

NAME _____

NRD Word Search

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ARCHAEOLOGY BLM APPLGATE FIELD OFFICE BLM EAGLE LAKE FIELD OFFICE
 BLM VOUNTEER WEEK CA PUBLIC UTILITIES COMMISSION
 CALIFORNIA ENERGY COMMISSION CEC COMMISSIONER GALLARDO
 CPUC COMMISSIONER HOUCK DECARBONIZATION ENERGY INNOVATION
 PRONGHORN RENEWABLE ENERGY

Return to the NRD for a prize!

Return to Aaron Brazzanovich to be entered into our quarterly raffle!

Last Quarters Winner
Michaela Cabrera

SIR Newsletter Spring 2026



The Dirt ...

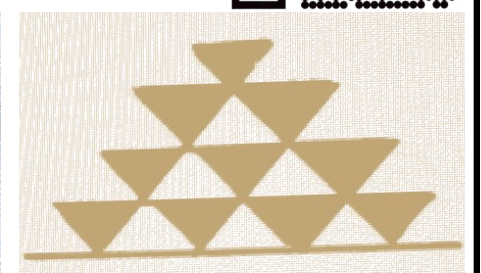
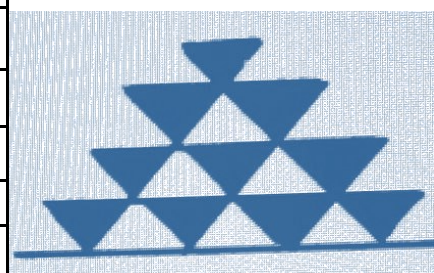
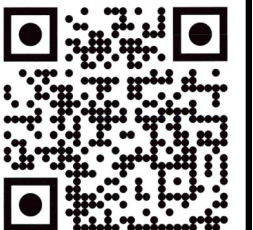
*Cultural and Environmental News
brought to you by the Susanville Indian Rancheria (SIR)
Natural Resources Department (NRD)*



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California Energy Commission Meeting

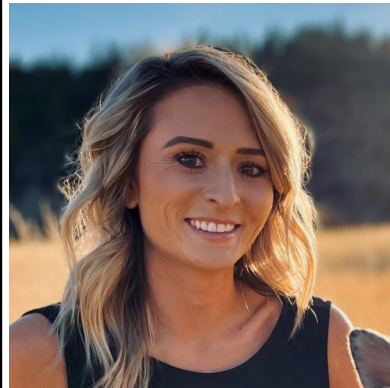


Natural Resources Department Mission Statement



“To assess, protect and enhance the tribal and environmental resources (culture, language, land, air, water) on the ancestral homelands of the tribes and bands of SIR in order to maintain a healthy community and to manage for multiple land uses.”

**Interesting tidbit: a nickname for Susanville Indian Rancheria (SIR) Natural Resource Department (NRD) Employee (e) is “ NeRD’s ”
SIR NRD Employees is “NeRD’s”- Short for NRD Employee.**



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**SIR Natural Resources Department
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This book includes the Shipley style of writing, the “?” can also be pronounced as an exhale of air from your stomach, similar to the “u” in “Humph”

For Mountain Maidu,
their descendants, and
ancestors yet to come ~



Weye ebis

Keep speaking!



K'odo yakum ?unim dapim
tsam nisek' meitsoi?am.

In the ancient days, World Maker gave us this maple tree.

*Maidu does not directly translate to English,
stories help bridge those gaps*

Language book review: Mountain Maiden

12 pages long



Teaches
language
through
storytelling
and imagery

Hawim Yamaidi



Fox In the Shade

By Farrell Cunningham
& Maya Borhani

Read this book in
5 min

The BLM is currently looking for volunteers for it's Annual Volunteer Week. This years volunteer week will take place June 22nd - 26th, 2026. The Bureau of Land Management Eagle Lake Field Office is looking for volunteers to assist in surveying pronghorn trap sites near Shaffer Mountain. If you'd like to sign up, please contact Mary Bobbitt at mbobbitt@blm.gov.

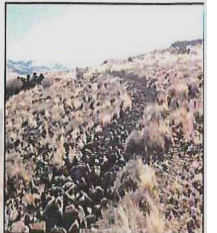
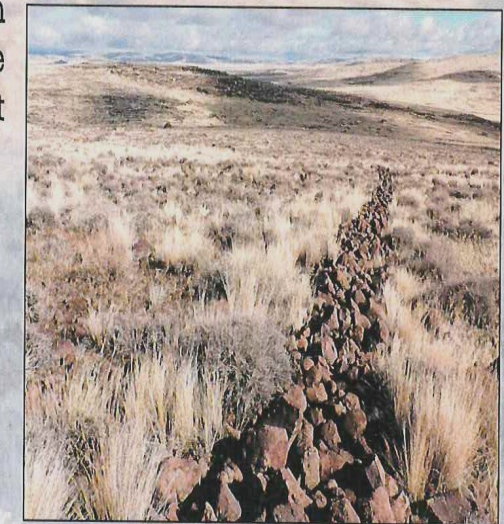


Bureau of Land Management
Eagle Lake Field Office
Archaeology Program

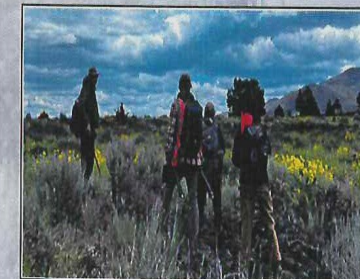
Join the BLM Eagle Lake Field Office for
ANNUAL VOLUNTEER WEEK

June 22th -26th 2026

The BLM ELFO is looking for individuals interested in joining the archaeology crew in surveying two largescale communal pronghorn trap sites on Shaffer Mountain, east of Susanville, CA.



To sign up for the weeklong experience please send an email to mbobbitt@blm.gov. Include your name, contact information, any archaeology experience you might have, and why you would like to volunteer.



This field work requires individuals to walk uphill over uneven rocky terrain and survey the ground; no excavation will occur.



Volunteer's wanted

Indoor Plants That Enhance Air Quality

Indoor plants are a natural way to improve air quality while promoting wellness, cultural connection to nature, and environmental stewardship. Many plants not only beautify indoor spaces but also help filter pollutants, increase oxygen levels, and support healthier living environments, which are especially important in schools, community centers, work environments, & homes.

WHAT'S IN OUR AIR?



TRICHLOROETHYLENE

Found in printing inks, paints, lacquers, varnishes, adhesives and paint remover/stripper.



FORMALDEHYDE

Found in paper bags, waxed papers, facial tissues, paper towels, table napkins, particle board, plywood panelling, and synthetic fabrics.



BENZENE

Used to make plastics, resins, synthetic fibres, rubber lubricants, dyes, detergents, drugs and pesticides. Can also be found in tobacco smoke, vehicle exhausts, glue, paint and furniture wax.



XYLENE

Found in printing, rubber, leather and paint industries, tobacco smoke and vehicle exhausts.



AMMONIA

Found in window cleaners, floor waxes, smelling salts and fertilizers.

WHAT ARE THE EFFECTS ON HUMANS?

Like most chemicals, the adverse health effects you may encounter depend on several factors, including the amount to which you are exposed, the way you are exposed, the duration of exposure and the form of the chemical. Below are common symptoms associated with each toxic agent.



TRICHLOROETHYLENE
Symptoms associated with short term exposure include excitement, dizziness, headache, nausea and vomiting followed by drowsiness and coma.



XYLENE
Symptoms associated with short term exposure include irritation to mouth and throat, dizziness, headache, confusion, heart problems, liver and kidney damage and coma.



FORMALDEHYDE
Symptoms associated with short term exposure include irritation to nose, mouth and throat, and in severe cases, swelling of the larynx and lungs.



AMMONIA
Symptoms associated with short term exposure include eye irritation, coughing and sore throat.



BENZENE
Symptoms associated with short term exposure include irritation to eyes, drowsiness, dizziness, increase in heart rate, headaches, confusion and in some cases can result in unconsciousness.

PLEASE NOTE

Several of these plants are known to be toxic to cats, dogs and other pets. If you are a pet owner, please do check the toxicity of plants before introducing them to your home.

TRIBAL CLEAN WATER OUTREACH

HELPFUL TIPS FOR AROUND THE HOUSE



CONSERVE WATER WHILE BRUSHING YOUR TEETH
Turn off the faucet while you brush to save water.

ONLY RUN FULL LOADS OF DISHES OR LAUNDRY
This helps to minimize the times your machines must cycle.

CHECK TOILETS FOR LEAKS OFTEN
A faulty toilet can waste a surprisingly large amount of water.

COLLECT RAINWATER FOR OUTDOOR USE
Use a rain barrel to harvest water for plants and gardens.



**SUSANVILLE INDIAN RANCHERIA
NATURAL RESOURCE DEPARTMENT**

BREATHE BETTER. LIVE BETTER.
Indoor Air Quality Helpful Tips

The air inside your home can affect your health, comfort, and well-being. Small steps can make a big difference!

CLEAN AIR STARTS AT HOME

6 SIMPLE WAYS TO IMPROVE INDOOR AIR QUALITY

- BRING IN FRESH AIR**
Open windows and doors when weather permits to let fresh air in and stale air out.
- USE AIR PURIFIERS**
HEPA air purifiers help remove pollutants, dust, pollen, and other particles.
- ADD HOUSEPLANTS**
Certain plants can help naturally filter air and add a touch of nature to your space.
- KEEP IT CLEAN**
Dust regularly, vacuum with a HEPA filter, and mop floors to reduce allergens and pollutants.
- LIMIT INDOOR POLLUTANTS**
Avoid smoking indoors, use ventilation while cooking, and choose low-VOC products.
- CONTROL HUMIDITY**
Keep indoor humidity between 40-60% to prevent mold growth and dust mites.

REMEMBER: Better air. Better health. Better home. Simple habits today lead to a healthier tomorrow for you and your family.

BREATHE EASY. LIVE WELL.
Your home. Your health. Your future.

**SUSANVILLE INDIAN RANCHERIA
NATURAL RESOURCE DEPARTMENT**

Indoor Plants That Enhance Air Quality

Plants that effectively remove volatile organic compounds (VOCs) from air:

AIR-FILTERING PLANTS

 DWARF DATE PALM <i>Phoenix roebelenii</i>	 BOSTON FERN <i>Nephrolepis exaltata</i>	 KIMBERLEY QUEEN FERN <i>Nephrolepis obliterata</i>	 SPIDER PLANT <i>Chlorophytum comosum</i>	 CHINESE EVERGREEN <i>Aglaonema modestum</i>
 BAMBOO PALM <i>Chamaedorea seifrizii</i>	 WEEPING FIG <i>Ficus benjamina</i>	 DEVIL'S IVY <i>Epipremnum aureum</i>	 FLAMINGO LILY <i>Anthurium andraeanum</i>	 LILYTURF <i>Liriope spicata</i>
 BROADLEAF LADY PALM <i>Rhapis excelsa</i>	 BARBERTON DAISY <i>Gerbera jamesonii</i>	 CORNSTALK DRACAENA <i>Dracaena fragrans 'Massangeana'</i>	 ENGLISH IVY <i>Hedera helix</i>	 VARIATED SNAKE PLANT <i>Sansevieria trifasciata 'Laurentii'</i>
 RED-EDGED DRACAENA <i>Dracaena marginata</i>	 PEACE LILY <i>Spathiphyllum 'Mauna Loa'</i>	 FLORIST'S CHRYSANTHEMUM <i>Chrysanthemum morifolium</i>		

Source: <https://www.lovethegarden.com/uk-en/article/nasa-guide-air-filtering-houseplants>

California Energy Commission Consultation



The Susanville Indian Rancheria’s Natural Resource Department (NRD) recently cohosted with the California Energy Commission’s Roundtable 7: CEC Order Instituting an Informational Proceeding (OIIP) on Tribal Affairs and

Tribal Energy Sovereignty (25-OIIP-01)- Northeast Region. The event took place at the Tribes Diamond Mountain Casino & Hotel in Susanville, CA. The California Energy Commission (CEC) has been hosting a series of Regional Roundtables to share and get feedback from California tribes. Each Regional Roundtable is open to all California Native American Tribes. The CEC has had a total of 8 (as of the date of this article) Regional Roundtables with the Susanville Indian Rancheria being the collaborating tribe for the 7th Roundtable. Regional Roundtable 7 included discussion on the following topics: Tribal Consultation, Tribal Energy Sovereignty, Tribal Cultural Resource Considerations Regarding Clean Energy Development, Best Practices for Tribal Energy Grants, Tribal Energy Equity Indicators, Engaging with California Native American Tribes on Energy Projects, Tribal Energy Economy, and Tribal Enterprise and Workforce Development. The event was very successful with approximately 25 people in attendance.



CEC Commissioner Noemí O. Gallardo

Noemí Gallardo is serving her first term on the California Energy Commission. She was appointed by Governor Gavin Newsom in February 2023 to serve as the CEC’s attorney member. She is the first Latina appointed as a CEC commissioner.

Gallardo joined the CEC in 2019 as its Public Advisor. She later became chief of staff for CEC Chair David Hochschild.

California Energy Commission’s Regional Roundtables (thus far) and associated Collaborating Tribes

Regional Roundtable #1 - Tolowa Dee-ni’ Nation

Regional Roundtable #2 - Pechanga Band of Indians

Regional Roundtable #3 - Middleton Rancheria of Pomo Indians

Regional Roundtable #4 - Fort Yuma Quechan Indian Tribe

Regional Roundtable #5 - Chemehuevi Indian Tribe

Regional Roundtable #6 - Paskenta Band of Nomlaki Indians

Region Roundtable #7 - Susanville Indian Rancheria

Regional Roundtable #8 - Tuolumne Band of Me-Wuk Indians

