

NEWS

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Region 10 Tribal Newsletter



LETTER

Vol. XIV No. III
March 1, 2005

Work Shops and Conferences

March 9-10, 2005, Environmental Regulation on Tribal Reservations, Seattle, WA. See page 3****

April 4-8, 2005, Sustainability and Restoration: A Practical Partnership for the 21st Century. Washington State convention and Trade Center, Seattle, WA. <http://www.engr.washington.edu/epp/ser>

April 17-22, 2005, Tribal Leaders Summit 05, Sitka, AK. Info: Nathan Spees 907/271-6334

June 7-10, 2005, 7th National Tribal Conference on Environmental Management in Traverse City, Michigan. Info: Andy Knott 231/271-7363, aknott@gtbndians.com or Suzanne McSawby 231/271-7104, smcsawby@gtbndians.com

September 19-22, ATNI, 52nd Annual Conference, Coeur d'Alene, ID. Info 503/249-5770

**Region 10 Tribal
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Ground Water Week

March 13-19, 2005 is Ground Water Awareness Week. Just as you seasonally check your furnace or smoke detector batteries, spring is a good season to have an annual water well checkup before the peak water-use season begins.

The National Ground Water Association will once again stress yearly water testing and well maintenance during Ground Water Awareness Week.

Why is it a good idea to have your water well checked annually?
1-An annual checkup by a licensed or certified water well contractor is

the best way to ensure problem-free service and quality water. 2- Preventative maintenance usually is less costly than emergency maintenance. 3-Good well maintenance, like good car maintenance, can prolong the life your well and related equipment.

About half the U. S. population receives its drinking water from wells! And more than 90% of the fresh water in the U. S. and around the world is ground water. Ground Water Awareness Week spotlights ground water as a valuable and renewable resource.

Leader's Summit Tune-Up

The theme for this year's Tribal Leaders Summit, "Government to Government Consultation," will be reflected in a variety of sessions throughout the Summit. On Monday, April 18, Tribal and EPA leaders will spend some of their policy discussion time focusing on ways to tune-up the Region's ability to effectively collaborate with Tribes. Formal consultation,

the use of inter-tribal organizations for communication, the role of the regional Tribal Operations Committee, and other topics of interest to Tribes will all be on the table for discussion. Recommendations from Monday's policy session will be compiled Monday night and distributed to all leaders present on Tuesday morning, with action items for follow-up.

Staff-oriented workshops will begin on Tuesday and continue through the week. In these sessions, the subject of how we communicate, collaborate and formally consult on specific projects and program issues will continue to be worked into presentations and discussions about the five non-policy tracks of the conference (traditional foods and resources, solid and hazardous waste, water quality, air quality and climate change, and grants management). And, as at all conferences some of the most important work towards tuning up

our working relationships will happen through hallway conversations, shared meals, and field trips into the beautiful outdoors and remind us of the common goals we work towards.

BIA Technician Training

The tentative dates for the Bureau of Indian Affairs' Water Resources Technician Training Program are as follows: 1-June 5 to July 1, 2005 at New Mexico State University, Las Cruces, New Mexico. 2-August 7 to 26, 2005 at the University of Alaska, Fairbanks, AK (For Alaska Natives).

Applications are now being accepted. Deadline for Applications is April 8, 2005. Send all applications to: Mr. Mo Baloch, BIA, Br. of Water Resources, Mail Stop-4655, 1849 C St., NW, Washington, DC 20240. No internet access is available for the BIA at this time. For additional information regarding applications and qualifications, please contact Mo Baloch at 202/208-6042 or Toni Village Center at 202/208-3956 or 208-4004.

Watershed Grants

The U. S. Environmental Protection Agency (EPA) invites you to submit your proposals for the third year of its national watershed grants program – "Targeted Watershed Grants" by **May 19, 2005**. EPA will use a competitive process to select watersheds nationally. The grants will range from \$600,000 to \$900,000. Last year, three EPA Region 10 watershed projects received grants: Oregon's Siuslaw River, Alaska's Kenai River, and Washington's Dungeness River.

As in the past two years, this program focuses on restoring and protecting our national waterways. This year, Congress appropriated approximately \$10 million for the national competition process. Emphasis will be placed on water quality trading projects for nutrients, sediments, and other pollutants; therefore, about 15 percent of the \$10 million will be reserved for promising trading projects. To find criteria on how to identify a trading project, go to www.epa.gov/owow/watershed/trading

States and Tribes will have their own process for choosing which projects to nominate. Governors and Tribal Leaders must submit the nominations. *See the Federal Register Notice for the competition requirements.* A single Tribe or State may only submit two nominations. However, if several Tribes, a Tribe and a State, or States join to submit a nomination, more nominations are possible. All federally-recognized Tribes are eligible to make nominations. If a Tribe is not federally-recognized and is a non profit entity, then it is eligible to be nominated by another (federally-recognized) Tribe or State to receive the grant.

Please note that full funding is not guaranteed even if a proposal is selected to receive a grant, and EPA may make partial awards. Funding also will be continued to existing grants that provide services such as national tools, training, and technical assistance to all watershed organizations.

Go to www.epa.gov/owow/watershed/initiative for the latest information, including the Federal Register notice, the fact sheet, the checklist, Frequently asked Questions, and projects funded last

year. You may call EPA's Bevin Reid toll-free at 800/424-4372, ex 1566 with any questions, or e-mail reid.bevin@epa.gov.

Environmental Education Week

National Environmental Education (EE) Week is April 10-16. More than 100 organizations representing 3 million educators and 6 million volunteers are signed on to participate. The goal is to engage teachers, parents and students, and to educationally prepare students for Earth Day 2005. Educators can participate by conducting EE classes, discussions, community service projects, field trips or any on a hundred different activities and projects. For free curricula and ideas see: www.eeweek.org/eeweeklinks.html.

Region 10 Tribal Site

Looking for what is happening in the Region 10 Tribal Program? Tribal Grants? Other Tribal Interests?? Check out the Region 10 Tribal Web Site: <http://yosemite.epa.gov/r10/tribal.NSF>

Conservation Grants

Localities Eligible for Innovative Conservation Technology Grants The U.S. Department of Agriculture's (USDA's) Natural Resources Conservation Service (NRCS) is accepting applications for its Conservation Innovation Grants (CIG) program. The purpose of CIG is to stimulate the development and adoption of innovative conservation approaches and technologies while leveraging federal investment in environmental enhancement and protection, in conjunction with agricultural production.

Topics eligible for funding include water resources, soil resources, atmospheric resources, grazing land and forest health, and wildlife habitat. Applications are due March 28, 2005. For more: <http://www.nrcs.usda.gov/programs/cig> or Kari Cohen 202/720-2335.

Water Training Online

"Growth and Water Resources" Training Module Now Online A new online, distance-learning training module called "Growth and Water Resources" has recently been posted on EPA's Watershed Academy Web. This training module explains how changes in land use affect water resources, and presents national data on trends in development patterns and activities on land that have become increasingly significant challenges for achieving water quality standards. For more: <http://www.epa.gov/watertrain/smartgrowth>

Radon

U. S. Surgeon General Richard H. Carmona warned the American public about the risk of breathing indoor in a national health advisory.

EPA developed a map using five factors to determine radon potential: indoor radon measurements; geology; aerial radioactivity; soil permeability; and foundation type. Radon potential assessment is based on geologic provinces. Radon Index Matrix is the quantitative assessment of radon potential. Confidence Index Matrix shows the quantity and quality of the data used to assess radon potential. Geologic Provinces were adapted to county boundaries for the Map

of Radon Zones. Map available: <http://www.epa.gov/iaq/radon/zonemap.html>.

Brownfields Funding Guide

EPA has produced a guide to help local governments navigate the nearly two dozen federal programs that can help communities in one way or another to assess, cleanup and reuse brownfields. Although only a few of these federal programs focus explicitly on brownfields, if communities apply some creativity to make the brownfields connection they can benefit from many other federal programs. To download the pdf guide: <http://www.lgean.org/documents/bfguide.pdf>

Stroke vs. Heart Attack

Is It A Stroke? This might be a lifesaver if we can remember the following three questions! Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster for the stroke victim. A stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say any bystander can recognize a stroke by asking three simple questions:

1. Ask the individual to *smile*.
2. Ask him or her to *raise both arms*.
3. Ask the person to *speak* a simple sentence.

If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general

public to learn the three questions.

They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

Is It A Heart Attack? Read this... It could save your life!! You start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home.

Unfortunately you don't know if you'll be able to make it that far. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself. How to survive a heart attack when alone: Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get

to a hospital.

Tell as many people as possible about this. It could save their lives!!!!

Indian Law Exam

The Washington State Bar Association (WSBA) Board of Governors has voted to make Washington the second state to test new lawyers' understanding of federal Indian Jurisdiction on the bar exam. At the urging of the WSBA Indian Law Section and Northwest Indian Bar Association, Washington Followed the precedent set by New Mexico, which began testing Indian law in 2002. The Idaho, Oregon, Oklahoma and Arizona bars are considering the issue as well.

Washington will test: tribal sovereignty; tribal civil and criminal jurisdiction; tribal sovereign immunity and the Indian Child Welfare Act, beginning with the summer 2007 bar exam. The delay in implementation will allow current students time to study Indian law in law school.

******Environmental Regulation on Tribal Reservations**

This course (\$315 or \$216 for government employees, nonprofits, Native American Tribes) provides participants with an overview of key environmental law and regulations applicable to Indian Reservations in Washington State. The course is intended for tribal environmental staff who want to gain ideas, training or further develop their Tribe's regulatory programs; state and local regulators who wish to better understand the interaction between Tribal and state environmental jurisdiction on fee lands within reservations; and environmental

professionals seeking an improved understanding of the regulatory landscape on reservations.

Course no. WPOL-501, March 9 - 10. Mountaineers Conference Center, Tahoma Room, 300 Third Avenue West, Seattle, WA.

To download Registration and Information Packet:
http://www.nwetc.org/FILES/wpol-501_03-05_seattle.pdf. For additional information: 206/762-1976

Assistant Secretary of Indian Affairs

Assistant Secretary of Indian Affairs Dave Anderson announced his decision to resign, effective February 12, 2005. In a letter to Interior Secretary Gale Norton, Assistant Secretary Anderson said that, "I have concluded that I can have the greatest impact to improve the future of Indian Country, not by managing the day-to-day operations of BIA programs, but by focusing my time on developing private sector economic opportunities for Indian entrepreneurs." In response, Secretary Norton wrote, "It is with both understanding and regret that I received your letter informing me of your decision to resign as Assistant Secretary of Indian Affairs.

Secretary Norton also announced that she will be working with the White House and leaders in Indian Country to select a new Assistant Secretary for Indian Affairs. In the meantime, Jim Cason, currently Associate Deputy Secretary, has been tasked with fulfilling the responsibilities of the Assistant Secretary for Indian Affairs.

Jumbo Jets

A surprising result of the obesity epidemic: Because of the increasing weight of Americans - an average gain of about 10 pounds per person during the past decade - U.S. airplanes consumed an extra 350 million gallons of jet fuel in 2000, CDC researchers recently estimated. That costs the financially strapped airline industry \$275 million a year. And the extra fuel results in the release of about 3.8 million tons of carbon dioxide and other pollutants.

Calcium Protection

Calcium's potential to protect against colon cancer was supported by a new study in the *American Journal of Clinical Nutrition*. It compared calcium intakes of over 3,600 people with colorectal adenoma - a type of polyp that can develop into cancer - to those of people who were disease free. Those who consumed the most calcium from both food and supplements had a 12% lower risk of adenomas than those who consumed the least. Supplementing with more than 1,200 milligrams of calcium a day reduced the risk even more by 27%. Calcium may protect by binding potentially carcinogenic substances in the colon, or it may directly influence cells in the colon's lining.

Effects of PM 2.5

Particle pollution is a mixture of microscopic solids and liquid droplets suspended in air. This pollution, which is also known as particulate matter, is made up of a number of components, including acids (such as nitrates and sulfates), organic chemicals, metals, soil particles, and

allergens (such as fragments of pollen or mold spores).

The size of particles is directly linked to their potential for causing health problems. Small particles, less than 10 micrometers in diameter, pose the greatest problems, because they can get deep into your lungs, and some may even get into your bloodstream. Exposure to such particles can affect both your lungs and your heart. Larger particles are of less concern, although they can irritate your eyes, nose, and throat.

Small particles of concern include both "fine particles" (such as those found in smoke and haze), which are 2.5 micrometers in diameter or less; and "coarse particles" (such as those found in wind-blown dust), which have diameters between 2.5 and 10 micrometers.

People with heart or lung disease, older adults, and children are considered to be at greater risk from particles than other people, especially when they are physically active. Exercise and physical activity cause people to breathe faster and more deeply taking more particles into their lungs.

Particle exposure can lead to a variety of health effects. For example, numerous studies link particle levels to increased hospital admissions and emergency room visits and even to death from heart or lung disease. Both long-term and short-term particle exposure have been linked to health problems.

Your chances of being affected by particles increase the more strenuous your activity and the longer you are active outdoors. If your activity involves prolonged or heavy exertion, reduce your

activity time - or substitute another that involves less exertion. Go for a walk instead of a jog, for example. Plan outdoor activities for days when particle levels are lower. And don't exercise near busy roads; particle levels generally are higher in these areas.

Particle levels can be elevated indoors, especially when outdoor particle levels are high. Certain filters and room air cleaners can help reduce indoor particle levels. You can also reduce particle levels indoors by not smoking inside, and by reducing your use of other particle sources such as candles, wood-burning stoves, and fireplaces. For more information on PM 2.5 health effects visit www.epa.gov/airnow. For information on your local area: <http://www.epa.gov/airnow/where/index.html>.

Energy Saver

A typical household spends about \$100 a year, or more than seven percent of its energy bill on lighting. Replacing the five highest use lights in the home with ENERGY STAR-qualified models will help the typical homeowner save more than \$60 every year in energy costs. Generally, the most frequently used light fixtures are the kitchen overhead light, living room table and floor lamps, bathroom vanity, and outdoor porch light.

ENERGY STAR fixtures and bulbs last six to 10 times longer than standard models and provide the same amount of light while running on two-thirds less energy. In addition, qualified lighting generates about 70 percent less heat than standard incandescent lighting, which means it's cooler to the touch and can help reduce

energy costs associated with cooling the home. In the last year alone, the availability and variety of ENERGY STAR qualified light fixtures have increased dramatically and the market share has risen to four percent of all fixture sales.

Changing five lights is one of five simple actions that EPA is encouraging to make homes more energy-efficient and help the environment.

TRI Data

To better inform communities, EPA is releasing facility information about toxic chemical releases as reported to the agency. In the past, this data was received, quality-checked, analyzed and released in the annual Toxics Release Inventory (TRI) report that resulted from the Emergency Planning and Community Right-to-Know Act of 1986. The TRI program requires industrial facilities to publicly report quantities of toxic chemicals annually released into the air, water and land. TRI is an important tool that gives Americans public information on chemical releases for their community, so that they can make informed decisions about protecting their environment. The United States is an innovator in providing this level of openness in chemical reporting, and other nations are using TRI as a model. Many stakeholders have requested that the agency share TRI data sooner and in the basic format received, without waiting for further analysis.

<http://www.epa.gov/tri-efdr> or Suzanne Ackerman 202-564-7819 ackerman.suzanne@epa.gov.

Recycled Tires

NESTA (National Endowment for Science, Technology and the Arts) have invested in its Invention and Innovation program, in UTDR Research, based in Flintshire, North Wales, who are developing a new recycling system. A total of one waste tire per adult, per year is produced in developed countries. Every year in the UK alone 32 million car tires and 3.8 million scrap trucks are produced. This amounts to around 380,000 tons of tires to be disposed of every year.

UTDR Research has developed a machine which can recycle tires in an environmentally-sound fashion. Their method also converts the waste into marketable by-products, ie. carbon, oil, steel and gases which can produce revenue for the business. The system uses a distillation principle

to break down the product into its constituent parts.

The company is also developing the design of a mobile unit which may be mounted on an articulated trailer and transported to large deposits of tires. The tires will be processed on site, reducing the cost of shipping and the amount of trucks required to remove the tires.

IDAHO

Coeur d' Alene Tribe: In 1992 Chairman Ernest Stensgar signed a gaming compact with Then Governor Cecil Andrus stating the CDA Tribe would donate 5% of its gaming profits to the schools. The casino opened its door in March 1993. This is the 12th year they have done this and Chairman Stensgar said: "Our promise is kept. It's a promise we take great pleasure in keeping. We do this

every year with every child, every student in min. We will keep doing it and trust educators use these dollars wisely."

WASHINGTON

A donation from the Puyallup Tribe helped the Nativity House, A homeless shelter in Tacoma, Wash., pay off the mortgage on its building.

The tribe is a regular donor to the shelter, but its most recent gift of \$50,000 was all the shelter needed to pay-off the debt. The 9,100-square-foot shelter serves up to 300 people per day. It provides them with two meals a day, a mailing address, storage and basic medical needs.

Tribes in Washington who have casinos agreed to contribute 2 percent of their net winnings to local community groups as part of their compacts.