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Puniw (*It is Winter*)
December 2005
Brenda Commander - Tribal Chief
Susan Young - Editor
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TELEPHONE LISTING

(207) 532-4273
1-800-564-8524 (ME)
1-800-545-8524

Cara Ellis - ext 212
Ryan Greenlaw -ext 212
Dave Joseph - ext 216
David Lombard - ext 220
Tony Tomah - ext 221
Sharri Venno - ext 215
Sue Young - ext 202



**35 Ways to Lower the Cost
of Heating Your Home**

Produced by the Maine Oil Dealer's Association



Everyone's heard the news about rising crude oil prices and the price of heating oil is rising too. While Maine's heating oil dealers have no control over prices (those are set by buyers and sellers at the NYMEX commodities exchange), there's plenty The Maine Oil Dealer's Association can do to help you get the most warmth from every heating dollar from providing expert heating system maintenance to advice on how keeping your house weather tight and energy efficient.

Conservation is your most powerful tool in lowering energy costs. You can save hundreds of dollars on your home energy bill just by being smart about how you consume energy.

- 1. Heating system tune-up** – To get the most value from the heating oil you buy and cut your fuel bill by as much as 5% – schedule a tune-up of your heating system once a year. Ask your heating oil dealer.
- 2. Keep the kitchen hot** – Bake a lot of stuff. Breads, rolls, cakes, cookies, roasted chickens – all the things you avoid in the summer time because it makes the kitchen too hot.
- 3. Skirt the foundation** – You can help insulate your house by sealing off the exposed portion of your basement or foundation with plastic, or leaves, or bales of hay – even snow.
- 4. Wear a sweater** – Heck, wear a turtleneck and a sweater. Or a nice fleece pullover. It's cheaper for your body to do the heating than your furnace.
- 5. Coffee, tea, cocoa – Hot drinks will warm you up.** The added hydration you get from drinks like tea or beef bullion also help your body “burn” calories more efficiently which helps keep you warm.
- 6. Snuggle** – Make up some popcorn, get the whole family on the couch cuddled up under a big blanket, and watch old movies like Ice Station Zebra.
- 7. Upgrade an old heating system** – Replacing an old system with a new one is an investment that will pay for itself by cutting your fuel costs by as much as 40%.

(continued on page 2)

*Christmases are like snowflakes, each
beautiful and unique...* *Anonymous*

*Remember to take time to celebrate the gifts of
nature with your family this holiday season.*

**Happy Holidays From
HBMI Natural Resources**



*Cara Ellis
Ryan Greenlaw
David Lombard
Tony Tomah
Sharri Venno
Sue Young*

Word Search Puzzle Answers

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

35 Ways to Lower the Cost of Heating Your Home (cont'd)

8. Seal your windows – Caulk around loose panes. Add weather stripping between sashes and sills. Drafty windows can be covered with a tight layer of polyurethane plastic sheeting.



9. Winter sports are for everyone

Hike, skate, cross country or down hill ski, snowshoe, sled, toboggan, make a snowman, go bird watching, have a snow ball fight – you'll warm up while you're saving by lowering your thermostat.

10. Clear the way – Make sure that armchairs, couches, drapes, bookshelves, etc. are not blocking your baseboards, making it harder for warmth to get to the rest of the room.

11. Play with your thermostat – Lower the setting when you go to bed, raise it when you wake up, lower it when you're not going to be home, raise when you return.

12. Weather-tight doors – All four sides of external doors need to be weather tight. Use rubberized weather stripping around the edges to keep out the cold winter wind.

13 Magic carpets – Carpeting and area rugs add a layer of insulation (about 1.3 R value) to floors and keeps your feet warm.

14. Let the sun shine in – “Southern exposure” gives you some very basic passive solar. Consider thinning evergreens if they block the sun on the south side of your house.

15. Replace problem windows – Old windows with serious heat loss issues should be swapped for new ones. Ask your local lumberyard for information on replacement windows.

16. Insulate - Insulate - Insulate – Today's homes are much better insulated than homes built 30 or even 15 years ago. Still it's well worth taking an insulation inventory. You'll find lots of do-it-yourself books on insulation at your local hardware store, too.

17. Soup's On! – A nice hot soup or stew or chowder for dinner, especially one that you simmer all day on the stove top adding warmth to your home.

18. Stormy weather? A weather tight storm door and a weatherized solid door make a great combination. The storm door stops wind, and the trapped air between the doors provides insulation.

19. Foam Tip No. 1 – Most hardware stores carry spray cans of foam insulation with easy instructions on how to seal off outlets, switches, and junction boxes on outside facing walls.

20. Window quilts – Consider thick thermal window quilts to help keep your home warmer by adding another layer of “dead air” insulation in your window casings.

21. Don't linger – The average open door makes a 21 square-foot hole in the wall. You save on fuel if you're quick about entering or exiting.

22. Foam Tip No. 2 – Use foam rubber pipe insulation to insulate any piping that is near the outside walls of the house.

23. Flew clue – Once your fireplace fire or wood-stove fire is totally out and is cool to the touch, close the damper to stop your home heating dollars from flying up the chimney.

24. Stay in good shape – Your body can create its own warmth more efficiently when you're in shape.



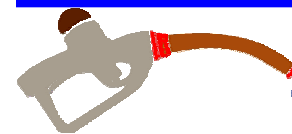
25. Clean those baseboards – Vacuum the heating pipes and their heat dispersing vanes inside your baseboard units to help them transfer heat to the room air more efficiently.

26. Eat protein – Foods that are high in protein like fish, meat, cheese, and nuts actually boost your body's ability to produce its own heat.

27. Clear those baseboards -- Be sure to keep rugs slightly away from baseboards so that air can pass through the bottom of the baseboard in order to force warm air out of the top.

28. Cool clothes – Keep your closet doors closed. There's over 100 cubic feet in a closet you don't need to pay extra to keep warm.

(Continued on Page 3)



Increasing Your Vehicle's Fuel Economy

This year the cost of gasoline has been all over the place. No matter where you live, you are faced with the game of gasoline roulette. Do I buy gas today, before the price goes up, or do I wait until tomorrow when the price might go down? While we don't have control over the fluctuating gasoline prices, we can help our cars and trucks get more out of each gallon. By adopting a few of these tips, put forth by the US Department of Energy, you can help increase your gas mileage, regardless of the type of vehicle you drive.

Drive Sensibly - Aggressive driving (speeding, rapid acceleration and braking) wastes gas. It can lower your gas mileage by 33% at highway speeds and by 5% around town. Sensible driving is also safer for you and others, so you may save more than gas money.

Observe the Speed Limit - While each vehicle reaches its optimal fuel economy at a different speed (or range of speeds) gas mileage usually decreases rapidly at speeds above 60 mph. As a rule of thumb, you can assume that each 5mph you drive over 60 mph is like paying an additional \$0.21 per gallon of gas.

Remove Excess Weight - Avoid keeping unnecessary items in your vehicle, especially heavy ones. An extra 100 pounds of weight in your vehicle can reduce your miles per gallon by up to 2%.

Avoid Excess Idling - Idling gets 0 miles per gallon. Cars with larger engines typically waste more gas at idle than do cars with smaller engines.

Use Cruise Control - Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas..

Use Overdrive Gears - When you use overdrive gearing, your car's engine speed goes down. This saves gas and reduces engine wear.

Keep Your Engine Properly Tuned - Fixing a car that is noticeably out of tune or has failed an emissions test can improve its gas mileage by an average of 4%, though results vary based on the kind of repair and how well it is done. Fixing a serious maintenance problem, such as a faulty oxygen sensor, can improve your mileage by as much as 40%.

Check & Replace Air Filters Regularly - Replacing a clogged air filter can improve your car's gas mileage by as much as 10%. Your car's air filter keeps impurities from damaging the inside of your engine.

Keep Tires Properly Inflated - You can improve your gas mileage by about 3.3% by keeping your tires inflated to the proper pressure. Under-inflated tires can lower gas mileage by 0.4% for every psi drop in pressure of all 4 tires. Properly inflated tires are safer and last longer.

Use the Recommended Grade of Motor Oil - You can improve your gas mileage by 1-2% by using the manufacturer's recommended grade of motor oil.

How Native Americans Say “Merry Christmas”

Here's a sampling of holiday greetings in Native American Languages from the Native Village website. For more languages check out:

www.nativevillage.org/Editorials/Merry%20Christmas%20in%20Native%20Languages.htm

WESTERN APACHE:

Gozhqq Keshmish

BLACKFOOT

I'Taamomohkatoyiiksistsikomi

CHEROKEE:

Danistayohihv & Aliheli'sdi Itse Udetiyvasadiv

CHEYENNE:

Hoesenestotse & Aa'eEmona'e

CHOCTAW:

Yukpa, Nitak Hollo Chito

CREE:

Mitho Makosi Kesikansi

DINE/NAVAJO:

Ya'at'eeh Keshmish

IROQUOIS:

Ojenyunyat Sungwiyadeson homungradon nagwutut &

Ojenyunyat osrasay

LAKOTA:

Wanikiya tonpi wowiyuskin & Omake teca oiyokipi

OJIBWE (CHIPPEWA) -

Niibaa' anami'egiizhigad & Aabita Biboo

ONEIDA -

Wanto'wan amp; Hoyan



What's Going On in That Glass?

By Cara Ellis, Water Resources Specialist

Do you ever wonder what might be in the water you are drinking? Many contaminants are unable to be detected by taste, color or smell. Whether you are on a private drinking well, public water supply system, or drinking bottled water you need to know what is in your water.

Well Water You are responsible for making sure that your well water is safe to drink. Private wells should be tested annually for nitrates and coliform bacteria to detect contamination problems early. Test more frequently and for other contaminants, such as radon or pesticides, if you suspect a problem. Some Maine wells have too much Arsenic, Radon and Uranium in the water. The Bureau of Health recommends a test for Arsenic, Uranium, Radon, First Draw Lead and Fluoride every 3 to 5 years. According to the National Drinking Water Regulations, if your well tests positive for nitrates with a level above 10mg/l can be very serious. It can be harmful to infants, the elderly and those with compromised immune systems. The presence of nitrates may also indicate the presence of other contaminants in your water.

You can help protect your water supply by carefully managing the activities near your water source. It is critical to protect your well head area from gasoline spills, animal wastes, and lawn fertilizers. Be aware that nearby land use can also affect your well water. Agricultural fields can introduce fertilizers, pesticides, and other poisonous chemicals to your water. Fertilizers and animal wastes can also lead to high concentrations of nitrates in drinking water.

Public Water Systems If your home is served by a public water system, get a copy of the annual water quality report from your water provider before you test your water. This report will tell you what contaminants have been found in the drinking water and at what levels. After you've read this report, you may wish to test for specific contaminants (such as lead) that can vary from house to house, or any other contaminant you're concerned about.

Bottled Water Some bottled water is treated more than tap water, while some is treated less or not treated at all. Bottled waters are subject to less rigorous testing and purity standards than those which apply to tap water. Consumers who choose to purchase bottled water should carefully read its label to understand what they are buying, whether it is a better taste, or a certain method of treatment.

For more information call Cara Ellis or Ryan Greenlaw at the Water Resources Department 532-4273. They can assist you with choosing a state certified lab to send your samples to, and assist you with taking samples in your home.

<http://www.epa.gov/safewater/faq/faq.html#bw>

www.epa.gov/safewater/mcl.html#mcls

Integrated Resources Management Plan Survey Update

This goal of this survey project was to define and document tribal values and priorities as they relate to land acquisition and natural resources use and management for the Aroostook Band of Micmacs and the Houlton Band of Maliseet Indians. The survey results revealed that the Aroostook Band of Micmacs and the Houlton Band of Maliseets hold nearly identical priorities regarding tribal land acquisition and natural resource use and management.

This enclosed brochure outlines the responses of the HBMI community only. 247 Maliseet tribal members completed this survey (177 by mail and 70 by telephone). Most of the responses came from women 61%, Tribal members in the 15-19 age group provided the most responses, followed by those ages 20-24, ages 35-39 and 40-44. Most of the responders live in Houlton (153), but we received responses from as far away as Hawaii and California.

We hope that you will find this information as interesting as we do. If you have any questions please do not hesitate to contact Sharri Venno, Environmental Planner at 207-532-4273 ext. 215.

35 Ways to Lower the Cost of Heating Your Home (cont'd)

29. Draw the shades, – Close all of your curtains and shades at night to trap heat inside; open them during the day to let heat from the sun in.

30. Have you got everything? Make sure you have your car keys and everything else you need when you step outside so you only have to open the door once.

31. Thermostat savvy – Adjust your temperature setting by moving it just 2 degrees at a time. Or if you're calling for heat, raise the setting slowly, and stop when you hear your furnace start.

32. Keep your windows clean – Be sure to keep windows on the south side of your house regularly clean to maximize solar gain.

33. Make your waterbed every day . The sheets, blankets, and bed spread will help insulate the water so you won't have to pay quite so much to heat it.



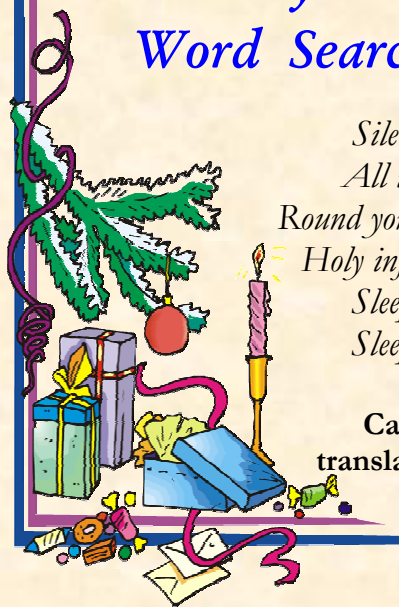
34. Go for a walk – You can set your thermostat down five degrees, grab your hat and your mittens and go outside for a good invigorating walk around your block.

35. A friend is worth 500 Btu's per hour – Invite a bunch of friends over for a pot luck dinner. Humans give off approximately 500 Btu's every hour. Put enough people in the room, and you can heat it with human power. Not to mention the warmth of having your friends and family getting together.

Be smart, stay warm, save money - and we'll get through this winter together.

www.meoil.com/tips.asp

Holiday Maliseet Word Search Puzzle



*Silent night, holy night
All is calm, all is bright
Round yon virgin mother and child
Holy infant so tender and mild
Sleep in heavenly peace
Sleep in heavenly peace*

Can you find the Maliseet translation of this song in the puzzle grid?

Each word appears only one time in the puzzle.

Cikte laqiw, wehwas laqiw
Cikte psiw skitkomiq
Psiwote winiwiiw eyit wikuwosit
Naka tena wasis ellossit
Sanke wokosu wassosis
Sanke wokosu wassosis

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

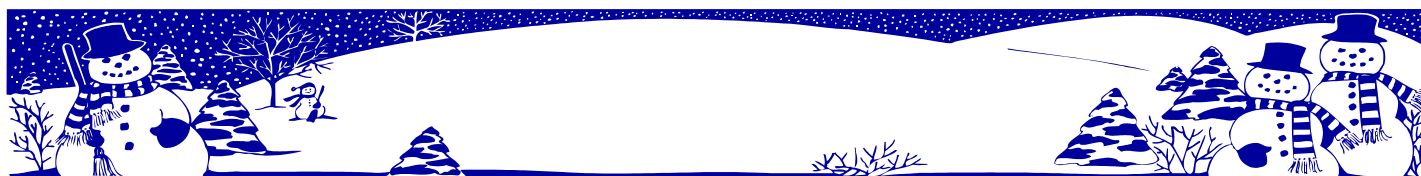
Land Acquisition News *by Tony Tomah, Real Estate Director*

We recently signed an agreement to purchase 146 acres next to Conroy Lake in Monticello, Maine known as the Wilde Pines Campground. As the name suggests, the property was developed by the owner as a campground complete with RV hook-ups, tent sites, a swimming pool, 2 fully equipped camps and a small lodge with a shower room. We hope to close on the deal in the very near future, providing our request for the release of funds is acted on promptly by the Department of the Interior.

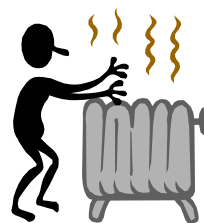
The Tribe plans to use the property for summer youth activities, tribal functions, workshops, conferences and other uses benefiting our members. This purchase will bring our total acreage in trust to just under 1,000 acres with our ultimate goal of owning a total of 5,000 acres in trust.



Aerial view of Wilde Pines Property - Monticello, Maine



How to Use Space Heaters Safely



With heating costs on the rise and winter just getting started, many people rely on space heaters to supplement their primary heat source. While space heaters can provide a great source of warmth on cold autumn and winter nights; these heaters, if used improperly, have been known to cause fires, injuries and death. Be sure to have working smoke alarms and carbon monoxide monitors to ensure your family's health and safety regardless of the type of heat you are using. To protect you and your family this winter, please be sure to follow the tips listed below:

Electric Space Heaters

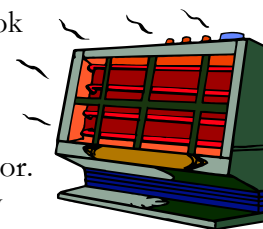
- Purchase space heaters that have received approval from a certified testing organization such as Underwriters Laboratories (UL). Items bearing the UL Mark means that staff and Underwriter's Laboratories have tested representative samples of these products for foreseeable safety hazards.
- Keep space heaters at least three feet away from bedding, furniture, curtains, draperies, rugs, clothing or any other flammable items.

- Turn off and unplug space heaters whenever they are not in use and when you go to bed at night.
- Never use space heaters in areas where you store gasoline or other flammable liquids.
- Never use a space heater to dry clothes, cook food, warm bedding or thaw pipes.
- Never leave children or pets unattended in a room where you have a space heater plugged in. The slightest contact with a heating coil or element can cause severe burns.
- Keep space heaters away from areas where water may come in contact with the heater. If you plan to use a space heater in a bathroom, choose a model you can safely use in areas where water is present.
- Don't plug a space heater into an extension cord. If you have to use an extension cord, read the cord manufacturer's and heater manufacturer's recommendations to make sure the extension cord can safely handle the load.
- Keep the heater's power cord away from high traffic areas in your home. You don't want people walking on or tripping on cords.

(continued on next page)

How to Use Space Heaters Safely (cont'd)

- When shopping for space heaters, look for heaters that have automatic shut off and tip over features, as well as heating element guards.
- Always place space heaters on the floor. Never place them on furniture or any place from which they can fall.
- Be sure the plug fits snugly in the outlet. Loose plugs can overheat creating a fire hazard. Have the outlet and the heater checked by a professional.
- If your heater is on a circuit with a ground fault circuit interrupter (GFCI) and the GFCI trips, do not assume the GFCI is broken. Stop using the heater and have it checked, even if the heater seems to be working properly.
- Mobile homes require specially designed heating equipment. Only electric or vented fuel-fired heaters should be used.



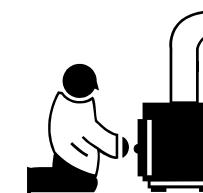
Kerosene Space Heaters

If you are considering buying and using a kerosene heater, first check with your local fire department to see if they are legal in your community.

- When using a kerosene heater, be sure to use only K-1 kerosene. **Never use gasoline or any substitute fuel.** The wrong fuel could burn hotter than the heater is designed for and cause a serious fire or other hazards.
- Keep kerosene stored outdoors in a sealed blue container labeled "Kerosene"
- When refilling liquid fueled space heaters, turn off the heater and allow it to cool down completely before adding any fuel. Be sure to refill the heater out of doors to avoid the possible build up of fumes in your home. Also wipe up spills immediately.
- Never transport kerosene in a container used to transport gasoline, since any residual gasoline can increase the flammability of the kerosene.
- Never fill the fuel tank of a kerosene heater above the full mark. Kerosene expands as it warms and could potential leak and cause a fire.
- When using kerosene or other liquid fuel heaters, be sure to keep the area well ventilated according to manufacturer's instructions.
- Be sure to use the proper size heater for the area you are attempting to heat. Using the wrong size heater could produce more pollutants and may not be an efficient use of energy.
- Do not attempt to remove the fuel tank or refuel the heater while it is operating or still hot. Never move a

kerosene heater while it is in use.

- If flare-up or uncontrolled flaming occurs, do not attempt to move the heater. If your heater has a manual shut off switch, activate the switch to turn off the heater. Do not attempt to extinguish a kerosene heater with water or blankets. If activating the shut off switch does not extinguish the flame, leave the area immediately and call the fire department.



Wood Stoves

Wood stoves can greatly supplement your home's heating needs, however, they too pose their own set of hazards.

- Existing building codes and manufacturer's instructions must be followed during installation.
- Purchase wood stoves that are certified to meet EPA emission standards.
- Stoves must be placed on an approved floor protector or on a fire resistant floor. Stoves should also be placed a minimum of 36 inches from any combustible material, including walls, ceiling etc. Check with your local fire department for recommended clearances in your area.
- Do not burn trash, garbage, painted or treated wood in your woodstove. Burn only seasoned wood in your stove to reduce creosote build up and other fire hazards.
- Do not burn coal in your stove unless your stove was designed for it. Coal burns at a much higher temperature than wood and can cause a fire, and damage your stove.
- Check the chimney and stovepipes frequently for creosote build up and be sure to clean them annually.
- Remove only cold ash from stove and use a metal container to reduce the risk of fire. Hot embers may hide in what appears to be cool ashes.

Have a safe and warm winter!