



# BUENA VISTA CHILD DEVELOPMENT CENTER'S NEWSLETTER

Volume 3 Issue 10

October 2011

**The Buena Vista Child Development Center was founded by Chairwoman Rhonda Morningstar Pope and the Buena Vista Rancheria in the spring of 2007 to bring a culturally appropriate preschool experience for Native American children and others from the ages of 2 years through Kindergarten. The Center is open Monday – Friday from 7:30 a.m. to 5:30 p.m.**



**Leon Rofé**  
Water Resource Technician

## Nonpoint Source (NPS) Pollution & What You Can Do About It

Nonpoint source (NPS) pollution comes from many diffuse sources, unlike point sources from industrial or sewage treatment plants. A pipe discharging partially treated effluent from a sewage treatment plant is an example of a point pollution source because the pollution comes from a discrete point. Grease that runs off the roads during a rain event is example of nonpoint source pollution because the actual points of pollution are diffused across the road surface; that is, there isn't one discrete point from which the pollution emanates. NPS pollution is caused by rainfall, snowmelt or surface irrigation moving over and through the ground. As this runoff moves from one area to another, it picks up and carries away natural and human-made pollutants. These pollutants are then deposited into the lakes, rivers, wetlands, coastal waters and underground sources of drinking water such as aquifers. The EPA has identified NPS pollution as the major source of water impairment for bodies of water within the States. While there are commercial and agricultural sources of NPS pollution, you as an individual can prevent NPS pollution from urban areas. The following are simple tips to prevent NPS pollution:

- Use fertilizers sparingly because runoff causes algae blooms in water bodies.
- Avoid the use of pesticides. Certain plants repel insects: geraniums repel Japanese beetles, marigolds repel whiteflies, and garlic and mint plants repel aphids. Many garden shops and nurseries sell live ladybugs and praying mantises. These two insects are natural predators of many plant pests. Copper wire, copper foil, or copper plumbing can be placed around plants to form a barrier to snails.
- Dispose of hazardous household chemicals properly: **NEVER DUMP HAZARDOUS CHEMICALS INTO STORM SEWERS OR DRAINS!** Used oil, used antifreeze, paints, and paint thinners are examples of common hazardous household chemicals. Storm sewers and drains may empty directly into watersheds with little or no treatment. If you are unsure of how to dispose of hazardous waste in your area, contact your local

refuse collection agency. If they don't have the information available, you can check your local phone book or perform an internet search.

- Clean up spills of household hazardous chemicals promptly: don't hose them down into the street.
- Sweep up around the outside of the house rather than hosing down paved surfaces. Recycle or compost yard waste where possible.
- Keep your vehicle properly maintained and fix any leaks. Leaking fluids and improperly combusted auto exhaust pollutes surface waters.
- Use a commercial car wash that treats or recycles its waste water, or wash your car on your lawn or on an unpaved area of your yard; that way the water is recycled into the soil.
- Clean up after your pets, whether they "do their thing" on your property or not. Pet waste is major contributor to the bacterial contamination of surface waters and a community health hazard. Pet waste can be flushed down your toilet.
- If you have any major construction on your property and there is a potential for soil erosion to occur, consider preventative measures such as sand bags, hay swaddles and groundcover.
- Direct rain gutter downspouts away from paved surfaces. Consider reusing downspout water for yard irrigation.
- Use a soaker hose for irrigating your lawn and plants rather than a sprinkler. When watering try deep soaks versus frequent watering; this will encourage your plants to develop deep root systems that require less frequent irrigation.
- Purchase household detergents and cleaners that are low in phosphorous, doing so reduces the potential discharge of excess nutrients into local water bodies.
- If your house is on a septic system, make sure periodic maintenance is done on your system: cleaning and inspection once every 3 years.

These are just a few steps that you can do to prevent nonpoint source (NPS) pollution in your neighborhood. Remember, by taking these actions you are not only protecting your water supply, you are protecting communal water supplies for generations of plants, animals and people.

## Director's Corner



**Gloria Torres**  
Child Development Center  
Director

The children will be celebrating Dia de los Muertos on **Wednesday, November 2nd**. Please have your child bring pictures of their passed grandparents, loved ones, or a pet that they have lost. We would like to encourage all of our families to participate by bringing flowers, fruit, and/or a picture of a loved one that has passed. Children need to understand that even though they have lost someone, they can still talk about their loved one and share a story that they remember.



## LEMON MINT (CITRONELLA)

**LATIN NAME:** Probably *Melissa officinalis*

**NATIVE PLANT:** Unknown

**PART USED:** Top of Plant.

**USE:** Mosquito Repellent

**PREPARATION:** Dry the plant, break it up and store it. For repelling mosquitoes, make a candle. Boil two cups of water with one cup of lemon mint plant tops and simmer until most of the water evaporates. Strain, retaining the plant material. Mix this with melted beeswax and add a wick.

**DOSAGE:** n/a

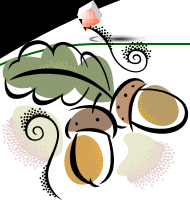
In early times, women put sprigs of this plant in their hair because of its fresh, sweet fragrance.



"In this extraordinary book Josephine Peters, a respected northern California elder and Native healer, shares her vast, lifelong cultural and plant knowledge."



Before using plants, please refer to further instruction in this book, *After the First Full Moon in April: A Sourcebook of Herbal Medicine from a California Indian Healer* by Josephine Peters & Beverly Ortiz



## What happens in October? Acorns Ripen



Oaks begin to drop their burdens of ripe acorns on every upland prairie, oak woodland, and mixed forest along the river valleys and hills. So abundant is the acorn crop that even bears, squirrels, and birds don't make a dent in it. Many species of acorns were gathered by northern California tribes, **Canyon Live Oak** (*Quercus chrysolepis*) and **Tanoak** (*Lithocarpus densiflorus*) being two of the most abundant producers. A single tanoak tree can drop up to two hundred pounds of ripe nuts in a good year. California tribes estimate that five hundred to two thousand pounds of acorns were harvested per Indian family each year.

Special baskets were used to handle every aspect of acorn processing, from gathering to drying and leaching and even cooking. A good cooking basket was so tightly woven that acorn "mush" could be prepared and cooked directly in it. Flour and water were stirred together with round cooking stones that had been heated in an open fire. The result was a thick acorn "soup" or mush. Once cooled, the porridge like mix was formed into flat, round cakes and fried on a hot rock next to the fire.



(Calla, Susan. *A Guide to the Natural Year & Native American Celebrations on the Wild Redwood Coast*. 2005. P. 77)

### Acorn Soup Recipe

#### Ingredients:

- 3 cups acorn bits
- 1 large carrot, peeled and chopped
- 2 celery stalks, chopped
- 1 medium onion, chopped
- 4 tablespoons butter
- 2 ounces of dried porcini, soaked in 1 cup of hot water
- 2 bay leaves
- 1/4 cup pear or apple brandy
- 1 quart chicken, beef, mushroom or vegetable stock
- 1/2 teaspoon cayenne
- Salt
- 1/2 cup creme fraiche or sour cream
- A few parsley leaves

\*Serves 4-6—recipe from [honest-food.net](http://honest-food.net)

#### Directions:

1. Soak the porcini in the hot water for an hour before starting.
2. Heat the butter in a soup pot over medium-high heat and saute the carrot, celery and onion for 3-4 minutes. add the mushrooms and acorn bits and stir to combine. Saute another 2 minutes or so.
3. Add the pear brandy and boil it hard until it is almost gone, then add the bay leaves, mushroom soaking water (make sure there's no grit in it!) and the stock. Bring to a simmer, taste for salt and add if needed. Simmer gently, uncovered, for 1 hour.
4. Puree the soup in a blender (or use an immersion blender), then — if you want to get fancy — pass it through a fine-meshed sieve. If the soup is too thin, simmer it until you get a soup the consistency of melted ice cream.

To finish, turn off the heat and mix in the creme fraiche or sour cream. You can add just regular cream if you'd like, but I like the acidic twang of the sour cream. Garnish with the parsley.



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Development Center**  
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## Upcoming Events

### Neighborhood Trick or Treating & Halloween Party

Monday, October 31st  
10 a.m. to Noon

### Center Closed

Friday, November 11th

Closed in recognition of Veterans' Day

Please join us for our Elders Dinner @ 1 p.m. ~ Location TBA

Thursday & Friday,

November 24th & 25th

Closed in Thankfulness :)



# Busy at Work

