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How Can I Safely Dispose of My Waste?

Here's how to get rid of paint, batteries, TVs, computer monitors, pesticides, mercury-containing wastes, old gasoline, and waste oil.

So just what is Household Hazardous Waste?

Many common household items contain chemicals that can create environmental hazards if not handled properly. These wastes include items such as old paint, TVs, computer monitors, batteries, fluorescent lights, thermometers and thermostats, waste oil and gasoline, and pesticides.



TVs and computers

Computer monitors and TVs may contain mercury paste and gas as well as leaded glass. Circuit boards in computers may also contain hazardous levels of lead and cadmium. Be sure to deliver your old TVs and computers to your local municipal solid waste facility to be sent to a recycler to reclaim the valuable materials.

Old gas and used oil

Most everyone at some time has found themselves with a can of old gas or used motor oil. If you find you don't use up all the gas in your lawn mower or other gas-powered tools, consider buying an additive such as STA-BIL or AMSOIL that will let you leave gas in these tools for an extended length of time.



You can also add *small* amounts (no more than 1-2 gallons) of old gas to your automobile gas tank.

Some towns offer waste oil collection at their transfer station or landfill. Local garages often collect waste oil as a service to their customers; check with your favorite mechanic to see if they will do this for you. Or call the Department of Environmental Protection (DEP) in your area to find the nearest site that will recycle your used oil.

Mercury-containing waste



Mercury is an essential component in fluorescent lamps (including compact fluorescent bulbs, CFLs), and may be found in thermometers and thermostats. If these items are broken or not recycled properly, they can release harmful levels of mercury into the environment. Check with your city, town local transfer station landfill to see if there is recycling program for these items. You can also give your old thermostat to your heating contractor to return for recycling, or in Maine, call 1800-238-8192 for a free shipping label to send your thermostat in for recycling and receive a \$5 reward.



The Plastic Scavenger Hunt

By Jennifer Giacoppo (www.e911.com) Dec 21, 2009



Whether you are aware of it or not, plastic is all around us. We walk on it, wear it, drive it and use it every day, perhaps without even knowing it.

Thinking about the plastic in your home is an important step to reducing your

environmental footprint. When it's time to toss your items, knowing what's actually in them will help your recycling efforts tremendously. According to the EPA, plastics accounted for 12.1 percent of the 254 million tons of municipal solid waste in 2007. Of that, only 6.8 percent was recycled.

On a lighter note, it's simply interesting to learn more about what's actually in the products we use on a daily basis. So, get out your treasure map, magnifying glass and thinking cap, as we hunt for plastic in hidden (and maybe not so hidden) places around your home.

Hint: Where Everyone Goes During Your Parties?

No, we're not talking about the bathroom. It's your kitchen, of course!

Innovation in plastic materials often starts in our kitchens, as food and beverage manufacturers are often the first to adopt innovative packaging solutions. One particular product that we all probably have hanging out in our pantries is peanut butter. Interestingly, even this industry is getting in on the eco-action. The new Peter Pan peanut butter jars use about 12 percent less plastic across core jar sizes, which equates to eliminating enough plastic to fill more than 24 garbage trucks each year with solid waste.

Plastics "lightweighting" (literally the process of making plastic containers weigh less, but perform the same, in order to reduce the amount of material needed during production and transport) is all the rage in packaging right now.

Continued page 3

Winter Holiday Word Search



Find the English and Maliseet words in the puzzle

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

- | | |
|-----------------|--------------|
| Candle | Kenotols |
| Christmas | Nipayimiyon |
| Fireplace | sqotuwapskot |
| Hat | Ahsusuwon |
| Holy Night | Wewehsolaqiw |
| Icy | Sahsoloqe |
| Mittens | Molocess |
| Northern Lights | Nipayapon |
| Scarf | Skahp |
| Sled | Tapakon |
| Snowball | Wastapskonut |
| Snowflake | Wastewis |
| Solstice | Apacuhse |
| Song | Lintuwakon |
| Sweater | Suwehta |
| Winter | Puniw |

Waste Disposal (cont'd)

Also, remember to buy low-mercury lighting fixtures, whenever possible.

Batteries



It seems like everything these days needs batteries. There are several different kinds of batteries that can cause pollution if not properly handled. When buying a new automotive, boat, motorcycle or lawn and garden lead acid battery, be sure to bring your old one to the store where you are buying your new battery. Not only will you avoid paying a disposal fee (in Maine \$10), your battery will be recycled properly.

Call 1-877-273-2925 or go to www.calltorecycle.org to find where to recycle NiCad (rechargeable) batteries. Prior to 1993, household alkaline batteries contained added mercury. Alkaline batteries manufactured after 1993 contain negligible amounts of mercury and can be disposed of in your regular household trash.

Paints



First, if the paint is still usable, you might be able to find a school, church or local non-profit organization that can use your old paint. If you can't find any takers, just take the cover off the can and put it outside (out of the weather) to dry. Once the paint or stain dries out, you can throw it away with your regular household trash. You can also add paint to kitty litter until all the liquid is absorbed (put the kitty litter in a couple of trash

Puzzle Answers

bags, then add the paint) and dispose with your regular trash.)

Also try buy latex paint whenever possible.

Pesticides and other household chemicals...

To dispose of unwanted pesticides, in Maine you can call the Board of Pesticide Control at 207-287-2731 to find out when they will be holding a collection event in your area. Pesticides can also be disposed of at household hazardous waste collection programs (check with your local city or town, or waste collector). If your town is not planning one in the near future, you may legally dispose of these items in Maine with your regular household trash or store them until a collection program is scheduled. Remember to always check the container's label for special disposal instructions.

You can also contact your local solid waste facility for more specifics on local disposal and recycling options.

For more information on disposal of household wastes, contact your local Maine Department of Environmental Protection office:

Portland (207)822-6300 *Augusta (207)287-2651

Bangor (207)941-4570 * Presque Isle (207)764-0477

The Maine Environmental Depot (www.envdepot.com) located in Lewiston, also accepts household hazardous wastes from any Maine citizen.

For more information

<http://www.maine.gov/dep/waste>

Or visit search.earth911.com select the item you are looking to dispose of, enter your zip code and it will show you your recycling options.



Plastic Scavenger Hunt cont'd

No matter how you size it up, plastics are a big part of our everyday lives. And the more you know, the more you'll be able to appreciate (and hopefully plan ahead for) the multitude of recycling opportunities available to us, beyond bags and bottles. www.earth911.com/home-garden/the-plastic-scavenger-hunt/

To learn more about plastic recycling be sure to check out <http://plasticmakeitpossible.com/category/living-green/recycling-reusing/>

<http://www.quantumbalancing.com/recycle.htm>





The Huron Carol

The "Huron Carol" also known as "Twas in the Moon of Wintertime") is a Canadian Christmas hymn (Canada's oldest Christmas song), written probably in 1642 by Jean de Brébeuf, a Jesuit missionary at Sainte-Marie living among the Hurons in Canada. Brébeuf wrote the lyrics in the native language of the Huron/Wendat people; the song's original Huron title is "Jesous Ahatonhia" ("Jesus, he is born"). The song's melody is based on a traditional French folk song. The English lyrics were written in 1926 by Jesse Edgar Middleton. In the English version, Jesus is born in a "lodge of broken bark", and wrapped in a "robe of rabbit skin". He is surrounded by hunters instead of shepherds, and the Magi are portrayed as "chiefs from afar" that bring him "fox and beaver pelts" instead of the more familiar gold, frankincense, and myrrh. The hymn also uses a traditional Algonquian name, Gitchi Manitou, for God. The original lyrics are sometimes modified to use imagery accessible to Christians who are not familiar with Native-Canadian cultures.

The original words of the carol in the Wyandot language (Huron).

Ehstehn yayau deh tsaun we yisus ahattonnia
O na wateh wado:kwi nonnwa 'ndasqua entai
ehnau sherskwa trivota nonnwa 'ndi yaun rashata
Iesus Ahattonnia, Ahattonnia, Iesus Ahattonnia.

Ayoki onki hm-ashe eran yayeh raunnaun
yauntaun kanntatya hm-deh 'ndyaun sehnsatoa ronnya-
un

Waria hnawakweh tond Yosehf sataunn haronnyaun
Iesus Ahattonnia, Ahattonnia, Iesus Ahattonnia.

Asheh kaunnta horraskwa deh ha tirri gwames
Tishyaun ayau ha'ndeh ta aun hwa ashya a ha trreh
aundata:kwa Tishyaun yayaun yaun n-dehta
Iesus Ahattonnia, Ahattonnia, Iesus Ahattonnia.

Dau yishyeh sta atyaun errdautau 'ndi Yisus
awwa tateh dn-deh Tishyaun stanshi teya wennyau
aha yaunna torrehntehn yataun katsyaun skehnn
Iesus Ahattonnia, Ahattonnia, Iesus Ahattonnia.

Eyeh kwata tehnaunnte aheh kwashyehn ayehn
kiyeh kwanaun aukwayaun dehtsaun we 'ndeh adeh
tarrya diskwann aukwe yishyehr eya ke naun sta
Iesus Ahattonnia, Ahattonnia, Iesus Ahattonnia.

The 1926 English version by Jesse Edgar Middleton.

'Twas in the moon of winter-time
When all the birds had fled,
That mighty Gitchi Manitou
Sent angel choirs instead;
Before their light the stars grew dim,
And wandering hunters heard the hymn:
"Jesus your King is born, Jesus is born,
In excelsis gloria."

Within a lodge of broken bark
The tender Babe was found,
A ragged robe of rabbit skin
Enwrapp'd His beauty round;
But as the hunter braves drew nigh,
The angel song rang loud and high...
"Jesus your King is born, Jesus is born,
In excelsis gloria."

The earliest moon of wintertime
Is not so round and fair
As was the ring of glory
On the helpless infant there.
The chiefs from far before him knelt
With gifts of fox and beaver pelt.
Jesus your King is born, Jesus is born,
In excelsis gloria.

O children of the forest free,
O sons of Manitou,
The Holy Child of earth and heaven
Is born today for you.
Come kneel before the radiant Boy
Who brings you beauty, peace and joy.
"Jesus your King is born, Jesus is born,
In excelsis gloria."

http://en.wikipedia.org/wiki/Huron_Carol



Each year, Tom Jackson, Canadian born Métis singer and actor perhaps best known for his role as Peter Kennidi in CBC's "North of 60"; tours Canada with a production of the Huron Carole to raise money to help end hunger in Canada. (huroncarole.ca). To hear Tom

Jackson sing the Huron Carol, please check out www.youtube.com/watch?v=F_cmnxep67k
To hear the song sung by Heather Dale in Huron, French and English Language www.youtube.com/watch?v=D6IG6F6E5Ac

Plastic Scavenger Hunt cont'd

"Many companies are doing these kinds of sustainable initiatives these days to reduce the amount of material they use and help the environment," says Keith Christman, senior director of market advocacy for the American Chemistry Council (ACC). According to Christman, other new plastic tech to keep your eye out for is packaging involved in extending a product's shelf life, such as in shelf-stable milk containers. "The food doesn't spoil as quickly. People are able to enjoy it longer and eat it rather than it ending up in the trash can, so we waste less," he added.

Hint: Find Your Shoes, Shirts and Pants Here



While your initial guess may have been either a.) your floor or b.) your laundry basket, the right answer is c.) your closet. Plastic is woven into a multitude of fabrics for a plethora of uses, from your shoes to your sweaters.

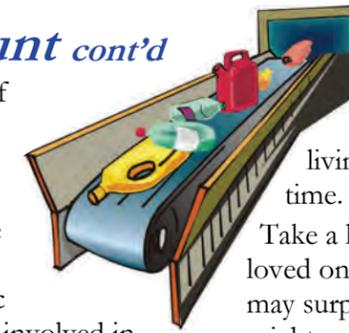
"From rugged fleece to runway couture, plastics and recycled plastics are the building blocks for stylish and high performing looks throughout the fashion industry," says Steve Russel, vice president of plastics for the ACC. "[...] Remembering to recycle means today's plastic water bottle can be tomorrow's little black dress."

This is especially the case for "fleece" products, which are often made from recycled plastic #1 (a.k.a. your old water bottles). And the great thing about this type of product is that it can be recycled again through companies such as Patagonia and its Common Threads program, which recycles a number of products including:

- Patagonia fleece (including Synchronilla® and Regulator® insulation)
- Polartec® fleece from other manufacturers
- Capilene baselayers
- Patagonia cotton T-shirts

There are certainly a number of other plastic-based fabrics, such as polyester and lycra, spandex and nylon. However, what you may not know is that weaving plastic into your clothes is what helps keep them wrinkle resistant so you can wear them longer (and iron them less – yes!).

When it's time to clean out your closet, check if donation is an option for your clothing before you pursue recycling options.



Hint: Go Here to Hang Out

Ok, so maybe this wasn't the best hint, because you can most likely relax just about anywhere in your home. However, our last stop is the living room, perhaps where you spend most of your time.

Take a look around. Do you have frames with photos of loved ones and memorable trips around your room? It may surprise you to know that some of those frames might actually be made from recycled expanded polystyrene (EPS). Walmart uses a process to convert old EPS into pellets, which are eventually made into durable plastic items like desk organizers, picture frames, hangers, CD cases and more.

EPS is typically very difficult to recycle, since its weight compared to its volume (EPS is typically 98 percent air) makes it difficult to ship. However, Walmart uses trucks that will already be returning to distribution centers to collect the EPS. Then, workers at Easter Seals process the material, which is then shipped to manufacturers to be made into new products.

"Everything that we do as a business, we look at through the lens of sustainability," says Greg Rossiter, director of corporate communications for Walmart.

Now that you're done admiring your recycled frames, take a walk. If you feel carpet under your feet, you may be walking on old bottles that you tossed in the recycling bin. Not only does the carpet industry consume a great deal of available plastic for recycling in the U.S., but efforts to increase recycling availability for carpet itself are on the rise.

Shaw Floorings created its own program for recycling plastic. The company opened a carpet recycling facility in Augusta, Ga. and is now working on a PET recycling facility that will be able to process 280 million pounds of the material annually.

Your Home as a Whole

As energy efficiency in our homes continues to be a pressing issue, especially during the chilly winter months, keeping our dwellings air-tight and protected is important to saving money on your heating bill.

Upping your insulation (a "sexy" step, according to Obama) is a simple way to save money. Plastics play a role here, with rigid polystyrene foam insulation panels that can save hundreds of dollars each year on heating and cooling bills, to plastic wrap that can reduce infiltration of outside air by 10-50 percent.

And preventing air leaks is perhaps a bigger problem than you may think: The average, un-weatherized U.S. home leaks air at a rate equivalent to a 4-square-foot hole in the wall, according to the "Solar Living Sourcebook" by John Schaeffer.

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We are One
34th Annual Recognition Day
September 13, 2014

