Toqaqiw (It is Autumn)

September 2013

Brenda Commander - Tribal Chief Susan Young - Editor

This newsletter is printed on recycled paper



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TELEPHONE LISTING (207) 532-4273 1-800-564-8524 (ME) 1-800-545-8524 ENVIRONMENTAL PLANNING Sharri Venno - ext. 215 NATURAL RESOURCES Matthew Edberg - ext 220 WATER RESOURCES Cara O'Donnell - ext 212 Rhonda London - ext 221 <u>NATURAL RESOURCES -REAL ESTATE DIRECTOR</u> Sue Young - ext 202 **HBMI** Natural Resources Department

Skitkomiq Nutacomit Earth Speaker

Meduxnekeag River In-Stream Fish Habitat Restoration Project by Matthew Edberg & Cara O'Donnell

Yes!! It is finally going to happen! A project 6 years in the making is finally at the installation phase. The Tribe has received funding to begin work on a Meduxnekeag River Restoration Project that will restore 1.9 miles of damaged brook trout habitat in the Meduxnekeag River between the Lowery Bridge in Houlton and the Covered Bridge in Littleton (see map page 10).



Above - trees with root balls Right - boulders Below - current state of the river

Tribal members in the Houlton area may have noticed a lot of truck traffic stockpiling materials such as trees with root balls and boulders.

When placed in the river, the boulder clusters and tree roots will begin to create pools and riffles as well as provide cover for brook trout and other species.





These structures, which were once naturally abundant in the river channel, were removed in the era of log drives. Large boulders and trees were blasted by dynamite or bulldozed from the river

channel to ease the movement of logs down the river. But years of log drives resulted in a shallow, wide channel with no pools or other cover for brook trout. This project will improve fish habitat by restoring structures such as boulder clusters and logs with root balls to the river channel *(Continued on page 10)*

Don't Thask Wildlife!

DID YOU KNOW THAT EVERY TIME you put out your garbage or take your recyclables to the curb you can help—or harm wild animals?

WHETHER YOU LIVE IN THE CITY, the suburbs, or the country, your wild neighbors are attracted to items you dispose of every day. Glass jars still smelling of peanut butter, plastic containers with a bit of yogurt at the bottom, plastic food wrap that looks and smells good enough to eat, and plastic six-pack rings all can be deadly to curious—and hungry squirrels, birds, raccoons, skunks, foxes, and all kinds of other animals.

WIDE-MOUTH GLASS AND PLASTIC containers can become death traps when animals get their heads stuck

inside and suffocate, especially if the

containers are narrow at the top. Birds and other animals can easily become entangled in plastic rings, causing injury or death. And any animal (even your own pet) can suffer and die

after ingesting plastic packaging that causes an internal blockage. Plastic wrap can be particularly deadly to marine animals and birds, who mistake it for food floating on the surface of the water.

Luckily, it's easy to safely dispose of containers and wrappingsand it takes only a



Rinse and Recycle

► Rinse all recyclable glass and plastic containers to remove any food remnants or odors. Any container can be a danger, depending on the size of the container and the size of the animal. Some animals, such as skunks, are particularly vulnerable because their front legs are too short to push containers off their heads.

► Even containers you're going to throw away should be thoroughly rinsed before disposal to avoid attracting wildlife to your trash.

Cut or Crush

Cut up and/or crush plastic containers before you put them in your garbage or recycling bin.

Cut apart each ring in plastic six-pack carriers and other similar packaging.



Close and Cover

Make sure plastic food wrap is rinsed and contained inside a closed garbage bag. Never throw plastic packaging in open trash cans.

Put garbage out for collection in plastic or metal trash containers with secure covers.



At Home or Away

▶ If you're hiking, camping, traveling—or simply taking a walk in the park—dispose of containers and plastic wrap responsibly. Better yet, carry them home for disposal.

► Ask others, including office building administrators, school cafeteria managers, and your favorite restaurants, to dispose of their trash responsibly.

FOR MORE INFORMATION about living humanely with your wild neighbors, contact The Humane Society of the United States (HSUS). For more copies of this flyer, contact the HSUS Wildlife and Habitat Protection section.

Promoting the protection of all animals



Transporting Ceremonial Items Through Customs

Traveling through the US Border can sometimes be a real headache when transporting ceremonial items made from animal parts. At a recent Borderland Management Task Force Meeting in Calais, Maine Sue Young met with agents from the US Fish and Wildlife Service (USFWS) to discuss this issue. In that meeting, Brent Lyons of USFWS discussed the documentation needed to bring animal products into the United States. While filing of paperwork when crossing the border can be a hassle, Mr. Lyons shared some hints to make crossing with these items go smoothly.

The required form (USFWS Form 3-177) entitled U.S. Fish and Wildlife Service Declaration for Importation or Exportation of Fish or Wildlife (shown here at right) can be obtained from the HBMI Natural Resources Department or on line at:

http://www.fws.gov/le/pdf/3177_1.pdf

This form can be completed before you travel and simply signed and dated at the time of crossing. This will help reduce the stress of completing the form while at the border crossing and reduce the need for the customs agent to handle your ceremonial items. We are working on educating the Border Patrol and Customs agents as to the proper cultural protocols for dealing with ceremonial items.

The sample shown here shows John Doe coming back to the United States with his eagle feather on Sept. 16, 2013. Here is the breakdown of the information required on the form.

- 1. Date of import/export: 9-1
- 2. Import/Export License Number: N/A
- 3. Indicate One: Import Export : Import when coming into US
- 4. Port of Clearance: Where you are actually crossing.

CA - Calais

HO- Houlton

JK - Jackman

OS - All Others

- 7. Name of Carrier : POV (Personal vehicle)
- 9. Transportation Code : V (vehicle) Plate # State or Province 123ABC - ME

SEWS Form J-1 Reviewl (206)	71	mailte	U.S. FISH AND	WILDLIFE	SERVICE	ripi							
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13. US Address: Complete mailing address with phone number

John Doe 88 Bell Road, Littleton, ME 04730 207-532-0000

16 a. Scientific Name :

- 16 b. Common Name : Bald Eagle
- 18 a. Description Code : FEA (feather)
- 18 b. Source code: W (wing)
- 19 a. Quantity or Unit: 1
- 19 b. Monetary Value: 0
- 20. Country of Origin : **USA** (where did the item come from originally)

If Canadian, simply fill out section 14a with your information. The country code is CA.

Please do not hesitate to contact Sue Young at 532-4273 ext. 202 or ogs1@maliseets.com for more information or copies of the form.

Are You Septic Smart?

Many people living in rural areas are not connected to their town's sewer and water system. We get our water from private wells and have septic systems on our properties. Much of the time this all works well, but when something goes wrong, it really goes wrong. Malfunctioning septic tanks can cause a host

of health and water related issues. A little education and some routine maintenance can keep your septic system humming along.

Did you know that average indoor water use in a typical single-family home is nearly 70 gallons per person, per day? And just a single leaky toilet can waste as much as 200 gallons of water per day?

All of the water a household sends down the drain winds up in its septic system. This means that the more water a household conserves, the less water enters the septic system. Efficient water use can not only improve the operation of a septic system, but it can reduce the risk of failure as well.

US. Environmental Protection Agency US. Environmental Protection Agency US. Environmental Protection Agency US. Environmental Protection Agency US. Environmental Protection Agency

Some important things to remember:

Toilets Aren't Trash Cans! Your septic system is not a trash can. An easy rule of thumb? Don't flush anything besides human waste and toilet paper. Never flush:

- Cooking grease or oil
- Condoms Dental Floss
- Photographic solutions
- Feminine hygiene products
- DiapersCoffee Grounds
- Paper Towels
- Cat litterPharmaceuticals

• Cigarette butts

• Household chemicals like gasoline, oil, pesticides, antifreeze, and paint or paint thinners

Think at the Sink!

Your septic system contains a collection of living organisms that digest and treat household waste. Pouring toxins down your drain can kill these organisms and harm your septic system. Whether you're at the kitchen sink, bathtub, or utility sink:

• Avoid chemical drain openers for a clogged drain. Instead,

use boiling water or a drain snake.

- Never pour cooking oil or grease down the drain!
- Never pour oil-based paints, solvents, or large volumes of toxic cleaners down the drain. Even latex paint waste should be minimized.
- Eliminate or limit the use of a garbage disposal, which will significantly reduce the amount of fats,

grease, and solids that enter your septic tank and ultimately clog its drain field.

Saving water is easy. You can cut your water usage and reduce the load on your septic system by installing the following in your home:

High-efficiency

toilets. Toilet use accounts for 25 to 30 percent of household water use. Older homes often have toilets with

3.5to 5-gallon reservoirs, while newer, high efficiency toilets use 1.6 gallons of water or less per flush.

- Faucet aerators and high-efficiency showerheads. Faucet aerators help reduce water use as well as the volume of water entering your septic system. High-efficiency showerheads or shower flow restrictors also reduce water use.
- Washing machines. Washing small loads of laundry on your washing machine's large-load cycle wastes water and energy. By selecting the proper load size, you'll reduce water waste. When it comes time to replace your washing machine consider purchasing an Energy Star clothes washer, which uses 35 percent less energy and a whopping 50 percent less water than a standard model.

Another tip? Try to spread water use via washing machine throughout the week. Doing all household laundry in one day might seem like a time-saver, but it can be harmful to your septic system, as it doesn't allow your septic tank time to adequately treat waste and could potentially flood your drain field.

For more information about the SepticSmart Program visit:

www.epa.gov/septicsmart



Fall 2013

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Tribal Cemetery

As you know, a lot has been happening on the tribal cemetery project. The policies and ordinances are currently being developed, a site design plan has been created and sent out for comment. The photo shown below shows the design placed atop an aerial photo. This should help you to orient the wonderful design from Coplon Associates with the actual cemetery site.

Once again we had a very good response from the tribal community for the naming and logo contest. After careful consideration, the Tribal Council selected the name and logo shown here.

Congratulations to Heidi Kelley for submitting the winning name and logo!





Tribal Lands Update

This has been a busy summer in the real estate program. In August we were able to acquire the Folsom property along the Foxcroft Road. The purchase of this 44.5 acre property means that the tribe now owns a continuous stretch of land from Housing all the way to the Elders Center. Not only does this piece of land, tie two of our properties together, it also gives us a nice piece of river frontage along the Meduxnekeag.

The purchase of this parcel brings our current land holdings to 1,322 acres. That acreage breaks down as follows:

Houlton	587.5 acres	Lands in Trust - 891 acres
Littleton	381.5 acres	Pending Trust - 261.5 acres
Monticello	353.0 acres	Fee Lands - 169.5

We are currently in negotiations with another local landowner and will report more on that in a future newsletter. See our map of Houlton and Littleton land holdings on page 7.

Maliseet Tribal Lands Monticello

Current HBMI Land Holdings

Map	Status	Location	Acres	
#				
1	Trust	North Road	Houlton	50
2	Trust	Pond Parcel	Littleton	128
3	Trust	McCarthy	Houlton	32
4	Trust	Rollerama	Houlton	2
5	Trust	Admin.	Houlton / Littleton	492
6	Fee	Plante	Monticello	125
7	Pending	Fullerton	Monticello	100
8	Pending	Wilderness Pines	Monticello	125
9	Trust	C. Drew	Monticello	2
10	Pending	J. Drew	Monticello	1
11	Trust	Housing	Houlton	185
12	Pending	Big Brook	Littleton	35.5
13	Fee	Folsom	Houlton	44.5







HBMI Tribal Trust Lands

N

Map Created by: Matthew P. Edberg, Natural Resources Specialist 2013

0.25 0.5 1 Miles

Preserving our Heritage - Through Science Camp By Cara O'Donnell



This summer HBMI's Water Resources crew participated in the 'Preserving Our Heritage Science Camp' (POH) hosted by the Mashpee Wampanoag Tribe in Massachusetts. This camp, sponsored by the Mashpee Tribe in conjunction with the US Geological Survey, was first held in

2012 and was a great success. This year, once again, proved to be a special gathering for all those involved.

The camp was designed specifically for youth, grades 4 through 6, to help connect them with science by applying both real-world science and culturally significant lessons, in a way that was meaningful to them. In each lesson, they were taught by both a scientist from the outside community and a culture keeper from within, to show the link between culturally important resources and science.

Rhonda London and I were invited to teach the Water Resources lesson. We used hands-on activities to teach them about the water cycle, water quality, the importance of estuaries, and the creatures living within. Because the Mashpee Tribe is a coastal tribe, much of their food come from the estuary or the sea, so learning about keeping those waters clean is essential.

In one activity, we showed how oysters cleaned the water by filling two fish tanks with water and cornstarch (*see photo above right*). One tank had oysters (a traditional food) placed inside and the other did not. Over the course of several hours, we observed how the tank with the oysters in it became clearer by means of the oysters filter feeding. The water in the other tank without the oysters remained murky with cornstarch.

In another activity, we took the kids to the beach and to an estuary. We gave them water quality meters and let them test the water chemistry and compare their results. Each day the kids helped to cook (and eat!) traditional foods for their lunch. Hands-on activities from the culture keepers included making wampum jewelry from quahog shells and listening to stories.

We would love to incorporate a Cultural Science camp here with lessons on different topics. We could feature lessons in horticulture at the Natural Resources Medicinal Plant Garden and greenhouses along with traditional teachings from elders. Other topics we could offer



Above - Adding corn starch to tanks to demonstrate oysters and their ability to filter water. Below - cooking lunch the traditional way.



include worm composting, many components of water resources, traditional food and medicinal plant gathering, maybe even an archeological dig with Dave Putnam from the University of Maine.

Please let us know if this is something you would like us to bring to the community. We welcome suggestions and would love to have some volunteers to make it happen. If you'd like more information on this project, please contact:

Cara O'Donnell ext. 212 water@maliseets.com Rhonda London ext. 221 rlondon@maliseets.com Sue Young ext. 202 ogs1@maliseets.com

Fall 2013

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Minsossok - Raspberries!!

This summer has been a challenging one for backyard gardening, too much rain and not enough sunny days. Luckily for HBMI, that has not been an issue for the high tunnel greenhouse. If you've been reading along in past newsletters, we've been talking about the greenhouse project and the crop of raspberries that Matthew planted last year.

While conditions have not been ideal for outdoor gardening, in the high tunnel they



have been perfect! We are pleased to report that we have a bumper crop of raspberries. The elders have been

enjoying the raspberries and now we are offering berries to the youth program and the tribal community.

(above) Chief Commander (top right) Council Member Mary Tomah picking raspberries in the high tunnel

If you would like to pick raspberries, please contact us here at the Natural Resources Department and

we will open the high tunnel for you.

Quick Raspberry Recipes:

- Dry clean raspberry leaves crumble them up, place in strainer or tea ball, pour boiling water over the dried leaves, add sugar or honey to taste and you have a great tasting raspberry tea. Let it thoroughly cool and pour over ice and you'll have a great iced tea.
- Rinse and dry raspberries. Then spread out on cookie sheet and place in freezer. Once frozen, transfer berries to zip lock bags or other freezer safe container. You'll have raspberries to use in pies, muffins, smoothies or better yet, eat them frozen right out of the bag for a quick, easy, healthy treat.
- Make your own frozen fruit bars. Take fresh berries, add orange, apple or grape juice. Pour into molds, add sticks and freeze. If you want to skip the juices. Simply put berries in a blender then pour into molds and freeze.

If you're a little more ambitious, grab some freezer safe jars or containers and try making some quick raspberry freezer jam.



Mix thoroughly and stir for 3 minutes. Let stand overnight, then freeze. Take jam out of freezer one hour before serving. Store remainder in refrigerator. (www.cooks.com)

Raspberry Vinaigrette

10 oz. raspberries

¹/₄ c. raspberry vinegar

¹∕₃ cup sugar

³/₄ cup vegetable oil

 $\frac{1}{2}$ cup half and half



Raspberry freezer jam

 $1 \frac{3}{4}$ cup crushed berries

4 cups sugar

¹/₂ bottle Certo

2 tbsp. lemon juice

Press raspberries through a sieve or strainer with the back of a wooden spoon. Blend sugar and vinegar in blender until smooth. With blender running, add oil, then half and half, then raspberry puree. Mix well. Refrigerate until ready to use.

(www.cooks.com)

Quick and Easy Raspberry Tart

- 1 frozen puff pastry sheet, thawed
- 1 cup heavy cream
- 2 tbsp. sugar
- 1 cup (8 oz) raspberries

Preheat oven to 400 degrees. Unfold the puff pastry on a parchment lined baking pan. With a knife score a ³/₄ border around the pastry. Transfer to oven and bake until puffed and golden, about 15 minutes. Using parchment, transfer pastry to a wire rack to cool completely, about 15 minutes.

In a medium bowl, using an electric mixer set on medium speed, beat cream and sugar together until stiff peaks form. Spread whipped cream on pastry in an even layer, cover with raspberries. Serves 8.



River Restoration Project (Continued)



If you have any questions about this project feel free to contact the Natural Resources Department.

Maliseet Word Search

The Meduxnekeag brook trout fishery is very important to the local community, providing outdoor recreational and economic opportunities. Rivers and lakes in Maine are one of the last strongholds for native brook trout populations in the Northeast. As a result of this project, the resident population of wild brook trout will have access to greatly improved spawning habitat, cooler water, and cover in the Meduxnekeag River.

Left - Map of area to be restored Right - sample of root mass in place Below - boulder cluster in river Photos by John Fields





ENGLISH	MALISEET	Q	w	s	Α	Q	т	Е	м	Т	Ν	Е	м	R	т	F
Bear	Muwin	Y	U	1	0	к	1	Р	L	к	м	J	0	н	м	A
Beaver	Qapit	w		0	н	0	Р	Δ		т		w	0	к	0	F
Black Duck	Motehehsim			~		·		-	-			_	-		-	
Blackberry	Saqtemin	н	G	F	D	L	A	F	E	A	S		S	0		
Canoe	Oqiton	L	0	N	Т	0	Q	1	Y	E	н	S	E	т	E	F
Deer	Otuhk	S	В	L	Α	С	К	D	U	С	к	D	S	υ	н	1
Fall	Toqakiw	D	Е	Е	R	ο	Q	Т	т	ο	Ν	Α	z	Ν	Е	C
Feast	Wiqhopaltuwok	R	Α	x	с	м	0	с	T	Υ	Е	н	s	к	н	c
Freezer	Kolocomutikon	Δ	R	0	т	U	н	к	v	F	Δ	1		F	S	F
Goose	Waptoq	-				-										
Hunter	Kotunkewin	3	vv	A	٢		0	Q	в	N	М	M	U	vv		r
Moose	Mus	Ρ	Μ	Ν	В	1	т	0	Q	Α	к	I	w	1	Μ	E
Partridge	Mociyehs	В	L	Α	С	К	В	Е	R	R	Y	С	Α	Ν	0	E
Raspberry	Minsoss	Е	v	G	0	0	s	Е	w	0	0	D	D	υ	С	k
Wood Duck	Lontoqiyehs	R	с	м	I.	N	s	0	s	s	н	υ	Ν	т	Е	F
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		Y	С	X	Z	A	S	D	F	Т	R	E	w	Q	Y	C



While the term dendrology refers to the study of trees it is more properly the study of woody plants. Many of which are not trees, such as raspberries, blueberries, currants and sumac to name a few.

Native Range: Staghorn sumac is one of three species of sumac native to the United States.

Habitat: Sumac is found growing in a wide range of well-drained, dry to medium wet soils typically along forest field edges in full sun.

Natural History: Sumac is a multi-stemmed shrub to a small tree with a suckering habit, forming natural thickets along highways and railroad right of ways. It can attain diameters of 6"-8" but is commonly 1"- 2" in diameter. It has a

large compound leaf and the female shrubs have beautiful clusters of red fuzzy 'drupes' (small cherries).

Special Uses: Even though sumac is a shrub to a small tree, it has the most beautiful wood that is naturally green with a very interesting grain. As a result, it is used to make small craft items such as bowls, salt and pepper mills, and Christmas tree ornaments.



Page 11

Photo: Wikipedia Commons



Copyright free image from ebay.com

Medicinal Uses: Sumac has a variety of medicinal uses; the fruits being used as a cough remedy and the leaves smoked as an asthma treatment to list two.

This is not an endorsement of its use for medical purposes. Use caution as many herbal remedies have not been medically tested and can be dangerous.

Edibility: The outer fuzzy coating on sumac fruits is very tart and is used to make a delicious lemonade-like beverage called 'sumacade' which is very high in Vitamin C.

Remember, when collecting any wild plant species for medicinal or edible use be absolutely sure you have identified the species correctly. Furthermore, be respectful of nature and use a hunter-gather ethic, leave something for the future and for others.

Ecological Values: Sumac is a very important wildlife tree. The fruits are consumed by a wide range of birds and mammal species. It is also a species important in stabilizing erodible hillsides.

Literature Cited

Foster, 1990, Medicinal Plants, Peterson Field Guides. www.wikepedia.org **USDA** Plants Database

HBMI Natural Resources Department Natural Resources Department



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A Fond Farewell

With the arrival of September we see the leaves starting to turn colors, the temps dropping over night and we find ourselves saying goodbye to our summer techs, Rhonda Smart and Dan Devoe. Please join us in wishing them all the best.



