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Nipon - June 2016

Brenda Commander – Tribal Chief
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HBMI Natural Resources Department



Stay Safe This Summer



Now that summer is here we look to the outdoors for work and play. These longer sunny days also tend to bring along thunderstorms. Luckily in northern Maine we are not often hit with tornadoes, and definitely not with tornadoes like those that hit states like Oklahoma. But just because these storms don't often spawn tornadoes, it doesn't mean that there is not danger lurking within. That danger is lightning. People either love it or hate it, but one thing's for sure it is something to be respected.

There are many myths out there about lightning. The National Weather Service debunks many of these myths on their website - here are just a few:

Myth: If you're caught outside during a thunderstorm, you should crouch down to reduce your risk of being struck.

Fact: Crouching doesn't make you any safer outdoors. Run to a substantial building or hard topped vehicle. If you are too far to run to one of these options, you have no good alternative. You are NOT safe anywhere outdoors.

Myth: Lightning never strikes the same place twice.

Fact: Lightning often strikes the same place repeatedly, especially if it's a tall, pointy, isolated object. The Empire State Building is hit nearly 100 times a year.

Myth: If it's not raining or there aren't clouds overhead, you're safe from lightning.

Fact: Lightning often strikes more than three miles from the center of the thunderstorm, far outside the rain or thunderstorm cloud. "Bolts from the blue" can strike 10-15 miles from the thunderstorm.

Myth: Rubber tires on a car protect you from lightning by insulating you from the ground.

Fact: Most cars are safe from lightning, but it is the metal roof and metal sides that protect you, NOT the rubber tires. Remember, convertibles, motorcycles, bicycles, open-shelled outdoor recreational vehicles and cars with fiberglass shells offer no protection from lightning. When lightning strikes a vehicle, it goes through the metal frame into the ground. Don't lean on doors during a thunderstorm.

Myth: A lightning victim is electrified. If you touch them, you'll be electrocuted.

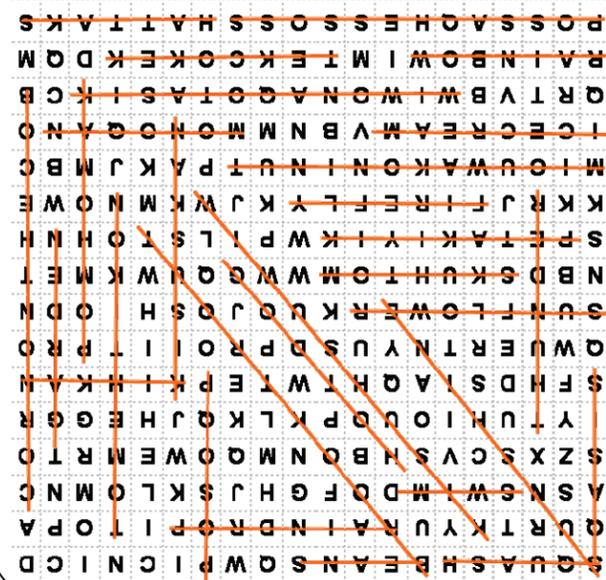
Fact: The human body does not store electricity. It is perfectly safe to touch a lightning victim to give them first aid. This is the most chilling of lightning myths. Imagine if someone died because people were afraid to give CPR!

Continue on page 4

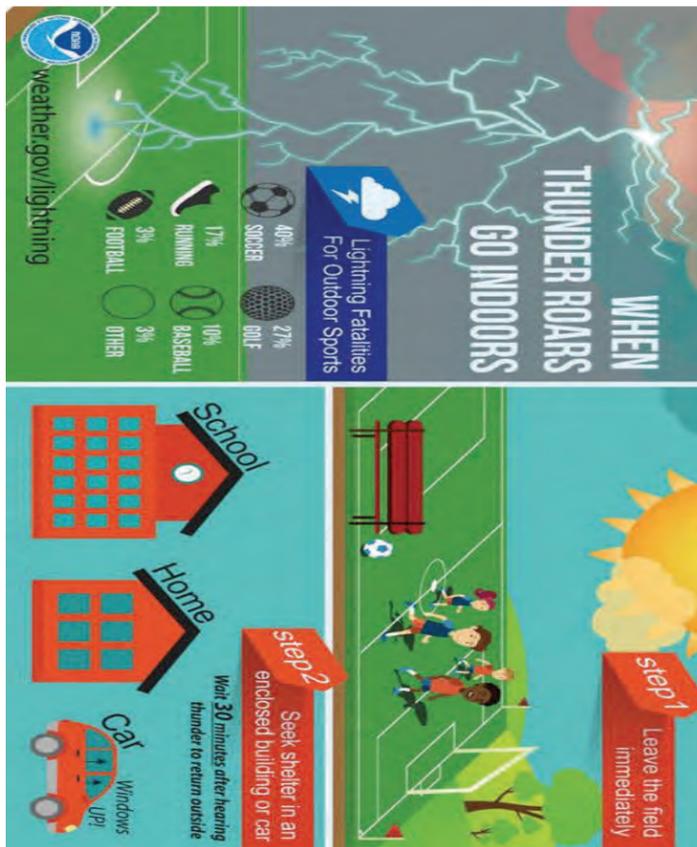
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Word Search Answers



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Meet the Summer Techs



Above: Sam St. John
Right: Gage Lefay

Summer's here and so are the techs. This year we are pleased to have Gage Lefay and Sam St. John working with us here in Natural Resources. Sam is working with Cara & Rod in the water program while Gage is working with Matt as the natural resources tech.



How do you catch a Fish?

With a Go-Pro camera, of course!! We have caught some great shots of brookies this month at the Lowery Bridge at the fish habitat structures we put in the river! We have seen brookies of various sizes and a few small mouth bass.



Brook trout captured by Go-Pro

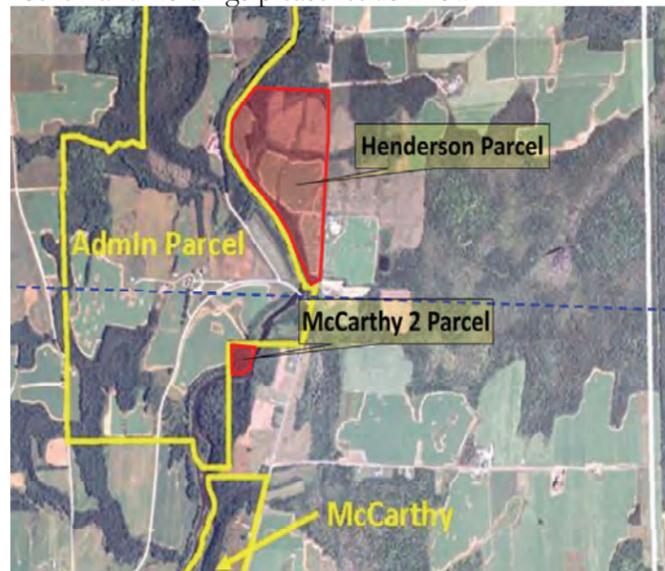
We will continue to watch throughout the summer and see how things change as the waters in the mainstem of the Meduxnekeag warm up. Will the brookies continue to use these structures or will they leave for cooler places?

If you would like to volunteer time to watch the fish cam and help edit the footage, please let Cara or Sue know!

Tribal Land Update

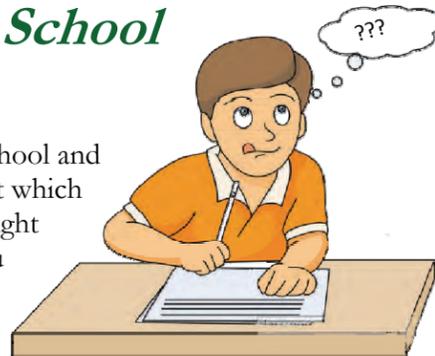
June brings good news to the Real Estate program with 2 more tribal parcels gaining trust status this summer. This brings the tribe's trust acreage to +/- 1,268 acres. The 30 day notice for the Henderson and McCarthy-2 parcels (shown below in red) was printed in the Houlton Pioneer Times on June 14, 2016. An environmental assessment on these parcels was completed by BIA on June 22.

If you have any questions about these parcels or any other land holdings please let us know.



Job Shadow Opportunity for High School Students

Are you in high school and trying to figure out which career path you might choose? Have you ever wondered what working in the environmental science field could be like?



This summer, why not take this opportunity to job shadow in the Natural Resources department and get up-close and involved in the projects we are working on! Last year four high school students spent their time learning about medicinal plants found on tribal land, using professional survey equipment on the Meduxnekeag River Restoration project, and digging at an archeological pit in the North Maine woods at a site where stone tools were found.

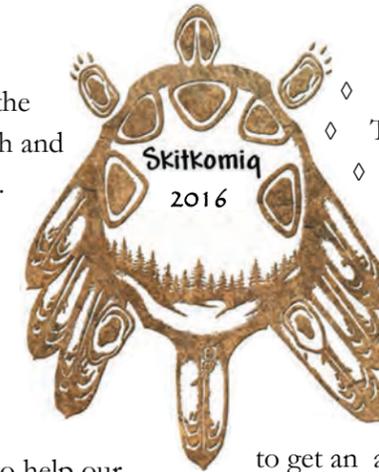
There is still time to get involved! Call for more information: Sue Young 532-4273 ext. 202 or Cara O'Donnell ext. 212.

Skitkomiq 2016

Now that summer is officially here - it's the perfect time to announce this year's youth and science camp better known as Skitkomiq. Last year's camp was a lot of fun and we're hoping this year is even better. This year's camp will take place August 22 to 25, 2016.

Just a quick refresher, our Skitkomiq camp is funded by a BIA Tribal Youth Initiative grant. The goal of the camp is to help our tribal students in grades 5 through 8, learn about and get excited about science. This is a great chance to learn from scientists and culture keepers side by side. The scientific community has begun acknowledging the importance of Traditional Ecological Knowledge also known as TEK - the stories and teachings passed down through tribal stories.

Some of the topics and activities for this year's camp include:



- ◇ Learning about medicinal plants
- ◇ Traditional foods
- ◇ Maliseet archeological dig and artifacts
- ◇ Fish identification
- ◇ Birch bark etching
- ◇ Ash tree identification and baskets
- ◇ Maliseet stories
- ◇ Canoeing and more

To learn more about this year's camp or to get an application - please contact Cara O'Donnell at 207-532-4273 ext. 212 water@maliseets.com or Sue Young 207-532-4273 ext. 202 ogs1@maliseets.com. And check out our Facebook page for details.

Submit your application by July 21, 2016 and you'll be entered into a special prize drawing.

Maliseet Word Search Puzzle

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

Find the Maliseet and English words in this summertime puzzle

| | |
|---------------|-----------------|
| Hattaks | Hot Dog |
| Kihkan | Garden |
| Kisuhsuwiw | Sunshine |
| Kiskuskan | Sunflower |
| Micuwakoninut | Picnic |
| Monoqan | Rainbow |
| Petakiyik | Thunder |
| Pomhom | Swim |
| Posoqp | Raindrop |
| Possaqhessoss | Firefly |
| Skuhtom | Brook Trout |
| Sqasis | Squash |
| Tekcokek | Ice Cream |
| Tomehtikon | Beans |
| Wiwonaqotasik | Corn on the Cob |



Stay Safe This Summer *continued from page 1*

Myth: If outside in a thunderstorm, you should seek shelter under a tree to stay dry.

Fact: Being underneath a tree is the second leading cause of lightning casualties from lightning. Better to get wet than fried.



Myth: If you are in a house you are 100% safe from lightning.

Fact: A house is a safe place to be during a thunderstorm as long as you avoid anything that conducts electricity. This means staying off corded phones, electrical appliances, wires, TV cables, computers, plumbing, metal doors and windows. Windows are hazardous for two reasons: wind generated during a thunderstorm can blow objects into the window, breaking it and causing glass to shatter and second, in older homes, in rare instances, lightning can come in cracks in the sides of windows.

Myth: If thunderstorms threaten while you are outside playing a game, it is okay to finish it before seeking shelter.

Fact: Many lightning casualties occur because people do not seek shelter soon enough. No game is worth death or life-long injuries. Seek proper shelter immediately if you hear thunder. Adults are responsible for the safety of children.

Myth: Structures with metal, or metal on the body (jewelry, cell phones, Mp3 players, watches, etc.), attract lightning.

Fact: Height, pointy shape, and isolation are the dominant factors controlling where a lightning bolt will strike. The presence of metal makes absolutely no difference on where lightning strikes. Mountains are made of stone but get struck by lightning many times a year. When lightning threatens, take proper protective action immediately by seeking a safe shelter don't waste time removing metal. While metal does not attract lightning, it does conduct it so stay away from metal fences, railing, bleachers, etc.

Myth: If trapped outside and lightning is about to strike, I should lie flat on the ground.

Fact: Lying flat increases your chance of being affected by potentially deadly ground current. If you are caught outside in a thunderstorm, you should keep moving toward a safe shelter.

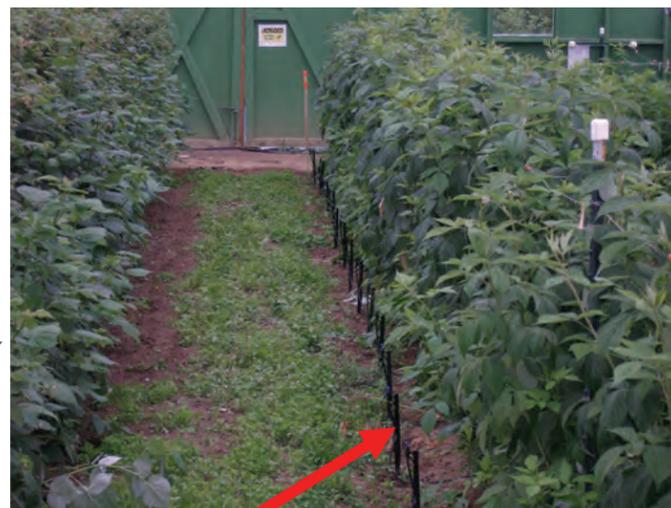
For more myths - check out www.lightningsafety.noaa.gov/myths.shtml



Attention Elders - It's Raspberry Time!

One of the best parts of summer is the arrival of fresh berries! We are pleased to announce to the elders that the raspberries in HBMI's high tunnel greenhouse are ready for picking. It looks like we will once again have a good crop this year.

There are a couple of changes in the greenhouse this year. There is red clover planted in the rows between the raspberries to help improve soil quality. Matthew and Gage have been busy working in the high tunnel and have installed a new irrigation system as shown in the picture, (*bottom right*).



When in the greenhouse, please be careful and watch where you are walking when picking raspberries so you will not trip on or damage the watering system.

Also, when picking, please only take enough for you and your family, so that there are plenty for everyone.

For those of you interested in blackberries, there are quite a few growing up behind the Elders Center. If you'd like to know more about where to find the blackberries, please feel free to contact Matthew at 532-4273 ext. 220 or at timber@maliseets.com

Wolastoq/St. John International Watershed Summit



Our Meduxnekeag River and its watershed are part of the international Wolastoq/St. John River Watershed. The St. John River is located in Maine and New Brunswick, Canada and serves as part of the US/Canada border.

On April 6, 2016 HBMI and the Maliseet Nation Conservation Council (MNCC) (www.maliseetnationconservation.ca) hosted an international summit to encourage federal and provincial agencies to work together with us and the Maliseet First Nations in Canada for the benefit of the Wolastoq/St. John and our common goal of restoring migrating Atlantic salmon. A wide range of topics were discussed from tribal sovereignty and culture, NB Power's Mactaquac hydro-electric dam in Canada, fish passage, the International Joint Commission and more. We hope that this will be the start of ongoing conversations regarding the joint management of this important shared resource.

35 individuals participated in this summit representing HBMI, Kingsclear First Nation, Tobique First Nation, Madawaska First Nation, US Environmental Protection Agency, (EPA), US Army Corps of Engineers, US Fish & Wildlife Service, US Geological Survey (USGS), United South and Eastern Tribes (USET), Bureau of Indian Affairs (BIA) Eastern Area Office, Maliseet Nation Conservation Council (MNCC), US Public Health Service, Global Affairs Canada, Fisheries & Oceans Canada, Schoodic River Keepers, Environment and Climate Change Canada, St. Thomas University and NOAA's National Marine Fisheries Service.



Tina Martin, Councilor Tobique First Nation opening summit with Wolastoq song (written by Elder Gwen Bear)
From left, Patricia Saulis MNCC, Jerry Pardilla USET, Tina Martin, Brian Patterson USET, Chief Commander HBMI, Kitki Carroll, USET



Lightning: What You Need to Know

- **NO PLACE** outside is safe when thunderstorms are in the area!!
- If you hear thunder, lightning is close enough to strike you.
- When you hear thunder, **immediately** move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up.
- Stay in safe shelter at least 30 minutes after you hear the last sound of thunder.

Indoor Lightning Safety

- Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.
- Avoid plumbing, including sinks, baths and faucets.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors, and do not lean against concrete walls.

Last Resort Outdoor Risk Reduction Tips

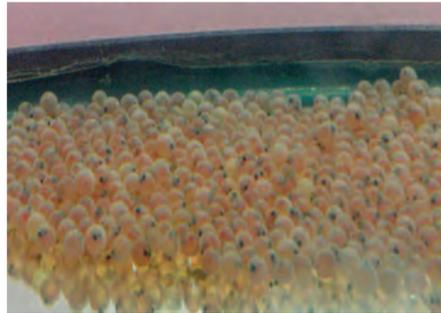
If you are caught outside **with no safe shelter anywhere nearby** the following actions *may* reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks
- Never lie flat on the ground
- Never shelter under an isolated tree
- Never use a cliff or rocky overhang for shelter
- Immediately get out and away from ponds, lakes and other bodies of water
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)

<http://www.lightningsafety.noaa.gov/tips>

Raising Salmon Eggs

As many of you know, salmon no longer exist here in the Meduxnekeag River. In March we received approximately 500 landlocked salmon eggs through a project sponsored by the Chiputneticook Lakes International Conservancy (CLIC). Over the course of about 2 months, we raised these eggs to the fry stage in a fish tank in the natural resources department.



Salmon eggs (approx. 30 days old) in natural resources department

Fish eggs to fry stage

On May 16, 2016, as part of World Fish Migration Day, we released our salmon fry into the wild at Grand Lake Stream. Our tribal youth participated in the fish release along with a bus full of students from Hodgdon Mill Pond School, and East Grand. Our efforts were also part of something that stretched around the globe... there were over 400 events just like ours held in 60 different countries! People all over the world understand the importance of ensuring fish are able to reach their spawning grounds, whether by removing dams, fixing old road culverts that don't pass fish anymore, participating in a river clean-up project, or releasing salmon fry... It all matters!!



We hope that someday we can be raising salmon eggs for release in the Meduxnekeag River to help restore our salmon population and the tribe's historic food source.



Preparing year old hatchery raised salmon for release



(front row - left to right) Connor Smith, Cecelia Tibbetts, Jeremiah Ireland, Keenan Lindsay, (back row - left to right) Jeremy Anderson, Cara O'Donnell, Austin Lindsay, Kameron Lindsay, Isaac Cummings, Danya Boyce, Joe Sabattis



(Clockwise) Cara O'Donnell, Danya Boyce, Connor Smith, Cecelia Tibbetts

Green Living: A quick guide to ecofriendly sunscreens

By Lucy Lau - the Georgia Strait

In theory, sunscreen is pretty awesome. Made from a mix of organic and inorganic ingredients that reflect harmful UV rays, or absorb them and then convert them into heat, these protective creams, lotions, and sprays shield our skin from radiation that may otherwise leave us with a painful lobster-red tinge.

And because excessive sun exposure has been linked to skin cancer, sun-care products are also key preventive agents when it comes to our health and well-being.

What you may not know, however, is that some of these ingredients - particularly the inorganic ones - may actually be damaging your body from the inside out. These include hormone-disrupting chemicals, allergens, and other irritants that help store-bought sunscreens maintain a certain scent or consistency.

"What we want to avoid, as conscientious consumers, are the ingredients in sunscreen that are going to cause other health effects," explains Lindsay Coulter, the David Suzuki Foundation's resident Queen of Green, by phone.

But Coulter notes that there is a way out of this seemingly contradictory mess. Unlike for household cleaners, Health Canada requires manufacturers of sun-care products to list all components on the bottle, which makes it easy for shoppers to spot the good, the bad, and the must-avoid before heading to the checkout.

So, what's one ingredient that consumers should avoid at all costs? According to Coulter, it's fragrance, or "parfum", a combination of any of more than 3,000 allergy-, migraine-, and asthma-triggering chemicals that imparts a synthetic odour to beauty and at-home products. These mixtures may even be present in "fragrance-free" or "unscented" items, where they go undetected in the presence of masking agents.

"If you avoid fragrance in your sunscreen and all your cosmetics, you're probably going to avoid a bunch of other harmful chemical ingredients as well," says Coulter. "It's in almost everything, and almost always one of the last ingredients on every list."

Coulter also identifies oxybenzone - a chemical additive that has been shown to interfere with the function of endocrine systems - and retinol palmitate, a form of

vitamin A that may assist in the growth of skin tumours, as hazardous sunscreen components. A number of these chemicals are also bio-accumulative (meaning they can build up in the body) and may pose a threat to our waters and marine life.

To get the most out of your sunscreen, opt for mineral-based products that use zinc oxide, like the Alberta-based Rocky Mountain Soap Company's new Vanilla Coconut Natural Sunscreen (\$22 at Rocky Mountain Soap Company [various locations]) or Green Beaver's Natural Mineral Sunscreen (\$21.99 at Finlandia Pharmacy [1111 West Broadway]).



These creams go on white-like the stuff that lifeguards slather onto their noses - creating a physical barrier against all three types of UV rays (UVA, UVB, and UVC), while not damaging our ecosystem once traces of them inevitably end up in the water.

Whatever you do, Coulter stresses, just stay away from the click-and-mist styles. "It's best to just avoid spray sunscreens for adults and children," she says, "because there's a risk of actually inhaling those nanoparticles, which will go straight to your lungs and into your bloodstream."

<http://www.straight.com/life/717446/green-living-quick-guide-ecofriendly-sunscreens>

Congratulations Joshua Giffard!

Winner of our Spring GPS Giveaway!

