

ENVIRONMENTAL NEWSLETTER

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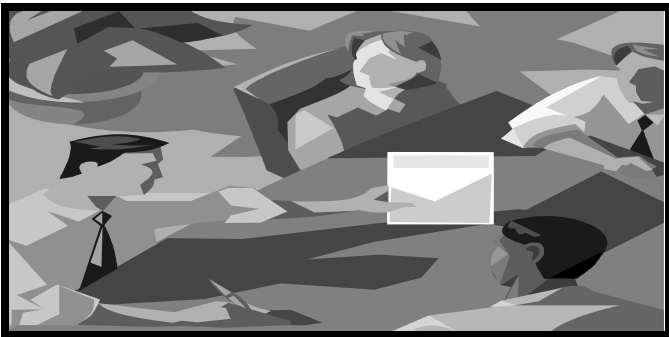
JANUARY 2010



Owned by those we serve.

"KICK inCan" PROJECT

The HEA "Kick inCan" Project is still in progress. We can still trade out your light bulbs. If you have any CFL bulbs you can trade them for the incandescent light bulbs. Bring them by the council office during office hours, and make the trade for more energy efficient and longer lasting bulbs. There is no income limit, so everyone is encouraged to participate.



ENVIRONMENTAL HEALTH COMMITTEE

- Peter Anahonak, Sr./Elder Rep
- Jennie Kamluck/Member
- Lydia McMullen/Member
- Stella Meganack/Member
- John Moonin/Member
- Port Graham High School Students

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Senior Environmental Employment program has opening in Anchorage

Be part of one of the most exciting Tribal Environmental Programs in the State! Senior Service America has an opening in the Senior Environmental Employment Program for an Elder (age 55 or older) at the Tribal Trust and Assistance Unit, Alaska Operations Office of the US EPA in Anchorage. Duties include: maintain program files for several Tribal Coordinators and extrapolate information from files; conduct outreach to Alaska Tribes; provide technical & regulatory assistance to Tribes; oversee registration and help to conduct annual trainings. There will be some travel. Required: Age 55 or older, High School Diploma or GED, PC proficiency, minimum two years experience in related field. Limited travel. Compensation: part time (25 hours per week) \$10.05 per hour. Send resume to seepmi@ssa-i.org (preferred) or fax to (734)528-4281. Clearly state that you meet the age requirement for participation in this grant program (55 or older).

(this article from the Region 10 Tribal Newsletter)

FROM THE DESK OF THE ENVIRONMENTAL PLANNER



Camai Paluwik,

Happy New Year to everyone!! I wish for everyone to have a prosperous, healthy and happy New Year in 2010. This year has started off on track. I received notice from EPA that our application for the EPA General Assistance Program (IGAP) has been received and we will be working with EPA on revisions for our request in the up coming months. As many of you know, Sherry Glahn was hired in October as the Environmental Technician. Sherry has been doing an excellent job and I would like to welcome her to this position and I look forward to working with Sherry in the future.

In December we hired Sam Moonin to clean up around the HAZ-MAT building and the surrounding area. Sam did an excellent job in organizing all of totes designated for used oil, paints, and electronics. He also spent many hours bagging the aluminum cans and sorting the number 1 & 2 plastics. Currently the recycling area is in good shape and is very well organized. With everyone's participation, we hope to keep this area clean and organized.

I have noticed several TV's and other material that is currently be dumped in the inert waste pile. If you are sending your children to run garbage or broken down TV, radio's or other electronics.....PLEASE inform them to place the items in the proper areas. This is an awesome opportunity to teach our kids the proper methods of disposing our solid waste items.

Thank you for everyone takes the time to dispose of your recyclables in the designated areas. Also for everyone that take the time to sort your waste so the cans, paper, plastic do not end up in our dump.

Quyana!



Frozen Salmon versus Fresh

Eating frozen fish instead of fresh is better for the environment. That's according to a new Portland-based study. The three-year study was spearheaded by Portland based Ecotrust. It tracked the environmental impacts of fresh salmon versus the environmental impacts of frozen salmon. It followed the fish from the sea to the plate. The study found fresh salmon has about twice the environmental impact as frozen salmon.

For more information, visit www.kgw.com/news/green/Fresh-vs-Frozen-Salmon-72029642.html

Cultural Awareness Guide serves responders to American Indian and Alaska Native Communities

The purpose of this guide is to provide basic information for federal disaster responders and other service providers who may be deployed or otherwise assigned to provide or coordinate services in American Indian/Alaska Native communities. This free publication may be downloaded or ordered from the Substance Abuse and Mental Health Service Administration at www.SAMHSA.gov/shin or call SAMHSA's Health Information Network at (877)726-4727 and ask for DHHS publication #(SMA)08-4354.

Green Cleaning Recipes

ALL-PURPOSE CLEANERS

Recipe #1

2 cups white distilled vinegar

2 cups water

20-30 drops essential oil (optional)

Warming in microwave until barely hot will boost cleaning power for touch jobs. Only microwave in a glass container.

Recipe #2

1 teaspoon liquid castile soap

1 teaspoon borax

2 tablespoons vinegar

2 cups hot water

1/4 teaspoon eucalyptus essential oil

1/4 teaspoon lavender essential oil

GENTLE WINDOW CLEANER

3 teaspoons liquid soap

3/4 cup white vinegar

1/2 teaspoon baking soda

Combine all ingredients in a spray bottle. Shake well before using.

DRAIN OPENER

1 cup salt

1 cup baking soda

1/2 cup vinegar

Pour the 3 ingredients down the drain. Let sit 15 minutes and flush with 2 quarts boiling water.

LIQUID DISH SOAP

22 oz liquid castile soap

30 drops essential oil of your choice

Combine the 2 ingredients. Citrus oils are super degreasers.

LAUNDRY DETERGENT

1/2 cup baking soda

1/2 cup powdered castile soap

1/4 cup washing soda

1/4 cup borax

Mix ingredients well. Use 1/2 cup per load.

FABRIC SOFTENER SACHET

1/2 cup baking soda

1 tablespoon arrowroot powder

1-3 drops lavender essential oil (optional)

1 tablespoon cornstarch

Mix together and place a few spoonfuls inside a sachet of tightly woven fabric. Tie tightly and add to dryer cycle. Refill when fragrance fades.

SOFT SCRUB (for stoves, bathtubs, tile, and other tough jobs)

2 cups baking soda

1/2 cup liquid castile soap

4 teaspoons vegetable glycerin (preservative)

5-10 drops lavender or tea tree essential oil

Mix together and store in a sealed glass jar; shelf life of 2 years. For exceptionally tough jobs, spray with vinegar first. Let sit and follow with scrub.

These recipes provided by:



Our mission is to assure justice by advocating for environmental and community health. We believe that everyone has the right to clean air, clean water, and toxic-free food.

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We're on the web!!!
www.portgraham.net

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