



The Dirt

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SIR Newsletter Insert
May 2017

*Cultural and Environmental News
brought to you by the Susanville Indian Rancheria
Natural Resources Department (NRD)*



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Image of Pine Creek just before the water enters Eagle Lake.



Meet the NeRDs...

Natural Resources Department Mission Statement:

To assess, protect and enhance the tribal and environmental resources (culture, language, land, air, water) on the ancestral homelands of the tribes and bands of SIR in order to maintain a healthy community and to manage for multiple land uses.

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From left to right: Melany, Sarah , Aaron, and Roselynn



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Outdoor Education...

NRD staff teamed up with BLM and Forest Service representatives for 3 days of outdoor education with local 5th graders at Hobo Camp. Student learned about native plants, invasive species, archaeology, wildlife and traditional uses.



Cultural Class...

TGLC-BEADING WORKSHOP

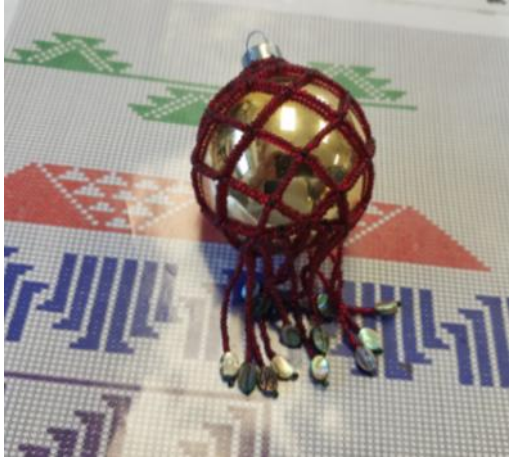
The Tribal Government Liaison Committee held its first cultural classes of 2017 at the end of February and early March. The committee selected Lorena Gorbet to hold two beading workshops. Thank you to Lorena and all the participants for help making the class a success. The TGLC will be doing more cultural classes through out the year. Should you have any questions, please call Aaron at 530.251.5636.



Beadsomnia: when you can't sleep because your so excited about what you made today and even more excited about what your going to make tomorrow.

Cultural Class Continued...

“ Tis better to have BEADED and failed, than never to have BEADED at all”



Healthy Homes...

Healthy homes: Should you be concerned about Indoor Air Quality?

Written by Roselynn Lwenya



SIR Staff members who attended a 1 day training on indoor air quality.

The NRD staff and two Maintenance staff attended training on healthy homes – Indoor Air Quality at Enterprise Rancheria, Oroville, starting on March 28 to 30, 2017. Following that, we held a one day training here at the SIR on March 31, 2017 and also carried out two home assessments for IAQ issues like radon, carbon monoxide among other things. Thank you so much to the Tribal members who volunteered their homes for the activity. The training was conducted by the Institute of Tribal Environmental Professionals (ITEP). There was also a training session for SIR Education Center kids and teens from the teen center. There were about 30 kids who attended the training and they liked all that they learnt. We gathered a lot of good information at the training which we intend to share with Tribal members in future meetings. Here are highlights of the things we learnt:

Why be concerned about Indoor Air Quality?

- We spend most of our time indoors
- Vulnerable populations spend even more time indoors
- The air inside your home, offices, and other buildings can be more polluted and harmful to your health than the air outside
- Many “new” pollutants are associated with modern living

It is not always easy to tell if your home has poor air quality. You may notice bad smells or see smoke, but you cannot see or smell other dangers like carbon monoxide and radon. Sometimes Indoor Air quality pollution comes from what people do in their homes



SIR Education Department students attend a training on indoor air quality.

e.g.:

- Cigarette smoking – this can cause cancer
- Many families have pets – this can cause and trigger asthma
- Household products (sprays, air fresheners and detergents) used in the home can pollute the air with dust or harmful chemicals
- Everything from mattresses to pots/pans to kids PJs can contain harmful chemicals in indoor air.



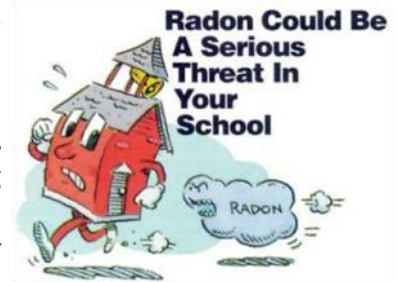
SIR staff visited tribal residents for hands on indoor air quality training.

Inadequate ventilation can increase indoor pollutant levels by not bringing in enough outdoor air to dilute emissions from indoor sources and by not carrying indoor air pollutants out of the home. High temperature and humidity levels can also increase concentrations of some pollutants.

Healthy Homes Continued...

Radon

- Radon is a gas and can get into some homes from the ground below them
- You cannot see, taste or smell Radon
- Radon is the number one cause of lung cancer among non-smokers, according to EPA estimates. Overall, radon is the second leading cause of lung cancer
- Radon is responsible for about 21,000 lung cancer deaths every year. About 2,900 of these deaths occur among people who have never smoked



The Facts...

- **Lung cancer** kills thousands of Americans every year. Smoking, radon, and secondhand smoke are the leading causes of lung cancer.
- **Smoking** is the leading cause of lung cancer. Smoking causes an estimated 160,000 cancer deaths in the U.S. every year (American Cancer Society, 2004).
- **Secondhand smoke** is the third leading cause of lung cancer and responsible for an estimated 3,000 lung cancer deaths every year. Smoking affects non-smokers by exposing them to secondhand smoke.

Mold

- Mold grows in wet or damp places
- Mold is most likely to grow in homes that are damp, have high humidity levels due to daily activities such as showering and cooking, or have cold surfaces onto which moisture can condense
- The highest levels of mold can be found in places that people normally overlook: window sills, refrigerator seals, under the kitchen sink, air registers and entryways
- If you are allergic to mold or you suffer from asthma or other respiratory problems, the presence of mold in your home can be particularly bothersome
- The best way to control indoor mold is to remove its source

Tips for control of mold (selected few)

- The Key to Mold Control is Moisture control
- Vacuum and clean regularly
- Do not carpet bathrooms and basements
- Make sure your home has adequate ventilation
- Increase the use of exhaust fans in bathroom and kitchen
- Repair leaking roofs, walls, doors, windows

Carbon monoxide

- Carbon monoxide is a deadly gas that can come from appliances that burn gas, oil, coal or wood; car exhaust also has carbon monoxide
- You cannot see smell or taste carbon monoxide



SIR staff prepares for hands on indoor air quality training at a tribal residents home.

Fast Facts on Pollinators...

What is a Pollination?

Pollination is a very important stage for plants as all flowering plants require pollination to be able to reproduce.



What is a Pollinator?

Pollinators can come in many different sizes and shapes (see list of examples to the right). Pollinators are basically any animal that helps a plant that flowers to reproduce by helping spread the pollen from a male flower to a female flower. By spreading pollen, pollinators help plants to grow fruit or produce seeds.

Why are Pollinators Important?

Pollinators are important because they help plants to reproduce and grow fruits, etc.

“Pollinators are an important part of over 90 commercially grown crops in North America. Globally, 87 of the 115 food crops evaluated are dependant on animal pollinators, contributing 35% of global food production”. -obamawhitehouse.archives.gov

Threats to Pollinators:

Loss of Habitat– Urbanization and modification to lands that result in the loss of natural habitat.

Pesticide Use– Excess use of and/or improper application.

Climate Change– Climate Change can interrupt the relationship between the pollinators and the naturally occurring timing of the blooming of flowering plants.

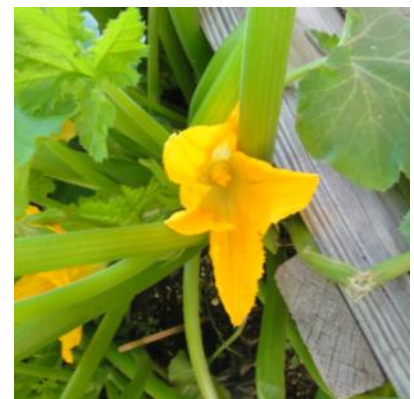
What can I do to help?

You can do a number of things, including: reducing or stopping your use of pesticides, creating pollinator habit by planting flowers and plants that supply nectar and pollen for pollinators, and perhaps the most important-**Spread the word of the importance of Pollinators!**



List of Common Pollinators

Honey Bees
Bumble Bees
Butterflies
Birds
Moths
Bats
Beetles and Flies
Humming Birds
Wasps
Ants
Midges
Mosquitoes
Plus Many More!



A flower with pollen from a summer squash plant in the SIR garden.

Cultural Monitoring...



Monitoring for Cultural resources on Main street, where a new sidewalk will be going in, to tie the Jack-in-the-Box with the Safeway parking lot. SIR Tribal Historic Preservation Officer worked with CalTrans on this project. They dug "shovel pits", and screened the dirt and material in 1/8th inch screen to see if there were any artifacts. Nothing of cultural importance was found.



Earth Day...



History of Earth Day

- Started as a day of education about environmental issues.
- First celebrated in 1970.
- Created in response to a massive oil spill in 1969.
- Was a collaborative effort between a U.S. Congressman and a Harvard Professor.
- Is celebrated on April 22 because it falls between spring break and finals.
- The creators copied the anti-war campaign tactics by taking to the streets in protest. It is estimated that 22 million Americans participated in the first Earth Day.
- The protests led to the creation of the EPA, Clean Air Act and Clean Water Act.
- In 1990 Earth Day went global with 200 million people in 140 different countries celebrating.

Trash Facts

- The average American produces 1,609 lbs. of trash per year. This means that 5% of the world's people generate 40% of the world's waste.
- Every year Americans discard 16,000,000,000 diapers, 1,600,000,000 pens, 2,000,000,000 razor blades, 220,000,000 car tires, and enough aluminum to rebuild the US commercial air fleet four times over.
- Out of every \$10 spent buying things, \$1 (10%) goes for packaging that is thrown away. Packaging represents about 65% of household trash.
- On average, it costs \$30 per ton to recycle trash, \$50 to send it to the landfill, and \$65 to \$75 to incinerate it.
- An estimated 80,000,000 Hershey's Kisses are wrapped each day, using enough aluminum foil to cover almost 40 football fields. Most people don't know the foil is recyclable.
- A single quart of motor oil, if disposed of improperly, can contaminate up to 2,000,000 gallons of water.



Easy Ways to Reduce Waste

- Switch to a reusable water bottle
- Sign up for paperless statements for bills and banking
- Carry reusable shopping bags
- Avoid individually wrapped products
- Compost food and yard waste
- Buy items made of recycled content
- Buy used instead of new
- Bring your own travel mug



Earth Day...

Quotes



*We return thanks to our mother, the earth,
which sustains us.
We return thanks to the rivers and streams,
which supply us with water.
We return thanks to all herbs,
which furnish medicines for the cure of our diseases.
We return thanks to the moon and stars,
which have given to us their light when the sun was gone.
We return thanks to the sun,
that has looked upon the earth with a beneficent eye.
Lastly, we return thanks to the Great Spirit,
in Whom is embodied all goodness,
and Who directs all things for the good of Her children.*

Iroquois

*To be whole. To be complete.
Wildness reminds us what it means
to be human, what we are con-
nected to rather than what we are
separate from.*

Terry Tempest Williams

*We have forgotten how to be good
guests, how to walk lightly on the
earth as its other creatures do.*

Barbara Ward

*Earth teach me quiet ~ as the grasses are still with new light.
Earth teach me suffering ~ as old stones suffer with memory.
Earth teach me humility ~ as blossoms are humble with beginning.
Earth teach me caring ~ as mothers nurture their young.
Earth teach me courage ~ as the tree that stands alone.
Earth teach me limitation ~ as the ant that crawls on the ground.
Earth teach me freedom ~ as the eagle that soars in the sky.
Earth teach me acceptance ~ as the leaves that die each fall.
Earth teach me renewal ~ as the seed that rises in the spring.
Earth teach me to forget myself ~ as melted snow forgets its life.
Earth teach me to remember kindness ~ as dry fields weep with rain.*

- An Ute Prayer

*The ultimate test of
man's conscience
may be his willing-
ness to sacrifice
something today for
future generations
whose words of
thanks will not be
heard.*

Gaylord Nelson

*Treat the earth well.
It was not given to you by your parents,
it was loaned to you by your children.
We do not inherit the Earth from our Ancestors,
we borrow it from our Children.*

Ancient Indian Proverb

*It really boils down to this: that all life is
interrelated. We are all caught in an ines-
capable network of mutuality, tied into a
single garment of destiny. Whatever affects
one destiny, affects all indirectly.*

Dr. Martin Luther King Jr.

ATTENTION SUSANVILLE INDIAN RANCHERIA COMMUNITY:

Susanville Indian Rancheria Tribal Government Liaison Committee (TGLC)

CULTURAL PRESENTATION REQUEST

In an effort to enhance the cultural experiences available to SIR community members, the TGLC is looking for local native artists and presenters interested in demonstrating and teaching Maidu, Paiute, Pit River or Washoe cultural activities/ Crafts for local adults. In order to provide the best experience for our local community, we are asking interested artists to complete and submit a short teaching form to the committee at the address below. The completed form information will assist us in learning about the artist cultural background and will help us to determine:

- The best timeline to hold workshops/classes
- Estimated costs
- Estimate amount of material needed per student
- Estimated amount of classes needed for students to gain a basic proficiency in making small project

We look forward to working with local Native artists. Artist forms will be available on an ongoing basis in both the Natural Resources department and in the Tribal office.



Please submit Teaching form to:

ATTN: Aaron Brazzanovich, Jr.
SIR Natural Resources
735 Joaquin Street,

**For more information contact: Aaron Brazzanovich Jr.
at the SIR Natural Resource Department (530) 251-5636**