

Andrea Matzke  
Oregon DEQ  
Water Quality Division  
811 SW Sixth Ave.  
Portland, OR 97204

February 7, 2011

Dear Ms. Matzke,

I wish to express my support for the Oregon Department of Environmental Quality (DEQ) proposal to revise state water quality standards based on a fish consumption rate of 175 grams per day. A higher Fish Consumption Rate than is currently recognized by the state of Oregon will result in decreasing the levels of toxic pollution that are considered "allowable" in our rivers, lakes, and streams.

The proposed 175 grams per day fish consumption rate is based in part on a comprehensive study of the ceremonial and subsistence consumption habits of Native Americans who reside in, catch and consume fish within the Columbia River Basin. The results of the study prove that the consumption of twenty-three 8-oz servings of fish meals per month is a realistic value that represents the fish consumption habits of our people.

The importance of fish to the tribes cannot be overstated for the fishery resource is not only a major food source for tribal members'; it is also an integral part of our cultural, economic, and spiritual well-being. As ceremonial and subsistence fishers, we rely on the protection and enhancement of water quality to a level that is sufficient to protect our water and fish from harmful exposure to waterborne pollutants.

I feel that the current estimated fish consumption rate is simply not sufficient to protect tribal peoples residing in the Columbia River Basin or other Oregonians that consume healthy amounts of fish. I urge the DEQ to adopt the new 175 gram per day fish consumption standard.

Sincerely,

Laura Gephart

Name

4950 NE 35th Ave.

Address

Portland, OR 97211

Address

Columbia River Inter-Tribal Fish Commission

Affiliation

Laura Gephart

Signature

*I am a resident  
of Multnomah County  
and support the  
increase of the fish  
consumption rate to  
175 grams/day strongly.*

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Sincerely,

Jo Marie Tessman  
Name  
1500 NE 15<sup>th</sup> Ave #339  
Address  
Portland, OR 97232  
Address  
Confederated Tribes of the Umatilla Indian Reservation  
Affiliation  
Jo Marie Tessman  
Signature

⊗ Only clean, cold, pure water will ensure a proper environment for fish + their fellow aquatic lifeforms

When the tribal leaders signed the treaty in 1855, the intention was/is to retain the natural clean character of the land. We cannot live our cultural lifestyle in a damaged landscape.

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811 SW Sixth Ave.  
Portland, OR 97204

February 9, 2011

Dear Ms. Matzke,

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I feel that the current estimated fish consumption rate is simply not sufficient to protect tribal peoples residing in the Columbia River Basin or other Oregonians that consume healthy amounts of fish. I urge the DEQ to adopt the new 175 gram per day fish consumption standard.

Sincerely,

Sara Thompson  
Name  
839 Crystal Springs Ln  
Address  
Keizer OR 97303  
Address  
tribal member  
Affiliation  
Sara Thompson  
Signature

*Please protect  
me and my  
family. We all  
rely on clean  
water*

Andrea Matzke  
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Water Quality Division  
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The importance of fish to the tribes cannot be overstated for the fishery resource is not only a major food source for tribal members; it is also an integral part of our cultural, economic, and spiritual well-being. As ceremonial and subsistence fishers, we rely on the protection and enhancement of water quality to a level that is sufficient to protect our water and fish from harmful exposure to waterborne pollutants.

I feel that the current estimated fish consumption rate is simply not sufficient to protect tribal peoples residing in the Columbia River Basin or other Oregonians that consume healthy amounts of fish. I urge the DEQ to adopt the new 175 gram per day fish consumption standard.

Sincerely,

Henry Krawzow  
Name  
29975 E Meissner Rd  
Address  
Deer Island OR 97054  
Address  
C.R.I.T.F.C.  
Affiliation  
Henry Krawzow  
Signature

*I am the Tribal Water Steward  
for CRITFC and am part  
native American, I fish and  
eat fish from Oregon regularly.*

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The importance of fish to the tribes cannot be overstated for the fishery resource is not only a major food source for tribal members'; it is also an integral part of our cultural, economic, and spiritual well-being. As ceremonial and subsistence fishers, we rely on the protection and enhancement of water quality to a level that is sufficient to protect our water and fish from harmful exposure to waterborne pollutants.

I feel that the current estimated fish consumption rate is simply not sufficient to protect tribal peoples residing in the Columbia River Basin or other Oregonians that consume healthy amounts of fish. I urge the DEQ to adopt the new 175 gram per day fish consumption standard.

Sincerely,

Dale G. McCallough  
Name  
3345 NW Ashland Dr., Beaverton, OR 97206  
Address

Columbia River Inter-Tribal Fish Commission  
Address  
Affiliation

Dale G. McCallough  
Signature

*I or all of us who eat more salmon than average, it is very important to limit our intake of toxic chemicals.*

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The importance of fish to the tribes cannot be overstated for the fishery resource is not only a major food source for tribal members'; it is also an integral part of our cultural, economic, and spiritual well-being. As ceremonial and subsistence fishers, we rely on the protection and enhancement of water quality to a level that is sufficient to protect our water and fish from harmful exposure to waterborne pollutants.

I feel that the current estimated fish consumption rate is simply not sufficient to protect tribal peoples residing in the Columbia River Basin or other Oregonians that consume healthy amounts of fish. I urge the DEQ to adopt the new 175 gram per day fish consumption standard.

Sincerely,

*Lee M. Foster*  
\_\_\_\_\_  
Name  
*3950 SW 102nd Ave #99*  
\_\_\_\_\_  
Address  
*Beaverton, OR 97005*  
\_\_\_\_\_  
Address  
\_\_\_\_\_  
Affiliation  
*LEA M. Foster*  
\_\_\_\_\_  
Signature

*I'm tribal and  
have grown up fishing  
all over Oregon, ocean,  
rivers, lakes + streams.*

Andrea Matzke  
Oregon DEQ -- Water Quality Division  
811 SW Sixth Ave.  
Portland, OR 97204

February 8, 2011

Dear Miss Matzke,

I support the Oregon Department of Environmental Quality (DEQ) proposal to revise state water quality standards based on a fish consumption rate of 175 grams per day. A higher Fish Consumption Rate than is currently recognized by the state of Oregon will help to decrease the levels of toxic pollution that are currently "allowable" in our rivers, lakes, and streams. The current standard amounts to *environmental injustice*.

The proposed 175 grams per day fish consumption rate is based in part on a CRITFC comprehensive study of the ceremonial and subsistence eating habits of Native Americans who reside in, catch and eat fish in the Columbia River Basin. The results of the study prove that the consumption of 23 8-oz servings of fish per month is a realistic value that represents the fish consumption habits of Native peoples in this area.

The importance of fish to the tribes is multi-faceted: not only is the fishery resource a major food source for tribal members; it is also an integral part of their cultural, economic, and spiritual well-being. As ceremonial and subsistence fishers, they rely on the protection and enhancement of water quality to a level that is sufficient to protect water and fish from harmful exposure to waterborne pollutants.

I am not a tribal member, but have worked for a Native American science center for 12+ years. I am an academic researcher. I think that the current fish consumption rate will not protect tribal peoples living in the Columbia River Basin or other Oregonians that eat good amounts of fish (including myself). I urge the Oregon DEQ to adopt the new 175 gram per day fish consumption standard. Thank you for considering my views.

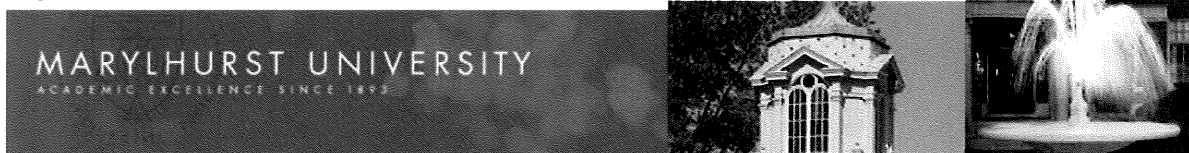
Sincerely,

Prof. Kyle Dittmer, M.Sc.  
Dept. of Science  
Marylhurst University  
POB 261  
Marylhurst OR 97036-0261

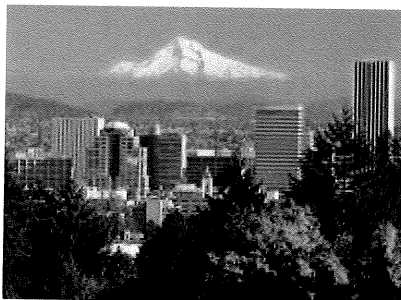
*Kyle Dittmer*

Signature

*Side note - I teach a geology class at MU (see attached). My field trip on rivers does cover enviro. & WQ issues related to fish. - KD*



# PORTLAND ROCKS!



## EXPLORING THE GROUND UNDER OUR FEET

This class will examine how the forces of the earth have built up, torn down, and reshaped the landscapes of the Portland area. The course will start with an introduction to geology and will help give meaningful interpretation of the local geology. Classroom lectures will alternate each week with field trips to local sites of geologic interest.

**Instructor:** Kyle Dittmer, email: [kdittmer@mymail.marylhurst.edu](mailto:kdittmer@mymail.marylhurst.edu), office: (503) 731-1314.

**Spring Quarter 2011. Dates:** Tuesday evenings. **Time:** 6:30 pm to 9:20 pm. First class starts on March 29, 2011.

**Where:** Flavia Hall – Room 102

3 credits, Learning Outcome NWB5. No prerequisites!

### TOPICS:

WEEK 1: Introduction to Physical Geology, Plate Tectonics, and Historical Geology.

WEEK 2: Volcanism. Sedimentary Rocks. History Channel Film – “Deepest Place on Earth”

WEEK 3: Field trip #1 (sedimentary geology) – Oregon Coast Range and Coast.

WEEK 4: Pacific Northwest Geology, Geologic History of Willamette Valley, Portland.

WEEK 5: Field trip #2 (regional volcanics) – Columbia River Gorge.

WEEK 6: Late Cenozoic Erosion and Deposition.

WEEK 7: Field trip #3 (Portland volcanoes) – Powell Butte, Rocky Butte, Rose City Golf Course, Mt. Tabor.

WEEK 8: Glacial History and Floods, Hydrology, the Geologic Future of Portland.

WEEK 9: Field trip #4 (hydrology) — Willamette at MU & Willamette Falls (OC), Clackamette Park, Johnson Creek.

WEEK10: Field trip #5 (hillslope and landslide failures)— Oregon Zoo, Washington Park, West Hills.

### FORMAT:

Introductory lectures will be given on each major topic.

Five mandatory field trips and written trip reports.

Six Laboratory exercises – rocks & minerals, earthquakes, geo-time, topographic maps, stream channels, & stream table!

Two mid-term exams and a Final exam.

**REQUIRED TEXT BOOKS:** Geology...an Introduction to Physical Geology, 4<sup>th</sup> Edition, by Chernicoff & Whitney.

## MARYLHURST UNIVERSITY

A NEW COURSE OFFERED BY THE SCIENCE/MATH DEPARTMENT FOR SPRING QUARTER! ☺  
GEO 150/350: *PORTLAND ROCKS!*

The instructor is Kyle Dittmer, a Hydrologist and Meteorologist with the Columbia River Inter-Tribal Fish Commission in Portland. He was originally trained as a geologist in Washington. His enthusiastic, colorful, thought-provoking, and hands-on approach to learning is always popular with his students. Prof. Dittmer's faculty profile: <http://www.marylhurst.edu/science/bio-kdittmer.php>



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February 8, 2011

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The proposed 175 grams per day fish consumption rate is based in part on a comprehensive study of the ceremonial and subsistence consumption habits of Native Americans who reside in, catch and consume fish within the Columbia River Basin. The results of the study prove that the consumption of twenty-three 8-oz servings of fish per month is a realistic value that represents the fish consumption habits of Native peoples in this area.

The importance of fish to the tribes cannot be overstated, for the fishery resource is not only a major food source for tribal members; it is also an integral part of their cultural, economic, and spiritual well-being. As ceremonial and subsistence fishers, they rely on the protection and enhancement of water quality to a level that is sufficient to protect water and fish from harmful exposure to waterborne pollutants.

Although not a tribal member myself, I feel that the current estimated fish consumption rate is simply not sufficient to protect tribal peoples residing in the Columbia River Basin or other Oregonians that consume healthy amounts of fish. I urge the DEQ to adopt the new 175 gram per day fish consumption standard.

Sincerely,

Neil Graham  
Name  
10227 NE Shaver  
Address  
Portland, OR 97220  
Address  
[Signature]  
Affiliation  
[Signature]  
Signature

On Average I eat  
4 fish meals a week,  
not including the canned  
and smoked fish I snack  
on throughout the week.

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The importance of fish to the tribes cannot be overstated, for the fishery resource is not only a major food source for tribal members; it is also an integral part of their cultural, economic, and spiritual well-being. As ceremonial and subsistence fishers, they rely on the protection and enhancement of water quality to a level that is sufficient to protect water and fish from harmful exposure to waterborne pollutants.

Although not a tribal member myself, I feel that the current estimated fish consumption rate is simply not sufficient to protect tribal peoples residing in the Columbia River Basin or other Oregonians that consume healthy amounts of fish. I urge the DEQ to adopt the new 175 gram per day fish consumption standard.

Sincerely,

Kari Musgrove

Name PO BOX 1046

Address Welches, OR 97067

Address

Affiliation

Signature

Please Consider raising water quality standards. I enjoy eating fish and would like to do so with less concern to my health. Thank you.

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The importance of fish to the tribes, and other people living in Oregon, cannot be overstated for the fishery resource is not only a major food source for tribal members; it is also an integral part of their cultural, economic, and spiritual well-being. The tribal members I know call themselves "salmon people", it would be a shame if they couldn't continue to call themselves by that name. As ceremonial and subsistence fishers, the tribes rely on the protection and enhancement of water quality to a level that is sufficient to protect the water and fish from harmful exposure to waterborne pollutants.

If we are what we eat, then it is important that fish eaters in Oregon can be "salmon people" and not "industrial waste and agricultural run-off people". I feel that the current estimated fish consumption rate is simply not sufficient to protect tribal peoples residing in the Columbia River Basin or any other Oregonian that consume healthy amounts of fish. I urge the DEQ to adopt the new 175 gram per day fish consumption standard.

Sincerely,

Denise Kelsey  
Name

2225 SE Tenno St  
Address

Portland, OR 97202  
Address

Denise Kelsey  
Affiliation

Denise Kelsey  
Signature

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Oregon DEQ  
Water Quality Division  
811 SW Sixth Ave.  
Portland, OR 97204

February 7, 2011

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I feel that the current estimated fish consumption rate is simply not sufficient to protect tribal peoples residing in the Columbia River Basin or other Oregonians that consume healthy amounts of fish. I urge the DEQ to adopt the new 175 gram per day fish consumption standard.

Sincerely,

Bianca Sekayauma  
Name  
12333 SW Springhill Rd  
Address  
Gaston OR 97119  
Address  
Hopi - Nez Perce  
Affiliation  
Bianca Sekayauma  
Signature

Diabetes II, is currently being compared to "smallpox". Dramatic increase includes groups in their late 20's and 30's, and is the 4<sup>th</sup> leading cause of death (more than breast cancer) in women.

Native Americans are ~~are~~ at a much higher risk from 50% to as high as 70% among some tribes.

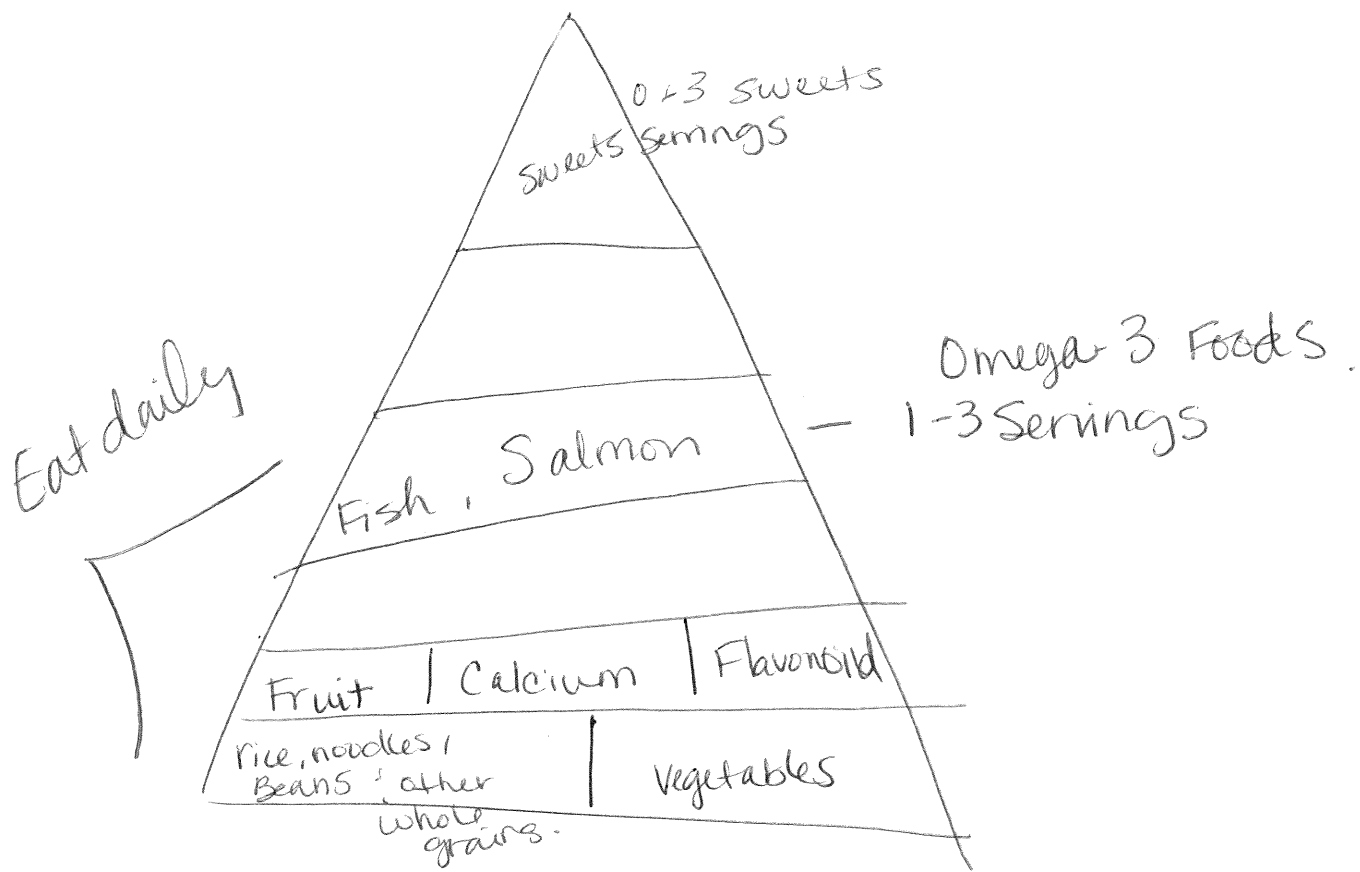
Diabetes was quite rare prior to 1940's among the Native American people.

Our traditional foods are

MEDICINE for our physical, mental, spiritual growth and well being.

Salmon is not only a GOOD source of protein but also contains Omega-3 oil that REDUCES inflammation and heart disease. →

Due date: 2/13/11



The actual Okinawa Diet.

Andrea Matzke  
Oregon DEQ  
Water Quality Division  
811 SW Sixth Ave.  
Portland, OR 97204

February 1, 2011

Dear Ms. Matzke,

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I feel that the current estimated fish consumption rate is simply not sufficient to protect tribal peoples residing in the Columbia River Basin or other Oregonians that consume healthy amounts of fish. I urge the DEQ to adopt the new 175 gram per day fish consumption standard.

Sincerely,

Janet S. Wintermute

Name  
USDA APHIS

Address  
4700 River Rd., Unit 92

Address  
Riverdale, MD 20737

Affiliation

*Janet S. Wintermute*  
Signature

*Yes, Indians in the NW eat more fish than non-Indians. But USDA's brand-new eating guidelines encourage everyone to consume more fish. The U.S. cattle herd has hit a record low: there are fewer cows in the production chain since 1958, when the U.S. population was a third what it is today. People are eating more fish, nationwide. Establishing a reasonable fish consumption rate and using that rate to set water-quality standards is step one in protecting Oregonians from dangerous levels of heavy-metal exposure. Do it: adopt the 175g/day standard and lead the way for the other 49 states.*

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February 7, 2011

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I feel that the current estimated fish consumption rate is simply not sufficient to protect tribal peoples residing in the Columbia River Basin or other Oregonians that consume healthy amounts of fish. I urge the DEQ to adopt the new 175 gram per day fish consumption standard.

My family and I are fishers' and traditional food gatherers' for our families and our people. Not only do we gather the foods we do eat our fish at a higher consumption rate than assumed. Water is a very sacred part of every First food, Funeral ceremony we have, without it there is a decrease in our Natural foods that we nourish ourselves with.

Sincerely,

Kristina R Sampson

Name

PO Box 922

Address

Leyle WA 98635

Address

Coyed. Tribes of Warm Springs

Affiliation

Kristina R Sampson

Signature