

Soboba Band of Luiseño Indians

Vol.15 | Spring | 2014

Inside this issue

- Rattlesnake Awareness
- Drought Resistant Lawn Alternatives
- Energy-Efficient Lighting
- Top 10 Most Important Items to Recycle
- Juncus Patch Preservation



Cham Tema

“Our Land”

Soboba Tribal Environmental Department

The Soboba Band of Luiseño Indians' Tribal Environmental Department is committed to protecting, restoring, and enhancing natural resources on the Soboba Reservation for all Tribal Members: past, present, and future.



Printed on 100% Recycled Paper

Rattlesnake Awareness

With the arrival of Spring, we look forward to longer days, warmer weather, and outdoor fun. In our excitement to enjoy nature renewed, we may overlook the fact that many animals are awakening from a long winter sleep. Among those ending hibernation is the rattlesnake. California is home to six species of rattlesnakes. Unfortunately, over 300 rattlesnake bites are reported in California each year, most often due to human error. How can you protect yourself from becoming a statistic? What should you do if a bite does occur? Read on for some helpful advice.



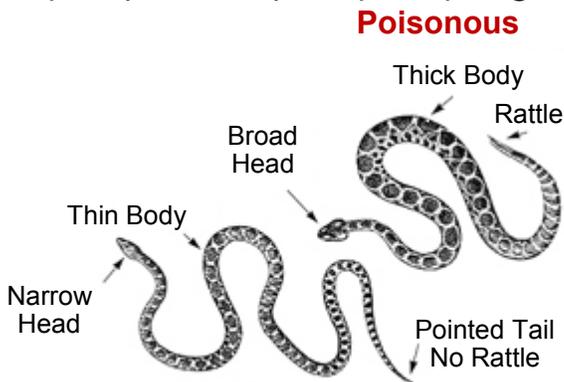
“Rattlesnake” - Luiseño: Me’qush Cahuilla: Mésax

If you go where snakes are likely to be found...

- Wear over-the-ankle boots and loose fitting jeans.
- Do not step or put your hands where you cannot see.
- Avoid high grass and dense brush. If it cannot be avoided, use a long walking stick to hit the vegetation. Snakes will feel these vibrations, and will attempt to avoid a confrontation.
- When possible, stay on the established trail.
- Look ahead, not just where you are stepping.
- Do not wander in the dark. Snakes often come out at night, especially when the weather is hot.
- Be careful around water. Snakes are good swimmers and are often mistaken for a stick or branch.
- Step onto rocks or logs, not over them. Snakes seek shelter along the edges and underneath these. Many bites occur when stepping over an object and onto a snake.
- Never provoke a rattlesnake, and never try to pick it up. Even dead snakes can still inject poison.
- When camping: Check your campsite before setting up. Always close your tent flap when entering and exiting your tent. Shake out sleeping bags before using. Be careful when collecting wood.
- Teach children to respect snakes and leave them alone.

Is it a Rattlesnake?

Many useful and nonthreatening snakes are killed each year by frantic humans who have mistakenly identified them as a rattlesnake*. Rattlesnakes come in a variety of colors and patterns, and it can be difficult to identify a moving snake by this alone. Therefore it is helpful to know some other identifying features. Keep in mind that a rattle may not always be present, especially on a young snake.



*Rattlesnakes play an important role in controlling the rodent population, so please avoid needlessly killing them.

Do's and Don'ts in the Event of a Bite

Though uncommon and rarely fatal, snake bites do occur. If you or someone you know is bitten:

1. Remain calm and inactive. If hiking, do so slowly to avoid elevating your pulse rate.
2. Keep the injured area below heart level.
3. Loosen any tight or constricting clothing or jewelry, as swelling will occur.
4. **Do not** use your mouth to try to extract the venom.
5. **Do not** constrict blood flow. This will concentrate the venom in a small area, causing greater tissue damage.
6. **Do not** make an incision. Since snake fangs are curved, the venom may not be where you expect.
7. **Do not** apply ice to the area.
8. **Do not** drink alcohol.
9. **SEEK MEDICAL ATTENTION IMMEDIATELY!**

If you find a rattlesnake in your home or yard, contact:

Soboba Public Safety

(951)654-6168 or (951)654-5544 ext. 4444

Drought Resistant Lawn Alternatives

With a dramatic decrease in rainfall nationwide, everyone is thinking about water conservation. With that in mind, you can still have a beautiful yard while doing your part to save this precious commodity.

Ground Cover

These are plants that spread across the ground but do not grow tall. Very little watering is required and they stay green even in the summer. They are low maintenance, come in a variety of colors, are inexpensive, and even choke out weeds. Clover, Verbena, Juniper, and Lamb's Ear are types of ground cover.

Ornamental Grasses

These plants are low maintenance and grow well in many types of soil. They are resistant to pests. Warm season varieties seldom require watering or fertilizer. Clumping types are non-invasive to surrounding plants. Some warm season grasses are Hardy Pampas, Perennial Fountain and Japanese Silver.

Lawn Shape

If you must have a lawn, consider reducing its size by changing its shape. Replace corners with shrubs. "Islands" of flower beds and the use of decorative rock, gravel, or bark not only reduce water usage but also save time and energy in cutting the lawn.

Flower and Shrub Beds

Flower and shrub beds can be strategically placed in areas you might not normally consider planting in, such as on slopes or near the base of a tree. Raised beds not only look good, but also deter ground pests. Choose flowers and shrubs native to your area to ensure good growth and less care.

Energy-Efficient Lighting

The United States is implementing new energy standards. Starting in 2014 incandescent light bulbs are no longer being manufactured. With the phase-out of this bulb, it can be confusing as to which type of bulb will best meet your needs. One factor to consider is the fact that CFL bulbs contain small amounts of mercury, so care should be taken should one break and in the disposal of this type of bulb. No mercury is used in the manufacture of LED bulbs. For an in-depth discussion on the pros and cons of these two bulb types, please visit:

www.eartheasy.com/live_energyeff_lighting.htm



Incandescent



CFL



LED

	Incandescent	CFL	LED
Light Bulb Lifespan in Hours	1,200	10,000	50,000
Watts Per Bulb (equiv. 60 watts)	60	14	10
Approximate Cost Per Bulb	\$1.25	\$3.95	\$35.95
KWh Electricity used over 50,000 Hours	3000	700	500
Cost of Electricity (@ 0.10 per KWh)	\$300	\$70	\$50
Bulbs Needed For 50,000 Hours of Use	42	5	1
Equivalent 50,000 Hours Bulb Expense	\$52.50	\$19.75	\$35.95
Total Cost for 50,000 Hours	\$352.50	\$89.75	\$85.75

(Chart Information taken from www.eartheasy.com/live_led_bulbs_comparison.html)



If you have any questions on information in the newsletter or any other environmental concerns contact:

Soboba Tribal Environmental Department

Steven Estrada
Environmental Director
(951) 654-5544 ext 4130
sestrada@soboba-nsn.gov

23906 Soboba Rd
San Jacinto, CA 92583
P.O. Box 487
San Jacinto, CA 92581

Top 10 Most Important Items to Recycle

Recycling is one of the most important things that can be done to preserve our planet. Over 100 million Americans recycle on a daily basis. Are you one of them? Here to help you is a list of the Top 10 Items to Recycle:

- Aluminum Cans:** 100% recyclable, they can be recycled over and over again. It takes 95% less energy to recycle aluminum cans than it does to make them from new aluminum.
- PET Plastic (Water and Soda Bottles):** Because they are the most commonly used plastics, they are the easiest to recycle.
- Newspaper:** Discarded newspaper takes up 1/3 of ALL municipal waste in the U.S. annually.
- Corrugated Cardboard:** Over 29 million tons end up in landfills every year.
- Steel Products:** More than 80 million tons is recycled each year. This is equivalent to the energy it takes to power 18 million households per year!
- HDPE Plastic:** Found in containers such as milk cartons, shampoo and laundry detergent bottles.
- Glass:** Recycling just one container saves enough energy to light a 100 watt bulb for 4 hours.
- & 9. Magazines & Mixed Paper:** Recycling one ton each year saves 17 trees and 7000 gallons of water. Enough paper is thrown away in America each year to make a 12 foot high wall from New York to California!
- Computers and Electronics:** Valuable components can be recovered and reused when computers and electronics are recycled.



Mark your Calendars for
Saturday, April 12th
Join us for the
8th Annual
Earth Day Event
at the Tribal Hall
from 10am—2pm
Lunch will be provided.



Juncus Patch Preservation

("Juncus" - Luiseño: \$óyla Cahuilla: Seily)

For the past two years, volunteers from Noli School and the Cultural Department have donated their time and efforts in a collaborative educational project for the revitalization of the Juncus Patch at the Estrada Springs area of Indian Canyon. This patch is culturally significant as being the main source of basket weaving materials for the people of Soboba in generations past. The health of the Juncus Patch was compromised due to an insufficient water source, making it dry, brittle and unusable. In order to improve the quality of the Juncus and promote healthy growth, the following maintenance has been performed:

- Uncovered Estrada Springs
- Removed old, brittle growth
- Created an irrigation trench to the Juncus Patch
- Cut back tules, wild roses, and blackberries
- Trimmed and pruned pomegranate, elderberry, and palm trees
- Raked and clipped all surrounding wild grasses
- Created a simple adobe retaining wall

It is the goal to continue this maintenance on an annual basis in the hopes of protecting and cultivating healthy, thriving Juncus that can be a good source for gathering materials in the near future.

Thank you for your hard work and dedication!

