documents at:

<http://www.adfg.alaska.gov/index.cfm?adfg=wassip.posters>

The WASSIP reports are available at:

<http://www.adfg.alaska.gov/index.cfm?adfg=wassip.reports>

The SEDM study can be found at:

<http://www.adfg.alaska.gov/FedAidPDFs/SP12-31.pdf>

NPFMC:

The AEB is closely monitoring two items on the February agenda of the North Pacific Fishery Management Council (NPFMC) meeting in Portland. Agenda item C-3(c) is a placeholder for Western Gulf of Alaska (WGOA) trawl issues, following a new discussion paper on Central Gulf Trawl Catch shares:

http://www.fakr.noaa.gov/npfmc/PDFdocuments/catch_shares/CGOATrawlCatchShare213.pdf

AEB fishermen are planning to present ideas on new management regimes for the WGOA to the Council in Portland.

The AEB Assembly passed Resolution 13-16 in January to provide comments to the NPFMC in support of the following goals for fisheries management in the WGOA and CGOA.

AEB Goals for Fisheries Management Programs in the Central and Western Gulf of Alaska:

- Provide effective controls of prohibited species catch and provide for balanced and sustainable fisheries and quality seafood products.
- Maintain or increase target fishery landings and revenues to the Borough and AEB communities.
- Maintain or increase employment opportunities for vessel crews, processing workers and support industries.
- Provide increased opportunities for value-added processing.
- Maintain entry level opportunities for fishermen.
- Maintain opportunities for processors to enter the fishery.
- Minimize adverse economic impacts of consolidation of the harvesting or processing sectors.
- Encourage local participation on harvesting vessels and use of fishing privileges.
- Maintain the economic strength and vitality of AEB communities.

BSAI Crab ROFR:

Another important NPFMC February agenda item is C-4(a) Final Action on Bering Sea Aleutian Islands (BSAI) Crab Rights of First Refusal (ROFR). ROFR's are part of the community protection measures in the Crab Rationalization program, giving eligible crab communities the right to purchase the right to process crab, in the event of a sale by the company owning those rights. However, these measures have been criticized as weak protection for communities since

implementation of the program in 2005. Six actions regarding the sale of processing quota share (PQS) are being considered in the package:



One important item being considered by the Council includes final action on the Bering Sea Aleutian Islands Crab ROFR.

Action 1: Increase the ROFR holder's amount of time to exercise the right.

Action 2: Remove provisions under which the ROFR lapses if the PQS is used outside the community.

Action 3: Apply the ROFR to only the PQS, instead of all of a seafood processor's assets.

Action 4: Require community consent to move quota outside the community.

Action 5: Require additional notices by the PQS holder to the ROFR holder and to NMFS.

Action 6: Issuance of newly created Bristol Bay King Crab PQS, (0.55 % of the PQS in that fishery) to Aleutia Corporation.

The NPFMC meetings are streamed live at a link found at <http://www.fakr.noaa.gov/npfmc/>. To submit comments for inclusion in the Council notebook, email to npfmc.comments@noaa.gov by January 29th. Be sure to include your name and the specific agenda item number with your comments.

Traditional Alaska Native Tips for a Healthy Lifestyle

By Leona Christensen Long

Every January, it seems a healthier lifestyle is at the top of the list of everyone's New Year's resolutions. It is more than just diet and exercise; well-being also



Outdoor activities, such as snowshoeing, are great exercise.

includes having a strong support network. Students from the University of Alaska Fairbanks' Interior-Aleutians Campus's (I-AC) Rural Nutrition Services (RNS) class offer tips on how

rural Alaskans can fit healthy lifestyle choices into the traditional Alaska Native way of life.

Whether you get your exercise from chopping and hauling wood or playing basketball at your school gym, staying active is a key to health. Outdoor activities like



Cara Rae Jonsson Bethe, with roots in False Pass, shares her poster on healthy traditional foods from her region. She completed her Rural Nutrition Services Occupational Endorsement in May, 2012.

snowshoeing, sledding and dog mushing are great for exercise. Another fun way to exercise is to practice and perform traditional Native dances. While beadwork may not seem like exercise, beadwork helps improve focus and fine motor skills as well as social support when done with family and friends.

Interested in putting a healthy spin on your traditional Alaska Native meals? Your fish and moose meat recipes will taste just as delicious baked instead of fried and will be lower in calories. You can add more green to your diet with wild Alaskan plants. Tender fireweed, goose tongue and dandelion leaves can be added to salads, and wild chives can be used as a garnish or seasoning. The spruce needles and rosehips that you gather can be made into healing teas that also contain natural Vitamin C.



Put a healthy spin on traditional Alaska Native meals.



Positive relationships help keep you healthy.

Positive relationships help keep you healthy. Having a strong network of support can make the challenges of life seem easier. Take time to visit your elders and other friends in the village. I-AC students say that having the courage to step out of the circle and help others is another way to build stronger relationships.

RNS is a culturally relevant multidisciplinary course of study that combines nutrition science, Alaska Native knowledge, behavioral health and outreach skills. Courses are taught by teaching

teams that include licensed professionals, Alaska Native service providers, Alaska Native elders and guest speakers in a blended delivery style allowing students to learn and earn university credits while staying in their home community. Students may use credits toward an RNS Occupational Endorsement, area of concentration in Tribal Management, additional Certificate and Degree programs or as professional development. Students may also apply their RNS coursework toward earning a bachelor's of science degree in dietetics at the University of Alaska Anchorage.

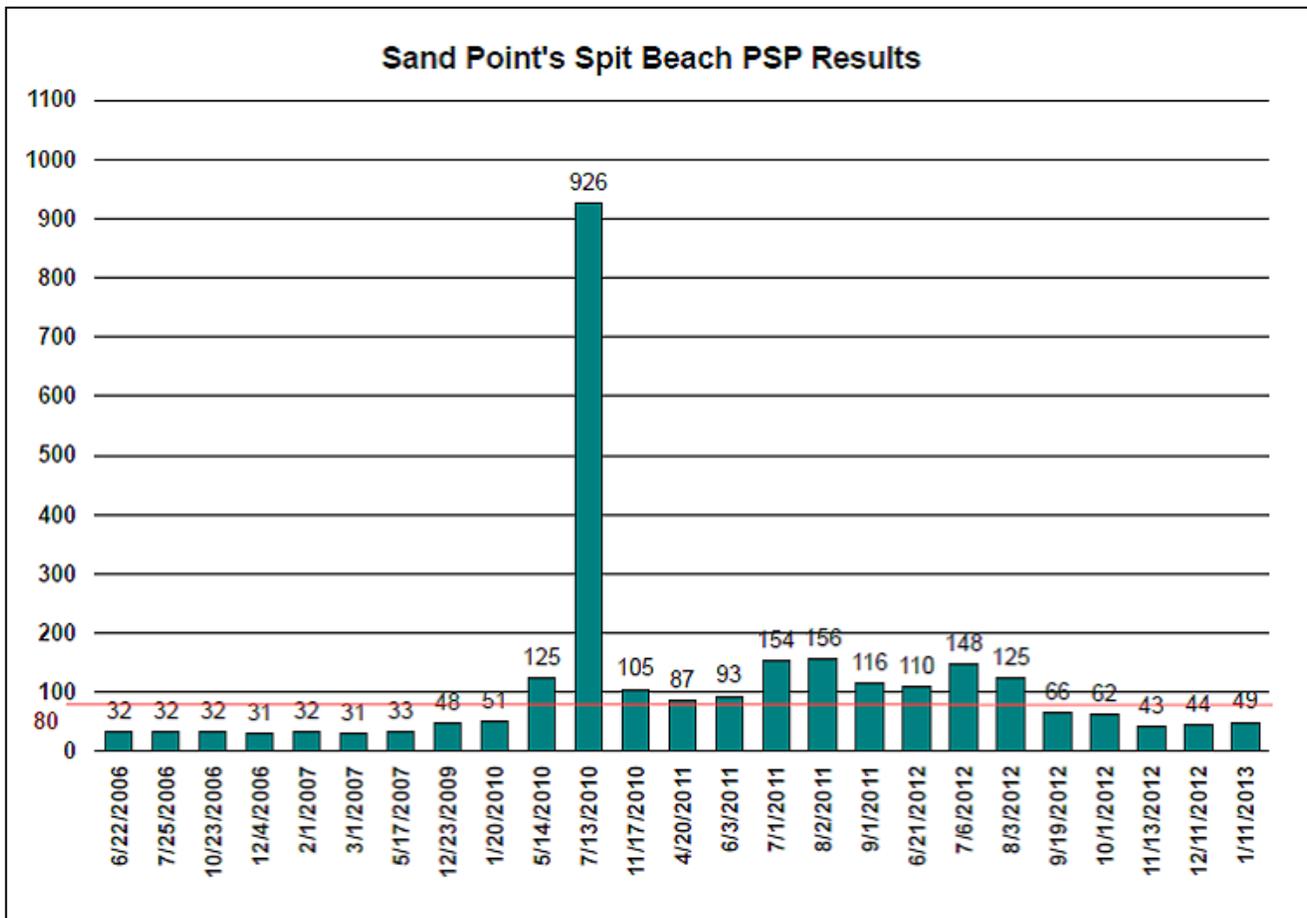
Since 1989, Interior-Aleutians Campus (I-AC) has integrated lifelong educational opportunities with rural Alaskan and Alaska Native communities, cultures and ways of life. Our faculty and staff are committed to empowering our students with the tools they need to be successful whether their goal is



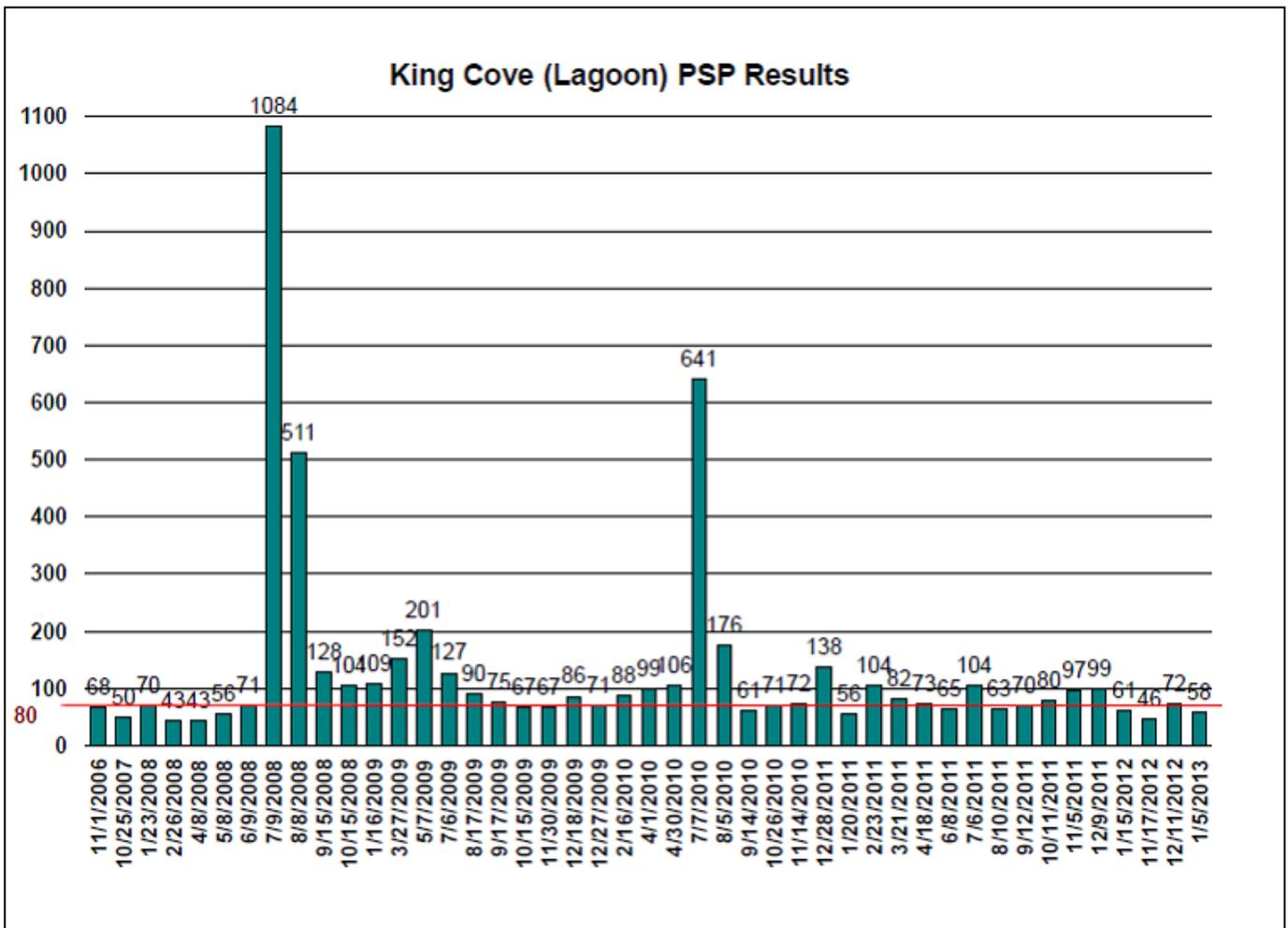
a certificate for a trade, continuing education units, an associate's, bachelor's or master's degree. For more information, call 888-474-5207 or visit us at www.uaf.edu/iac or on Facebook. You can also contact Shawn Dickson, coordinator for I-AC's Aleutian-Pribilof Center at sldickson@alaska.edu or 907-581-1666.

PSP Results for Sand Point and King Cove

The paralytic shellfish poisoning (PSP) results for Sand Point, Alaska (butter clams collected 1/11/2013 at Sand Point Spit Beach) had PSP toxin levels of 49 micrograms/100 grams, which does not exceed the FDA limit of 80 micrograms/100 grams. See the graph below.



The PSP results for King Cove (butter clams collected 1/5/2013 at King Cove in the Lagoon) had PSP toxin levels of 58 micrograms/100 grams which does not exceed the FDA limit of 80 micrograms/100 grams. See the below graph.



News from Eastern Aleutian Tribes



Dental clinics will be conducted in February in King Cove, Sand Point, and Cold Bay (weather-permitting).

King Cove – 497-2311

Feb. 1 - 28, Dr. Costa & Erik

Cold Bay – 532-2000

Feb. 19 – 22, Chelsea

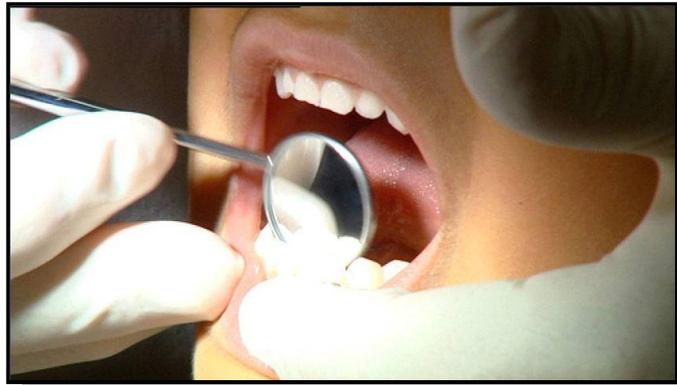
Feb. 25 – 28, Becky

Sand Point – 383-3151

Feb. 1 - 15, Becky & Chelsea

Feb. 19 - 22, Becky

Feb. 25 – 28, Chelsea



February Events:

[American Heart Month](#)

[National Children's Dental Health Month](#)

[AMD/Low Vision Awareness Month](#)

How Are your New Year's Resolution's Holding Up?

The King Cove Community Health Center is holding a low impact exercise class four times a week. The classes feature an exercise video shown on a large screen. Currently they are doing Leslie Sansone's *"Walking off the Weight"*, and hope to incorporate Yoga, Pilates, or Zumba in the future. Please contact Heidi at 497-2311, ext. 404 for further information.

The Sand Point Community Health Center is holding a "Biggest Loser" Contest, which will run from January 14 through April 1st (It's not too late to sign up!). There are bi-weekly weigh in's and there will be prizes for the first, second, and third biggest losers. Please call Carmen at 383-3151, ext. 602 for further information.

[Click here for healthy eating tips!](#)

If you would like information about EAT diabetes clinics, please call Sandra Lopez toll free at 1-866-328-4911 or directly at 1-907-532-2153.



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!



Eastern Aleutian Tribes is pleased to announce that we have received a new Elder services planning grant for \$154,000, with an initial 6 month payment of \$51,000. It will be used to perform an elder survey to determine the interest in and need for an elder residential home; site selection; and a sustainable business plan.

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.

[Click here to check out the open positions Eastern Aleutian Tribes](#)

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”.

[Follow Us on Facebook](#)

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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