

Houlton Band of Maliseet Indians
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Nipon - June 2014
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Maliseet Youth Group/Boys & Girls Club
Raspberry Transplanting Workshop
 Prepared by: Matthew P. Edberg, HBMI Natural Resources

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Staff Update



The HBMI Natural Resources Department is pleased to announce that Kristin Hardy has joined us as a Water Quality Technician. She can be seen here preparing a meter for deployment into the river.

We'd also like to welcome back Rhonda Smart and Ryan Greenlaw as our 2014 summer technicians.

Word Search Answers

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



Raspberry plants 2013

The raspberry (*Rubus sp.*) plants at the Maliseet high-tunnel are sprouting right up with the glimpses of sunny warm weather we have been experiencing. Raspberries are woody plants, like trees & shrubs, and have shallow spreading root systems. In the high-tunnel the plants are grown in rows (see photo at left). Due to their spreading root system, they send up sprouts in the aisles between rows.

These sprouts will be tilled under to control the spreading nature of the plants.



Top right - Lillian Moulton
 Above Left to right - Brooke Shrou, Kayla Shrou, Alex Connors, Aliya Sabattis-Webber, Chris Campbell

On Wednesday, May 14, 2014 the Maliseet Youth Group/Boys & Girls Club was invited by the Natural Resources Dept. to an impromptu raspberry transplanting workshop. The youth were shown how to carefully separate the sprouts from the mother plants and plant them in pots. Each participant received a small raspberry sprout to take home and plant in their yard.

In addition to raspberry transplanting, the Youth Group & Natural Resources Department will be planting some corn, beans & squash seeds at the Maliseet Medicinal Plant Greenhouse. The seedlings will be transplanted into a Three Sisters Garden at the Elder's Center this later this year.



http://www.flusterbush.com

The Three Sisters story varies from tribe to tribe, but the three sisters are considered Corn, Beans, and Squash. They are seen as the three beautiful sisters because they grow in the same mound in the garden. The Corn provides a ladder for the Bean Vine. They together give shade to the Squash.

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Northern Regional Envirothon 2014



Kristin Hardy and Cara O'Donnell recently sat as judges for the Northern Regional Envirothon, which was held at the Bird Farm at Houlton High School.

Kristin Hardy - Cara O'Donnell scoring tests at the Envirothon



Envirothon teams exploring wildlife station (above) and soil station (right)

The Envirothon is a competition where students from various high schools form teams and compete against one another in various areas of natural resources. A total of twelve teams participated this year in all five natural resource areas: Aquatics, Forestry, Soils, Wildlife, and a current National Environmental issue. This required students to use certain skills they'd acquired, such as: plant and tree identification, soil type identification and soil pit analysis, environmental problem solving, decision making, and the ability to work as a team. The Aquatics station consisted of a thirty question test, which they had thirty minutes to complete. A couple of questions were:

Aquatics

- Q. What is the greatest non point source (NPS) pollutant?
A. Soil
- Q. What is on Maine's endangered species list?
A. Spotted turtle

The students really seemed to enjoy the challenge and it was a great experience for them.

If any students from the Maliseet Community are interested in learning more about participating in Envirothon training and activities throughout the school year, please call 207-532-4273 and ask for Cara O'Donnell (ext. 212) or Kristin Hardy (ext. 221).



Internship Awarded



Isaac St. John just received an 18 month paid curatorial residency at the National Museum of the American Indian (NMAI) in Washington, DC. They were seeking applicants for an entry-level Native American museum professional interested in pursuing museum careers or those early in established careers who felt they would benefit from the residency. Isaac demonstrated his commitment to the museum

profession through academic preparation, experience with paid or volunteer work at museums or community cultural centers, experience with exhibits and/or collections research, and/or a track record of community-based scholarship. He will join the staff of the NMAI Museum Scholarship Group and will be assigned to exhibition development and/or collections research projects under the supervision of staff

from the Museum Scholarship Group. He will enjoy all the privileges and responsibilities of the museum's professional staff. Work assignments will be created to assist with the development of professional skills necessary to the curatorial profession.

Consideration was given to candidates who could demonstrate how their experience will benefit their communities. Isaac's essay stated that he would use this experience to come back and work for his Tribe by helping to set up an archaeology and preservation program and try to create a museum for the Tribes in the area.

Isaac is a 2009 graduate from Houlton High School and 2013 graduate from Bates College in Lewiston, Maine. He is the son of Cathy and Scott St. John. Please join us in wishing him congratulations.

Kuli kiseht Isaac!

Eco Laundry Tips to Save Energy, Water and Money

Not only is laundry a necessary chore, but it's a huge drain on both water and electricity. The average household does almost 400 loads of laundry each year, requiring 13,500 gallons of water using traditional machines. The dryer is the second largest energy-consuming appliance in the home (after the refrigerator), costing an estimated \$70 each year. Thankfully there are plenty of ways to green your laundry routine and leave more green in your wallet.

A NEW LOOK AT LAUNDERING

Making your laundry routine more eco-friendly doesn't have to be expensive or arduous. Try these quick and easy adjustments to make a big difference:

Use cold water. Ninety percent of energy used by your washer goes toward heating the water, so wash in cold water whenever possible. Current research estimates that only 37% of U.S. laundry loads are run with cold water. If everyone switched to cold, we could prevent the release of 34 million tons of carbon dioxide (CO2) emissions.

Wash only full loads of laundry. To keep your washer running at peak efficiency, wait to run it until you've saved up a full load of clothes. Doing so can save as much as 5,200 gallons of water each year.

Green your detergent. You don't have to make your own detergent (although you certainly can!) but you should buy concentrated detergent to keep packaging to a minimum. Plus, concentrated detergent uses less water during the manufacturing process than traditional liquid detergents. Look for detergent brands that have earned an "A" rating from Environmental Working Group like Seventh Generation, Dr. Bronner's, Martha Stewart and Green Shield.

Line dry. The average dryer in the U.S. is responsible for one ton of CO2 emissions per year, so line drying is a big environmental win. An added bonus: line drying reduces wear and tear on your clothes, so they last longer. Short on time? Try partly drying using your machine and then line drying to finish.

Clean out your lint filter after each load to maximize your dryer's efficiency.

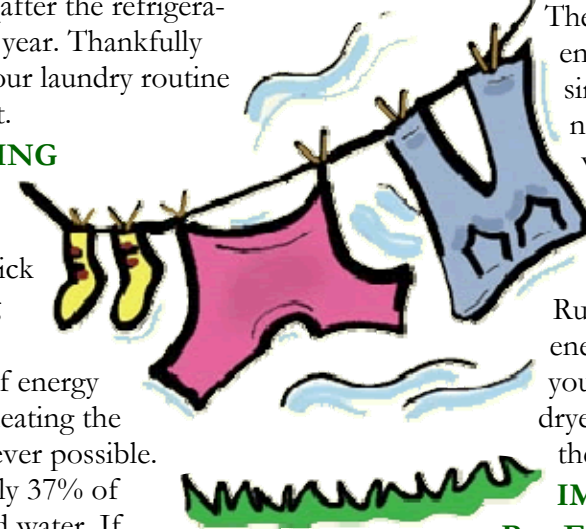
Utilize the dryer's moisture sensor, which will stop the machine once it senses your clothes have reached the desired dryness. Using the moisture sensor can cut CO2 emissions by as much as 10%.

Run dryer loads back to back to take advantage of any residual heat that may still be in the dryer and reduce energy use.

ADOPT ENERGY-SAVING HABITS

Wear your clothes more than once. The best way to reduce the amount of energy used to do your laundry is simply to limit your loads. There's no need to wear dirty clothes, but try to wear jeans, sweaters and dresses more than once before tossing them in the basket.

Only iron when necessary. Running the iron requires additional energy. To avoid wrinkles, shake out your clothes before placing them in the dryer, and fold or hang clothes as soon as the dryer cycle is done.



IMPROVE YOUR APPLIANCES

Buy Energy Star-rated machines when you're ready to upgrade. Energy Star washers use 50% less energy and water than traditional machines.

Choose front-loading machines. Front-loading washers require less water because the tub rotates rather than agitating. Front-loading Energy Star washers use only 18-25 gallons of water per load, compared to 40 gallons for a top-loading machine, saving as much as 7,000 gallons of water per year. All in all, an Energy Star washer could save you \$550 in operating costs over the machine's lifetime. And front-loading dryers save energy, too. They are able to spin faster, thus reducing drying time.

Consider the water factor. When buying a washer, look at the water factor, which is the number of gallons of water used per cycle per cubic foot. The lower the water factor, the more efficient the washer.

According to retailers' reports, 75-80% of the lifecycle impact of our clothing can be attributed to washing and drying. Taking steps to limit your laundry loads and opting to line dry will not only save energy and money, they'll keep your clothes looking newer longer.

For more information check out: www.emagazine.com



Myths About Bird Nests from Cornell Lab of Ornithology

MYTH: Birds that don't migrate are not protected by law.

It is illegal to destroy, possess, or sell bird eggs, nests, parts, and feathers of ANY bird native to or migrating within North America, according to the Migratory Bird Treaty Act of 1918. Additional local and state regulations may also be applicable.

MYTH: If you return a baby bird to its nest, the parents will smell your scent and reject it.

Parent birds do not recognize their young by smell. If you find a baby bird on the ground, it's okay to return it to its nest (which is almost certainly nearby). However, before you return a chick to its nest, you should be sure it did not leave on its own.

If it's sparsely feathered and not capable of hopping, walking, flitting, or gripping tightly to your finger, it's a nestling. If you can find the nest (it may be well hidden), put the bird back as quickly as possible.

If the bird is feathered and capable of hopping or flitting, and its toes can tightly grip your finger or a twig, it's a fledgling. Fledglings are generally adorable, fluffy, and have a tiny stub of a tail. Their parents are nearby and watching out for them. The parents may be attending to four or five young scattered in different directions, but they will most likely return to care for the one you have found shortly after you leave. You should always leave fledglings where you found them.

MYTH: If you build it they will come.

Providing a nest box is a great way to attract nesting birds, but it is not a guarantee. Have patience - if you provide a box in the appropriate range and habitat for a cavity-nesting bird, the chances are good that eventually it will be occupied.

MYTH: One size fits all.

For cavity-nesting birds, one box size does not fit all. Purchase or build nest boxes with a target species in mind.

MYTH: My cat doesn't kill birds.

Outdoor cats kill more than a billion birds annually according to some estimates. Keeping your cat indoors

will protect birds and also keep your cat safer and healthier. Check out more about cats and their impact on birds at:

<http://www.abcbirds.org/abcprograms/policy/cats/index.html>



Birds nesting on tribal lands

Phoebe nest at Admin bldg.

Wood duck eggs in nest box

Tree swallows on nest box

Kestrel hatchlings in nest box

MYTH: Cowbirds are a pest species that should be eliminated.

Cowbirds are a brood parasite, meaning they lay their eggs in nests of other species. Baby cowbirds grow fast and can crowd out other chicks. This is an example of a species using an alternative reproductive strategy. Cowbirds are native to the United States and therefore are protected by law, so it is illegal to harm them. Some birds are able to recognize and reject cowbird eggs.

MYTH: Birds sing because they are happy.

Birds sing to attract a mate and to mark or defend a territory against competitors. The next time you hear a bird singing, listen and look for a female or a potential rival.

MYTH: Birds mate for life.

Some birds stay together for more than one breeding season, or perhaps until one of the pair dies. However, DNA analyses have revealed that many birds once thought to be strictly monogamous may actually have "cheated" on their partners by mating with others.

MYTH: Birds use nests all year long.

Birds only use nests as a place to incubate eggs and raise young. Once chicks fledge, adults and young do not typically continue to use the nest. However, some birds will return to the same general areas to nest year after year.

For more information about bird nesting habits please check out www.nestwatch.org

And for more information about birds in general please check out Cornell's Lab of Ornithology at <http://birds.cornell.edu>

For more information about HBMI's Nest Box Program, please contact Matthew Edberg at 207-532-4273 ext. 220 or timber@maliseets.com



Picking Organic Produce

by Lindsey Blomberg, Environmental Working Group

Apples again topped the Environmental Working Group's list of most pesticide-laden produce.

On a budget and not sure what to buy organic at the supermarket? The Environmental Working Group (EWG)'s just-released 9th annual "Dirty Dozen" list documents pesticide contamination for 48 popular fruits and vegetables based on U.S. Dept. of Agriculture (USDA) and U.S. Food and Drug Administration (FDA) data. To ensure the pesticide residues on produce samples were similar than what the public would be exposed to at time of consumption, USDA and FDA scientists peeled and washed the produce samples prior to testing their contamination levels.

Like last year, apples topped the **2013 Dirty Dozen list, followed by strawberries, grapes, celery, peaches, spinach, sweet bell peppers, imported nectarines, cucumbers, potatoes, cherry tomatoes and hot peppers.** EWG advises consumers to purchase organic varieties of these produce items. For safe, non-organic produce, consumers can follow EWG's counterpart to the Dirty Dozen, the Clean Fifteen list.

Produce on the Clean Fifteen includes onions, pineapples, avocados, cabbage, frozen sweet peas, papayas, mangoes, asparagus, eggplant, kiwi, grapefruit, cantaloupe, sweet potatoes and mushrooms.

EWG's free "Dirty Dozen" app for the iPhone and iPad offers a convenient way for shoppers to have both lists handy during grocery trips.

"When given a choice, more consumers are choosing organic fruits and vegetables or using EWG's Shopper's Guide to find an easy affordable way to avoid toxic chemicals," said Sonya Lunder, an EWG senior analyst. "By following EWG's Shopper's Guide and advice, consumers can feel confident they can buy foods with consistently lower overall levels of pesticide contamination."

According to EWG, pesticides are toxic by design and created expressly to kill living organisms - insects, plants and fungi that are considered "pests." In turn, many pesticides pose health

dangers to people and have been linked to brain and nervous system toxicity, cancer, hormone disruption, skin, eye and lung irritation. Last year, the American Academy of Pediatrics, which represents more than 60,000 pediatricians, adopted an official position warning doctors and parents that pesticide exposures from food are potentially dangerous to children's health.

In addition to reducing harmful pesticide exposures,



EWG advises going organic to avoid genetically-modified organisms (GMO), which are forbidden to be added to organic foods according to U.S.

Department of Agriculture regulations.

EWG notes that GMO crops likely to be found in produce aisles of American supermarkets are zucchini, Hawaiian papaya and some varieties of sweet corn. While only a small fraction of zucchini and sweet corn are GMO, nearly all of field

corn - used to make non-organic tortillas, chips and corn syrup is produced with genetically modified seeds. Most Hawaiian papaya and non-organic soy is also GMO.

For more information:

<http://www.alternatives-magazine.com/organicproduce.html>

Environmental Working Group

www.ewg.org

In-stream Restoration Project

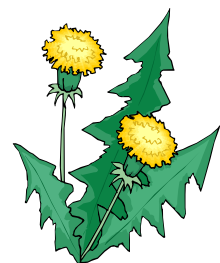


I'm quite sure you've heard the saying - "hurry up and wait" well that's just where we are with this project.

Due to the high volume of rain we received last summer and fall we were unable to get into the river to begin this project.

Hopefully Mother Nature will cooperate this year so we can begin construction on July 15. We'll keep you posted.

A Sweet Solution For Dandelions: Eat 'Em To Beat 'Em by NPR staff



When searching for ingredients to cook with, Irish chef Darina Allen sometimes has only to make a short trip - to her yard. There, she's sure to find a constellation of bright yellow dandelion flowers.

"Where other people see weeds, I see dinner!" she says.

Allen's the founder of the Ballymaloe Cookery School and an advocate of organic farming. She says that with a quick transplant from the yard to the kitchen, the humble dandelion might shed its bad rap.

I think that everyone knows that dandelion leaves ... are edible," she says. "But the flowers, people don't seem to realize, are edible. They're those lovely yellow flowers that many people will curse at in their lawns or in their gardens. Just pick those, and you can make dandelion flower fritters."

Allen says they're not too different from another summertime favorite: fried zucchini blossoms. Yet they've got a little something extra: Beyond being crunchy, they also have a generous dose of sugar to keep them sweet.

They pack a great nutritional punch, too. As author Jo Robinson told *Fresh Air's* Dave Davies, "Compared to spinach, which we consider a superfood, [a dandelion] has twice as much calcium, and three times as much vitamin

A, five times more vitamins K and E, and eight times more antioxidants."

Recipe: Dandelion Flower Fritters

Serves 4 to 5

- Sunflower oil, for frying
- 24 to 30 fully open dandelion flowers
- Vanilla sugar, for sprinkling

For the batter

- 3/4 cup all-purpose flour
- Pinch of salt
- 1 organic egg
- 1/2 cup lukewarm water

First, make the batter. Sift the flour and salt into a bowl. Make a well in the center and break in the egg. Using a whisk, bring in the flour gradually from the edges, slowly adding the water at the same time.

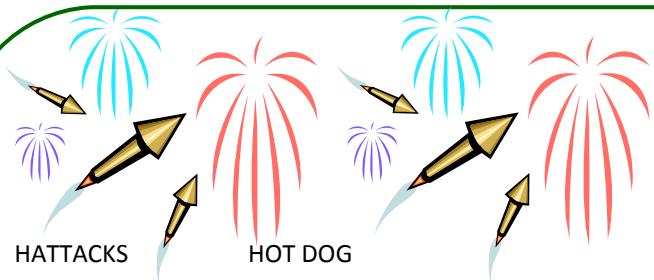
Preheat the oil in a deep-fat fryer to 350 degrees F or use a shallow pan with at least 1 inch of oil.

Shake the flowers, just in case there are any insects hidden inside. Holding each flower by its stem, dip them in the batter (add a little more water or milk if the batter is too thick) and fry in the hot oil a couple at a time until puffed up and crisp - approximately 2 minutes. Drain on paper towels. Toss in vanilla sugar and serve immediately.

From 30 Years at Ballymaloe by Darina Allen. Copyright 2014 by Darina Allen. Excerpted by permission of Kyle Books.

Summer Fun Word Search

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



- HATTACKS
- KSATE
- KUSPEM
- MICUWAKONINUT
- NIPONIW
- PESKOTEHSOK
- PITIYAHTESSIT
- POTEWEY
- SAMAQAN
- TEKCOKEK
- 'T-OLIKAPUWIKHAL
- HOT DOG
- HOT
- LAKE
- PICNIC
- SUMMER
- FIRE CRACKER
- FIRE FLY
- TEA
- WATER
- ICE CREAM
- PARADE

Try and find the hidden English and Maliseet Words in this puzzle



Opportunities for High School Students

By Cara O'Donnell and tish carr

Do you know a high school student that might be interested in working with a natural resource professional and cultural resource professional on projects in your tribal community?

We have multiple wicked good opportunities here. . .

Funding is available for educational and field opportunities to encourage tribal students to seek careers in natural resources, forestry or other biological sciences, focusing on projects that are of particular interest to the student and will benefit the tribe.

Earth Camp. Will be happening July 7-11 at SERC Institute (Schoodic Education and Research Center) in Winter Harbor, Maine. This is a great opportunity for tribal youth to work side by side with cultural resource and natural resource professionals to learn about the various aspects of their work and how it ties into the environment and tribal culture. Applications are available now through our office. Please help spread the word! See additional article by Alexis Ireland below.

Internships. Funding is available for students to apply for internships that are related to something in the environmental field. These internships provide an opportunity for one-on one exploration of a project or projects that may be of interest to a tribal student to explore as it impacts our environment.

A "Four Seasons" Weekend Gathering will occur during each season, Spring, Summer, Fall, and Winter. Each Wabanki tribe will host a weekend program at their location. These gatherings will encourage and promote student leadership, provide experiences in natural sciences and collaboration with neighboring tribal student leaders. These "Four Season" weekend gatherings supplement the year-long internship opportunity, where students work with a mentor from their tribes' natural resource program and cultural knowledge keepers to enhance student knowledge.

Through the four seasonal youth gatherings, students will learn about climate change, the impacts it has to the environment and how, on a tribal level, we can study the changes that are occurring. These programs will directly raise students awareness of climate change and its effect on tribal land and culture. This internship program will provide students hands-on career oriented work experiences.



Earth Camp is rapidly approaching. It's an excellent opportunity for tribal youth to not only meet other tribal youth from both Maine, New York and Massachusetts, but also to connect with natural resource professionals, and cultural professionals. This is a great opportunity, so please call Cecelia Tibbetts at 207-532-4273 ext. 104.

2013 Earth Camp by Alexis Ireland



Last year I attended the Earth Camp; it was held in Passadumkeag. The camp was for five days total. Every second of it was packed with activities for us to do, all of the activities that we did were hands on, which made it enjoyable for us. While we were there, we learned how to identify trees, efficiently use a compass, pound ash (then make a basket), the uses of some medicinal plants and much more. During our time there, we also spent a whole day on the Penobscot River testing the water quality. It made me realize that our rivers are more polluted than we think and we should be doing more to protect them from pollution. There were numerous amounts of activities we did in the duration of 5 days. All of which I gathered information from. The Earth Camp was a great learning experience for everyone that went, and I am looking forward to going again this year.