

HBMI Natural Resources Department

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Calling All Artists

The Southern Aroostook Cultural Arts Project (SACAP) is hosting an art show in their Blue Moon Gallery entitled “The Palette of Aroostook: Celebrating Our Ethnic Diversity”. Local artisans are encouraged to share their vision of ethnic diversity in “The County”.

The show will kick off with a reception on Friday August 5, 2005 and will run through September 2005.

For more information contact the SACAP store **Visions** at 66 Main Street, Houlton or by calling 532-9119 or via email at [sacap@mfx.net](mailto:sacap@mfx.net)

Word Search Answers

C M E E S E N A B N W G R  
X Z A S S H E D E W O S N I  
K J I S E R E H G F S D A V  
Y A P O I U Y T Y F S O S N  
E H N W I A M E W L E S R R  
R V L S W E R T Y U S E I E  
P Q K S S C C L E P E H O E  
S H G M S F T D S A H Z S  
O A M Q M L B N M I A C X I  
B Q A V O H V R G C U F X E  
K J I G H G F S D S A Z A  
L P P C P S I P U N I S O I  
Y E R Y O W O D P E C W E U  
T M Q F S S E S C M W E R T

Nipon (It is Summer)  
June 2005  
Brenda Commander - Tribal Chief  
Susan Young - Editor  
This newsletter is  
printed on Recycled  
chlorine free paper



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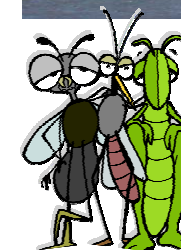
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HBMI Natural Resources Department



Wabanaki Alternatives to DEET

Each year just as the weather turns nice here in Northern Maine the black flies, mosquitoes, midges, no-see-ums, horse and deer flies awaken to drive us indoors or straight to the insect repellent. But which one should you use? Ask twenty people and you'll get at least twenty answers.

Years ago in some parts of the country, when mosquito season started, states and towns, employed sprayer trucks to drive through the neighborhoods spraying DDT into storm drains and ditches. In recent years the news has reported on aerial sprayings of Malathion and BT - Bacillus Thuringiensis to combat West Nile disease.

But what about personal insect repellent? So many people swear by Avon's *Skin-So-Soft* that Avon has produced an insect repellent called *Skin-So-Soft Bug Guard Plus*. Others swear by *Old Woodsman*, a DEET free pine tar concoction, while others are true fans of *Cutter* or *Off* products. No one repellent works for everyone, so how do you make the right choice? In recent years there has been a lot of discussion regarding the ingredient DEET (N-diethyl-meta-toluamide). DEET was originally developed in 1946 to help troops during World War II survive insect infested war zones. It was not made available commercially until 1957 when the US government decided it was safe for everyone to use.

Some researchers agree that DEET does not pose a significant health risk while

others feel by using DEET products you are “spreading poison on your skin”. Whatever your feelings are about DEET there are alternatives available. If you choose to use commercial repellents including DEET etc., please refer to the precautions listed on page 6 to help you use them safely.

There is a natural alternative to some of these DEET products produced by a Maliseet-Passamaquoddy woman named Alison Lewy. Her product *Lewy's Eco-Blend* is a 100% natural product that is clinically proven to repel biting insects for up to 4 hours. Lewy's combines “Native herbal wisdom and a respect for the environment.” Lewy's Eco-Blends provides protection from 22 different kinds of insects: Mosquitoes - Ticks - Fleas - Spiders - Horseflies - Ants -Chiggers -Water-ticks - Black flies - Bees, wasps -Sand flies - Hornets - Midges Parasites - Gnats - No-see-ums. For more information about this product and where to find it check out [www.buzzoff.us](http://www.buzzoff.us)

A new clothing line called Buzz-Off by Maryed International Inc. has recently been introduced. This clothing is impregnated with pyrethrins, a man-made form of the natural insect repellent derived from the chrysanthemum. They claim to provide UV and insect protection through 25 washings and are rain and sweat proof. For more information on this line of clothing see check out [www.buzzoffoutdoorwear.com](http://www.buzzoffoutdoorwear.com).



# Skywatching - Meteor Showers

Many times each year we are treated to a show of stars streaking across the night sky. So just what are meteor showers? According to the University of Texas, McDonald Observatory meteor showers are “ An increase in the number of meteors at a particular time of year is called a meteor shower.

Comets shed the debris that becomes most meteor showers. As comets orbit the Sun, they shed an icy, dusty debris stream along the comet's orbit. If Earth travels through this stream, we will see a meteor shower. Depending on where Earth and the stream meet, meteors appear to fall from a particular place in the sky, maybe within the neighborhood of a constellation.

Meteor showers are named by the constellation from which meteors appear to fall, a spot in the sky astronomers call the radiant. For instance, the radiant for the Leonid meteor shower is located in the constellation Leo. The Perseid meteor shower is so named because meteors appear to fall from a

point in the constellation Perseus.

What are shooting stars? Shooting stars" and "falling stars" are both names that people have used for many hundreds of years to describe meteors -- intense streaks of light across the night sky caused by small bits of inter-planetary rock and debris called meteoroids crashing and burning high in Earth's upper atmosphere. Traveling at thousands of miles an hour, meteoroids quickly ignite in searing friction of the atmosphere, 30 to 80 miles above the ground. Almost all are destroyed in this process; the rare few that survive and hit the ground are known as meteorites.

When a meteor appears, it seems to "shoot" quickly across the sky, and its small size and intense brightness might make you think it is a star. If you're lucky enough to spot a meteorite (a meteor that makes it all the way to the ground), and see where it hits, it's easy to think you just saw a star "fall."



## Upcoming Meteor Showers With Active Displays- 2005

Name	Peak Dates	# per hour	Direction & Time	Speed
Delta Aquarids	July 28-29	15-25	South 1-3 am	slow, long paths
Perseids	Aug. 11-13	50-100	Northeast 2 - 4 am	Very swift, rich display
Orionids	Oct. 21-22	15-25	South 2-4 am	swift streaks
South Taurids	Nov. 2-4	10-20	South 1 - 3 am	Very slow bright
North Taurids	Nov. 12-14	10-20	South 12 - 2 am	slow fireballs
Leonids	Nov. 17-18	25-50	S/Southeast 4 - 6 am	very swift
Geminids	Dec. 13-14	50-100	Overhead 1-3 am	Medium
Ursids	Dec. 22-23	15-25	North all night	Medium

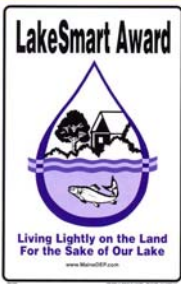
## Meteor Watching Tips

- Find a place with a clear view of the sky
- Pull out lawn or lounge chairs or simply lie on the ground looking towards the sky
- Wear warm clothing and bring a blanket or sleeping bag. Even in summer late night temperatures tend to be cool.
- Bright moonlight can reduce your visibility, making only the brightest meteors visible.



For more information on meteors check out <http://comets.amsmeteors.org/meteors/calendar.html>

# Become Lake Smart



When water quality declines, fish habitat deteriorates, recreational activities suffer, property values fall and the local economy is effected

Many people take their lake front living for granted. Few realize that everything done on this land directly impacts the lake. From year round resident to casual day users, it is in everyone's best interest to protect the lake.

The Maine Department of Environmental Protection (ME-DEP) has begun a program called LakeSmart. This program sponsors trainings throughout the state each summer that teach homeowners how to beautify and increase their property value while protecting and improving lake water quality. Homeowners are taught how to prevent erosion, plant vegetation to help soak up runoff, pump septic systems, stabilize ditches and driveways, and minimize impervious surfaces such as pavement, patios and compacted lawns.

Homeowners can also have their property evaluated for a LakeSmart award by contacting the Maine DEP or their local Soil and Water Conservation District. The property will be evaluated on the basis of 4 categories:

- Road, Driveway and Parking areas
- Structures and septic systems
- Lawn, Recreation Area and footpaths
- Shorefront and beach areas

If the property exceeds the criteria in these four areas, the property owner is eligible to receive a personalized award plaque and they may obtain signs to denote their LakeSmart property.

## Free LakeSmart Training Sessions Summer '05

- Waterboro June 11, 2005 (Session N0523)
- Presque Isle June 18, 2005 (Session N0522)
- Belgrade June 9, 2005 (Session N0524)
- Farmington July 23, 2005 (Session N0525)
- Princeton August 6, 2005 (Session N0526)

Sessions run from (:00 am to 2:30pm

Contact **J.E.T.C.C.** at **207-253-8020** to register or via Mail at PO Box 487 Scarborough, ME 04070-0487



# 13 Maliseet Moons

## First Moon (December)

Kci Kisuhs (The Long Moon)  
Ponamuwi Kishuhs (Frost Fish Moon)  
Nipayimiyamkewi Kisuhs (Christmas Moon)

## Second Moon (January)

Opolahsomuwehs (Moon of the Whirling Wind)

## Third Moon (February)

Piyatokonisuwi Kisuhs (When Spruce Tips Fall)

## Fourth Moon (March)

Toqasqoni Kisuhs (First Spring Moon)

## Fifth Moon (April)

Ponatomuwi Kisuhs (Egg Laying Moon)

## Sixth Moon (May)

Siqonomequwi Kisuhs (Gaspereaux Moon)

## Seventh Moon (June)

Niponi Kisuhs (Summer Moon)

## Eighth Moon (July)

Apsqe Kisuhs (Feather Shedding Moon)

## Ninth Moon (August)

Kopuwahci Kisuhs (Moon in Which the Leaves Begin to Fall)

## Tenth Moon ( September)

Mustewi Kisuhs (Moose Calling Moon)

## Eleventh Moon (October)

Wikewi Kisuhs (Salmon Spawning Moon)

## Twelfth Moon (November)

Kuwaqonihkewi Kisuhs (Harvest Moon)

## Thirteenth Moon

Skicinuwi Kisuhs (Sacred Earth Moon)

Source: Montague Chamberlain ,  
Maliseet Vocabulary, 1899



## Avoiding Ticks and Lyme Disease

As summer approaches and we begin spending more time outdoors we need to think about ticks and Lyme disease. The Center for Disease Control (CDC) in Atlanta reports that in 1999, 16, 273 cases of Lyme disease were reported in the United States. Lyme disease has become the leading tick-borne illness in the US. Don't let Lyme disease chase you back indoors, with a few precautions, Lyme disease is preventable.

- Ticks are most active from April - October. Black legged-ticks, sometimes called deer ticks are most commonly found in the northeast United States. They frequent wooded areas and fields and are more common around homes and buildings in rural or secluded areas. They are rarely found living indoors, unless attached to family pets.
- When entering a tick-infested area, consider using an insect repellent designed to be applied to your clothing instead of your skin.
- Wear long sleeves and pants and consider light colored clothing that will make it easier to spot ticks. It is also a good idea to tuck pant cuffs into your boots or socks.
- Walk in the center of hiking paths and trails and try to avoid marshy woodland and grassy areas.



- Inspect yourself, your children and pets upon leaving a tick prone area. Ticks are hard to see, so take your time. Adult ticks are often smaller than a sesame seed.
- If you discover a tick, **DON'T PANIC!** Studies show that infected ticks do not usually transmit the organism that causes Lyme Disease within the first 24 hours of attachment.
- To remove a tick imbedded in your skin, do not grasp it by the abdomen and pull. You may squeeze its fluids into your skin, which increases the chances for infection. Use fine-tipped tweezers to grasp the tick by the head next to the skin and slowly pull backwards. Working slowly permits the tick to withdraw its mouthparts so they do not detach and remain in the skin and become infected. Once the tick has been removed, cleanse the area well with soap and water. You may want to disinfect the bite site with alcohol or apply an antibiotic cream.

For more information about preventing Lyme disease or to learn it's symptoms contact the Lyme Disease Foundation at <http://www.lyme.org> or the Center for Disease Control (CDC) at <http://www.cdc.gov/ncidod/dvbid/lyme>



## Using Insect Repellents Safely

EPA recommends the following precautions when using insect repellents:

- Apply repellents only to exposed skin and/or clothing as directed on the product label. Do not apply under clothing.
- Never use repellents over cuts, wounds or irritated skin.
- Do not apply to eyes and mouth and apply sparingly around ears. Do not spray repellents directly onto face, spray onto hands and then use hands to apply to face.
- Do not allow children to handle the products. Do not apply to children's hands. When applying to children, apply to your own hands then put it on child.
- Do not spray in enclosed areas. Do not use near food. Avoid breathing a repellent spray.
- Use just enough to cover exposed skin or clothes
- After returning indoors, wash treated skin with soap and water. Wash treated clothing before wearing it again.
- If you suspect that you or your child are reacting to a repellent, discontinue use, wash treated skin and contact your local poison control center. If/when you go to a doctor, take the repellent with you.
- To get specific medical information about the active ingredients in the repellents call the National Pesticide Information Center at 1-800-858-7378 or check out their website at [www.npic.orst.edu](http://www.npic.orst.edu)



## Slow Down, There's Moose Around!

We've all heard the story about the "stupid" moose standing in the middle of the road. Well it's that time of year again and the moose are on the move, so it's our turn to be the "smart" ones.

- Pay attention to Roadside Warning signs for moose & deer crossings.
- Drive safely all the time, no matter where you are. Stay alert for animals along the roadsides or in the roadway.
- Slow down, especially when it's dark, raining or foggy.
- Moose & deer often travel in small herds, if one crosses the road, look for others.

When a moose is standing on or near the roadway, use extreme caution.

- Slow way down
- Do not try to drive around the moose
- Stay in your vehicle, do not get out and try to drive the animal off the road or honk your horn. This will aggravate the moose, make him unpredictable and put you and others in danger.

If a crash is unavoidable:

- Put on the brakes and steer straight
- Let up on the brakes just before impact to allow the front of your vehicle to rise slightly and aim to hit the tail end of the animal. Doing so may increase your chances of avoiding the animal all together.
- Duck down to protect yourself from windshield debris.

For more information refer to the enclosed brochure or check out the Maine Dept. of Transportation website [www.maine.gov/mdot-stage/safety-programs.pdf](http://www.maine.gov/mdot-stage/safety-programs.pdf)



## Envirothon 2005



On Wednesday May 18, 2005, Littleton's Southern Aroostook Agricultural Museum served as this year's county Envirothon. Ten teams representing six county high schools competed against one another hoping to win a chance to compete at the State and later the National competition.

The Envirothon has been called the World's Largest Environmental Education competition. It's an outdoor hands-on learning experience for high school students. The teams were tested on their knowledge of soils, Forestry, Wildlife, Aquatics and this year's current issue, Managing The Cultural Landscape including a team oral presentation. This year's County top honors went to Easton High School - Team 1, Hodgdon High School (SAD 70) Team 1 and the Caribou Alternative School.

Andrea Newman of the Southern Aroostook Soil and Water Conservation District (SASWCD) coordinated this year's event with help and participation from the:

- Houlton Band of Maliseet Indians
- Maine Association of Conservation Districts
- St. John Valley Soil & Water Conservation District (SWCD)
- Central Aroostook Soil & Water Conservation District (CASWCD)
- So. Aroostook Soil & Water Conservation District (SASWCD)
- The Maine Forest Service (MFS)
- USDA - Natural Resources Conservation Service (NRCS)
- Maine Dept of Inland Fisheries & Wildlife (ME DIF&W)
- Maine Dept. of Environmental Protection (DEP)
- St. John & Aroostook Resource Conservation & Development Program (RC&D)
- J.M. Huber Corporation
- U Maine - Cooperative Extension Service



Meet the Summer Techs

June is here and that can only mean one thing, the summer techs have arrived.

This year, Rhonda Jewell is returning to work alongside, Cara Ellis, Dave Joseph and Ryan Greenlaw in the Water Resources Department. They will continue to monitor the waters in the Meduxnekeag Watershed.

This year David Lombard will be working with Natural Resource techs Alex London and Melinda Moran. Together they will be working to accomplish some of the goals outlined in our tribal wildlife grant like monitoring and cleaning nesting boxes, and improving wildlife habitat.

If you see them out and about this summer, be sure to wave.



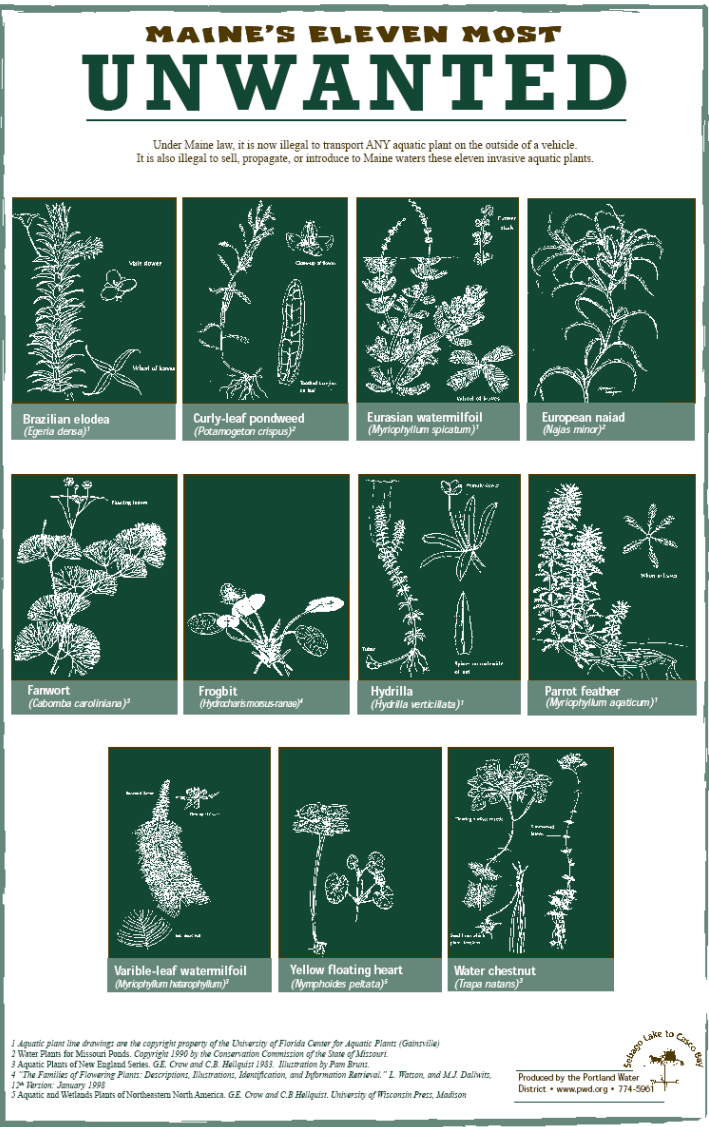
(above) Alex London and Melinda Moran Natural Resource Technicians

(right) Rhonda Jewell Water Resource Technician

Maine’s 11 Most Un-Wanted Aquatic Plants

Lakes and ponds in Maine, like many other states in the country are slowly being taken over by a number of non-native aquatic plants. These plants are known to cause significant habitat disruption, loss of native plant and animal communities, loss of property values, reduced fishing and water recreation opportunities. Many of these plants, bear a strong resemblance to their native cousins thereby making identification difficult.

Unfortunately many of these invaders are spread as a result of human activities, with recreational boating topping the list. Tiny fragments of these plants transported on boat motors, propellers and trailers can easily establish new plant colonies. Just one plant can infest an entire lake and these plants can survive out of water for days. Vigilance is needed to help stem the spread of these plants. Be sure to thoroughly check your boat, trailer and other equipment for plant matter when removing it from the water. At different times throughout the boating season volunteers can be found assisting boaters with the inspection, identification and removal of plant matter.



Beginning in 2002 it became illegal in Maine to:

- Transport ANY aquatic plant on the outside of any vehicle, boat, trailer or other equipment
- Launch a watercraft carrying an invasive aquatic plant on inland waters
- Sell, grow or introduce invasive aquatic plants.

Maine, along with a number of states have volunteer monitoring programs in place to help keep these aquatic invaders in check. Maine’s Volunteer Lakes Monitoring Program (VLMP) has over 1,000 trained volunteer monitors that are trained to the monitor the state’s over 6,000 lakes and ponds for a broad range of environmental indicators that affect the health of Maine lakes. These volunteers are often the first to notice the changes taking place in our lakes. They are trained and certified in water quality data collection of temperature, dissolved oxygen, Phosphorus and Chlorophyll-a concentrations. Volunteers can also be trained as invasive plant patrollers. For more information on how to become involved with the VLMP contact them via e-mail at

[vlmp@mainevlmp.org](mailto:vlmp@mainevlmp.org) by calling 207-783-7733 or by checking out their website [www.MaineVolunteerLakeMonitors.org](http://www.MaineVolunteerLakeMonitors.org)



**Free**

**Invasive Plant Patrol Workshop**

Sponsored by

**The Portage Lake Association**

**Wednesday June 29, 2005**

**9:00 am - 2:30 pm**

For more information or to register call 207-225-2070 or via email [vlmp@megalink.net](mailto:vlmp@megalink.net)