

# THINK GREEN

ALWAYS EVERYWHERE EVERYTHING



**Shawnee Tribe Environmental Awareness 2015 Calendar**

**Funds to produce and mail this calendar came from a US Environmental Protection Agency General Assistance Program Grant. The calendar was created and printed by Shawnee Tribe Environment and Natural Resources Department staff.**

**NOT FOR RESALE. FOR CALENDARS, CONTACT THE SHAWNEE TRIBE AT 918-542-2441, OR PO BOX 189, MIAMI, OK, 74355, OR AT [ROSANNA@SHAWNEE-TRIBE.COM](mailto:ROSANNA@SHAWNEE-TRIBE.COM)**



## Making Green A Routine

Want to go green but not quite ready to set up solar panels? Attempt this tomorrow, wake up 10 minutes earlier and run through this eco checklist. Just for one day make “green” part of your morning routine.

**See the Light**— in the morning, open up your curtains and let in the normal light instead of turning on lamps.

**Turn the tap off while brushing your teeth** - no need for the running water. Use a cup to rinse.

**Ditch the electric toothbrush**—because shifting your arm back and forth creates significant energy.

**Use a bucket to gather warm up shower water**— while you wait for the water to warm up, you can use a bucket to collect the “Grey Water” from your shower and use it to water your plants, garden and pets.

**Have breakfast at home** – buy breakfast foods in bulk and use re-usable containers.

**Turn off your electrical power points** –Verify all electrical items are off before leaving.

**Eco your commute when possible** –public transport, car pooling, cycle or stroll.

**Morning coffee** –make your own with a mug to go and save some \$\$ or try taking your mug down to the café.

***Congratulations! You have just run through a far more eco friendly morning schedule, and it wasn't even that challenging!***

# January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Years Day/Tribal Office Closed	2 Tribal Office Closed	3
4	5 Business Council Meeting	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Martin Luther King Jr. Day/ Tribal Office Closed	20	21	22	23	24
25	26	27	28	29	30	31



## Greening Your Personal Care

Did you know the average woman absorbs more than 4 pounds of cosmetics during her lifetime? Guys you're not off the hook. Your skin, the body's largest organ, absorbs up to 60% of the products you put on it every day, from soaps to shampoos to sunscreens. Considering that most of us use an average of 10 different products daily, that can really add up. Choosing green personal care products often means using plant-based ingredients in place of petrochemicals, preventing these chemicals from being absorbed into your skin. Learn tips on how to keep your grooming regimen on the level with a few small changes in your own routine.

### **Make your own beauty treatments at home** –

although homemade means more time, it also means safer with more satisfaction.

**Look at the label** –cosmetics are full of harmful unregulated chemicals. Look for a cosmetic company that has signed the Campaign for Safe Cosmetics compact and uses certified organic and natural ingredients.

**Look for certified organic products** –look for the Eco-Cert label as well as the USDA Organic seal

**Brush with natural toothpaste** –There are natural toothpastes on the market as well as making your own.

**Tame your mane with healthy hair care** –natural baking soda and vinegar wash does the trick.

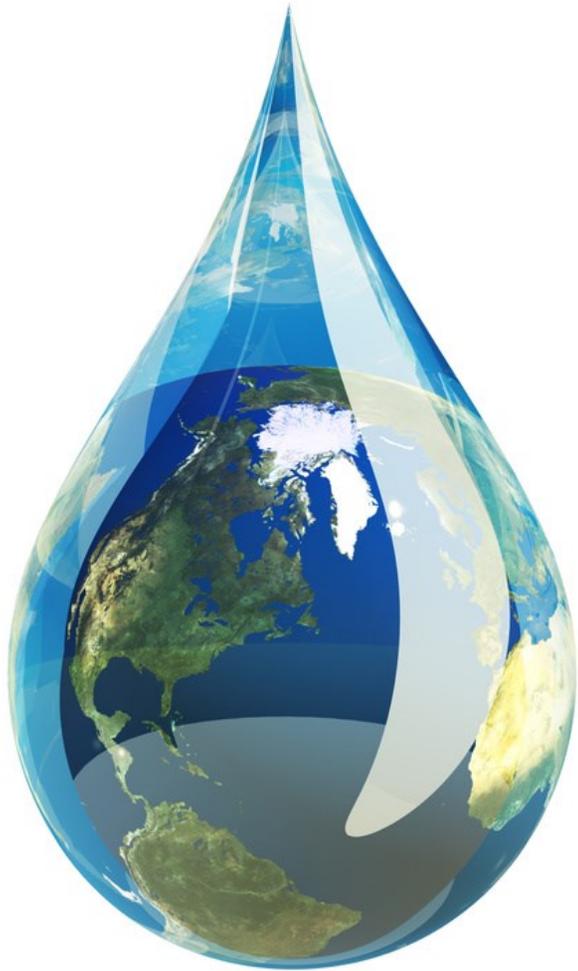
**Avoid Animal Testing** –Look for the Humane Cosmetics Standard (HCS) label on products to check they are cruelty-free

**Get a healthy, chemical-free tan** –It is important to protect our skin from harmful sun damage, so to avoid the chemicals in sun screen protection, make your own, look for natural sun creams and/or cover up in the sun and stay out of the midday heat.

# February 2015

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Business Council Meeting	3	4	5	6	7
8	9	10	11	12 Lincoln's Birthday	13	14 Valentine's Day
15	16 President's Day/ Tribal Office Closed	17	18	19	20	21
22 Washington's Birthday	23	24	25	26	27	28



## Water is Not Renewable

Clean water is perhaps the planet's most precious resource and with the increasing effects of global climate change, for many regions across the globe, our ability to have enough high-quality H<sub>2</sub>O on hand could likely change in the near future. Being water conscious helps reduce strain on municipal treatment systems and ensures there's enough to go around. By shifting away from bottled water, we can reduce global greenhouse gas emissions (from shipping), the energy required to produce (petroleum-derived) plastic, and the volume of waste trucked to our landfills (from empty bottles). Other ways to conserve water in your home and yard are:

- ☞ *Refill reusable tumblers with tap water*
- ☞ *Check faucets, pipes and toilets for leaks*
- ☞ *Install water-saving shower heads*
- ☞ *Insulate your water pipes*
- ☞ *Take shorter showers*
- ☞ *Turn off the water after you wet your toothbrush*
- ☞ *Rinse your razor in a filled sink*
- ☞ *Run dishwasher/clothes washer only when full*
- ☞ *Put a layer of mulch around trees and plants*
- ☞ *Only water lawn when needed*
- ☞ *Water during the early parts of the day*
- ☞ *Don't run the hose while washing the car*
- ☞ *Minimize use of kitchen sink garbage disposals*
- ☞ *Don't let faucet run while washing dishes or cleaning vegetables*
- ☞ *Plant drought-resistant lawns, shrubs and plants*

# March 2015

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Business Council Meeting	3	4	5	6	7
8 Daylight Saving Time Begins	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20 Spring Begins	21
22	23	24	25	26	27	28
29	30	31				



## Why to go Green: By the Numbers

**1 pound per hour:** the amount of carbon dioxide that is saved from entering the atmosphere for every kilowatt-hour of renewable energy produced.

**5 percent:** the percentage of the world's carbon dioxide emissions produced by air travel.

**1.5 acres:** the amount of rainforest lost every second to land development and deforestation, with tremendous losses to habitat and biodiversity.

**4 pounds, 6 ounces:** the amount of cosmetics that can be absorbed through the skin of a woman who wears makeup every day over the period of one year.

**3 trillion:** the number of gallons of water, along with \$18 billion, the U.S. would save each year if every household invested in water-saving appliances.

**86.6 million tons:** the amount of material prevented from going to landfill or incineration thanks to recycling and composting in 2012.

**95 percent:** the amount of energy saved by recycling an aluminum can versus creating the can from virgin aluminum. That means you can make 20 cans with recycled material with the same amount of energy it takes to make 1 from new material. Energy savings in one year alone are enough to light a city the size of Pittsburgh for six years

**40 percent:** the percentage of energy saved by recycling newsprint over producing it from virgin materials.

**3:** the number of hours a computer can run on the energy saved from recycling just one aluminum can.

# *April 2015*

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 April Fool's Day	2	3 Good Friday/Office Closed	4
5 Easter	6 Business Council Meeting	7	8	9	10	11
12	13	14	15	16	17 Cherokee Nation Environmental Festival	18
19	20	21	22 Earth Day	23	24 Wyandotte Nation Environmental Festival	25
26	27	28	29	30		



## RECYCLE

***Recycling Reduces Waste Products in Landfills.*** Landfills are mostly composed of non-biodegradable waste which takes long time to decompose. By recycling, we can lessen the waste materials that are placed into landfills and we are able to make the most out of these materials. If we don't recycle, more and more garbage will go to landfills until they all get filled up. If that happens, where will the waste go?

How long does it take for some items to decompose?

***Paper:*** 2—5 months

***Plastic bags:*** 10—20 years

***Plastic Containers:*** 50—80 years

***Aluminum Cans:*** 200—500 years

***Styrofoam:*** NEVER

Check within your local communities to see where and what is acceptable to recycle as well as checking for special event recycling where they may have a few days out of a year where they will be able to accept items they do not take on a normal basis such as electronics and tires.

# May 2015

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Business Council Meeting	5	6	7	8	9
10 Mother's Day	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Memorial Day/Tribal Offices Closed	26	27	28	29	30
31						



## Composting

### *Composting is good for several reasons:*

- It saves water by helping the soil hold moisture and reduce water runoff.
- It benefits the environment by recycling organic resources while conserving landfill space
- It reduces the need for commercial soil conditions and fertilizers.

### *Six steps to composting:*

1. **Select a dry, shady spot near a water source:** Ideal size for your compost area is 3ft wide by 3ft deep by 3ft tall.
2. **Add brown and green material in alternate layers:** Try to keep the ratio roughly 3 parts browns to 1 part green and all chopped or shredded
3. **Keep the compost moist (but not too wet):** Moisture helps with the breakdown of organic matter
4. **Occasionally turn your compost mixture to provide aeration:** This helps speed up the composting process and cuts risk of smell.
5. **As materials breakdown, the pile will get warm:** there might even be steam. That only means it's working. Now you just have to wait.
6. **All done!** When material is dark with no remnants of food or waste, your compost is ready. Add it to lawns/gardens or anywhere that could benefit from some good soil.



# June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Business Council Meeting	2	3	4	5	6
7	8	9	10	11	12	13 Shawnee Tribe Children's Pow Wow
14	15	16	17	18	19	20
21 Father's Day	22	23	24	25	26 Peoria Tribe Pow Wow/ & Miami Nation Pow Wow	27 Peoria Tribe Pow Wow/ & Miami Nation Pow Wow
28 Peoria Tribe Pow Wow/ & Miami Nation Pow Wow	29	30				



## Community Gardens

If you're looking for an activity that people of all ages can enjoy, start a community garden. Rallying support from your neighbors, friends or community-led organizations is a great way to start a garden everyone can benefit from.

Communities often find patches of land to host community gardens, and invite participants to help plant, harvest and enjoy the produce, and in turn incorporate the necessary fruits, vegetables, vitamins and nutrients they need to stay healthy in their diets.

*Before you start a garden of your own create a community Garden Checklist:*

- **Engage Your Community**– invite and hold community meetings and develop a plan
- **Identify Resources**– Forming local partnerships is an excellent way to leverage resources and gain access to needed materials, tools, funding, volunteers, and technical assistance.
- **Choose a Site**
- **Garden Healthy**– Before you start planting, it is important to research the history and past uses of chosen site.
- **Design Your Garden**– every community garden is different based on its specific size, location, and mission. Design your garden to fit the needs of the community it serves.
- **Get Growing**– Start gardening and implementing your community garden program. Once the project is up and running, let everyone know!

# July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Quapaw Tribe Pow Wow	3 Quapaw Tribe Pow Wow	4 Independence Day/Quapaw Tribe Pow Wow
5 Quapaw Tribe Pow Wow	6 Business Council Meeting	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28 Shawnee Tribe School Supplies Handout	29 Shawnee Tribe School Supplies Handout	30	31	



## Upcycling

Upcycling is the process of converting waste materials or useless products into new materials or products of better quality or for better environmental value.

The goal of upcycling is to prevent wasting potentially useful materials by making use of existing ones. This reduces the consumption of new raw materials when creating new products. Reducing the use of raw materials can result in a reduction of energy usage, air pollution, water pollution and even greenhouse gas emissions.

Upcycling has seen an increase in use due to its current marketability and the lowered cost of reused materials. Materials can range from aluminum cans, clothing, buttons, to old furniture and industrial equipment. The unique designs have become a popular hobby creating desired products.



# *August 2015*

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Seneca-Cayuga Green Corn Celebration Begins	3 Business Council Meeting	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



## RECYCLING AT WORK

If a recycling program has not already been started at your company or work, start one yourself ( or improve on one already in place). Encourage the office/purchasing manager to purchase products containing recycled materials.

Schedule an energy audit through your local energy provider to determine how to reduce energy use. Use both sides of each piece of paper for note taking and printing documents from your computer. Create a used supply drawer and ask employees to place any unwanted office supplies from work in the drawer for reuse. Ask co-workers to bring their unwanted cups, mugs, plates, cloth napkins and silverware to work to replace disposable items. Whenever possible, choose environmentally friendly packaging material. Find places to refill printer cartridges. Try to move your business towards producing zero waste.

# September 2015

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	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Ottawa Tribe Pow Wow	5 Ottawa Tribe Pow Wow
6 Ottawa Tribe Pow Wow	7 Labor Day/ Tribal Offices Closed	8	9	10	11 Wyandotte Nation Pow Wow	12 Wyandotte Nation Pow Wow
13 Wyandotte Nation Pow Wow	14	15	16	17	18 Eastern Shawnee Tribe Pow Wow	19 Shawnee Tribe Annual Meeting/ Eastern Shawnee Tribe Pow Wow
20 Eastern Shawnee Tribe Pow Wow	21	22	23	24	25	26
27	28	29	30			



## E-Cycling

E-Cycling refers to the process of recycling electronics. Today there are so many devices that we use for business as well as fun. On average a household has more than 20 electronic devices in it. Among them are computers, video games, music players, and mobile phones. When they are used up and tossed into landfills they can release chemicals that get into the soil. From there they make it into the underground water and into bodies of water. They also take up a considerable amount of space when you think about the vast amount of these electronics that people go through annually. When you recycle them it takes a bout 5% of the amount of energy required to make new items from raw materials.

Before you throw away any electronic product find out what you can do to donate it. EPA offers collection sites for such products at no charge. Some stores are charging a low fee for a disposal time and cost and many cell phone providers will refurbish or recycle your old ones when you upgrade. Be sure to check with your local recycling facilities to see when they may be holding a planned event to take your old electronics. ***These may include items such as: tablets, laptops, desktops, monitors, keyboards, mice, flat-panel and projection televisions, printers, fax machines, scanners, copiers, multi-function devices, cell phones, smart phones, gaming consoles, just to name a few.***

# October 2015

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Business Council Meeting	6	7	8	9	10
11	12 Columbus Day/ Tribal Office Closed	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween



Ask About  
**ENERGY STAR**



## Energy Conservation

Whenever you save energy, you not only save money, you also reduce the demand for such fossil fuels as coal, oil, and natural gas. Less burning of fossil fuels also means lower emissions of carbon dioxide, the primary contributor to global warming and other pollutants.

You do not have to do without to achieve these savings. There is now an energy efficient alternative for almost every kind of appliance or light fixture. Consumers have a real choice and the power to change their energy use on a revolutionary scale.

- 🌍 When possible buy Energy Star appliances
- 🌍 Turn your refrigerator down
- 🌍 Wash clothes in cold water
- 🌍 Turn down your water heater thermostat
- 🌍 Clean or replace air filters
- 🌍 Weatherize your home
- 🌍 Insulate your walls and ceilings
- 🌍 Plant shade trees
- 🌍 Buy energy-efficient compact fluorescent bulbs
- 🌍 Plug electronics into a power strip

# November 2015

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Saving Time Ends	2 Business Council Meeting	3	4	5	6	7
8	9	10	11 Veterans Day/Tribal Office Closed	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving/Tribal Office Closed	27 Tribal Office Closed	28
29	30					



## ECO AT THE HOLIDAYS

Buying a live Christmas tree is becoming popular again in recent years. In addition to being used indoors they can eventually be planted outdoors and become a part of your landscape. You can also trim the branches to make wreaths or decorate around your home. A great idea for “green” tree ornaments is to recycle holiday cards. Cut them up, glue them with felt fabric scraps and tie with yarn scraps to hang on the tree.

Other ideas for a no-waste holiday is to avoid the “gift wrapping trap.” Some great gift wrapping alternatives are scarves, newspaper, wallpaper and fabric scraps and pages from a child’s coloring book. Consider giving “green” gifts this year like season tickets to a sporting event, membership to a museum or non-profit organization or free babysitting. Other ideas include reusable food storage containers, automatic thermostat control device or house plant.

# December 2015

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Business Council Meeting	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Christmas Eve/Tribal Office Closed	25 Christmas/ Tribal Office Closed	26
27	28	29	30	31 New Year's Eve		

## GREEN RESOLUTIONS FOR THE NEW YEAR

- Use only cloth cleaning towels
- Install water-saving devices in your toilet and shower
- Walk or bicycle at least once car errand weekly
- Use reusable cloth shopping bags
- Use a reusable coffee cup at work
- Switch to compact fluorescent lights to save energy
- Turn down the thermostat at night
- Recycle bottles, cans, newspaper, office paper, plastic and cardboard
- Buy recycled products
- Compost
- Plant at least one tree
- Turn off the shower while you soap to save water
- Use biodegradable laundry soap rather than petroleum-based detergents
- Reduce use of pesticides and other hazardous household chemicals. Use safer substitutes instead



# January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day/Tribal Offices	2
3	4 Business Council Meeting	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						