



## Season's Greetings!

December 2010

### Winterize Your Home Against Old Man Winter & Pests



Box Elder Bug

Many of the tasks we perform to prepare our homes for the winter season also help keep pests from entering our homes. Insects and other pest, such as Box Elder bugs (stink bugs) and mice that thrive in the outdoors during the warm weather months, must seek shelter as the weather becomes colder. Our warm homes are an inviting place for pests to come in from the cold!

Pests can enter our homes through the smallest cracks and crevices. Mice can slip through a space as small as the thickness of a pencil! A few Integrated Pest Management (IPM) tips are as follows:

- Caulk windows inside and out.
- Weather strip entry doors and/or install door sweeps if daylight is visible around the perimeter of the door.
- Rake away all debris and edible vegetation from your home's foundation to keep from attracting pests.
- Inspect for and seal foundation cracks to block a potential point of entry for pests.
- Secure crawlspace entries.
- When insulating exposed plumbing pipes around the foundation or the crawlspace of your home, check for any points of entry where pests could enter. Caulk small gaps and fill larger ones with steel wool to prevent mice from entering.
- If you home has a fireplace, cap or screen the top of the chimney to keep out rodents and other pests.

For more information on controlling pests around your home, please visit Controlling Pests, at <http://www.epa.gov/pesticides/controlling/index.htm>.

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*Upcoming Waste Disposal Program to start in 2011!!  
Owned and Operated by the  
Prairie Band Potawatomi  
Nation Division of Planning  
& Environmental Protection  
Department*



Over 200 households now have **FREE** weekly Curbside Recycling Service... and many of those households are **STILL NOT RECYCLING!!!**



**DO YOUR PART!! RECYCLE EVERY DAY!!**

## Fall and Winter Energy Saving Tips

Along with fall comes cool weather, falling leaves, camp fires, and many opportunities to save energy and money. Winter is coming up fast and the time has come to winterize your house, as there are many benefits that will help you throughout the cold season. The following tips will help make your house more energy efficient not only now, but all year around.



- Seal all leaks around doors, windows, and electrical outlets. Heat from your home escapes out of these cracks and by sealing these leaks you can save on your heating bill. Just weather-stripping drafty doors and windows alone can reduce your heating bill by 10 percent.
- Also check the insulation in your attic, ceilings, exterior and basement walls, floors, and crawl spaces to make sure that it will adequately hold in heat.
- With December here, it is time to remove the window air conditioners for the winter if you have not already. If they must stay in place, be sure to seal them with caulking or tape and cover them with an airtight, insulated jacket.
- If you have single-pane windows, you can add storm windows to cut heat loss by up to 50 percent. If you're especially ambitious, you can replace your single-pane windows with energy-efficient double-pane windows with inert argon gas fill, warm-edge spacers and low-e coating.
- Also during the heating season, keep the draperies and shades on your south facing windows open during the day to allow the sunlight to enter your home and closed at night to reduce the chill you may feel from cold windows.
- Well thought out plantings can also cut your summer cooling and winter heating costs dramatically.
- Another easy way to manage energy costs and save money year round is to turn your water heater down to 120 degrees.
- If you are thinking of replacing your furnace, consider getting one that's rated 90 percent or higher in efficiency, this can save up to 30 percent of your heating costs. Remember to look for the ENERGY STAR® label.
- Make sure your heating vents aren't blocked by furniture or drapes and the dampers are open. You can vacuum out dust and pet hair from warm air registers and cold air returns which will let your furnace run more effectively.
- Set your thermostat as low as is comfortable when home, and even lower when everyone is gone. By setting your programmable thermostat 8 to 10 degrees lower for eight hours a day (for instance, while no one is home or while everyone is tucked in bed) you can cut your heating bill by up to 10 percent.
- Replace furnace filters regularly, as they will increase the efficiency of your system.

In a typical home, 43% of the utility bill goes toward heating and cooling. If some or all of these tips are put into use, not only will you be helping the environment by using less energy, but you will save a lot of money too.



Reference sites:

[http://www.nstaronline.com/residential/energy\\_efficiency/facts.asp](http://www.nstaronline.com/residential/energy_efficiency/facts.asp)

<http://www.ismckenzie.com/11-energy-saving-tips-for-the-fall/>

[http://www.energysavers.gov/your\\_home/energy\\_audits/index.cfm/mytopic=11160](http://www.energysavers.gov/your_home/energy_audits/index.cfm/mytopic=11160)



## Environmental Heroes

The Division of Planning and Environmental Protection is pleased to recognize the staff of the PBPB Human Resources Department as 2010 Environmental Heroes. HR staff members have established a clean, well-organized recycling station and all staff members participate fully in the efforts to reduce waste through recycling. They sort their materials in a manner that maximizes storage space and makes recycling easier for all. PBPB HR staff members are our Environmental Heroes!



Pictured: Nancy Davidson, HR Staff

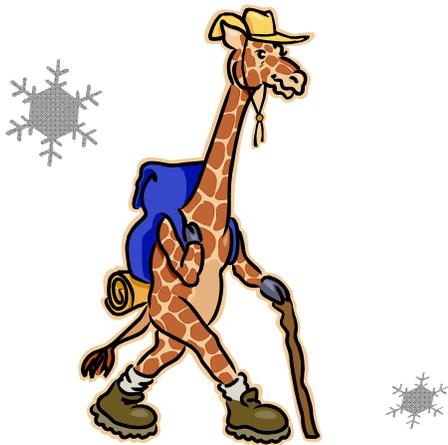
## REZ Hike

The Division of Planning and Environmental Protection, PBPN Diabetes Prevention Program, and Boys and Girls Club of the PBPN recently promoted three hiking events on the Prairie Band Potawatomi reservation. The events were held on October 17<sup>th</sup>, 24<sup>th</sup>, and 30<sup>th</sup>. Mary LeClere, community member, PBPN Fire/EMS employee, and outdoor enthusiast planned the routes and coordinated the activities.

Over 40 youth and adults participated in the October 17<sup>th</sup> hike. The selected trail was near Little Soldier Creek. The second hike, held on October 24<sup>th</sup>, went through the central part of the reservation. Approximately 30 people participated on that day. On October 30<sup>th</sup>, the fall hiking events concluded with an overnight stay in the north-western portion of the reservation. About 30 youth and adults braved the chilly weather. Visitors stopped through the campsite to eat and enjoy the company. Blankets, great food, and a campfire warmed all present from Saturday afternoon through Sunday morning. While plans for a long hike on Sunday were deterred by some, the young campers still managed to log their miles by roaming through the timber and pasture throughout the weekend.

The hiking events were a great success and participants reaped many benefits. The events inspired an appreciation for the outdoors, nature, and love for our wonderful Reservation lands. Exercise and healthy lifestyles were encouraged and support systems for those striving for good health were established. Most importantly, the events were simply fun.

**“Reduce. Reuse. Recycle. Do your part!! Recycle Everyday!!!”**





## Adam Irvin, GIS/Environmental Technician

Hello, my name is Adam Irvin. I am the new GIS/environmental technician with the Division of Planning and Environmental Protection. I am a member of the Citizen Potawatomi Nation. I grew up just south of here in Topeka, where I currently live. I graduated from Seaman High School in 2005, where I participated in many sports and other activities. I went on to receive my Bachelor of Science degree in Environmental Studies at the University of Kansas in December 2009. I have been working here for three and a half months

now in the air quality section and it has been a wonderful experience. I have learned a lot during my short time here so far, and I look forward to learning much more to help benefit the environment and the tribe. Thank you.

You can contact Adam at [AdamI@pbpnation.org](mailto:AdamI@pbpnation.org)

## Potential Electricity Savings

### Potential Electricity Savings in Cluster Housing on the Reservation

Elec. Co.	Housing Area	# Bulbs / Unit	Annual kWh Savings	Electric Rate (\$/ kWh)	Annual Cost Savings / Unit
<b>LJEC</b>	142 N1 Lane	44	2,266	\$0.1081	\$244.95
	142 N2 Lane	58	2,987	\$0.1081	\$322.89
<b>KVEC</b>	152nd, 1st Cluster	35	1,803	\$0.1028	\$185.30
	L4 Lane, 2nd Cluster	38	1,957	\$0.1028	\$201.18
	156th, 3rd Cluster	44	2,266	\$0.1028	\$232.94
	Buffalo Drive Apartments	23	1,185	\$0.1028	\$121.77
	K1, Transitional	20	1,030	\$0.1028	\$105.88
	Pheasant Run Homes	39	2,009	\$0.1028	\$206.47
	156, Senior Duplexes	18	927	\$0.1028	\$95.30
	Buffalo Drive Duplexes	31	1,597	\$0.1028	\$164.12
Meadow Ln. Duplexes	33	1,700	\$0.1028	\$174.71	

These potential savings are calculated from switching out existing 60 watt incandescent bulbs with 13 watt compact fluorescent bulbs (cfls). These bulbs should fit into most existing fixtures and use less than a quarter of the energy. In addition, cfls are typically rated to last over 8 times as long as an average incandescent bulb.



For more information  
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## Reduce your WASTE...

There are many ways to Reduce, Reuse & Recycle that can help save the environment. Eliminating excess trash in the waste stream helps the environment by not using natural resources and reducing the waste put back into the earth. Lower waste disposal also means lower disposal costs which can reduce expenses for the Prairie Band Potawatomi Nation Disposal Services starting soon.

1. RECYCLE MORE!
2. Choose products with minimal packaging and buy in bulk. Avoid individually wrapped items. A jumbo box of cereal uses less packaging than several single serving-sized boxes.
3. Choose durable, reusable products over single-use, disposable items. Use cloth napkins, instead of paper ones. Get your coffee in a refillable mug. Use canvas bags for shopping.
4. Reduce junk mail.
5. Reuse bags, containers, packing materials, and other items. Bags, cardboard boxes, bubble wrap, packaging peanuts, and padded envelopes can be used many times.
6. Compost. Recycle leaves, grass, food scraps and paper towels into great garden soil.
7. Donate unwanted items to charities or have a yard sale.
8. Choose items with a recycled-content label. This saves precious resources and is the key to making recycling work.
9. Keep toxic home and garden products out of the trash.
10. Reduce your use of paper. Use e-mail, get bank statements and newsletters on -line, and use the library.

*For more information  
contact Erin at  
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## Fish Tissue Monitoring on Big Soldier Creek

October 6, 2010—It was a beautiful fall day on the Big Soldier Creek near Rocky Ford to shock and catch fish. This project is called the Regional Ambient Fish Tissue (RAFT) monitoring plan, and it is the third year the Planning & Environmental Protection Department has participated in this project funded by the U.S. EPA Region VII. The overall goal for the project is to provide data to the Tribe on the presence or absence of contaminants in fish tissue. This data is helpful to the department and others concerned about human health and the environment on the reservation when making natural resource decisions. Five bottom feeders (catfish) were collected for sampling, which will then be analyzed for contaminants by the US EPA laboratory in Kansas City, Kansas. The analysis will look for four metals (arsenic, cadmium, mercury and lead) and any other pesticides present in the fish. The past two sampling years, 2008 and 2009, the fish met the fish consumption portion of the fishable goal of the federal Clean Water Act. In nearly all cases, the fish on the reservation are safe to eat. The cleaning and or



Pictured: Sharon Bosse, Environmental Technician

preparation of the meal cause most of the problems regarding taste or color of fish meant for consumption. As with all other living creatures, fish are susceptible to diseases, parasites, and other naturally occurring conditions in the water. If you suspect your fish is affected by any of these conditions, it should NOT be eaten. Results on the fish analyzed this year will be available in March 2011.

*For more information  
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# Happy Holidays



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