

Valdez Local Emergency Planning Committee

Meeting Minutes

December 16, 2010

I. Call to order

Susan Whitefeather called to order the regular meeting of the **Valdez Local Emergency Planning Committee** at **12:26 p.m.** on **December 16, 2010** in the **Providence Valdez Medical Center Conference Room**.

II. Roll call

The following persons were present: Susan Whitefeather, Robert Rountree, Harold Blehm, Pam Shirrell, Michael Shaw, Bert Cottle and Amber Burton.

III. Approval of minutes from last meeting

Michael Shaw moved to approve the meeting minutes from November 18, 2010; Pam Shirrell seconded the motion. The minutes were approved by the committee with no opposition or discussion.

IV. Open issues

- a) **Community Outreach – Harold Blehm**: Harold inquired if the Valdez LEPC has signed up for Samariteam (<http://www.samariteam.com/>). Amber indicated that the Valdez LEPC is not currently signed up for this volunteer management tool, but offered to sign up the committee. Samariteam is a comprehensive volunteer management tool that maintains member contacts and location information, and speeds information to leaders and members for a small monthly fee. Harold directed Amber to place Samariteam on the next agenda to see who is able to participate. Harold indicated that he will also be making phone calls to locate more participants.
- b) **Pandemic Flu and Seasonal Flu Vaccination Clinics**: Susan Whitefeather and Pam indicated that they are working together to draft a letter to the legislator requesting state funding for vaccines for *all ages*. They indicated that SWAN is not going to be involved in providing any funds. It was suggested that Pam Shirrell speak with Carol Deerfield with the Eagles Auxillary regarding donations to fund the vaccines.

V. New business

- a) **Seasonal Affective Disorder (SAD) & Stress Presentation – Susan Whitefeather**: Susan handed pamphlets out to the committee about Seasonal Affective Disorder (SAD) and stress.

Susan presented on Seasonal Affective Disorder (SAD) first. She explained that SAD is a cyclical disorder that is widespread in Alaska. She proceeded to

discuss the symptoms associated with Summer SAD and Winter SAD. Three factors that affect overall symptoms and onset of SAD include circadian rhythm, melatonin levels and serotonin production. Risk factors include living in northern locations, family history and gender. Susan concluded the presentation by discussing self-care and support tips.

Next, Susan gave a presentation on stress. She explained that there is good stress, which is necessary to stay healthy and there is bad stress. Susan discussed the symptoms associated with stress and how stress affects the different parts of our brains. Finally, she gave some tips to help control stress and showed the committee a stress relief technique.

- b) Michael Shaw announced that the USCG will be hosting ICS 200, 300, and 400 courses during the second week in January.
- c) Bert Cottle suggested that the committee review emergency plans with the major entities (USCG, Alyeska, Copper Valley Telecom, Copper Valley Electric, etc.) within town to evaluate what can and cannot be done in the event of a real emergency. The committee agreed with this suggestion.

VI. Adjournment

Susan Whitefeather adjourned the meeting at **1:03 p.m.**

Minutes submitted by: Amber Burton

Minutes approved by: Valdez LEPC