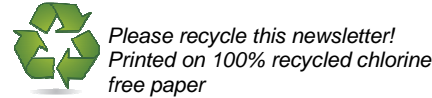


Houlton Band of Maliseet Indians
Natural Resources Department
 88 Bell Road
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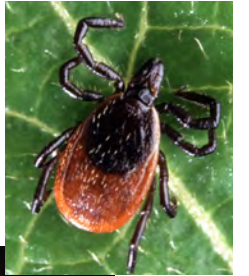
ADDRESS SERVICE REQUESTED

Nipon - June 2015
 Brenda Commander – Tribal Chief
 Susan Young - Editor



Don't Let Lyme Disease Ruin Your Summer Fun

You may have heard something in the news about Lyme Disease. Here is some information you can use to protect you and your family. So just what is Lyme Disease? It is a bacterial infection caused by the bite of an infected deer tick. In the United States most instances of lyme disease are found in the Northeast - from Virginia to Maine, upper Midwest - mostly Wisconsin and Minnesota, and on the West Coast particularly in Northern California. If left untreated, a tick bite transmitting the harmful bacteria can cause a number of long lasting health problems involving the joints, the heart, and the nervous system. When caught early, it can be treated with antibiotics and the patient can usually recover rapidly and completely.



Adult deer ticks

Unfortunately, the early signs of Lyme disease may be mild and are often easily missed. In most cases the first symptom is a rash (erythema migrans) that:

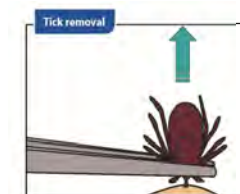
- Occurs at or near the site of the tick bite
- Is a “bull’s-eye” circular patch or solid red patch that grows larger
- Appears between 3 days and one month after the bite
- Has a diameter of 2 to 6 inches
- Lasts for about 3 to 5 weeks
- May or may not be warm to the touch
- It is usually not itchy or painful like other insect bites
- Sometimes it leads to multiple rashes.



Above right - www.commons.wikimedia.org
 Above - www.mosquitosquadnh.wordpress.com

Ticks are quite small and can attach to any part of the human body, but they are often found in hard-to-see areas such as the armpits, groin, and scalp. Most humans are infected through bites of immature ticks that are difficult to see, since they only measure about 2mm, about the size of poppy seeds.

If you find a tick, DO NOT PANIC. Not all ticks are infected and your risk from Lyme disease is greatly reduced if the tick is removed in the first 36 hours.



DO NOT use petroleum jelly, a hot match, nail polish or other products to try and remove the tick. Grasp the tick with a pair of tweezers as close to the skin as possible; with a steady motion, pull the tick away from the skin without jerking or twisting, being sure not to crush the tick’s body. Place the tick in a jar with rubbing alcohol to kill it and clean the bite area



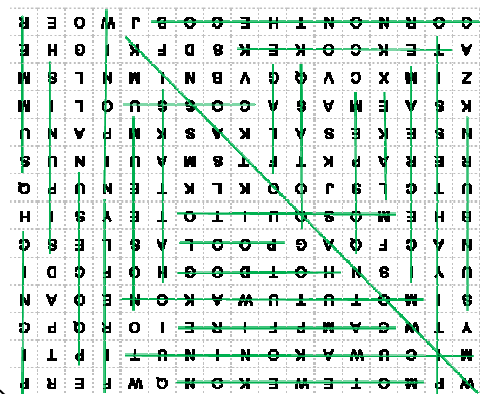
Turn Your Eyes To The Summer Sky

There is a lot going on in the night sky these days. Earlier this Spring the Planets Jupiter and Venus could be seen side by side in the western sky. August 12, brings the annual Perseid Meteor Shower, which on cloudless nights can often reward you with sightings of 60 - 90 meteors per hour! There will be a lunar eclipse on September 27-28, and just in case you missed it earlier in the year, Jupiter and Venus will be together again on October 26!

represents the geomagnetic latitude of your location. For example Maine and New Brunswick have a Kp reading of 5. Once you find your number, look at the forecast for that number and you can find out if your area can expect auroras soon. You can also sign up to have the notices sent right to your email.

Have fun and keep your eyes to the sky!

Word Search Answers



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Environmental Planning
 Sharri Venno - ext. 215
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Natural Resources - Real Estate
Director
 Sue Young - ext. 202



In addition, this year has proven to be very active for the northern lights (aurora borealis) or nipayapon. While most people think these only occur in the winter, these beautiful light shows can appear any time of year. Usually spotting the auroras is a chance encounter, but now there is a website that will help you know when to look for these dazzling displays.

<http://www.softservenews.com/Aurora.htm>

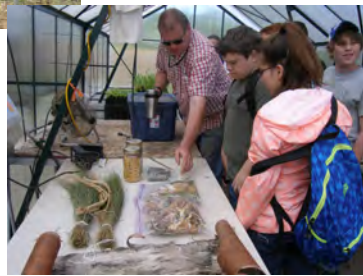
This website provides daily forecasts based on where you are on the planet. Simply find your location on the US Map, then select the number that covers your area. The Kp number

Wabanaki Youth Day



On Thursday June 4th, 7th graders from Houlton took a field trip to the Tribe's administrative offices to learn about the Tribe and Maliseet culture.

(Above - right) Youth at the greenhouses with Matthew learning about medicinal and ceremonial plants grown by the tribe



Through out their visit the students visited many stations including a talking circle and fry bread tasting with Chief Commander, a discussion of fasting and ceremonies with Amy Joseph and a visit to the medicinal plant gardens and greenhouse with Matthew Edberg, just to name a few.

It was a beautiful day to celebrate and share tribal culture.

Lyme Disease (cont'd)

with rubbing alcohol or hydrogen peroxide.

To reduce ticks your yard you can:

- Keep lawns mowed and edges trimmed.
- Clear brush, leaf litter and tall grass around the house and at the edges of gardens and stone walls.
- Stack woodpiles neatly and away from the house, preferably off the ground.
- In the fall, clear all leaf and garden litter out of your yard, where ticks can live in the winter.
- Keep the ground under bird feeders clean so as not to attract small animals that can carry ticks into your yard.
- Locate children's swing sets and other playground equipment in sunny, dry areas of the yard, away from the woods where ticks can be abundant.

Deer ticks usually cling to tall grass, brush, and shrubs 18 to 24 inches off the ground. They cannot fly or jump and do not drop onto passing people or animals. In tick infested areas, your best protection is to avoid contact with soil, leaf litter, and vegetation. If you like to spend a lot of time in the outdoors there is still a lot you can do to protect yourself:

- Wear light colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants and long sleeves.
- Tuck shirts into pants and pants into socks or boots.
- Check clothes and skin frequently when outdoors.
- Stay on clean, well-traveled trails, walk in the center of the trail. Avoid dense woods and brushy areas.
- Avoid sitting directly on the ground or on stone walls or wood piles.
- Keep long hair tied back when gardening.
- Bath or shower as soon as possible (within 2 hours) of being outdoors to wash off and more easily see ticks.
- Do a final, full-body check at the end of the day and remove ticks promptly. **Removing ticks is the single most effective way to prevent Lyme disease.**

For more information about Lyme Disease please check our Facebook page or visit:

www.cdc.gov/lyme/resources/toolkit/final_lymediseasecrossword_apr2010.pdf

<http://www.cdc.gov/lyme/resources/brochure/lymediseasebrochure.pdf>

Staff Update



The Natural Resources Department wishes Kristin Hardy (left) a fond farewell. Kristin worked with the Water Program for just over a year and left the beginning of June. Please join us in wishing her all the best.



We'd like to take this opportunity to extend a warm welcome to Ben Flewelling (right) the newest member of the Water Program and Natural Resources Team.

It's Not Too Late to Sign Up!



We are still accepting applications for the youth and science camp that will take place August 16 to 20, 2015.

Join us for four days of crafts, traditional foods, canoeing and science and more.

Topics for the daily sessions include:

- Science behind traditional basket making
- Medicinal plants and traditional foods
- Archaeology and soils
- Water Resources

Come learn how traditional teachings and science can work hand in hand while having fun in the great outdoors!

The deadline to apply is **July 30, 2015** so contact Cara O'Donnell at water@maliseets.com or 532-4273 ext. 212. You can also check out our Facebook page or stop by the Natural Resources Department for an application.

Meet the Summer Techs



Summer is here and you know what that means - the summer techs have arrived!

This year we're pleased to have Amelia St. John (left) working in Water Resources with Cara and Ben while Sable Altwater (right) is working on

Natural Resources projects with Matthew.




BIA Climate Change Photo Contest

BIA has launched a photo contest for students in grades K-12. Students are asked to take a picture of things that they (or the tribe) value and describe how climate change might affect what's shown in the photograph.

Details are posted on our Facebook page or email Sue Young at ogs1@maliseets.com

Deadline for Submissions is **August 16, 2015** and **November 30, 2015**



Find these English and Maliseet words in the puzzle

Summer Maliseet Word Search

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