



Port Graham Environmental Newsletter



Merry Christmas Paluwik

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What a year this has been, 2015 has come and gone! I hope you all had a wonderful Thanksgiving, Christmas and New Years!

Many of these topics that will be in this newsletter are sessions that we attended during our trip to Anchorage for the Alaska Tribal Conferences on Environmental Management. This was a very educational conference for the both of us, we met many people and got to talk about some of the things that we are trying to do for our community.

We are also into our new FY16 Grant with EPA IGAP. Our new work plan will help us as new staff members to learn about the basics as in water, air, and the laws and regulations about EPA IGAP. We have been attending many webinars, conference calls and are currently looking for scholarship training that pertains to our work plan. We will be working with our EHC members to develop our application for the new FY17-19 grant years.

Since FY18 will not allow us to use IGAP funds for solid waste we are going to try put as much effort into that area this year and next to remove as much as we can before it is to late.

We would like to thank you all on how well we are doing with our E-Waste recycling. As you know the totes for this is located next to the oils under the shielded area at the dump. We have almost 3 totes full and will soon be getting a new conex, thanks to Sel-dovia Village tribe, to store our E-waste, recyclable cans, and possibly hazardous waste. This will be placed next to the hazardous waste building by the dump.

Also, please remember to separate your cans and plastics. Do not put your glass in with these because we cannot recycle them. Glass goes into the dump. Remember, plastics go into the totes that are placed in the shed which are next to the cans.

EHC Members:

- Melinda Kamluck
- Stella Meganack
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- Harrietta McGhan
- Christalina Jager

No Clam Digging for 2016

The Alaska Board of Fisheries confirmed there will be no razor clamming on the east side of Cook Inlet for 2016. Earlier this year, the Department of Fish and Game issued an Emergency Order that closed all types of clam digging from the mouth of the Kenai River to the southernmost tip of Homer through the end of 2015. The Department will issue a new emergency order in the new year, extending the ban through next summer. ADF&G Fish and Game Biologist Carol Kerkvliet says the ban will be extended into 2016. The average number of mature-size razor clams from Ninilchik South beach has been roughly 80% lower than averages seen between 1990 and 2012.

Another study conducted at Clam Gulch showed the density of mature-size razor clams is 94% below averages seen between 1998 and 2008.

Page 2 In home Asthma triggers.

Asthma is a chronic lung disease which strikes nearly 11% of Americans at some point during their lives. Your triggers can be very different from those of someone else with asthma. Know your triggers and learn how to avoid them. Most of the common triggers are:

Tobacco smoke:

Tobacco smoke is unhealthy for everyone, especially people with asthma. "Secondhand smoke" is smoke created by a smoker and breathed in by a second person. If you have asthma, people should never smoke near you, in your home, in your car, or wherever you may spend a lot of time.

Dust Mites:

Dust mites are tiny bugs that are in almost every home. To prevent these attacks, use mattress covers and pillowcase covers to make a barrier between dust mites and yourself. Don't use down-filled pillows, quilts, or comforters. Remove stuffed animals and clutter from your room. Wash your bedding on the hottest water setting.

Outdoor Air Pollution:

This pollution can come from factories, cars, and other sources. Pay attention to air quality forecasts on the radio, television, and the internet and check your local newspaper to plan your activities for when air pollution levels will be low.

Cockroach Allergen:

Roaches and their droppings can trigger an asthma attack. Get rid of cockroaches in your home by removing as many water and food sources as you can. Cockroaches are often found where food is eaten and crumbs are left behind. At least every 2-3 days, vacuum or sweep areas that might attract cockroaches.

Mold:

Get rid of mold in your home to help control your attacks. Humidity, the amount of moisture in the air, can make mold grow. An air conditioner or dehumidifier will help you keep the humidity level low. Fix water leaks, which let mold grow behind walls and under floors. Remember to always open windows to let air flow, keep fans on when cooking, furniture should be at least 6 inches away from any walls, and remember to NEVER keep blankets on windows.

Smoke from wood burning or grass:

Smoke from burning wood or other plants is made up of a mix of harmful gases and small particles. Breathing in too much of this smoke can cause an asthma attack. If you can, avoid burning wood in your home. If a wildfire is causing poor air quality in your area pay attention to air quality forecasts.

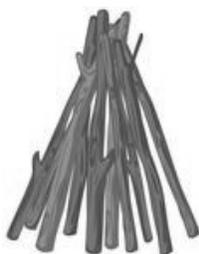
Other triggers:

Infections linked to influenza (flu), colds, and respiratory syncytial virus (RSV) can trigger an asthma attack. Sinus infections, allergies, breathing in some chemicals, and acid reflux can also trigger an attack.

Physical exercise; some medicines; bad weather, such as thunderstorms or high humidity; breathing in cold, dry air; and some foods, food additives, and fragrances can also trigger an asthma attack.

Strong emotions can lead to very fast breathing, called hyperventilation, which can also cause an attack to happen.

Make sure to contact your local doctor or health aide to get control of your asthma and what steps you should follow to prevent your attacks.



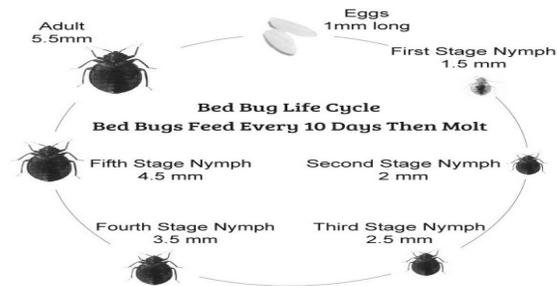
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Bed bugs are something you cannot just “get”, they have to be brought home with you. Maybe from a trip or visiting someone's house or possible from a piece of clothing or furniture you bought at a garage sale. Most people will suspect a bed bug infestation just by a waking up with a few unexplained bites on their bodies. While bites may suggest bed bugs, they are not a good method for diagnosing a bed bug infestation. Most people can have an immediate reaction while others do have any reaction at all. By looking for specific bed bug evidence, the infestation can be identified early before the population becomes too difficult to control.

It is very important to know what bed bugs look like. The adults can be easily seen with the naked eye, they are reddish brown in color, wingless, and are about the size of an apple seed. Immature bed bugs can also be seen with the naked eye but they are smaller than the adults, and translucent whitish-yellow in color. The most difficult life stage to see is the first instar nymph. This is the youngest life stage that hatches out of the egg, they are so small that they are difficult to see unless they are moving or have been recently fed. Bed bugs are tiny, about the size of the head of a pin. The eggs are a pearl-white color and have obvious eyespots if they are older than 5 days.

Where should you look for bed bugs/molting skins?

- Along mattress seams
- Behind head boards
- In ceiling/wall junctions
- Along baseboards
- Any other furniture where you may suspect an infestation.



Laundering items to kill bed bugs:

Washing clothes and bedding is a simple and cheap method of killing all bed bugs. Washing will kill some of the bed bugs but it is the heat of the drying that will kill any remaining bugs, putting bedding and clothing into the dryer first will control and kill. There are 3 steps to washing clothing. Sorting, washing and drying, and storing clean clothes.

Sorting– In the infested area, pre-sort clothing as you would normally wash and place each sorted pile into its own plastic bag. Separate dry-clean-only clothes because these should not be made wet, but they may be placed in the dryer. Seal the bags prior to moving your laundry. This will prevent bed bugs from moving into other areas of your home or the laundromat.

Washing and drying– Tip each bag into a washer or dryer for dry-clean-only. Immediately put empty bags into another clean bag and seal before disposal. Wash and dry clothing/bedding on the highest temperature the fabric can safely withstand. Remember DRYING will kill the bed bugs but not wash clothing.

Storing– Keep the clean clothes in bags until you arrive at your apartment. If you have successfully controlled bed bugs in your home, take the laundry out of the bag and put away. If you still have an infestation, keep the folded laundry in the bag and remove clothes as needed.

Insecticides for bed bugs:

There are no magic sprays that will get rid of a bed bug infestation. Using a chemical to get rid of bed bugs WIL NOT work unless you also remove clutter, clean and launder everything, seal off hiding places, and follow other non-chemical steps to control bed bugs. **CONSUMERS ARE STRONGLY DISCOURAGED FROM USING CHEMICALS TO CONTROL BED BUGS.**

DO NOT USE: Pesticides that contain only Pyrethroids, Diatomaceous Earth, Boric Acid, Products that claim to “kill on contact”, total release foggers or “bug bombs”, Pesticides that contain only Hydroxyflurenol, Insect baits, “All natural” products, Home remedies and Foreign products.

AFTER you have cleaned, vacuumed, and followed all the other steps in getting bed bugs out, if you decide you still want to decide to use insecticides make sure the product label specifically says that it is meant to be used for bed bugs, and follow the label directions carefully.

For more information and instructions please go to the DEC website at:

<https://dec.alaska.gov/eh/pest/bedbugs.html>

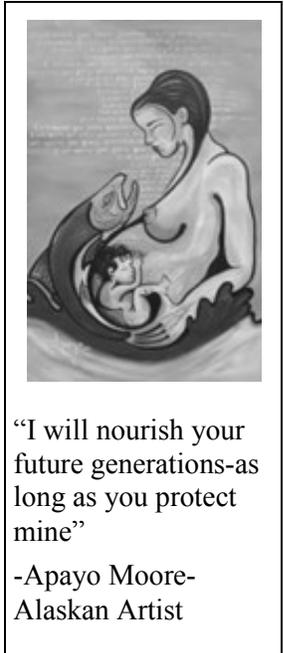
Fukushima Radiation Concerns in Alaska

Since the devastating 2011 Japanese earthquake and tsunami, which damaged the Fukushima nuclear power plant, there have been many concerns about radiation impacts to Alaska. The Division of Environmental Health (DEH) has been coordinating with the Department of Health and Social Services (DHSS) Division of Public Health as well as other state and Federal agencies, the Pacific states, and Canada to continuously assess the situation at the Fukushima nuclear plant and address radiation-related concerns in Alaska. The U.S. Food & Drug Administration (FDA) is the lead agency on food safety. Both FDA-regulated food products imported from Japan and domestic food products, including U.S. seafood, have been tested. FDA has found no evidence that radionuclides of health concern from the Japanese nuclear power plant disaster are present in the U.S. food supply.

The safety of fish and shellfish from Alaskan waters and beaches are not affected by the nuclear reactor damage in Japan. However, they are still subject to local toxins, such as paralytic shellfish poisoning. The results of testing conducted on Alaskan fish in 2014 showed no detection of radionuclides from Fukushima. Scientists predict that the peak concentrations of radionuclides in water will reach the North Pacific in 2015, which prompted more questions about continued sampling of fish in Alaskan Waters. DEC, through the Division of Environmental Health Fish Monitoring and Food Safety and Sanitation Programs, will again coordinate with the FDA in 2015 to test fish collected across Alaska from various commercial fisheries. The plan is to collect 23 samples across Alaska over the entire 2015 fishing season. Collection sites will range from the Bering Sea to the Southeast to include 6 species of fish:

Halibut, Cod, Pollock, Salmon (Chinook, Chum, Sockeye, Pick.), Sablefish and Herring.

DEC and DHSS setup websites explaining the monitoring, exposure, and health risks. They also initiated a workgroup with Pacific states-Canada, federal agencies and tribal agencies to continuously monitor the radiation concerns.



“I will nourish your future generations-as long as you protect mine”

-Apayo Moore-
Alaskan Artist

The Environmental Protection Agency’s 45th Anniversary:

December 2, 2015 marked the 45th anniversary of the creation of the US Environmental Protection Agency. The United States Environmental Protection Agency (EPA or USEPA) is an agency of the U.S. federal government which was created for the purpose of protecting human health and the environment by writing and enforcing regulations based on laws passed by congress. EPA was proposed by President Richard Nixon, it began operation on December 2, 1970 after he signed an executive order. EPA has its headquarters in Washington, D.C., regional offices for each of the agency’s ten regions, and 27 laboratories. The agency conducts environmental assessment, research, and education. It has the responsibility of maintaining and enforcing national standards under a variety of environmental laws, in consultation with state, tribal, and local governments.

Air Pollution
Over the past 45 years, Americans have cut air pollution by 70 percent.

December 2, 2015 is EPA's 45th Anniversary

DDT Banned
EPA banned the use of DDT in 1972. Since then, bald eagles have made a huge comeback -- they were removed from the Endangered Species List in 2007.

December 2, 2015 is EPA's 45th Anniversary

#EPAat45

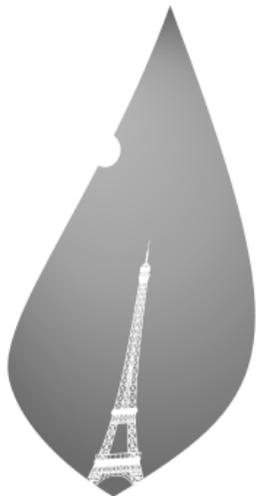
International year of soils-2015

The Soil Science Society of America is coordinating with the Global Soil Partnership and other organizations around the world to celebrate the 2015 International Year of Soils and raise awareness and promote the sustainability of our limited soil resources. We all have a valuable role in communicating vital information on soils, a life sustaining natural resource.

Soils are a finite natural resource and are nonrenewable on a human time scale. Soils are the foundation for food, animal feed, fuel and natural fiber production, the supply of clean water, nutrient cycling and a range of ecosystem functions. The area of fertile soils covering the world's surface is limited and increasingly subject to degradation, poor management and loss to urbanization. Increased awareness of the life-supporting functions of soils is called for if this trend is to be reversed and so enable the levels of food production necessary to meet the demands of population levels predicted for 2050.

“The International Year of Soils will help us pave the road towards sustainable development for all and by all.”

— José Graziano da Silva, FAO Director-General.



PARIS2015
UN CLIMATE CHANGE CONFERENCE
COP21·CMP11

2015 United Nations Climate Change Conference

This year's Climate Change Conference is being held in Le Bourget, Paris, from November 30th to December 11th. It is the 21st yearly session of the Conference of the Parties to the 1992 United Nations Framework Convention on Climate Change. The conference objective is to achieve legally binding and universal agreement on climate, from all nations of the world to be signed in 2015 and implemented by 2020. The overarching goal of the convention is to reduce greenhouse gas emissions to limit the global temperature increase to 2 degrees Celsius above preindustrial levels. In order to avoid a serious catastrophe this requires greenhouse gas emissions to be reduced between 40 and 70 percent by 2050 compared with 2010, and reaching a zero level in 2100.

France serves as a model country for delegates attending COP21 because it is one of the only developed countries in the world to decarbonize electricity production and fossil fuel energy while still providing a high standard of living. By producing fewer greenhouse gases, France's advanced technologies, mostly powered by nuclear systems, and demonstrated one of the safest and cleanest systems in the world.

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Preserving the Village character, maintaining Village control, provide opportunities to enhance the quality of life in the Village, and to protect the environment and subsistence based culture.

See you all in 2016

