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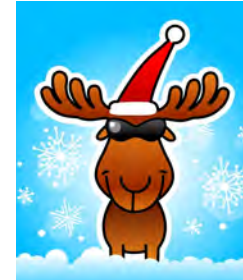
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**Puniw (It is Winter)**

December 2013

Brenda Commander - Tribal Chief  
Susan Young - Editor

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*Christmas Lights - a sign of the season*

In the past, Christmas lights were incandescent bulbs encased in painted glass. They were large, burned hot, broke easily and flaked with age. Often when one bulb was broken, the entire string failed to light. Today's Christmas lights use LED--light emitting diodes--light bulbs. There are many benefits to using LED bulbs as opposed to incandescent bulbs.



1. **Less Electricity** - LED Christmas lights demand far less electricity to operate than their incandescent counterparts - almost 90% less.
2. **Easier Storage** - Due to the durability of LED Christmas lights, they are very easy to wrap up and store for later use. Worries of bulb breakage are no longer a concern. The bulbs withstand abuse and moisture without deleterious effects.
3. **Variety** - LED Christmas lights are available in various sizes and styles. They don't necessarily need to be one specific shape. Some LED lights are fashioned like snowflakes or snow men. Others are in the form of ropes or nets.
4. **Safety** - The older incandescent bulbs gave off most of their energy in the form of heat. This meant an overabundance of fires within the home during the Christmas season. LED lights do not heat up. They are far safer and don't cause fires.
5. **Longevity** - Because LED lights do not burn hot, they last an extremely long time. Also, because they do not contain delicate filaments, LED lights can withstand light impact without breaking. When they are properly taken care of, LED Christmas lights will last for years.
6. **Weatherproof** - LED Christmas lights function just as well outdoors as they do indoors. They are constructed in such a way that they are impervious to moisture, heat and cold.
7. **Brighter** - LED Christmas lights are far brighter than lights of the past. In addition, the brightness of these lights does not fade over time.
8. **Cost** - As of 2010, a 30 foot string of multicolored blinking LED Christmas lights costs about \$18.00; the same length of incandescent multicolored Christmas lights costs nearly \$75.00. In addition to a much lower purchase price, LED lights also cost less to operate.

For more information

[http://www.ehow.com/list\\_7224228\\_benefits-led-christmas-lights\\_.html](http://www.ehow.com/list_7224228_benefits-led-christmas-lights_.html)



*What is Christmas?*

*By Agnes M. Pahro*

*What is Christmas? It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup overflow with blessings rich and eternal, and that every path may lead to peace.*

*Happy Holidays from*

*Cara - Matthew - Rhonda - Sharri - Sue*

**TELEPHONE LISTING**

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Matthew Edberg - ext. 220

**WATER RESOURCES**

Cara O'Donnell - ext. 212

Rhonda London - ext. 221

**NATURAL RESOURCES - REAL ESTATE DIRECTOR**

Sue Young - ext. 202



# Meduxnekeag River In-Stream Fish Habitat Restoration Project - Update

Have you ever heard the saying, man makes plans and the universe laughs? Well, that's what happened this fall with the river restoration project. Thanks to the uncharacteristically wet summer and fall we had, we were unable to get this project completed. Our heavy rains throughout July and August, kept the water levels high in the Meduxnekeag. While these water levels were great for the fish and other aquatic species, it kept us out of the river. We are ready to move forward with this project as soon as the water level drops next year - we'll keep you posted.



## Holiday Word Search Puzzle

Find the Maliseet and English Words in the puzzle



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

- TREE
- CANDY
- CHRISTMAS
- GIFT
- SLEIGH
- NOEL
- SNOW
- ICICLE
- ICE SKATE
- NEW YEARS DAY
- SANTA CLAUS
- MITTEN
- STAR
- DECEMBER
- ANTLER
- SACRED
- OPOS
- SUKOLIS
- NIPAYIMIYAN
- MILUWAKON
- KALIYUN
- NUWEL
- WAST
- PQOMIS
- OLONAHQAKOM
- PILIKOTONUWI
- SENOTIHKOLAS
- MOLOCESS
- POSSESSOM
- KCI-KISUHS
- SOMU
- KCITPOSU

# Mining on Bald Mountain by Cara O'Donnell and Rhonda London

Perhaps you've heard the ongoing news about the potential for gold and metallic mining in Aroostook County? JD Irving, Ltd., Maine's largest landowner, wants to mine a 500-acre site at Bald Mountain located near Portage Lake and the chain of Fish Rivers. In fact, Maine's mining law was revised by the legislature in 2012 at the request of JD Irving, Ltd. resulting in weaker environmental safeguards from mining impacts. This beautiful stretch of wilderness is located north of tribal lands in our Wolastoq (St John) watershed, is well-known by County outdoor enthusiasts, and is important habitat for brook trout. However, these new rules apply not just at that site but at all potential mining sites throughout the State of Maine.

In October, the public was invited to Augusta to voice their thoughts on the proposed mining rules resulting from the new law (Draft Chapter 200 Metallic Mineral Mining Rules) before the Board of Environmental Protection.

Chief Brenda Commander, Council member Linda Raymond, Representative Henry Bear, along with Cara O'Donnell and Rhonda London of the Water Resources Program spoke in opposition to the proposed rules. Chief among our many concerns; these rules would allow mining activities to pollute groundwater and do not ensure that clean-up costs will not fall on state tax-payers. Our collective testimony asked the Board to strengthen the proposed rules to better protect water resources in Maine.



STAFF GRAPHIC | MICHAEL FISHER ©Portland Press Herald

## Energy Department, EPA Release Used -Vehicles Fuel Economy Tool



On September 12, 2013, the Department of Energy (DOE) and the Environmental Protection Agency (EPA) released a new label that estimates fuel economy and carbon dioxide emissions for used vehicles sold in the United States since 1984.

This new electronic graphic can be downloaded from [www.FuelEconomy.gov](http://www.FuelEconomy.gov) and included in online advertisements on the web. The paper label may be printed and affixed to the vehicle window. Because a vehicle's fuel economy changes very little over a vehicle's typical 15-year life with proper maintenance, the original EPA fuel economy estimate remains the best indicator of a used vehicle's average gas mileage.

The Obama Administration has taken steps to improve the fuel efficiency of vehicles sold in the United States, establishing the toughest fuel economy standards for passenger vehicles in U.S. history. These standards are expected to save consumers \$1.7 trillion at the pump - or more than \$8,000 in costs over the lifetime of each vehicle - and eliminate six billion metric tons of carbon pollution.

All new vehicles now include a comprehensive fuel economy and environmental window sticker from EPA, including passenger vehicles that meet the new fuel economy standards. With the [FuelEconomy.gov](http://FuelEconomy.gov) tool, used vehicle sellers can provide potential buyers with fuel economy information that they can easily understand. Last year, more than 40 million used cars were sold in the United States - roughly three times the number of new cars sold in 2012. See the Energy Department [Progress Alert](#) and the [FuelEconomy.gov](http://FuelEconomy.gov) website.





## Brown Ash Seed/Fruit Collection

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



Due to the many concerns about the future of ash (*Fraxinus sp.*) species in the Northeast, in particular due to the presence and continued advance of the Emerald Ash Borer (an introduced beetle that results in ash mortality now present in Concord, NH & Quebec, Canada) seed is being collected nation-wide and

stored for the future ecological restoration of the species if the worst case scenario of wide spread ash mortality in Maine occurs. Due to the cultural significance of brown ash (*F. nigra*) to the Maliseet people, a half gallon of seed (actually a fruit called a samara - see photos) was collected, processed (cleaned & dried), and sent to the Natural Resources Conservation Service National Seed Lab at the Wright Forestry Center in Indiana where it is being stored on behalf of HBMI as Maliseet Indian Tribal seed.



## Making Elderberry Syrup

by Cara O'Donnell and Rhonda London



In late summer the Natural Resource Department staff came upon some large elderberry shrubs growing along the river. With the expertise of Mathew Edberg, Natural Resource Specialist, we soon discovered that it was the "purple" berried Elderberry

Rhonda London stirring elderberries

(*Sambucus canadensis*) below.



© USDA plant database

We harvested some of the berries and brought them back to the office to make Elderberry syrup. **\* Note Elderberry is poisonous to humans until cooked!**

We cleaned them by pulling all twigs off, then put them in a pot to boil (just covered with water) until the berries were soft. To separate the soft berries from the juice we strained them with cheese cloth and put them back in the pot and added honey (1/3 to half of the amount of berry juice already in pot) to sweeten the syrup. It can be taken at the first hint of a cold or daily to help with your immune system.

Native Americans have used Elderberry as an immune booster for thousands of years. It is also used for its antioxidant activity, to lower cholesterol, improve vision, improve heart health and for coughs, colds, flu, bacterial and viral infections and tonsillitis.

## -Update - Hunting on Tribal Lands

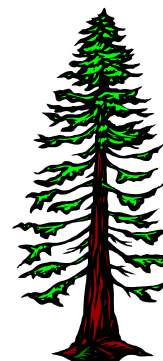
Effective November 2, 2013  
Hunting on tribal lands is limited to Enrolled Members of the Houlton Band of Maliseet Indians only

Please keep your ID with you when hunting on tribal lands.

If you do not have a current Tribal ID card - please contact Heidi Kelley - Enrollment Clerk at 207-532-4273 ext. 117

**Holiday Word Search Answers**

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



## Dendrology Corner

Dendr = tree ology = study of

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

Mistletoe: the traditional mistletoe species of Christmas in America is *Phoradendron flavescens*

Phoradendron phoro=a thief dendron= a tree, flavescens= becoming yellow



There are a wide variety of different species of mistletoe found in many parts of the world that are traditionally used as Christmas decorations.

The Eastern dwarf mistletoe (*Arceuthobium pusillum*) is native to Maine and is commonly found growing on spruces (*Picea sp.*) and is not used as part of Christmas celebrations.

**Native Range:** Found growing from New Jersey South to Florida and West to Oklahoma

**Habitat:** Commonly found growing on a variety of hardwood tree species such as maples (*Acer sp.*) ash (*Fraxinus sp.*) and oaks (*Quercus sp.*) to name a few.

**Natural History:** Mistletoe is a hemi-parasitic (a plant that obtains part of its food from its host as a parasite but can also photosynthesize) woody plant found growing on a wide variety of tree species.



**Special Uses:** *Phoradendron flavescens* is used as a traditional Christmas decoration often hung in doorways or incorporated into kissing balls. Kissing under the mistletoe is first found associated with the Greek festival of Saturnalia and later with primitive marriage rites. They probably originated from two beliefs. One belief was that it has power to bestow fertility. In Scandinavia, mistletoe was considered a plant of peace, under which enemies could declare a truce or warring spouses kiss and make-up. Whether we believe it or not, it always makes for fun and frolic at Christmas celebrations. Even if the pagan significance has been long forgotten, the custom of exchanging a kiss under the mistletoe can still be found in many European countries as well as in Canada. <sup>1</sup>

**Medicinal Uses:** Native Americans reportedly used tea for epilepsy, headaches, & lung ailments to name a few. **Undocumented reports of deaths have been attributed to eating the berries.**

**The medicinal use information 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:** **Often classified as toxic to humans, with all plant parts, including leaves & berries being considered poisonous!!**

**Utilitarian:** The sticky juice from mistletoe berries was used to trap small birds and animals.

**Ecological Values:** Food value to a wide variety of birds, mammals & insects.

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

### Literature Cited

[www.wikipedia.org](http://www.wikipedia.org)

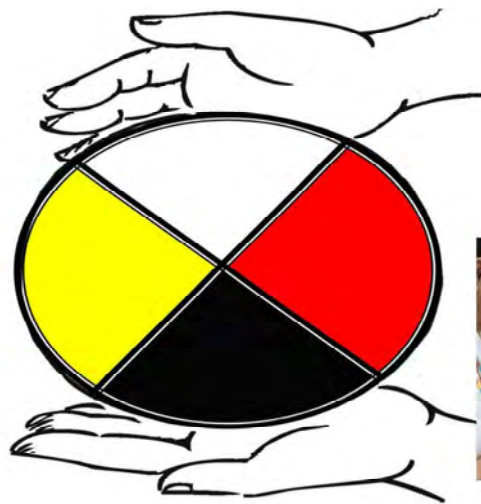
[www.thisoldhouse.com](http://www.thisoldhouse.com)

[NRCS Plants Database plants.usda.gov](http://www.nrcs.usda.gov/plants)

Foster, 1990, *Medicinal Plants*, Peterson Field Guides.

<sup>1</sup><http://www.theholidayspot.com/christmas/history/mistletoe.htm>





**Woli Pomawsuwakon**  
Honor the Wheel  
33rd Annual Recognition Day Celebration  
Saturday September 14, 2013

