


Puniw (*It is Winter*)
December 2003

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Susan Young - Editor

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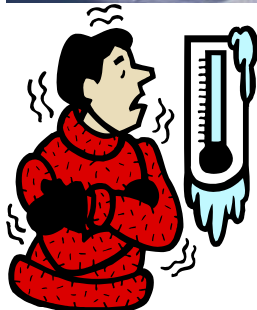
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HBMI Natural Resources Department



Weather Extremes - Part I

It seems that winter is coming around faster and staying longer every year. Winter is a time of fun, sledding, ice-fishing, skiing, snow shoeing, skating, but a lot of times we take winter for granted and that can be a dangerous thing. Winter can bring extreme cold, snow, ice, hypothermia, downed power-lines and more. Help protect yourself and your family by learning the terms used by weather forecasters and prepare your homes and cars for winter's antics.

Freezing Rain - is simply rain that freezes when it hits the ground. It coats trees, power lines, roads and walkways with a layer of ice, creating treacherous conditions.

Sleet - is rain that turns to ice pellets before reaching the ground. Sleet can cause roads and walkways to freeze and become slippery.

Congratulations David

David Lombard, and his friends, Dave Joseph, Brian Reynolds and former Water Resources Specialist Scott Krzanik, took to the woods Monday October 13, 2003 in search of moose.

David Lombard (left) and Dave Joseph (right) are shown here with David's moose, a 652 pound bull taken off the Duck Pond Road near Harvey Siding.

Winter Storm Watch - a winter storm is possible in your area.

Winter Storm Warning - a winter storm is occurring or will soon occur in your area.

Blizzard Warning - sustained winds or frequent gusts of 35 mph or more with considerable falling or blowing snow that reduces visibility to less than 1/4 mile and is expected to last 3 hours or more.

Frost / Freeze Warning - below freezing temperatures are expected.

Knowing these terms can help protect you and your family. It is also a good idea to assemble a survival kit with supplies to last at least three days. You may also wish to prepare to be isolated in your home.

Please see the related articles inside to help you prepare for some of winter's uncertainties. Part II in this series will appear in the June 2004 newsletter.



Are You Ready for a Winter Storm?



Here are some suggestions of what to have on hand in case of a winter emergency:

- * Several days supply of medications
- * Foods that require no cooking or refrigeration
- * Water - 1 gallon per person per day. Water can be stored in clean plastic, glass or enamel containers. These containers should be tightly sealed, labeled and stored in a cool dark place, and can be stored for up to 6 months under these conditions.
- * Rock salt and sand to melt ice and improve traction on walkways, snow shovels and other snow removing equipment.
- * Sufficient heating fuel, in the form of oil and propane or dry wood, for your fireplace or wood burning stove. If your furnace has a thermostat controlled by electricity and there is a power outage, your furnace will not work. Emergency heating equipment such as kerosene heaters can provide emergency heat. Make sure the room is well ventilated to avoid a build up of fumes. Be sure to fill heaters outdoors and keep heaters at least three feet away from flammable items.

***Remember,
Never burn charcoal indoors.***

- * In the event of a storm, listen to the radio or television for updated weather reports and emergency information. Also, be careful when shoveling snow. Over-exertion can cause a heart attack, a major cause of death in the winter. If you must shovel snow, stretch before going outside and don't over-exert yourself.

Enjoy your winter fun . . .



Whether in the midst of a snowstorm, or just out having some winter fun, it never hurts to remember to:

- * **Eat regularly and drink plenty of fluids but avoid alcohol and caffeine.**
- * **Dress for the season**
 - Wear several layers of loose fitting, lightweight clothing. It should be tightly woven and water repellent
 - Mittens are warmer than gloves
 - Wear a hat, indoors or out. Most of your body heat is lost through the top of your head.
- * **Watch for signs of frostbite** - loss of feeling and white or pale appearance in extremities, such as toes, fingers, noses and earlobes. If these symptoms appear, get medical help immediately.
- * **Watch for signs of hypothermia** - Uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If these symptoms are present, get the person to a warm location, remove any wet clothing, warm the center of the body first, and give warm, non-alcoholic beverages if the person is conscious. Get medical help as soon as possible.

For more information contact the
Federal Emergency Management Agency (FEMA)
www.fema.gov

Did you know . . .



December 22nd, (the shortest day of the year), also known as the first day of winter or the winter solstice in North America, is actually the first day of summer in the Southern Hemisphere. So while children in Maine are making snowmen, children in places like Australia are making sand castles.



Nipayapon

This year on October 30, 2003 sky watchers in most of the United States and Canada were treated to a spectacular showing of the northern lights. Even places as far south as Texas and Florida reported sightings. Here in "the County", we were treated to an amazing show with reds, yellows and greens. It was one of the best shows to hit this area in a very long time. This photo was taken at Sue Young's house in Linneus, using a tripod and 30 second exposure at the height of the show.



© Fox Hollow Photography & Design

The northern lights occur when a solar flare causes a powerful wind to blow from the sun to the earth. This solar wind crashes into our planet's magnetic field. The magnetic fields and energy mix to create a space storm. Atomic particles that strike oxygen molecules in the upper atmosphere cause the red auroras. Oxygen at lower altitudes flashes green, while nitrogen glows blue and red, or you can just say it's magic. The northern lights are the focus of many folk tales and play a role in many native cultures. Many believe they symbolize a loved one crossing over into the world of the ancestors.

Visit www.SpaceWeather.com to sign up for aurora alerts. They will email you when to be on the lookout for the northern lights and other sky events in your area. For more information on the aurora borealis or northern lights check out

www.science.nasa.gov

www.spaceweather.com

www.istp.gsfc.nasa.gov

www.gi.alaska.edu/cgi-bin/predict.cgi

HBMI to Host Regional NAFWS Conference



In September 2004, the HBMI Natural Resources Department will host this year's regional Native American Fish and Wildlife Society conference.

HBMI has been an active member in the NAFWS for many years and welcomes the chance to bring this conference to our area.

Word Search Puzzle

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

ANTLER
ARROW
AURORA
CEREMONY
CHRISTMAS
DRUM
HIDE
HOLIDAY

HUNTING
ICE FISHING
MITTENS
NEW YEAR
RADON
RIFLE
RUDOLF
SCARF

SKATING
SKIING
SNOWFALL
SOLSTICE
WILDLIFE
WINTER
TREE
YULE

Here Come the Beetles

No, we're not talking about an English singing group, we're talking about insect pests. For many, insect pests are ants, black flies, mosquitoes or cockroaches. The beetle we're talking about is the Emerald Ash Borer, shown here.



Many of you probably have never heard of this beetle the Emerald Ash Borer (EAB), but this insect is causing millions of dollars in damage in the United States and neighboring Canada. It is believed that the insect came to this country from Asia in wooden shipping crates and pallets. While this beetle has not yet reached Maine, it is destroying large numbers of trees in Michigan, where it has taken hold. One estimate states that approximately 600 million ash trees in just six counties in Michigan have been damaged or destroyed by this insect since 2002.

In an attempt to stop the spread of this beetle, the Michigan Department of Agriculture has issued a quarantine for 13 counties with regard to ash trees and ash products, including but not limited to firewood and lumber. The quarantine states that it is illegal to move ash trees, branches, lumber, firewood and other materials unless chipped to one inch in diameter. Presently there are no pesticides on the market that seem to be effective. Forestry officials are predicting that this tiny beetle will devastate more ash trees than Dutch Elm Disease did to the elm tree populations. Following the Dutch Elm epidemic, many cities and states began planting ash trees to replace the elms as landscape trees thereby increasing their vulnerability to this insect.

Unfortunately this beetle is extremely difficult to spot. Once the female lays an egg, the larvae bores into the tree where it creates twisting tunnels that eventually girdle the tree stemming the flow of vital water and nutrients. By the time the tree begins to show outward signs of yellowing, thinning or dieback from the top, it is often too late to save the tree. The Emerald Ash Borer can kill a tree in as little as one to three years.

In addition to costing states millions of dollars in damages, it is also reducing the number of trees available for traditional uses such as basket making.

So just what are the signs of infestation? At this time of year, infected ash tree trunks display vertical bark tracks and D-shaped holes as shown here. In the summer, look for signs of yellowing crowns or tree tops, thinning and branch die-back. Some trees even form long fleshy shoots from the base of the trunk often with unusually large leaves.



Anyone with ash trees on or near their property should be on the lookout for these insects. Many times woodpeckers will help to identify infested trees as they search for insects under the tree bark. Unfortunately, at this time, there are no known natural enemies for these beetles in the United States.

If you'd like more information on the Emerald Ash Borer or to report a possible sighting, feel free to call David Lombard at extension 220 or visit one of the following websites:

www.na.fs.fed.us/spfo/pubs/pest_al/eab/eab.htm

www.michigan.gov/mda click on
Emerald Ash Borer

www.emeraldashborer.info

[www.msue.msu.edu/reg_se/roberts/ash/
index.html](http://www.msue.msu.edu/reg_se/roberts/ash/index.html)

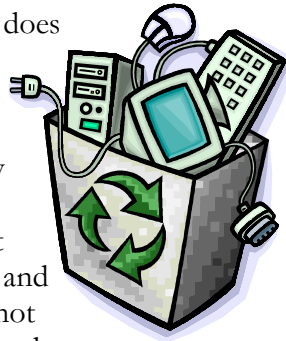
photos - USDA Forest Service

Adult borer - Andrew J. Storer, Michigan Tech Univ.

D-Shaped Exit hole - Deborah McCullough, MSU

Universal Waste

As our society advances, so does the nature of our trash. Not too long ago our trash was made up largely of paper, glass and metal. Now our trash includes a host of chemicals and materials that can cause all sorts of health and environmental problems if not disposed of properly. Lead and mercury are extremely hazardous to young children and pregnant women. High levels of mercury can cause a number of physical problems such as tremors, impaired brain function and development, numbness, loss of muscle control, kidney disease, memory loss and mental retardation to mention a few. Even the smallest amount of mercury in the water can make fish unsafe to eat and can cause reproductive problems in birds and wildlife.



These days mercury is found in a number of everyday household items, from thermometers and fluorescent lights to televisions and computers. Fortunately, we can recycle these items to reclaim and reuse some of the hazardous materials. Each

town and waste management district has different guidelines for how to dispose of Universal Waste in their area. Universal waste generally consists of the following:

- | | |
|---------------------------|----------------|
| * Fluorescent light bulbs | * Computers |
| * Mercury vapor lights | * Copiers |
| * Thermometers | * Printers |
| * Thermostats | * Fax machines |
| * Televisions | * Batteries |
| * Stereos | * Ballasts |

For more information about Universal Waste and how to dispose of it safely in your area please contact your local town office. In Aroostook County contact:

**Tri-Community Recycling
& Sanitary Landfill
(Northern Aroostook)
207-473-7840**

**Pine Tree Waste Services
(Houlton area)
207-532-4264**

Winter Travel

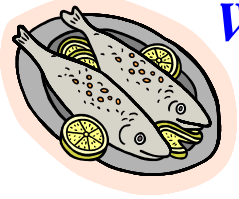
When some people think of winter, they start thinking of skiing, snowshoeing, sledding and playing in the snow. Many don't realize that the snowshoes and toboggans we use today have their roots in native communities.

The Maliseet snowshoes (*akom*) were constructed using trees along with moose and deer hides. Their design and construction was dictated by the snow conditions in which they would be used. Tightly webbed snowshoes made of thin strands of animal hide, enabled the wearer to carry heavy loads over loose powdery snow. Hunters and trappers were known to wear snowshoes made with large, heavy, loosely woven straps enabling them to travel over hard, crusty snow.

Toboggans were light, flexible and fit easily into snowshoe tracks, enabling them to be pulled through deep snow.

(Photo) Kingsclear - circa 1940-1945. Mrs. Kate Tomah (maiden name, Francis) - wife of Frank Tomah and the mother of Leo Tomah. Kate was known for her hospitality throughout the countryside in the dead of winter. (Note the old Maliseet Toboggan form)





What are we eating?

Keep an eye on your mail this winter for an invitation to participate in our latest Natural Resources Department survey (yes, *another* #!?!*survey!!!!) This time the survey will to help us estimate the amounts of fish, game and seafood our tribal households eat in an average year.

Because Maine state environmental standards were developed with “average” dietary consumer rates at the fore and do not take into account our traditional hunting and gathering practices, the HBMI’s Natural Resources and Health Departments would like collect information that is specific to our community’s ways. The information you share will allow us to determine if environmental protection standards are sufficiently protective of our community. As you may recall from back issues of this newsletter), we have talked about mercury contamination in fish. Our intent is to know more about how much fish, game, and seafood tribal members eat to so that we can develop educational and outreach materials that will permit us to preserve and/or enhance our traditional hunting and gathering practices while minimizing potential health concerns associated with environmental contaminants

This winter, if you live in Aroostook County, you will

Student Career Experience

The U.S. Fish and Wildlife Service (USFWS) has announced a Student Career Experience Program (SCEP). The program provides an opportunity to earn a salary while gaining valuable work experience in their field of study.



“To qualify and be considered for this program the student must be 16 years of age, a U.S. citizen, currently enrolled or accepted for enrollment as a degree (diploma, certificate, etc.) seeking student and taking at least half-time academic/vocational or technical course load in an accredited high school, 2 or 4 year college or university, or a graduate or professional school. The student must also meet the Office of Personnel Management competitive service qualification standards.”

receive a phone call from David Joseph (a Maliseet hunter and fisherman and game cook himself) asking if you would be willing to set up an appointment for a face-to-face interview. We especially need to talk to the primary cook of the household and the primary person in the household who hunts or fishes for food. If you live outside Aroostook County, your household will receive a survey in the mail. If you have any questions once you receive the survey, you can call David at the Band’s toll-free number 1-800-564-8524 ext. 216, (Maine) or 1-800-545-8524 and he will help you fill out the survey.

Please be assured that any personal identification information you provide will be kept strictly confidential. Your responses to the questions will be combined with those of others so that your individual answers can’t be identified. Once the survey is complete, we will compile a report that summarizes the results. This report will be sent to all Tribal households.

Each household that contributes information to this survey will also receive a mercury-free household thermometer as a thank you gift.

Thanks in advance for your help.

Additional benefits include:

- Government housing or housing allowance
- Full or part time status
- Annual and sick leave
- Health and life insurance benefits
- Pay scale based on educational level
- Students who successfully complete their academic requirements and 640 hours of work assignments and meet job qualifications may be eligible to be converted non-competitively to a permanent position with the US Fish and Wildlife Service or other government agency.

For more information on this opportunity contact

<http://northeast.fws.gov/studentrecruitment>
or the HBMI Natural Resources Department



Free Lecture Series

The Meduxnekeag Watershed Coalition, of which HBMI is a member, is a community based forum dedicated to the prudent management and stewardship of the Meduxnekeag River Watershed.

Earlier this summer the coalition, began offering free monthly lectures on a variety of topics of interest to the community.

Past topics have included: Wildflowers, GIS Mapping, The Geology and History of the Meduxnekeag Watershed, Chronic Wasting Disease and Maine's Deer Herd, Aquatic Insects, Septic Tanks, and Crafts made from Natural or Recycled Materials

These free lectures are currently held on the 4th Tuesday of every month from 7:00 to 9:00 pm at the Center for Community Health Education located on the 3rd floor of Houlton Regional Hospital.

Future scheduled topics include:

- * **January** -
Meduxnekeag River Fish Habitat Assessment with Frank Frost, Maine Fisheries Biologist
- * **February** -
Organic Gardening with Gordon Hammond
- * **March**
Organic Farming with Russ Libby and Andrew Marshall of MOFGA (Maine Organic Farmers & Gardeners Association) along with Dick York, Jim & Megan Gerritsen of Wood Prairie Farm and Matt Williams



Possible future topics include:

- * Invasive Plant Species
- * Alewives
- * Kids from OWL After-school Programs
- * Lake Ecology
- * History and Culture of the Watershed
- * And more . . .

For more information or to suggest a topic for these lectures, or about the Meduxnekeag Watershed Coalition please call 532-4273

Cara Ellis ext. 212 or Sharri Venno ext. 215

Pisun Awtsis - Medicine Trail

Special thanks go out to tribal member Mary Mitchell for her suggestion of Pisun Awtsis as the name of our new nature trail.

We will be finishing up the trail signs this winter for installation in the spring. Watch this newsletter for the announcement of the trail's official grand opening. Please do not hesitate to contact us

here at the Natural Resources Department to schedule a guided tour of the trail.



Word Search Answers

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

HBMI Natural Resources
Department



88 Bell Road
Littleton, ME 04730

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HOULTON ME

Piyekomoni Ksap (Hulled Corn Soup)

- * Qocitkionul masqositol
- * Qocitkionul piyeskomonl (kisi pqonaskehtasikil)
- * Pesq psehpon (apsokilok)
- * Sekasu salawehtasik piksey
- * Kekesk salawey naga tehpi seweyal (tehpu eliwewihpukak)

Ktolakomih tehtun masqositol tokkiw pqonekiyak weskittek. Ksisuskanomon. (Etokitehp kisuwehkiyin ktopeqon) apc ktuheptun samaqan. Memqote sakpec masqositol. Psite ktepewotun eluwikhasik ewepiw. Ktolaqosomon tokkiw woli nuhkaqotek masqositol.

- * 1 lb. Yellow eye beans
- * Hulled Corn
- * 1 small onion
- * 3 slices raw salt pork
- * Salt & Pepper to taste



Boil beans until skins are loose, you can tell by blowing on them that the skins will come loose. Drain (if possible, cook with spring water) add water just a little above the beans and add remaining ingredients. Cook until beans are tender.



Warmest Holiday Wishes
From the
Natural Resources Department