


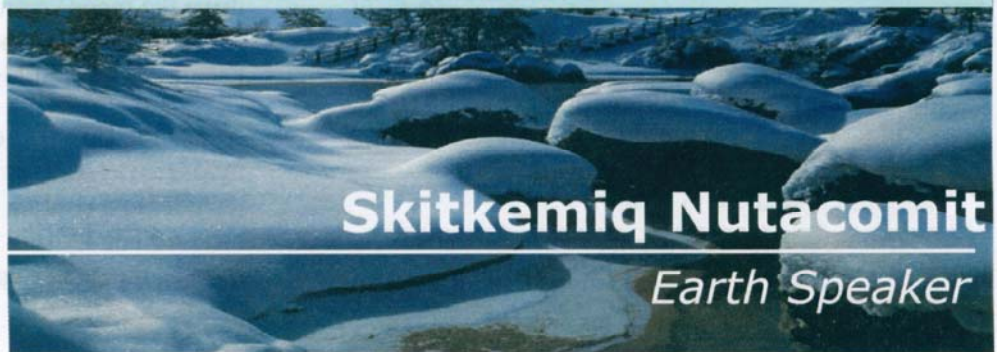
Puniw (It is Winter)
December 2000

(Issue 1 Volume 2)

Brenda Commander - Tribal Chief
Susan Young - Editor

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HBMI Natural Resources Department



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Earth Speaker



Inside this issue:

Mercury in the Fish?	1
How the Fly Saved the River	2
Maliseet Language.	2
Ice Fishing Tips	2
Savory Venison Stew	3
Word Search Puzzle	3
Bits and Pieces	4

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Mercury in the Fish?

By Scott Krzanik, Water Resources Specialist

In August, 2000, the Maine Bureau of Health released *The Year 2000 Freshwater Fish Consumption Advisories* pertaining to mercury in the fish we eat. **This advisory contains important information that affects ANYBODY who eats fish.** Mercury can remain in the human body for many weeks and up to 2 years in larger fish. It will eventually be expelled from the body through waste, however, it is important to reduce your exposure to mercury by limiting the consumption of certain fish species as specified in the Fish Consumption Advisories. You may ask, "How does mercury find its way into the fish we eat?" Lets look at where mercury commonly originates and then follow its path through the environment and on its way to humans.

Mercury occurs naturally in soil and certain rock formations, such as shale. It is also found in products we use every day such as thermometers, certain batteries, fluorescent light bulbs, medical instruments, laboratory equipment, and many electronic devices.

When we throw these products away, many of them end up in municipal incinerators. As it burns, this mercury vaporizes and enters the atmosphere. When it rains or snows, the mercury is brought back to the earth. Naturally occurring mercury leaches out of the soil and rock through natural processes and ends up in ground and/or surface water. It also can vaporize when exposed to the air and be re-deposited with falling rain or snow. Regardless of the source, mercury in rivers, lakes, and bottom sediment is transformed by aquatic organisms into methyl mercury, which is highly toxic. Methyl mercury is taken up by aquatic life forms such as plankton and fish. As methyl mercury is consumed and moves up the food chain through larger and larger organisms, it accumulates in correspondingly higher quantities in the body tissue of fish, for example. When we eat too much mercury-contaminated fish, health problems can occur such as numbness, weakness, fatigue, poor coordination, depression, tremors, and irritability. In some cases, eating excessive amounts of mercury-contaminated fish can lead to birth defects, blindness, paralysis, and even death.



For more information, contact the Bureau of Health, Environmental Toxicology Program at 207-287-6455, or visit the website:
<http://janus.state.me.us/dhs/bohetp/2KFCA.pdf>

Remember, fish is good for you, just be aware of the advisory. For more information on fish or other dietary concerns contact Sue Tortello, HBMI Nutritionist at (207) 532-2240 ext. 26

How the Fly Saved the River

An Anishnabeg story

Many, many years ago when the world was new, there was a beautiful river. Fish in great numbers lived in this river, and its water was so pure and sweet that all the animals came there to drink.

A giant moose heard about the river and he too came there to drink. But he was so big, and he drank so much, that soon the water began to sink lower and lower.



The beavers were worried. The water around their lodges was disappearing. Soon their homes would be destroyed.

The muskrats were worried, too. What would they do if the water vanished? How could they live?

The fish were very worried. The other animals could live on land if the water dried up, but they couldn't.

All the animals tried to think of a way to drive the moose from the river, but he was so big that they were too afraid to try. Even the bear was afraid of him.

At last the fly said he would try to drive the moose away. All the animals laughed and jeered. How could a tiny fly frighten a giant moose? The fly said nothing, but that day, as soon as the moose appeared, he went into action.

He landed on the moose's foreleg and bit sharply. The moose stamped his foot harder, and each time he stamped, the ground sank and the water rushed in to fill it up. Then the fly jumped about all over the moose, biting and biting until the moose was in a frenzy. He dashed madly about the banks of the river, shaking his head, stamping his feet, snorting and blowing, but he couldn't get rid of that pesky fly. At last the moose fled from the river, and didn't come back.

The fly was very proud of his achievement, and boasted to the other animals, "Even the small can fight the strong if they use their brains to think."



Ice Fishing Tips *By Dave Joseph*

The ice fishing season will be starting again very shortly. Before you set your traps, I would like to remind you of a few things that can make your ice fishing experience safe and more enjoyable.

- Be sure to read the State Ice Fishing regulations for the waters that you plan to fish. As the wise Judge always says "there is no excuse for ignorance of the law." If any of the regulations are confusing be sure to consult with a game warden, *never just assume what it means.*
- Always dress in layers. It is much easier to take clothes off and stay warm than to not have enough to keep you warm. Cottons are the worst! Wear synthetics or wool clothing.

- Check the weather forecast before heading out to ice fish for the day. As we all know the weather can turn on us at anytime during the day. Pack plenty food and fluids. Your body will need the energy to help you stay warm.
- Always let someone know where you plan to fish.
- Remember to get your 2001 fishing/combination license. This sometimes gets overlooked with a new year just starting.
- Always remember to heed fish consumption limits (see related mercury article). Just because it's winter doesn't mean the fish don't have mercury in them.

Keep the fishing lines tight and watch for the flgs to fly up!



Savory Venison Stew

Servings 6-8

Classification - Contemporary

Nation / Tribe - Northeast Woodland Region



Ingredients

- | | |
|--------------------------------------|---|
| 1/2 cup corn oil | 1-1/2 pounds trimmed venison, cubed |
| 1 medium onion coarsely chopped | 3 large cloves garlic, finely diced |
| 8 small red potatoes, quartered | 3 celery stalks, diced |
| 3 carrots, cut into 1/2" rounds | 2 bay leaves |
| 1/4 tsp. dried, crumbled sage | 1/4 tsp. dried parsley, chopped |
| 1/4 tsp coarse salt | ground pepper to taste |
| 1/4 tsp hot sauce (tobasco) | 2 cups water, vegetable or meat stock |
| 1 8 oz. jar salsa (mild or to taste) | 1 cup wild mushrooms, cut into bite size pieces |

Directions

In a large cast iron skillet or pot, heat oil over medium-high heat. Add venison and quickly brown on all sides, stirring frequently. Add onion, garlic and potatoes, stirring well. Add remaining ingredients, blending and stirring well. Cook and cover for 30 minutes or until the venison and potatoes are tender. Balance the seasoning according to taste. If stew ends up too spicy, serve with sour cream.

This recipe and other Native American Recipes can be found on line at www.wisdomkeepers.org/nativeway



Word Search

P	R	H	A	T	R	K	T	T	O	F	P	I	C
R	C	O	L	D	W	J	O	D	S	L	E	E	T
M	I	T	T	E	N	S	P	S	W	U	V	D	G
O	I	C	I	C	L	E	S	C	A	O	K	Q	O
O	S	H	C	R	K	G	H	Z	T	R	F	G	I
S	S	O	I	S	N	O	W	S	T	O	R	M	C
E	T	C	A	C	S	K	D	S	M	F	O	J	E
S	W	O	O	E	L	O	H	N	N	F	S	Y	F
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K	F	A	F	W	I	N	T	E	R	A	W	M	S
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- | | | |
|---------------|----------|-----------|
| Cold | Icicles | Sneezing |
| Flu | Mittens | Snowman |
| Frost | Moose | Snowstorm |
| Hat | Skates | warm |
| Hot chocolate | sledding | winter |
| Ice fishing | Sleet | woodstove |

OOPS!

*Sorry about the mix up on last month's puzzle.
Thanks for the feedback.*

Bits & Pieces

- We'd like to issue a warm welcome to David Lombard who has just joined us as our Environmental/Forestry Specialist.
- Watch the sky for a partial eclipse of the sun beginning at 11:00 a.m. on Christmas Day. This eclipse will be visible in all of North America except Alaska and should last about 3 hours
- **Shooting Stars in December**
 - Geminid meteor shower 12/14/00. Look to the NE at 2:00 am for the peak of approx 65 per hour.
 - Ursid meteor shower 12/22/00 Look to the North at 5:00 am for peak of approx 12 per hour.

MALISEET VOCABULARY

- PSAN - *It is snowing*
- PQOMISOK - *Hail*
- NIPAYIMIYAN - *Christmas*
- PILIKOTON - *New Year*
- PSANISIYE - *Light snow fall*
- SPAQAhte - *The snow is deep*
- PSQOPEHSAN - *Snow mixed with rain*
- WISOKITKEYU - *It is bitterly cold*
- PASOCU - *The ice is frozen thick*
- PIPUWOCU - *The ice is frozen thin*
- WATSTAPSKONUT - *Snowball*



Winter
*is a good time to have your house checked for **Radon***
*Contact us for your **test kit today!***



Remember
Don't Drink and Drive
this Holiday Season

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

Word Search Answers

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