

# Qagan Tayagungin Tribe

## Environmental Department

### Earth Day 2012 Newsletter



### Earth Day 2012

By: Karis Jackson

Earth day is celebrated every year on April 22nd. This is a good time to show our earth what it really means to us.

This year, the Qagan Tayagungin Tribe will be joyously celebrating our 5th annual Earth Day Fair on Saturday, April 21, 2012. The Earth Day Fair will be held at the QTT Rec Center starting at 11:00am. We will all meet to walk the back-

trails behind the Unga Building and pick up trash for an hour. The Earth Day Fair will continue until 2:30pm. We will have lots of games and prizes and will be announcing the winner of our Earth Day theme contest. The winner will receive a green 6th generation iPod Nano! We will also have a booth for people to gather information on the Environment and current con-

cerns of our regional area.

If there is any information you would like for us to provide, please feel free to let us know ahead of time, and we will work on it.



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### Earth Day History

By: Karis Jackson

Each year Earth Day, April 22nd, is marked as an anniversary of what many may consider the modern environmental movement which originated in 1970.

Earth Day founder, Gaylord Nelson, who was at the time a U.S Senator from Wisconsin, had witnessed the ravages of the 1969 massive oil spill in Santa Barbara, California. On the 22nd

of April, 1970, Americans took to the streets, parks, and auditoriums to demonstrate for a healthy, sustainable environment in massive coast-to-coast rallies. Colleges and Universities also protested against seeing the Earth deteriorate. Since then, April 22nd has been named a holiday, Earth Day! Let's use this day to recognize our Earth,

and keep our Environment Clean!



Earth Day Founder, Gaylord Nelson.

*"They need help to save it" Savannah Kal-makoff referring to saving the Earth.*

## Dandelion Coffee

1. To get dandelion roots for your coffee, harvest the dandelion root in the early spring or fall to get the most nutritional value. You need the roots so make sure you dig them up.
2. Cut the roots off the dandelion with a knife. Prepare dandelion roots to make coffee, by cleaning the dandelion roots thoroughly. You can do each root by hand or plunge the roots into water repeatedly.
3. Cut the roots into smaller pieces and grind them up in a food processor.
4. Spread the ground dandelion pieces out evenly on cookie sheets.
5. Roast the dandelion roots at 250 degrees F for two hours. Stir the dandelion roots periodically as they roast to promote even cooking.
6. Grind the roasted dandelion roots in a coffee grinder or good processor to use in an automatic coffee maker. Brew just like you would regular coffee. Enjoy!!

By: Cathy Adams

With winter almost over and spring just around the corner, soon we will be seeing Dandelions poking around. It is one of the most common weeds in North America. If you are trying to get rid of them, hand pulling is the only eco friendly effective way to manage them. Dandelions can easily be controlled using herbicides as well.

It has been said dandelions have edible leaves and bees use their nectar

to make honey, but they are good for so much more. According to this data, dandelions are nature's richest green vegetable source of beta-carotene, from which vitamin A is created. The third richest source of vitamin A of all foods, after cod-liver oil and beef liver! They also are particularly rich in fiber, potassium, iron, calcium, magnesium, phosphorus, and B vitamins, thiamine and riboflavin. They are also a good source of protein.



These figures represent only those published by the USDA. Studies in Russia and Eastern Europe indicate the dandelion is also rich in micronutrients such as copper, cobalt, zinc, boron, and molybdenum, as well as vitamin D. Dandelions can be eaten as part of your daily diet or can be made into tea or coffee and have no negative side effects. Look on side for coffee recipe. More information can be found at:

[http://www.leaf lady.org/health\\_benefits\\_of\\_dandelions.htm](http://www.leaf lady.org/health_benefits_of_dandelions.htm)

## Spring: Time for the Garden

By: Karis Jackson

Well, it's about that time of year again. The time of the year to start planting. Every season brings different chores for the garden. For spring, it's the time of year where the garden is waking up from the winter hibernation. It also may be difficult and overwhelming with everything needing to be done so here are some tips to help out. **Pruning**- Spring is the perfect time to prune your roses. For early blooming flowers, prune them as soon as the bloom has passed.

**Deadheading** - remove all of the dead flowers from plants and let them sit for the time being. **Weeding** - Make sure to pull all of the weeds from your garden before they have the chance to spread. You can also **compost**. Make sure to tend to your compost, especially if it has been neglected over the winter. Lastly you should **plant**. Spring is a great time to add new plants to your garden. Make sure all of the frost has passed, as it will not do any help for your gar-

den when you are trying to add new plants. Don't forget to **fertilize** your garden, and check it everyday to see how it is going. Spring is the perfect time to start gardening. If you have a garden, make sure to start fixing it. If you don't have a garden, now is a perfect time to start one. Happy Spring everyone!



# Earth Day Fair: Schedule of Events

Earth Day Fair 2012

• 11:00 - Noon: Green Walk! We will meet at the Rec Center at about 10:50am so we can get started on time. So come down and help us pick up some garbage and keep Sand Point Clean!

• All day (Admission will be \$5 per person for the day) :

**- Flower planting**

Take some time and plant some flowers. We are hoping that the flowers planted will sprout in time for Mother's day.

**- Face Painting**

Come get your face painted

**- Craft Corner**

There will be a craft corner where you can make a couple different Earth Day related crafts.

**-Scavenger Hunt (Teams of 3)**

**-Pop Can Toss -**

**-Pop Can Tab Guess**

**-Relay Races (Will start at 12:30pm)**

Potato Sack Race  
Ages: 3-5, 6-9, 10-13, 14 to Adult

3 Legged Race (teams of 2)  
Ages: 3-5, 6-9, 10-13, 14 to Adult

Wheel Barrel Race (teams of 2)  
Ages 10-13 and 14 to Adult

Backwards Relay Race (Teams of 3)  
Ages 3-5 and 6-9

Tire Relay Race (Teams of 6)  
Ages 5-10, 11-15, 16 to Adult

Balloon Relay Race (Teams of 2)  
Ages 4-7, 8-11, 12-15, 16 to Adult

Hula Hoop Relay Race (Teams of 6)  
Ages 3-5 and 6-9

2:30p.m - Winners and prizes will be announced for the Pop Can Toss and the Pop can Tab Race.

2:45p.m- Prize will be awarded to the 2012 Earth Day Theme Winner.

*"Please Make the Earth Healthy" - Joshua Faunillan*



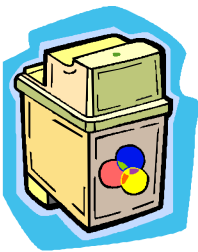
*"Earth Day, Keep it Healthy by Picking up Trash" - Arlin Galovin*

# Earth Day 2012 Newsletter

## Cartridges for Kids

By: Karis Jackson

The Qagan Tayagungin Tribe Environmental Office is still collecting ink cartridges, cell phones, old cameras, lap tops, desktop computers, stereos and other electronics. If you have any please bring them down to the QTT Environmental Office located on the bottom floor of the City Building. If the cartridges are not on our list to send to Cartridges for Kids, we will send them back to their manufacturer. Thank you for being supportive of the Environment!



## PSP Testing Update

By: Karis Jackson



We will be testing for PSP again hopefully soon. Please bare with us as we are waiting for funding for the testing. In the mean time, you may test for yourself if you feel the need. You can check out the Alaska Department of Environmental conservation website at: <http://www.dec.state.ak.us/eh/fss/seafood/psp/psp.htm>. This is where you will find out how to test the clams yourself. Sorry for the inconvenience. Thank you for being patient with us.

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