

Dagwaagin 2012



Fond du Lac Environmental Program

Making Strides Towards Sustainability: The Fond du Lac Ojibwe School Completes the Sustainable Twin Ports Early Adopters Training

In January, the Fond du Lac Ojibwe School formed a team to participate in the Sustainable Twin Ports Early Adopters 2012 training and program showcase. As stated on their website, the Sustainable Twin Ports is a nonprofit organization “dedicated to furthering **economic, environmental & social sustainability** in the Twin Ports and Western Lake Superior region.” Team members included: Dawn LaPrairie, Jerry Ojibway, Rachel Plachta, Karen Savage-Blue, and Pat Thomson from the FdL Ojibwe School and Shannon Judd from the Resource Management Division.

The team identified different focus areas, including Energy, Waste, Purchasing, Food Service, Maintenance, Transportation, Activities and Curriculum. Both short and long-term goals were established under these categories, along with ‘quick wins,’ or goals that can be accomplished almost immediately.

An end of the school-year cleanout was organized by the team as one quick win. A lot of garbage is generated when classrooms and lockers are cleaned out the last week of school. Many things that can be recycled or reused tend to get thrown away. This past May, stations were set up with separate bins for reusable school supplies, such as notebooks and pencils; other reusable items; recyclable items; and trash. This activity diverted several pounds of waste from the waste stream. As part of the training, the team also identified many things the school has already done to become more sustainable. There are many! The school has been a leader in both the Fond du Lac and greater community.

Though the training has been completed, the team will continue to work with the school to achieve the goals. Below are the mission statement and vision the team developed:

Mission Statement: “As an Anishinabeg community, we need to return to our Native traditions of being keepers of Mother Earth to foster a collective movement towards retaining and revitalizing our role as First Stewards.”

Our Vision: “By educating and empowering our youth, we shall generate leadership in sustainable living that will create a vessel for returning full circle to our Anishinabeg way of life.”



Photo: FdL Ojibwe School Team Members, from L to R: Shannon Judd, Karen Savage-Blue, Rachel Plachta, Pat Thomson, Dawn LaPrairie . Not pictured: Jerry Ojibway

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Fond du Lac Resource Management Division Serving as Host Site for GreenCorps Volunteer:

Last Spring, Environmental Program staff applied to the Minnesota GreenCorps Program to serve as a host site for a GreenCorps volunteer. Host sites can outline projects focusing on either Energy Conservation, Living Green, Waste Prevention and Recycling, or Green Infrastructure. To help assist us with our goals in both energy and climate change adaptation planning, a project under Energy Conservation was developed. If you are interested in serving as a host site or in becoming a GreenCorps volunteer, you can visit their website at: www.pca.state.mn.us/mngreencorps.

We would like to introduce our GreenCorps volunteer, Kaitlin Ferdelman!



About my project at Fond du Lac

I am completing a greenhouse gas inventory for the commercial buildings Fond du Lac owns and operates. This includes gathering information on how much fuel that is burned heating and powering our buildings. Once we know how much fuel is being burned, I will determine how much carbon and other green house gases Fond du Lac is emitting into the atmosphere. I will also be looking at the other way we burn fuel at the reservation, such as through burning gas in our cars and buses. Once we have a comprehensive understanding of the amount of green house gases we emit, we can take a look at ways to reduce emissions to preserve the well being of the planet for future generations.

My Background

I studied at UMD where I earned a bachelor's degree in Environmental Studies and Policy Management. During my time at UMD I had the opportunity to study in Vaxjo Sweden where I studied the policy supporting renewable energy in the Swedish economy, which mainly consisted of burning Timber Biomass. I also took advantage of another study abroad opportunity that wasn't quite abroad, it was located in Minneapolis through an Organization called HECUA where I had the opportunity to work with the White Earth Band concerning their sturgeon population. For the last year I worked in St. Paul with a nonprofit, Neighborhood Energy Connection, that works with homeowners on residential energy conservation.

Personal information

I was born and raised in a 2nd ring suburb of Minneapolis; the great city of Champlin, MN (Jesse the body Ventura was our high school football coach). I currently live in the town of Thomson right near the Thomson dam so yes there was some flood damage however I was not living there during the flood earlier this summer. I live just a stones throw away from the beautiful St. Louis River and Jay Cooke State Park. I love being outdoors hiking, kayaking, fishing, swimming.

Recycle Your Holiday Lights!



The Fond du Lac Transfer Station on University Road accepts holiday lights for recycling.

Please do not throw them away!!

You may also bring in telephone, appliance and any other electrical cords for recycling. Miigwech!

Freezing Garden Goods, Winter Tree Care, and Borscht

By FdL Master Gardeners

Freezing Produce:

One rule of thumb for frozen produce is eat everything within a year for maximum freshness and flavor.

Blanching: Blanching is the process of putting the produce in boiling water for 1-3 minutes before freezing. This helps lock in flavor, improves texture and, in theory, allows you to keep them a little longer in the freezer. Beans, tomatoes and root vegetables are examples of produce you could blanch before freezing. Root vegetables need 3 minutes; beans and tomatoes are 1 minute.

Tomatoes: Tomatoes can be frozen in different ways.

Whole Tomatoes: Wash, dry and cut out area where stem attaches. Place them on a cookie sheet in the freezer until frozen, then transfer into freezer bags. When thawed, run them under cold water to peel the skin off.

Diced Tomatoes: These should be drained before freezing. Squeeze the seeds out before dicing.

Herbs: Many people do not realize that herbs can be frozen and typically dry them. Wash and dry them and put them in a freezer bag—it is as simple as that!

Peppers, berries, bananas: These can all be frozen whole. Freeze them initially on a cookie sheet, then transfer into freezer bags.

Winter Tree Care

If you planted new trees this year, take these steps to help them make it through the winter:

~If conditions are dry, continue watering your tree until the ground freezes.

~Apply a thick layer of mulch around the base of the tree to protect roots in case snow depth is minimal.

~Deer and rabbits feed on twigs and branches throughout the winter. Consider putting fencing around your trees to prevent this.

~Place tree guards around the trunks to prevent sun scald. This occurs when the sun heats up the bark, then it refreezes once shaded.

Borscht: A delicious and simple way to use beets....by Shannon Judd

I have never liked beets, but I like borscht thanks to my coworker Bruno Zagar! Some borscht recipes include several ingredients, including meats and other vegetables, but his is simpler and delicious. I made a modified version of his recipe and thought I would pass it on:

1 lb beets, root and base of leaf stalk still attached to prevent color draining during boiling
1/2-1 cup chicken stock
1-2 TBSP Sour Cream
Salt and Pepper if desired

Boil beets for approximately 40 minutes; drain and cool for 10-15 minutes. Cut off root and stalk; outside should peel right off. Use a potato masher or food processor to puree the beets. Add 1/2 cup of chicken stock and mix well. If you prefer thinner soup, add the remaining stock to your desired thickness. Let it cool further until it is slightly warm and stir in sour cream. Can be eaten cold or warm.



Recycle

Plastic
Newspaper
Cardboard

Magazine Paper



Aluminium
Mixed paper

Waste Site Hours Will
be Changing Sunday,
November 4th!

Monday—Sunday:
8:00am—5:30pm
Closed Holidays

The Fond du Lac Waste
Site is for band member
household use only.

*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?

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