

Niibin 2011



Fond du Lac Environmental Program

Tackle Your Lead Sinker Habit

Several years ago, I interned at an Environmental Learning Center that also included a wildlife rehabilitation center. Some of us interns assisted the wildlife rehabilitator when animals were brought in. One evening a loon was brought in. There was nothing visibly wrong with it; nothing broken, it was not starving, but for some reason it could not float/swim. After about a week, it seemed to be doing better and was released, but it did not survive. We did not know what wrong with it, but years later I read about lead poisoning symptoms in wildlife. Based on the symptoms, I suspect that loon may have had lead poisoning but I cannot say for sure. Either way, it still got me thinking about human impacts on wildlife. There have been many documented cases of eagles, loons and waterfowl succumbing to lead poisoning because they either eat a fish with a hook and sinker still in it, or they eat a lead sinker when foraging for gravel at the bottom of a lake (they do this to help digest their food). Consider buying the lead-free sinkers when shopping for your fishing supplies. Lead is a known toxin to animals, humans and the environment and we can all do our part to keep it out of the environment.



<http://www.loon.org/>

Fond du Lac Air Quality Technician Receives National Award

Joy Wiecks, Air Quality Technician, was chosen by the Institute for Tribal Environmental Professionals (ITEP), The Tribal Air Monitoring Support Center (TAMS) and the U.S. Environmental Protection Agency's (EPA) Radiation and Indoor Environments National Laboratory to receive the 2011 Virgil Masayesva Environmental Excellence Award. This award was established in honor of Hopi Tribal Member Virgil Masayesva, who co-founded ITEP at Northern Arizona University and was a strong leader in promoting tribal sovereignty and facilitating capacity development for the protection of Tribal natural resources and community health.



Joy was selected for this award because of her leadership and dedication to protecting and improving air quality on both a local and national level. She has also been active in ensuring tribes are aware of important rules and policies being developed by EPA. Most recently, she was selected to serve on the Clean Air Act Advisory Committee.

Joy has been with the Fond du Lac Environmental Program for approximately twelve years and hopefully for many more!

INSIDE THIS ISSUE:

Asthma Awareness	2
Welcome New Staff!	2
Random Reuse Corner	3
Environmental Program Contacts	4

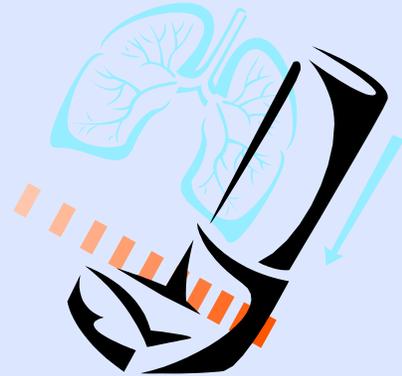
Congratulations!

Asthma Awareness

Submitted By: Jessica Linde, Doctor of Pharmacy, MNAW

Asthma is a serious condition that affects people of all ages. People with asthma have airways that are more sensitive to certain triggers in the environment. Breathing in these triggers can cause these airways to narrow, making it difficult to breathe. These episodes are often referred to as “asthma attacks”. Each person with asthma may react differently to different triggers. Common triggers in the environment that may affect your asthma include:

- cigarette smoke
- dust & dust mites
- colds and respiratory infections
- cold or hot/humid weather
- seasonal allergies (pollens, molds, trees, etc...)
- animal dander
- strong odors (such as from cleaners, certain perfumes, etc.)
- certain foods & food allergies
- air pollution
- exercise
- stress or strong emotions



Asthma attacks do not occur all the time but can develop quickly. Episodes can range from being a mild discomfort to a life-threatening attack if breathing stops completely. Asthma is a condition that cannot be cured but may be controlled with proper medical care. If you are having trouble with your asthma or for more information, please contact your primary healthcare provider.

W
e
l
c
o
m
e
t
o
u
r
n
e
w
m
e
m
b
e
r
s



Shannon Kesner was hired in May as the Fond du Lac Environmental Program’s new Wetlands Specialist. She is a Fond du Lac Band Member, grew up on Fond du Lac and is passionate about taking care of the environment. Shannon interned with the Resource Management Division in the summer of 2010 and graduated from the University of Minnesota—Duluth with a biology degree this past May. We are happy to have her back! As Wetlands Specialist, one of her tasks will be to create a Wetlands Restoration Plan. Wetland restoration involves “restoring” wetlands that have been changed or impacted in some way as close to their natural state as possible. She will determine all of the potential sites for restoration, create criteria to prioritize which wetlands to restore, and develop a method to do the restoration.

Alex Jackson began working with the Environmental Program as the Air Program Coordinator in January 2011. He is from Duluth and recently graduated from the University of Wisconsin—Superior with a bachelor’s degree in Biology and a minor in Environmental Science. He has spent much of his career working towards racial and social justice and is now focusing on Environmental Justice, working to protect and improve the air quality on and around the Fond du Lac Reservation. Alex reviews draft air permits from neighboring industry and studies the potential impact on the community and the environment. Alex is also looking for avenues to research the impact of global climate change on the Reservation Community.



Random Reuse Corner: Creative ways to reuse this and that.

We all know that recycling is a very important way of reducing our impact on the Environment and conserving natural resources, but reusing items rather than buying new can make just as much of a difference.

Cheese Cutting...and other innovative ways to reuse guitar strings

Slicing cheese—any one who has changed guitar strings knows they can leave a few battle wounds behind. Put that sharpness to good use and reuse the high note string as a cheese slicer. One suggestion out there is to attach wooden handles to each end to make slicing more ergonomic.



Picture hanger—use sections of string as picture wire - duct tape, as always, makes a good adhesive.

Artwork/Crafts— Mobiles, cat toys, jewelry, pasta maker...the options are endless. Check out www.mnartists.org to see some of the amazing jewelry people have crafted.

Espalier wire in the garden—it may be difficult for long stretches, but if you have a small distance between stakes, they might work quite well.

Donate them—Organizations such as Second Strings Project or Wear Your Music collect used strings for a good cause. Second Strings Project cleans them and sends them to struggling musicians around the world. Wear your Music makes jewelry out of them and donates proceeds from sales to breast cancer research.

Other Musical Reuse ideas...

Make coasters, decorate candles, make jewelry (i.e. dangly earrings) out of guitar picks.

Buy used musical instruments instead of new. Likewise, when you are ready for something new, sell yours to a secondhand shop or directly to another individual.

Hanging the instrument on the wall or setting it on a shelf can make a nice decoration. If you have a trumpet, saxophone or other bell-shaped instrument you could use that part as a vase.



If you have any creative ways of reusing items, please let us know! Email shannon-judd@fdlrez.com with your ideas and a picture if you have one. We will feature it in future newsletters.

Sources: <http://planetgreen.discovery.com/home-garden/reuse-guitar-strings.html>

Photo Source: <http://www.etsy.com/listing/361039/guitar-string-flowers-set-of-3>

Recycle

Plastic

Magazine Paper

Aluminium

Newspaper
Cardboard



Mixed paper

Do your part to conserve natural resources and protect the environment for future generations....Recycle.

Fond du Lac Waste Site: 878-8069

Who's Who?

Fond du Lac Reservation Environmental Program Staff- (218) 878-7101

Wayne Dupuis - Environmental Program Manager.....	878-7106
Waynette Mahr, Waste Collection Site Supervisor.....	878-8069
Alex Jackson, Air Program Coordinator.....	878-7112
Nancy Schuldt - Water Projects Coordinator.....	878-7110
Shannon Judd - Environmental Education Outreach Coordinator.....	878-7123
Russell DuFault - Recycling Coordinator.....	878-8069
Rick Gitar - Water Regulatory Specialist.....	878-7122
Kari Hedin - Watershed Specialist.....	878-7109
Shannon Kesner - Wetlands Specialist.....	878-7157
Andrea Junker - Environmental Health Specialist.....	878-7111
Bruno Zagar - Environmental Specialist.....	878-7165
Joy Wiecks - Air Quality Technician.....	878-7108
Dave Smith - Land Records Researcher/Environmental Specialist.....	878-7119
Leroy Defoe—Tribal Historic Preservation Officer.....	878-7129