

Puniw (It is Winter)

December 2012

Brenda Commander - Tribal Chief
Susan Young - Editor



This newsletter is printed on
100% recycled chlorine free
paper



Inside this issue

Feeding Your Family During a Power Outage . . .	1
Dendrology Corner	2
Contest - Maliseet Nation Conservation Council	3
Snapshots from the Water Resources Program	4
Real Estate News	6
Molahsossey Sukolopan . . .	6
Holiday Word Search	

TELEPHONE LISTING

(207) 532-4273

1-800-564-8524 (ME)

1-800-545-8524

ENVIRONMENTAL PLANNING

Sharri Venno - ext. 215

NATURAL RESOURCES

Matthew Edberg - ext. 220

WATER RESOURCES

Cara O'Donnell - ext. 212

NATURAL RESOURCES - REAL ESTATE DIRECTOR

Sue Young - ext. 202

HBMI Natural Resources Department



Feeding Your Family During A Power Outage

Have you noticed the weather changing? Big storms seem to be coming more often and packing a big punch. Just look at the damage done recently along the east coast by Sandy. Many people found themselves without power and unable to feed themselves or their family. Power outages can last minutes or last days or weeks. In past newsletters we've talked to you about how to heat your home or generally prepare for storm related power outages but in the wake of the Storm Sandy and with the rapid approach of winter, we thought it a good idea to share some tips on how to feed the family during these power outages.

National Public Radio (NPR) has put together some tips through the years on how to prepare for power outages and we're sharing them here with you.



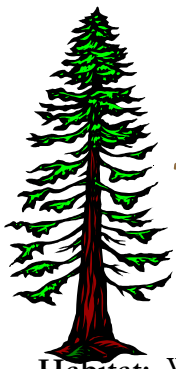
1.) While you still have power, take stock of what you have in the freezer and fridge. Use up leftovers and perishables like meat eggs and dairy first. Fill bags, soda bottles, milk jugs with water and place them in the freezer to help keep things extra cold or to double as ice packs if you have to move items into a cooler.

2.) Be sure to have a hand operated can opener on hand. Plan to use non-perishable items such as beans, tuna, pasta, cereal, and canned or dried fruit. Be sure to have plenty of water on hand.

3.) Before the power goes out, check out the USDA Food Safety Inspection Service website for a great list of information on how to keep food cold and safe throughout the power outage.

[http://www.fsis.usda.gov/Fact_Sheets/
Severe_Storms_and_Hurricanes_Guide/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Severe_Storms_and_Hurricanes_Guide/index.asp)

(cont. page 3)



Dendrology Corner

Dendr = tree ology = study of

Prepared by: Matthew P. Edberg, HBMI Natural Resources Specialist

Native Range: White Pine is found throughout eastern North America.

Habitat: White pine is found growing in a cool and humid climate with adequate precipitation and is found growing on a wide range of soil types & sites from sandy well drained to occasional swampy sites

Natural History: White Pine is a large long lived tree (up to 450 years) species of the soft pine group, attaining a DBH (diameter breast height) of 2 - 5 feet. It has the distinction of being one of the tallest eastern tree species at up to 250 feet in height (commonly 180' today)! White pine leaves are needle-like and are found in



Range map from "Silvics of North America Vol. I Softwoods, USDA, Handbook 654



bundles (fascicles) of 5, the same amount of letters in the word W-H-I-T-E. The cones are 3-6 inches long & have small globs of resin on the cone scales.

In pre-settlement times there were huge volumes of white pine in North American forests with an estimated 3 billion board feet of lumber in the white pine stands of North America. However, by the late 1800s these vast timber reserves had been logged. In the 20th century 50 to 80% of the trees were killed by an introduced fungus known as "white pine blister rust", which is still a problem today.

Special Uses: White pine wood is straight grained, light, & easily worked. Its many uses include lumber, cabinetry, siding, flooring, wooden-ware, and in the past, matches. Today most wooden matches are made of poplar. In the age of the tall sailing ships, white pine was prized for ship masts and the premium trees were marked with the "broad arrow" symbol by the British crown as "kings trees" for use in the British Navy. It is also a popular Christmas tree in parts of its range. It was also used for "naval stores" in the production of turpentine.



Medicinal Uses: Pine needles contain large amounts of Vitamin C, up to 5 times as much as lemons, and make an excellent herbal tea for preventing scurvy. Pine resin or pitch is antimicrobial and can be used to treat wounds, tapeworms, nematodes and dandruff. (This is not an endorsement of use for medical purposes. Use caution as many herbal remedies have not been medically tested and can be dangerous).

Edibility: The inner bark was a famine food of Algonquian peoples leading to the somewhat derogatory Iriquoian word "Adirondacks" = tree-eaters. In addition, the male cones (staminate) were stewed and eaten by the Ojibwa. The seeds (pine nuts) were also eaten.

Continued on page 3

Feeding Your Family (continued)

Food should be safe as long as power is out **no more than 4 hours**. Discard any perishable food (such as meat, poultry, fish, eggs, and leftovers) that have been above 40 ° F for over 2 hours. For a chart on hold times of foods go to

http://www.foodsafety.gov/keep/charts/refridg_food.html

Never taste food to determine its safety! You can't rely on appearance or odor to determine whether food is safe.

Note: Always discard any items in the refrigerator that have come into contact with raw meat juices.

Keep your refrigerator and freezer closed as much as possible to keep your food cold as long as possible. Once items begin to thaw - follow the adage - *“when in doubt - throw it out!”*

4.) Gather disposable items such as plates, plastic ware, cups, aluminum foil pans, paper towels to make meal preparation and clean up easier. The less you have to wash in this circumstance the better.

5.) If you have a grill, check the propane tank to make sure it is full, or that you have charcoal on hand. While you cannot use these items indoors, once the brunt of the storm has passed you can cook outdoors to heat water, prepare meals, etc. Also be sure to have matches on hand to light your grill.



Dendrology Corner (continued)



75-100 ft.

Note: *When collecting any wild plant species for medicinal or edible use be absolutely sure you have identified the species correctly. Remember to be respectful of nature and use a hunter-gather ethic, leave something for the future and for others.*

Utilitarian: White pine resin or pitch was used to waterproof containers & skin or birch bark boats. Large trees were used to make dug-out canoes. The wood was used as fuel to give a fast burning hot fire to boil water and can give off adequate light to work by.

Ecological Values: White pine trees provides food and shelter to a myriad of insects, lichens, fungi, animals (such as the red squirrel) and birds such as the common crossbill and pine grosbeak to name a few.

Literature Cited

Silvics of North America Vol. I Softwoods, USDA, Handbook 654
Foster, 1990, Medicinal Plants, Peterson Field Guides.
Wilbur, 1990, Indian Handicrafts, The Globe Pequot Press.



CONTEST



Maliseet Nation Conservation Council is inviting members from all Maliseet First Nations communities to design a Flag that represents the richness and diversity of all Maliseet First Nations along the St. John River.

The contest is open to all people of Maliseet descent. Submit your entry or entries, drop off at 150 Cliffe Street, Suite 8 or mail to address below on or before January 15th, 2013

Win \$300.00

All Entries mail to:
Maliseet Nation Conservation Council
150 Cliffe Street Suite 8
St Mary's First Nation
Fredericton, N.B.
E3A 0A1

Snapshots from the Water Resources Program Summer 2012

By Cara O'Donnell, Water Resources Program



Left: Sandy Hayes holding the cord to the hand-held water quality meter. The meter is measuring unusually high conductivity at the outfall of a storm drain to Pearce Brook after a storm, possibly caused by gas or pesticides in the area.



Right: Setting out continuous data loggers with Mark Whiting from the Maine DEP, (Houlton Waste Water Treatment Plant in the background). HBMI and the State have been monitoring conditions both above and below the treatment plant, comparing the results to see if the water released from the plant is having an impact on water quality.

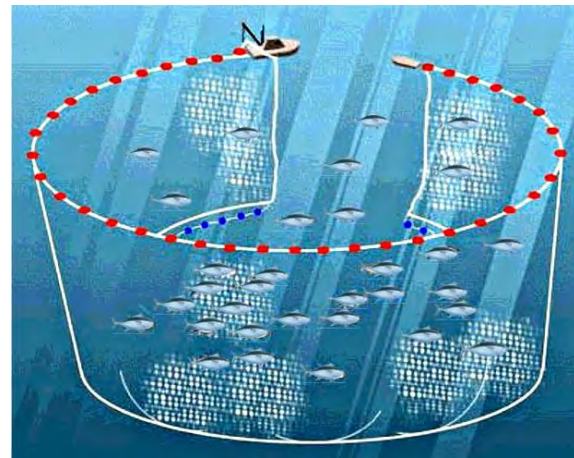


Above Left: A crew from the USGS (United States Geological Survey) are shown as they survey elevation information for the installation of HBMI level-logger units. The level-logger units measure flow along with conductivity and temperature. HBMI installed units on 7 tributaries throughout the Meduxnekeag River watershed to monitor occurrences and impacts of drought conditions. **Right:** Level-loggers installed in a quick-mount steel casing which was designed to capture quickly rising waters after Hurricane Katrina.

2012 Summer Snapshots (continued)



Left: Cara O'Donnell with a water sample collected using a heavy-weighted device lowered over the bridge to take samples during high flows. This device is used to sample for nutrients washing down from fields during spring runoff.



© 1998-2005
EUROPACIFIC
TUNA LTD.

Example of a
Seine net in use



Above left: Crew from Maine DEP setting up a seine net during fish surveys that were done above and below the Houlton Waste Water Treatment Plant and also in Pearce Brook. The crew also used electro-shocking techniques to stun the fish, which they then netted and put into a bucket to be identified (**Left**). The seine net was used to capture a large school of sucker fish resting in a cold-water seep. Pearce Brook showed a large variety of species.



Left: Summer Technician Jeremy Young assisting with Purple Loosestrife control using a back pack sprayer. Purple loosestrife is an invasive plant that spreads along river banks, ditches and other waterways. When not controlled it can take over the native vegetation. It does not have nutritive values for local inhabitants like native plants do.

Real Estate News

As we continue to wait for some of our tribal land to complete the trust process, I am pleased to report that the tribe has just purchased an additional 35 +/- acres off the north trip of the Administration parcel.

This new parcel, known as the Karkas parcel, encompasses a good stretch of Big Brook and has a great deal of Meduxnekeag River frontage. With the addition of this parcel, tribal land holdings now total 1,377.5 acres with 891 acres presently in trust. We will be submitting the documentation to begin the trust process early in the new year.



Molabsossey

Sukolopan

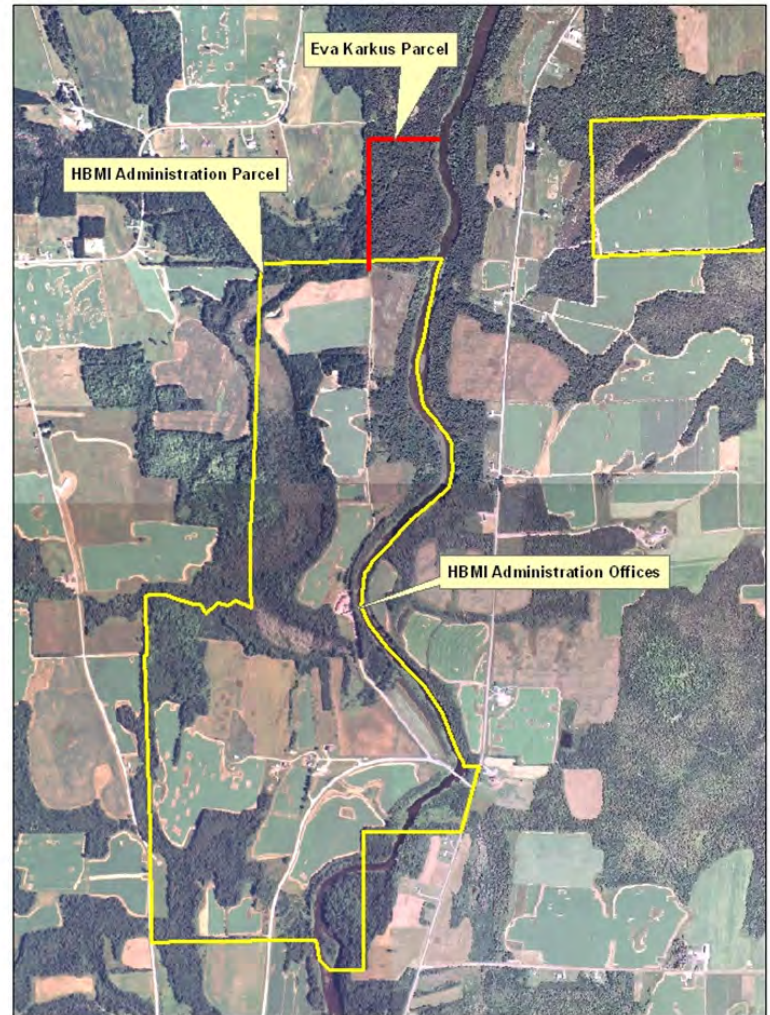
Molasses Cake

- Sukol (pesq tuwussomut)
- Molahsoss (pesq tuwussomut)
- Kespehtek ti (pesq tuwussomut)
- Sallehtos (pesq emqansis)
- Mimehtikon (qahtol tuwussomut)
- Cincol (epahsamkopit emqansis)
- Sinomon (nihi qahtolok elamkopit emwansis)
- Alspaya (kekeskossis)
- Nuhkomon
- Suminok (totuwuwehkohot ote)

Mawcokhomun (2-1). Tepisukaht (3) Woli Awskahqehmum (1-2-3). Tepahk (4). Apc Awskahqehmum (1-2-3-4). Tepi sukaht (5). Apc psite awskahqohot, tokkiw alte li sepeqahak tahalu tanci oliyot tehkolepsisok. Niamhqenan nake knukhomonamkonan skawsis esqonatek cel sanku, elkilok. Pisacqehlan aponok. Satq cel oluwikonik kehsinsk cel nan etutipotek. Qonaqosan sinsk kosona sinsk cel nan minitsok.



Eva Karkus Parcel & Administration Parcel



0 0.15 0.3 0.6 Miles



- | | |
|--------------------------------|--------------------|
| 1 cup sugar | ½ tsp. ginger |
| 1 cup molasses | ¾ tsp. cinnamon |
| 1 cup hot tea | Pinch of allspice |
| 1 tsp. baking soda | Flour |
| ¼ cup oil or melted shortening | Raisins (optional) |

Mix sugar and molasses together, add hot tea, stir. Add baking soda, stir. Add oil, stir. Add allspice, stir. Add flour to cake mixture and keep adding flour until mixture looks like cake or pancake batter. Fold in raisins. Pour in greased and floured 9 x 13 pan. Bake about 30-35 minutes at 375.



Holiday Word Search

Find the **Maliseet** and **English** Holiday Words in the puzzle below

APACUHSE	SOLSTICE
KCI-NIWESQ	GREAT SPIRIT
MOLOCESS	MITTEN
NEGTAUTOMUCIK	FAMILY
OPOS	TREE
OTUHK	DEER
PISKALOKITTIYE	IMP
POSSESSOM	STAR
PUNIW	WINTER
SANKEWITAHASUWAKON	PEACE
SENOTIHKOLAS	SANTA CLAUS
SUKOLIS-APOTUHUN	CANDY CANE
SUKOLOPANIS	COOKIE
TAPAKON	TOBOGGAN
WOLITAHASUWAKON	JOY

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

HBMI Natural Resources Department



88 Bell Road
Littleton, ME 04730

STANDARD MAIL
U.S. POSTAGE
PAID
PERMIT #2
HOULTON ME

ADDRESS SERVICE REQUESTED



Word Search Answers

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





Nurturing our Children

32nd Annual Recognition Day

Celebration

September 15, 2012