Houlton Band of Maliseet Indians Natural Resources Department 88 Bell Road Littleton, ME 04730

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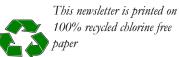
# Celebrate Earth Day! Color this in using your favorite colors Take Care of the Earth

#### Word Search Answers

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#### Sigon March 2004

Brenda Commander - Tribal Chief Susan Young - Editor





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# Department Telephone Numbers (207) 532-4273

1 - 800-564-8524 (ME)

1 - 800 - 545 - 8524 Cara Ellis - ext 212

Dave Joseph - ext 216

David Lombard - ext 220

Tony Tomah - ext 221

Sharri Venno - ext 215

Sue Young - ext 202

# HBMI Natural Resources Department Skitkomiq Nutacomit Earth Speaker

#### Winter Visitors

This winter has definitely been an interesting one, with temperatures well below zero and wind-chills exceeding -60, coupled with very little snow.

This January, we were visited one morning by a lone coyote hanging out behind the Administration building. The coyote, pictured here seemed to be enjoying the mid-winter sunshine.



A pair of bald eagles have been hanging out on the adjacent river

bank as well, although they don't wish to have their pictures taken. Keep your eyes and ears open, the sounds of spring and many returning birds and animals will soon be upon us.

#### Calling All Artists



Each year, the USDA Natural Resources Conservation Service, (NRCS) recognizes and celebrates the many different cultures they work with. November has been designated as Native American Indian Heritage Month, a time when they celebrate the history of Native Americans and their contributions to the world as we know it today.

One way the NRCS celebrates Native American Awareness Month is by distributing a poster created by a Native American Artist. This year, a Maine

artist will have the opportunity to exhibit their talent on a national level. The guidelines for this opportunity are as follow:

- As many Native American artists as are interested are eligible to submit their artwork.
- Artists are to notify Elaine Tremble, NRCS Public Affairs Specialist at 207-990-9569 by May 1, 2004 if they wish to submit artwork.

Page 2 Skitkomiq Nutacomit Spring 2004 Spring 2004 Skitkomiq Nutacomit Page 7

### NATIVE AMERICAN FISH & WILDLIFE SOCIETY



NATIVE AMERICAN
ENVIRONMENTAL AWARENESS

# PRACTICUM JULY 17-25, 2004

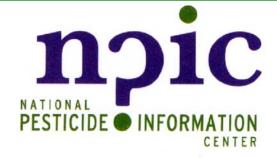
Mt. Evans Outdoor Education Lab School
- Evergreen, Colorado

The Native American Fish & Wildlife Society is proud to sponsor its 14<sup>th</sup> annual national Native American Environmental Awareness Summer Youth Practicum, scheduled for July 17 - 25, 2004, in Evergreen, Colorado. The Practicum is designed to provide Native American students an opportunity to gain hands-on experience in the management of natural resources. One of the goals of the Society is to encourage Native American youth to see the importance of professional natural resource management, to continue their education in order to seek degrees in natural resource management, and, ultimately, to pursue careers in the natural resource fields. The Society believes in a re-awakening of the traditional values of Indian-to-environment relationships that are needed for tribes to make effective and sound natural resource management decisions.

The program provides an academic experience in a mountain youth camp environment. During the program, students will spend their time at the Mt. Evans Outdoor Education Lab School of the Jefferson County School District participating in classroom sessions, field education, recreational activities, field trips, traditional methods, and, most important, interaction with professional, cultural and spiritual people. A unique aspect of the program is the use of Native American professionals who are active in the field and, even more important, the invaluable teachings from Tribal Elders. The Youth Practicum is open to incoming 10-12th grade Native students who are interested in the preservation, protection, and enhancement of natural resources. Students must be in good physical condition as physical activities are a part of the practicum.

For more information and/or an application, please write or call:
Sally Carufel-Williams, Youth Practicum Coordinator
Native American Fish & Wildlife Society
3333 Greenwood Blvd - Suite #260.
Denver, CO 80221-4483
Phone: 303.466.1725 Fax: 303.466.5414
Swilliam@nafws.org

Sue Young 532-4273 ext. 202 ogs1@maliseeets.com
APPLICATIONS MUST BE POSTMARKED
AND MAILED BY APRIL 16, 2004



As Spring approaches, our thoughts turn toward gardening, home improvement projects, spring cleaning and more.

The Department of Environmental and Molecular Toxicology at Oregon State University has partnered with the United States Environmental Protection Agency to create the National Pesticide Information Center (NPIC).

"NPIC is a toll free telephone service that provides unbiased scientific information about a variety of pesticide-related topics"

"Although NPIC does not make recommendations about which pesticides to use for control of pests, NPIC can direct callers to local resources where they can learn about pest management options."

For more information

Call 1-800-858-7378

Or visit their website

www.npic.orst.edu

#### Just a reminder . . .

Turn your clocks ahead one hour on *Sunday April 4* for the start of Daylight Savings

Time



#### Calling All Artists (continued)

- Artists will provide one original artwork, size 20" x 30", acrylic on canvas, ready for reproduction. The artwork is to be delivered to Tim Yarab, NRCS District Conservationist, 304 North Street, Houlton, ME 04730 no later than July 1, 2004.
- A selection committee comprised of 6 NRCS employees and up to 2 representatives from each of the tribes will judge the artwork and select a winner no later than July 30, 2004.
- NRCS will purchase the artwork for the NRCS 2004 Native American Indian Heritage Month poster from the artist at the rate of \$2,000.
- NRCS has the right to reproduce and distribute copies of the artwork at it's discretion.
- NRCS and the selected artist will sign a contractual agreement to set forth the terms of the procurement and rights of the two parties.

If you have any questions regarding this opportunity please contact Tim Yarab 532-2087 or Elaine Tremble 990-9569.

Copies of past poster winners are available at the NRCS District Office in Houlton or here at the HBMI Natural Resources Department.

## BIA Water Resources Training Deadline Nears

The Bureau of Indian Affairs (BIA) is now accepting applications for their all expense paid Water Resources Technician training program.

Training will be held in New Mexico or Washington State sometime this summer. Students who are successful in completing this training program will receive a voucher good for a one year temporary, paid, full time position in HBMI's Water Resource program.

If you are a registered HBMI tribal member, have your high school diploma or GED and are planning to pursue higher education or career development we'd love

to hear from you.

Please contact Cara Ellis ext. 212 or Dave Joseph ext. 216 at (207) 532-4273 for more information or an application packet.

Or email ogs1@maliseets.com

Application deadline
April 2, 2004

All participants must sign a pledge to remain alcohol and substance free during the program.

#### Word Search

COYOTE **RAINBOW DUCKS RIVER EAGLE ROBINS** EARTH DAY **RUN OFF EQUINOX** SKUNK **FAWNS SONGBIRDS FROGS SPRING GREEN** SUNSHINE **GROUND HOG** TROUT **ICE OUT TURTLE KITE** WATER **PEEPERS WILDFLOWERS** 

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Z B Y M O I R Q S R E P E E P J T A V M J

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Spring 2004

#### Maine Conservation School at Bryant Pond Offers Outdoor Opportunities

The Maine Conservation School at Bryant Pond offers a wealth of programs designed for the outdoor enthusiast ages 8 and up. These programs offer Mainers the chance to "Get close to Maine's Woods, Waters & Wildlife Habitat". They offer the following:

#### Summer Camp Programs

- Conservation Camp (ages 10-13)
- Junior Explorer (ages 8-9)
- Outdoor Explorer (ages 10-12)
- Outdoor Explorer II (ages 11-13)
- Woods Survival (ages 12-14)
- Advanced Woods Survival (ages 12-15)
- Home School Camp (ages 8-14)
- Junior Maine Guides School (ages 14-18)

#### Special Programs

Canoe & Kayaking Weekends

- \* Conservation Caretaker & Leadership (age 14-15)
- \* Counselor in Training Program (ages 15-17)

#### Adult Programs

- \* American Wilderness Leadership School Teacher Workshop
- Elderhostel Programs
- Maine Guide School
- Bow Hunter Safety certification . . . and much more

For more information contact the HBMI Natural Resources Dept for a brochure or call the Maine Conservation School 207-665-2068



NAFWS Conference Update



September seems a long time away, but it's really not that far when planning a conference. The dates are confirmed, September 13th -15th. The conference sessions will

be held at the Center for Community Health Education at Houlton Regional Hospital Tentative topics include:

- Penobscot River Restoration Project
- Sediment Study of the Meduxnekeag River
- Bacterial Source Tracking in the Meduxnekeag
- Fish Habitat Assessment in the Meduxnekeag
- Fish habitat Restoration in Western Maine
- American Chestnut Restoration in the Northeast
- Passamaquoddy Carnivore Population Study
- Wampanoag's Lime Disease Control Program
- Narragansett's West Nile Virus monitoring program

- \* Human Conflicts with Animals
- Conservation Officer Shoot
- Plus some half day field sessions and more

We're looking for tribal members who would like to help us with this conference. We need people willing to cook traditional foods for a feast, to conduct tribal land tours, story tellers, drummers, singers, dancers, to name just a few.

We want to make this conference as culturally rich as possible. Every event, meeting etc. will begin with ceremony, be it a short prayer, or a prayer with a smudging ceremony. We plan to have a sacred fire, at the feast, along with drumming and dancing. Sweat lodges are a possibility if lodge keepers come forward. If you or anyone you know are interesting in assisting with the cultural aspects of this conference, or assist with the conference in general, please do not hesitate to contact us. Feel free to call or stop in to see us.

Woliwon!

#### Mold, Moisture & Your Home (continued)

#### How Do I get Rid of Mold?

It is impossible to get rid of all mold and mold spores indoors; some mold spores will be found floating through the air and in house dust. The mold spores will not grow if moisture is not present. Indoor mold growth can and should be prevented or controlled by controlling moisture indoors. If there is mold growth in your home, you must clean up the mold and fix the water problem. If you clean up the mold, but don't fix the water problem, then, most likely the mold problem will come back.

#### Who should do the cleanup?

Who should do the cleanup depends on a number of factors. One consideration is the size and/or cause of the mold problem.

\* If there has been a lot of water damage, and/or mold growth covers more than 10 square feet, consult the U.S. EPA Guide Mold Remediation in Schools and Commercial Buildings. Although focused on schools and commercial buildings, this document is applicable to other building types. Is it available free by calling the EPA Indoor Air Quality Information Clearing house at (800) 438-4318, or on the Internet at:

#### www.epa.gov/iaq.molds/mold\_remediation.html.

- If you choose to hire a contractor (or other professional service provider) to do the cleanup, make sure the contractor has experience cleaning up
- \* If you suspect that heating/ventilation air conditioning (HVAC) system may be contaminated with mold (it is part of an identified moisture problem, for instance or there is mold near the intake of the system), consult EPA's guide Should You Have the Air Ducts in Your Home Cleaned? before taking further action. Do not run the HVAC system if you know or suspect that it is contaminated with mold - it could spread mold throughout the building. Visit www.epa.gov/iaq.pubs/airduct.html or call (800) 438-4318 for a free copy.
- \* If the water and/or mold damage was caused by sewage or other contaminated water, then call in a

- professional experienced in cleaning and fixing buildings damaged by contaminated water.
- If you have health concerns, consult your health professional before starting cleanup.

#### **MOLD CLEANUP GUIDELINES**

- Fix plumbing leaks and other water problems as soon as possible. Dry all items completely.
- Scrub mold off hard surfaces with detergent and water, and dry completely.
- Absorbent or porous material, such as ceiling tiles and carpet, may have to be thrown away if the become moldy. Mold can grow or fill in the empty spaces and crevices of porous materials, so the mold may be difficult or impossible to remove completely.
- Avoid exposing yourself or others to mold.
- Do not paint or caulk moldy surfaces. Clean up the mold and dry the surfaces before painting. Paint applied over moldy surfaces is likely to peel.
- If you are unsure about how to clean an item . . . consult a specialist.

#### What to wear when cleaning up mold

- Avoid breathing in mold or mold spores. You may want to wear a respirator, available at many hardware stores.
- Wear long gloves the extend to the middle of your forearm. If using mild detergents and water you may use ordinary household rubber gloves. If using a disinfection such as bleach or a strong cleaning solution, you should use gloves made from natural rubber,
  - neoprene, nitrile, polyurethane or PVC. Avoid touching mold or moldy items with your bare hands.
- Wear goggles without ventilation holes. Avoid getting mold or mold spores in your eyes.



Cleaning while wearing N-95 respirator, gloves, and goggles

For more detailed information or a copy of this booklet contact EPA at 1-800-438-4318 or on line at

www.epa.gov/iaq/molds/moldguide.html.

Limited copies are available from HBMI N.R. Dept.

#### EPA New England Tribal Environmental Training Conference

In February, members of the HBMI Natural Resources Department along with HBMI Tribal leaders attended the 7th Annual New England Tribal Environmental Training Conference hosted by the Wampanoag and Mohegan Tribes.

The goal of the conference was to provide an opportunity for Tribal decision makers, environmental program directors and Tribal legal staff to become knowledgeable with regard to pollution prevention opportunities at each reservation and to formulate a comprehensive yet unified intertribal approach for the purpose of improving the quality of our Tribal environments. Ultimately, the goal of the discussions was to encourage Tribal governments to partner with fellow tribes and take advantage of sustainable innovations to further support Tribal self-governance in environmental protection, regulation and enforcement. These concepts will assist the Tribe's of New England to sustain Tribal resources, Tribal health and



#### Environmental Holidays

#### April

3 - John Burroughs Day
7 - William Wordsworth Day
21 - John Muir Day
22 - Earth Day
26 - National Bird Day
19-25th - National Wildlife Week

#### May

3 - Pete Seeger Day
25 - Ralph Waldo Emerson Day
27 - Rachel Carson Day
16 - 21 - Arbor Day Maine

#### June

5 -World Environment Day11- Jacques-Yves Cousteau Day21- World Whale Day21- Summer Solstice

culture for the next seven generations.

Some of the conference topics and activities included:

- \* Tribal Pollution Prevention Strategic Planning Session
- \* Mohegan Tribe Hydrogen Generator Ribbon Cutting Ceremony
- \* A New England Tribal Environmental Legal Affairs Summit
- \* Traditional feast, drumming, storytelling
- \* A "Green" Technology Products Exposition/Demonstration

Attending the conference were Dave Joseph, David Lombard and Sharri Venno of the Natural Resources Department, Chief Brenda Commander and Tribal Councilors Gloria Tomah, Linda Raymond, Clair Sabattis and Tony Tomah.



Wabanaki Language
Revitalization Seminar
March 19, 2004
HBMI Maliseet Riverside Gym

#### Purpose:

- To establish a better networking system between tribes
- To inventory models and systems to revitalize our language
- To connect with university level language programs
- To develop resources, curriculum materials and a network of language teachers
- To bring together our language communities to breakdown barriers for our elders to become fluent in their language
- To discuss ways to inspire our youth to maintain a cultural connection to their heritage

#### Invitation extended to members of the

Houlton Band of Maliseet Indians
Passamaquoddy Tribe
Penobscot Tribe

Aroostook Band of Mi'kmaq Indians
Maliseet First Nations in New Brunswick, Canada
Each tribe is encouraged to bring Elders to this seminar

#### Participants Include:

University of new Brunswick, Mi'kmaq-Maliseet Institute St. Thomas University, Native Studies Department University of Maine - Wabanaki Center

#### For more information:

contact Gail Nicholas, Language Program Coordinator 207-532-4273 ext 210 or language@maliseets.com

#### Mold, Moisture & Your Home

#### Excerpted from

"A Brief Guide to Mold, Moisture and Your Home" EPA Publication 402-K-032-003

#### **MOLD BASICS**

- \* The key to mold control is moisture control
- \* If mold is a problem in your home, you should clean up the mold promptly and fix the water problem
- \* It is important to dry water damaged areas and items within 24-48 hours to prevent mold growth

#### Why is mold growing in my home?

Molds are part if the natural environment. Outdoors mold play a



Mold growing on fallen leaves...

part in nature by breaking down dead organic matter such as fallen leaves and dead trees. But indoors mold growth should be avoided. Molds reproduce by means of tiny spores; the molds are invisible to the naked eye and float through outdoor and indoor air. Mold may

begin growing indoors when mold spores land on surfaces that are wet. There are many types of mold, and none of them will grow without water or moisture.

#### MOISTURE AND MOLD PREVENTION AND CONTROL TIPS

- \* When water leaks or spills occur indoors ACT QUICKLY.
- \* If wet or damp materials or areas are dried 24-48 hours after a leak or spill happens, in most cases mold will not grow.
- Clean and repair roof gutters regularly.
- \* Make sure the ground slopes away from the building foundation, so that water does not enter or collect around the foundation.
- Keep air conditioning drip pans clean and the drain lines unobstructed and flowing properly.
- \* Keep indoor humidity low, below 60%. (Ideally between 30 and 60%)
- \* If you see condensation or moisture collecting on windows, walls or pipes, **ACT QUICKLY** to dry the wet surface and reduce the moisture / water source. Condensation can be a sign of high humidity.

#### Actions that will help reduce humidity

- \* Vent appliances that produce moisture, such as clothes dryers, stoves and kerosene heaters to the outside whenever possible.
- \* Use air conditioners and/or dehumidifiers when needed.
- \* Run the bathroom fan or open the window when showering. Use exhaust fans or open windows whenever cooking, running the dishwasher or dishwashing, etc.

#### Actions that will help prevent condensation

- \* Reduce humidity to below 60%. (30-60% is best)
- \* Increase ventilation or air movement by opening doors and/or windows.
- \* Use fans as needed.
- \* Cover cold surfaces, such as cold water pipes, with insulation.
- \* Increase air temperature.

#### Can Mold Cause Health Problems?

Molds have the potential to cause health problems. Inhaling or touching mold spores may cause allergic reactions in sensitive individuals. Allergic responses include hay fever-type symptoms, such as sneezing, runny nose, red eyes, and skin rash (dermatitis). Allergic reactions to mold are common. Mold can also cause asthma attacks in people with asthma who are allergic to mold. In addition mold exposure can irritate the eyes, skin, nose, throat, and lungs of both old allergic and non-allergic people. Symptoms other than

the allergic and irritant types are not commonly reported as a result of inhaling mold. If you need more detailed information contact your health professional.

Mold growing on suitcase in a humid basement