

Alaska Marine Safety Education Association

A community-based
information & training network

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Summer 2000



MARINE SAFETY UPDATE

Alaska School Teachers Deliver Safety Instruction

Since January 1, more than 3,200 people have taken AMSEA courses in Alaska. Here are just a few highlights from those 60+ classes and workshops.

A recent Teachers' Workshop in **Bethel** boasted a record 58 participants. Some of that group work with the Yupik Language Institute and have agreed to translate some AMSEA materials into Yupik for use in elementary schools. All 58, many never having been in open water, took the plunge in Bethel's cold water pond to try out immersion suits.

Teachers' Workshops were also held in **Juneau, Anchorage, Seward and Kodiak** this spring. An add-on section in Seward allowed participants to also complete pre-requisites for training Onboard Drill Instructors. Once USCG approved, these teachers will be able to issue emergency drill instructor cards.

In the workshops, teachers from schools with established outdoor education and cold water safety programs shared lesson plans and activity ideas. Many of these will be incorporated in AMSEA curriculum updates and posted on AMSEA's web site. Several teachers left the course with plans to start new programs in their schools. Also, those looking to establish week-long cold water safety and survival camps can now contact AMSEA for a place to begin.

Marine safety is a focus for many schools in Alaska during the last weeks of spring. This year, schools in **Nome, Dillingham, Homer, Anchorage, Petersburg, Juneau, Haines, Sitka** and several **Prince of Wales Island** communities exposed hundreds of students to basic principles for staying safe around the water. School children tried out PFDs in pools, immersion suits in cold water,



Bethel-area teachers take part in recent AMSEA three-day Teacher Workshop

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Get to Know AMSEA On-line:
www.amsea.org

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Marine Safety Training Available

DRILL INSTRUCTION COURSES IN ALASKA

Bristol Bay area - BBEDC, (800) 478-4370
 Cordova - Bob Plumb, (907) 424-6117
 Haines - Karl Johnson, (907) 766-2218
 Homer - Ocean Safety Services, (907) 235-7908
 Ketchikan - Southeast Ocean Survival, (907) 225-8985
 Kodiak - Joycrafts, (907) 486-6293
 Naknek - Debby Robertson, University of Alaska, (907) 246-4292
 Prince of Wales Island - Pete Willburn, (907) 828-3924
 Seward - AVTEC, (800) 478-5389
 Sitka - AMSEA, (907) 747-3287

OUT-OF-ALASKA DRILL INSTRUCTION

Bellingham & Seattle, WA - Fremont Maritime Services, (206) 522-5377 or Washington Sea Grant, (206) 543-1224
 California - Coastwise Marine Safety, (707) 464-2934
 Eastern U.S. - Marine Expeditors, Ltd., David Briggs, Norfolk, VA (757) 587-5290
 New Jersey - Thompson Maritime, (908) 899-7990
 Oregon - Clatsop Community College, (503) 325-0910 or, in Newport, Ginny Goblirsch (503) 265-3463
 Rhode Island - Vessel Safety Corp., Paul Helland, (401) 782-2021
 Texas - Israel Linarte, (956) 943-7935
 Westport, WA - Washington Sea Grant, (360) 875-9331

Six-day MARINE SAFETY INSTRUCTOR TRAINING (MSIT) Course:

Sitka, September 25 to October 1, 2000

The MSIT course is the only USCG-approved course for training safety instructors who in turn train fishermen in AMSEA's emergency drill instructor course. Others have also found this training helpful, including oil spill response company representatives, high school teachers, and fisheries observer training personnel.

This course includes practical, hands-on training in emergency procedures and survival equipment use. It also covers methods of instruction, practical emergency drills, life raft and overnight exercises. Safety procedures in instruction are stressed. This class is a great way for new or experienced safety training professionals to share effective teaching techniques and standardize information. Course materials and tuition are \$355. More information can be found on this class from AMSEA's web site at www.amsea.org

Marine Safety Update is published quarterly by the Alaska Marine Safety Education Association to provide information that furthers the safety of everyone who spends time on the water. Subscriptions are free with paid memberships in AMSEA, or can be purchased for \$10.00 per year (\$20.00 outside the U.S.). Sustaining, supporting and donor memberships receive recognition in this publication.

Funding for this publication is provided by the members of AMSEA. Memberships and all contributions to AMSEA are tax-deductible. Membership runs from January 1 through December 31. Dues received after October 1 are credited to the following year.

Contributions to this publication and letters to the editor are most welcome. Please submit them to:

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Marine Safety Update

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Printed on recycled paper.

MORE Marine Safety Training Available

THREE-DAY TEACHER WORKSHOPS

These workshops are in partnership with local school districts in which AMSEA introduces its K-12th grade Alaska standards-based curriculum. They provide teachers practice using some of the activities in this curriculum, review safety concerns, and supply them with age-appropriate lessons in Alaska-relevant cold weather and water safety and survival. As follow-up, AMSEA provides some co-teaching opportunities for these teachers.

To date, teacher workshops have taken place in Bethel, Sitka, Soldotna, Fairbanks, Seward, Anchorage, Juneau, Kodiak, Petersburg, Haines and Naknek. As this grant is nearing its finish, workshops the areas of Galena, Aleutian Islands, and Nome/Kotzebue are priorities. Any teachers or schools districts wishing this valuable workshop to be brought into their area should contact AMSEA at (907) 747-3287, or email amsea@alaska.com. Additional information on these workshops can be found at www.amsea.org.

RECREATIONAL BOATING SAFETY INSTRUCTOR NETWORK TO FORM

With the recent passage of Alaska's Safe Boating Act, the State will be gearing up to establish a network of qualified instructors to bring this training to all areas of Alaska. The USCG Auxiliary will play an important role in this as will the network of AMSEA instructors. This winter, look for news of the Alaska Division of Parks and Outdoor Recreation's plan to conduct instructor training for this new course available for Alaska's boaters.

Thanks goes out to Sue Hargis of the USCG and Jeff Johnson of State Parks and Recreation for their tireless efforts in the last two years to provide information to legislators regarding this important Act.

International Fishing Industry Safety & Health (FISH) Conference: Woods Hole, MA October 23-25, 2000

Individuals from around the world, well-versed in commercial fishing and safety, raise consciousness, build coalitions, disseminate information, and encourage action to prevent injury in the industry. The conference is intended for all with an interest in commercial fishing and injury prevention. There will be a lively mix of high quality presentations, scientific papers, workshops and posters.

For more information, contact Sharon Smith at ses4@cdc.gov or phone (907) 271-2382 or fax (907) 271-2390.

WILDERNESS RISK MANGEMENT CONFERENCE:

Anchorage, AK September 21-23, 2000

This conference will explore field and administrative risk management practices and policies. It is sponsored by the Wilderness Risk Managers Committee of Outward Bound, Boy Scouts Wilderness Medical Society and a host of other outdoor and experiential education associations. This should be an excellent forum for the latest information on risk management for outdoor training activities.

For more information or to register, contact Debbie Derbish at wild.risk@nols.edu or phone (307) 332-1229. You can also visit the conference website at <http://wrmc.nols.edu/>.

PREPARATION ACTIVITY

Based on a contribution from Juneau teacher Cherry Ecklund



Overview:

This activity uses four stations to introduce adults to basic survival principles. It can be used as a brief introduction to advanced material or as an excellent orientation for parent-helpers prior to a children's field activity.

Objectives:

Participants should be able to:

- List the Seven Steps to Survival in order
- Correctly fill out a trip plan
- Make a miniature SOS
- Identify materials that insulate well when wet
- Build an effective mini shelter

Materials:

- Chalk or white board
- Four sets of seven 3x5 cards with one of the Seven Steps to Survival written on each
- Small pieces of jeans, synthetic fleece, polypropylene, cotton and wool fabric
- Bowls of water large enough to hold parts of the fabric pieces
- Accumulation of twigs, rocks, aluminum foil, pop cans, other flotsam-like items for a mini SOS
- Pencil and paper for writing a trip plan
- Two shopping bags full of sticks, boughs, grass, leaves, ferns, other material appropriate for building a mini shelter
- A box about 12" x 18" x 4" in which to build the mini shelter
- Clothespin, or doll of that size
- Two tarps: one to use for the ground cover at the SOS station and one to use for the ground cover at the shelter-building station

Procedure:

1. Either hand out an article describing a land survival situation for participants to read as they enter the classroom or, once all have arrived, recount a story describing a land survival situation.
2. Discuss what the survivor(s) did that helped or hurt efforts to survive.
3. Draw a line down the middle of a chalk or white board. List responses that have to do with preparation on the left; responses that have to do with the Seven Steps to Survival (not necessarily in order) on the right. Label the lists.
4. Discuss the left-hand (preparation) list. Be sure to cover:
 - Checking the weather and tide tables
 - Dressing appropriately, layering clothing
 - Trip plans, and their importance
 - Personal survival kits – must fit in your pocket and be with you, focus mostly on shelter helpers, signal helpers, personal medical needs and fire starter

5. Divide participants into four groups. Provide one set of the Seven Steps cards to each group. Give participants a few minutes to put the cards in order.
6. Once everyone has put the cards in order, discuss the correct order:
 1. Recognition
 2. Inventory
 3. Shelter
 4. Signals
 5. Water
 6. Food
 7. Play
7. Identify the four activity stations, demonstrate correct SOS scale and shelter building and send ¼ of participants to each station.

Signaling Station – Participants build a small SOS signal on one of the tarps to scale (1" = 1') using the materials provided and when completed check their SOS from across the room.

Trip Planning Station – Participants fill out a trip plan.

Dressing Station – Participants test fabrics provided to see which get wet the fastest and feel warmest when wet. They drape the pieces of material on top of the water and observe for several minutes. Then, wring out and feel each piece of material.

Shelter station – Participants build a mini shelter for the little "person" in the box on the tarp with the materials provided

8. After everyone has visited each station discuss what was learned or things that were surprising

Note: For more information on the content for this activity, see the AMSEA Instructor Training Manual or Outdoor Adventures.

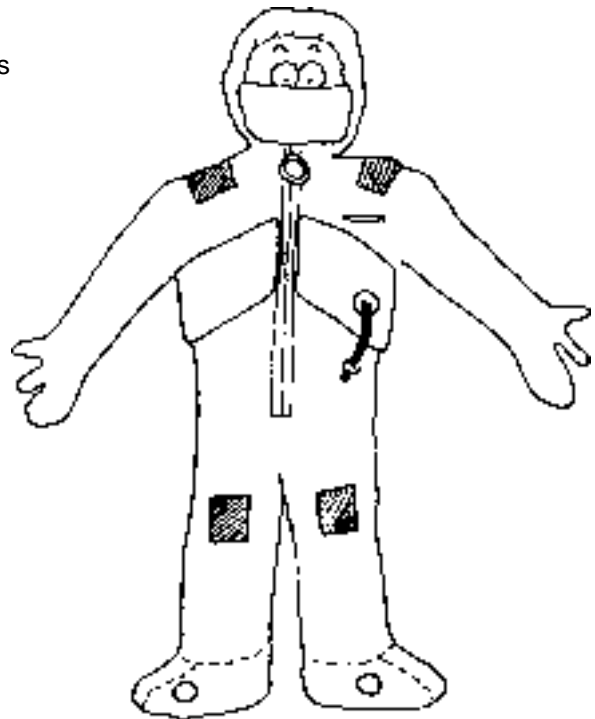
Old Immersion Suits Never Die - They Mutate!

Immersion suits have been on the market for over 25 years. By now, there are many old, funky unwearable suits hanging around out there. For some people, it is difficult to dispose of something that is no longer safe in a boating emergency, but is still "too good" to discard.

Rather than throwing away old suits and adding to communities' landfill problems, AMSEA suggests the following uses for used up immersion suits and their neoprene fabric. AMSEA staff seized the immersion suit reuse idea from the fisheries observer training program, and have come up with 100 uses for your old immersion suit.

Here are a few of our ideas of what to do with a cut-up suit. (Sorry, not all of the ideas were printable.) We would love to hear *your* ideas for inclusion in the next issue of **Marine Safety Update**.

1. Mouse pads
2. Auto or boat seat covers
3. Jackets for propane cylinders as anti-rattling devices
4. Tea cozies
5. Pet mat/beds
6. Daschund stomach anti-chaffing devices
7. Hunting dog vests
8. Coasters
9. Weight loss work-out gear (use only under a doctor's supervision)
10. Helmet liner (use the hood!)
11. Full-length evening gloves for those formal events
12. Halloween wear
13. Slippers
14. Stadium seat cushions
15. Skiff or snow machine gloves
16. Waders (add suspenders to cut-off legs)
17. Weather-stripping
18. Placemats
19. Router table pad
20. Inserts for homemade elevator shoes
21. Insulating boot inserts
22. Knee pads
23. Gaiters for x-country skiing with matching scarf
24. Hey! Include your own ideas here! Send your ideas to AMSEA at amsea@alaska.com for the next issue of **Marine Safety Update**. Our Select Committee on Funky Immersion Suits will choose the best entries and provide the winners with well-used immersion suits for their ideas!



This term comes from a Scandinavian term "numb with cold." The derivation of this word is a good indicator of how "mumbles, fumbles and bumbles" have been recognized for a long time as early indicators of hypothermia.

Electromagnetic Radiation on Boats: Is it harmful?

by Jerry Dzugan

Health risks associated with radiation transmitted from small boat radar have been difficult to quantify. However, recent research sheds some light on the matter.

Electromagnetic *non-ionizing* radiation from radio frequencies (RF) is produced by any electrical source. Common sources of RF include power lines, microwave ovens, photocopy machines, motor vehicles, jet engines, airports, cell phones, cordless phones, computers, hand tools, hair dryers or any machine using electricity. Radar is one such type of machine. Most of the radiation from a small boat's radar comes from the radome, which is usually mounted on the mast.

There are several effects of RF on the body. The first effect is thermal. The same thermal energy that cooks food in a microwave oven, is transmitted by radar, computers etc., although at different frequencies and strengths. The effects of this thermal energy are felt most in tissues that contain no or few blood vessels, and thus have less heat dissipating capacity facilitated by the vascular system. The eyes and reproductive organs are particularly susceptible to the effects of RF.

The second effect of RF is on the body's immune system. This effect, and its influence on cancer rates, is more controversial. Most studies have done been done with rats. Studies with humans have had conflicting results. For example, a major study on people living near high power lines showed no correlation between exposure to RF and cancer rates.

However, long-term workers in Canada's hydroelectric plants have been shown to have elevated rates of leukemia and other cancers. People operating working military radar installations have reported

illnesses right after exposure to these very powerful 100,000 watt systems.

Recently, Roger Coghill of the U.K. developed a research module using human blood to study the effects of RF. His study shows that lymphocytes, the white blood cells important to the human immune system, when exposed to RF, were 20% less effective in doing their job. Notably, the study did not state the amount or duration of exposure to RF to achieve these results.

The U.S. military has work safety standards, and research is ongoing in the area of RF exposure. But this much is known: exposure to RF increases with power and proximity to the source. So, to limit exposure, know the power in watts of electrical devices, and increase operators' distance from them.

In the case of small boat radar, RF radiation is projected in a narrow beam (20° high and about 0.75° to 6.2° wide). A radar transmitter does not give off RF continuously in any one direction, but rather emits radio waves in very short bursts as it rotates (measured in microseconds). This greatly limits exposure time. For example, a common small boat radar such as a *Furuno* model number I 831MK2, has a peak power rating of 4,000 watts, but

has an average power rating of just under 2 watts due to the very short length of transmission and rotating transmitter.

There are two ways to reduce exposure to radar RF. Boaters remaining outside of the beam, will be unaffected by RF. Mounting a radar dome high on a mast both increases the range of the radar and is more likely to place people out of the beam's effects. It is not recommended to mount a radar transmitter within a few feet of a person in the same horizontal plane. A worst-case scenario is to be within a few feet of a radar

. . . a cell phone has more average power output than a radar, and is placed right next to the head!

continued on next page . . .

Fish Hooks Endanger Eyesight

Now that summer subsistence activities are in full swing, health clinics around the state are *seeing* more eye injuries due to fish hooks. Most often implicated is fishing gear with weighted hooks used to snag fish. It is wise to wear glasses or safety goggles when conducting subsistence or sport fishing activities. Sight is a wonderful sense; don't snag it away.

Video Reveals Crabbers' Life

Rock Productions of Kodiak has produced a video about crab fishing in the Bering Sea. This 60-minute narrative gives a view of this fishery from "pot to pot," with plenty of rough seas shots. **Crabbing Grounds: A Saga of the Bering Sea** can be purchased from Rock Productions at 3527 Woodland Drive, Kodiak, AK 99615. Cost is \$19.95 plus \$2 shipping.

USMSA Promotes Marine Safety

The U.S. Marine Safety Association is a national alliance of over 150 safety professionals dedicated to improving marine safety. Members include educators, manufacturers, retailers and other marine safety professionals. Their goal is to promote high standards in performance, maintenance, manufacturing and training. They also serve as a collection and dissemination center for survival equipment, information and regulations.

*AMSEA has worked on several projects with USMSA, including the development of a national fishing vessel safety curriculum for emergency drill instructors, a brochure on immersion suit use and care and, most recently, a cooperative book project with Alaska Sea Grant, **Water Wise: Safety for the Recreational Boater**. For information about USMSA, contact William Robinson at nams@citystar.com.*

Electromagnetic Radiation. . . continued from previous page

with a transmitter that is "stuck" and transmitting in just one direction. However, most radar have breakers that shut off the transmitter if this occurs.

Increasing distance from the transmitter significantly decreases exposure to RF. The energy strength of a radar transmitter diminishes with the square of the distance from the transmitter. Thus, the energy levels drop exponentially as distance increases. Usually just getting a few feet away from a small boat radar will put you in the safe zone.

In short, health standards for small boat radar conform very conservatively to present standards established by the U.S. Department of Health, U.S. Navy and Japanese industry. It still is prudent to use common sense around radar by not remaining within a few feet of the transmitter for long periods of time, or within its beam of transmission.

If concerned about exposure to RF, however, consider the following exposure rates from daily household and office equipment. An exposure rate of 3 milligauss per hour (mg), a measure of magnetic strength, is considered safe by conservative estimates.

One hour of use of the following items will exposes that user to the indicated amount of RF:

- 90mg for mobile phone on standby
- 1500 mg for mobile phone in talk mode

- 40 mg for computer monitor with 15-inch screen
- 30 mg for 900mhz cordless phone
- 30 mg for small to medium automobile
- 1500 mg for small to medium microwave (RF from a microwave can be above safe levels from as far away as six feet from its door)
- 1500 mg for airplanes and airports
- 600 mg for power tools and hair dryers
- 40 mg for photocopy machines

Therefore, when looking to cutting down exposure to RF, a good place to start is at home and in the office. For example, a cell phone has more average power output than a radar, is continuous, and is placed right next to the head! There are also devices that can be purchased at reasonable cost to neutralize the effects of RF from all sources.

For more information on RF, here are some good web sites:

www.radar3.com for devices to neutralize and stabilize the effects of RF.

www.microwavenews.com for a comprehensive newsletter, information and updates on RF.

Thanks to the folks at Sitka Electronics Lab, and Bill Haines, product specialist from Furuno USA for help with this article.

Marine Safety Industry Spawns Numerous Web Sites

A new website called the *Internet Guide to Fisheries Law* is a comprehensive and free guide to the topic located at www.oceanlaw.net

The Hammer hydrostatic release for inflatable life rafts has a new configuration and set up mechanism that is very easy to follow and should result in fewer incorrectly set up lifer afts. The picture of the new device can be found at their website at www.cmhammar.com

An interesting on-line newsletter for the towing industry can be found at www.webcom.com/~maritime/name/name89.html

For the commercial fishermen's guide to U.S. Coast Guard law enforcement check out www.sailorlaw.com/commfish.html

The USCG Alaska fishing vessel safety website has been updated and would like feedback. They can be found at www.uscg.mil/d17/m/cfvs.html They also have a good link to their charter boat regulations site.

This one even has information about marine radios!
www.marineweather.com

The USCG 11th District website can be found at www.uscg.mil/pacarea/pm

And USCG 13th District can be found at www.uscg.mil/d13/units/msoportland/index.htm

For those interested in reading a comprehensive casualty report on the bulk carrier *Flare* go to www.tsb.gc.ca/ENG, select "Reports, marine," and under "New releases," open report M98N0001.

The USCG has over 280 casualty reports at www.uscg.mil/hq/g-m/maofilter.htm

And, certainly don't forget to check out AMSEA's newest revised website at www.amsea.org Thanks goes out to AMSEA staff member Shawn Newell for her hard work in giving this site a more efficient look!

AMSEA thanks to Alan Dujenski and Richard Hiscock for letting us know about some of these sites!

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THANKS!

The following people and organizations help keep AMSEA's marine safety training programs afloat!

2000 Sustaining Memberships

Cloud Nine Fisheries, Sitka
Educational Training Company, Sitka
Trident Seafoods, Seattle
University of Alaska, Marine Advisory Program, Anchorage

2000 Supporting Memberships

Petersburg Vessel Owners Association
University of Alaska Anchorage Observer Training Program
U.S. Forest Service, Chatham Area
F/V Kariel, Sitka
Southern Region EMS Council, Anchorage
F/V Shirley, Petersburg
Seattle Marine Fishing Supply, Seattle
F/V Coral Lee, Sitka
F/V St. Lázaria, Sitka
F/V Defiant, Petersburg
F/V Gretchen S, Anchorage

2000 Donor Memberships

F/V Defiant, Petersburg
F/V Ocean Cape, Sitka
F/V Ingot, Petersburg
Bristol Bay Driftnetters Assn, Seattle
F/V Amber J, Juneau
Gabriel Films, NY

Recent Service & Equipment Donations

Thanks to the community of Kodiak and the Switlik Liferaft company for donations which allowed for the purchase of immersion suits for the Kodiak High School Marine Safety program!
U.S. Coast Guard Wives, Sitka - GPS
F/V Radio, Pelican - Life raft
Alaska Airlines - Freight transport to Petersburg
F/V Patience, Pelican - Child-size immersion suit
Kathy O'Gara, Sitka - Immersion suit
Kathlen Warm, Sitka - Immersion suit
Tom Stewart, Sitka - Immersion suits
Island Institute, Sitka - Microwave oven
Linda Torgerson, Colorado - Navigation teaching aids
McMurdo Marine, U.K. - Dummy demonstration flares
F/V Melody S, Sitka - 406 EPIRB
Al Stevens, Sitka - Navigation & teaching books
Cody Campbell, Sitka - Help with curriculum assembly

**Also thanks to the scores of individual members,
and the many others who teach and contribute to marine safety education!**

JOIN AMSEA!

- Individual Membership: \$20.00
- Donor Membership:\$50.00
- Supporting Membership: \$100.00
- Sustaining Membership:\$500.00

- Newsletter subscription to the U.S.:\$10.00
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Thank you! for becoming a part of the
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signaled with everything from mirrors to flotsam, built debris and garbage bag shelters, made personal survival kits out of everyday household items, practiced MAYDAYs, etc.

Mike Marion took advantage of technology to receive AMSEA materials electronically in **Port Clarence** where he used a combination of marine safety games and a pool session to introduce 4th

through 12th graders to basic cold water survival skills.

In **Petersburg**, marine safety is a part of life. Swimming instructors **Karen Schramek** and **Katie Baldwin** just finished another full year of cold water safety and survival training for kids from K through 5th grade. Their school year starts with "reach, throw, but do not go." Practical ice safety is next. Kids learn about safe and unsafe ice and practice self rescue techniques using a fun float in the pool. Next is rescue breathing, CPR and treatment of spinal injuries for handling medical emergencies around the water. A unit on PFDs, the Stay Rules and other boating safety topics end the school year, just in time for a safe summer on the water. **Mona Christian** also conducted training for middle school students in Petersburg.

Spring drill instructor courses for commercial fishing vessel captains and crew were held in **Clark's Point, Nelson Lagoon, Dutch Harbor, Seward, Kodiak** and **Sitka** thanks to **Ron Bowers, Cecil Ranney, Anna Borland-Ivy** (recently voted Alaska Swim Coach of the Year!) and AMSEA staff. Thanks to these instructors and the many more that are providing this important training.

Tanana Chiefs Receive Water Safety Award

Tanana Chiefs Conference, based in Fairbanks, Alaska, has received the National Water Safety Congress Award of Merit for leadership in developing effective programs that have reduced drownings in their service area. Tanana Chiefs has been a major promoter of PFD sales and use, and water safety training. Congratulations to Tanana Chiefs and to the work of Margaret Wilson, Mike Keiffer and Bruce Chandler for increasing water safety in their high-risk area.



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