

Houlton Band of Maliseet Indians
 Natural Resources Department
 88 Bell Road
 Littleton, ME 04730

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Siqon March 2007
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 Susan Young - Editor
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When I was a kid, we called them frog ponds!!
 By David Lombard, Forestry / Environmental Specialist



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In January 2007, the HBMI Natural Resource Department was awarded a Tribal Wildlife Grant from the US Fish and Wildlife Service. This grant will be used to implement Phase 2 of our wildlife habitat assessment. One aspect of Phase 2 is to locate and document vernal pools on tribal property.

The scientific definition of a vernal pool is "a naturally occurring, seasonal body of water, free of predatory fish populations, that provide breeding habitat for one or more of Maine's five vernal pool indicator species - spotted and blue-spotted salamanders (*Ambystoma maculatum* and *A. laterale*), four-toed salamanders (*Hemidactylum scutatum*), wood frogs (*Rana sylvatica*), and fairy shrimp (*Eubranchipus* spp.)." (from *Maine Citizen's Guide to Locating and Documenting Vernal Pools*). When I was a kid, we just called them frog ponds!!

These vernal pools occur in a variety of landscapes. Some are associated with other wetlands or occur as isolated depressions in upland habitat. They can be full of plants and grasses or bare ground. They may be permanently, semi-permanently or seasonally filled with water. Typical vernal pools have water in them for three to five months beginning in early spring and dry up by mid to late summer.

A primary characteristic of a vernal pool is the lack of predatory adult fish populations. The reproductive cycles of the indicator species have not developed any defense mechanisms against fish and other larger frogs, therefore vernal pools are critical for the survival and breeding success of those species. Vernal pools also attract migrating ducks each Spring as they head north, where lakes, ponds and rivers are often still frozen over when they arrive.

FOUR GOOD REASONS TO DOCUMENT AND CONSERVE VERNAL POOLS

1. Special breeding habitat. The indicator amphibian species that breed in vernal pools produce egg masses that do not have any chemical, mechanical or physiological barriers to predation that are common in species that breed in pools where fish are present. Although indicator species can breed in pools with fish, the survival of eggs and the young is greatly reduced due to the fish and frogs that prey

Four of Maine's Indicator Species



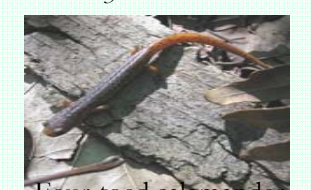
Wood Frog
Rana sylvatica



Spotted salamander
Ambystoma maculatum



Blue Spotted salamander
Ambystoma laterale



Four-toed salamander
Hemidactylum scutatum

Word Search Answers

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

Department Telephone Numbers (207) 532-4273
 1 - 800-564-8524 (ME)
 1 - 800 - 545 - 8524
 Fax - 207-532-6883
 Cara Ellis - ext 212
 Dave Joseph - ext 216
 David Lombard - ext 220
 Tony Tomah - ext 221
 Sharri Venno - ext 215
 Sue Young - ext 202

- RAFFLE -
 9 1/2 ft. Old Town "OTTER" Kayak & Paddle
PROCEEDS:
 Maliseet Boys & Girls Club Activities
TICKETS: \$1.00 each or \$ for \$5.00
DRAWING: May 25, 2007
at Noon on WHOU



Tickets are available from any Boys & Girls Club member or by calling the Maliseet Youth Dept at 532-2240 or through David Lindsay at 694-0818

Vernal Pools (cont'd)

on them. Also, salamanders and wood frogs often return to the same vernal pool where they were hatched.

2. Habitat for other wildlife and increasingly threatened species.

Small wetlands and vernal pools help increase the

diversity of the landscape. Many of these areas support plant and animal species that would not otherwise occur in

upland areas. Animals frequently use vernal pools as resting or feeding areas. The populations of many amphibian species are in decline worldwide due to

destruction of their wetland habitat; and Maine is no exception.

Blanding's turtle (state endangered), spotted turtles (state threatened) and ribbon snakes (state special concern) all use vernal pools extensively, in southern Maine. The Ringed Boghaunter (state endangered) and Ebony Boghaunter dragonflies (state special concern) and four-toed salamanders all use acidic, sphagnum-filled vernal pools. Featherfoil, a rare aquatic plant, is found exclusively in the vernal pools of southern Maine.

3. Educational resource. A vernal pool is a small resource easily embraced by interested individuals. Often, the pools are located very close by and are easily accessible. The variety of life around vernal pools makes them an ideal laboratory for children and adults. The small size makes vernal pool intimate and much less daunting to study than a lake or river.

4. Vulnerable to loss. Due to their small size, vernal pools are often not addressed by regulations and are not adequately protected from development.

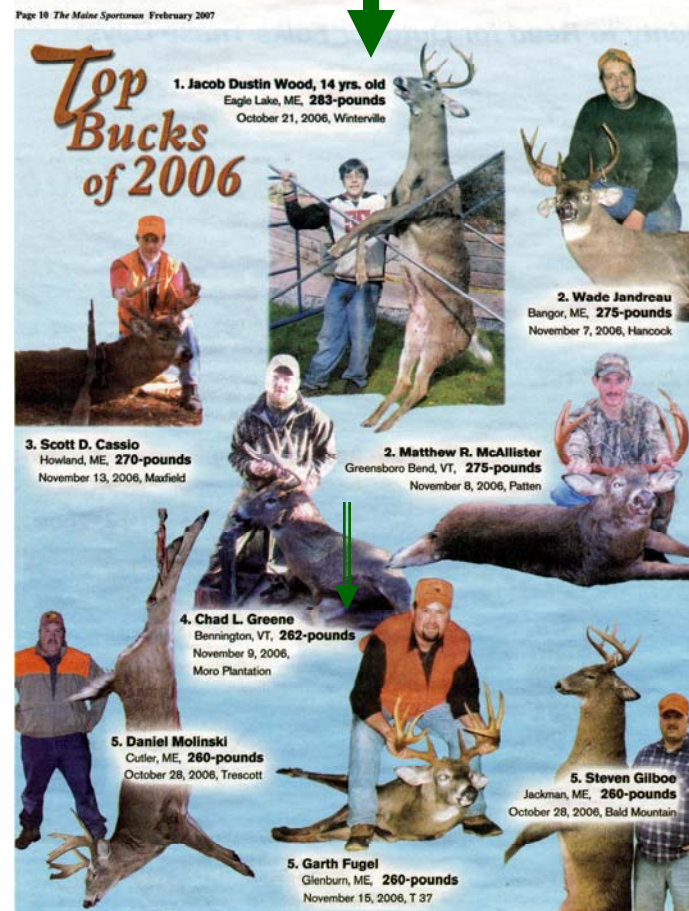


(above) Blanding's Turtle
(left) spotted turtle
(below) ribbon snake

photos by G. J. Lips, Jr.

Congratulations Jacob!

Saturday October 21, 2006, Youth Deer Day in Maine, is a day Jacob Wood won't forget anytime soon. That's the day that he got his 283 pound trophy buck in Winterville Maine. Jacob was the big winner in *The Maine Sportsman* magazine Big Bucks of 2006 issue as show below. Way to go Jacob!



Fishing Season Opens

April showers may bring May flowers but more importantly April means the start of Fishing Season!

Maine residents age 16 & older, contact Sarah Tomah, Tribal Clerk (ext. 204) to get your 2007 fishing license.



Snow geese, Canada geese and mallard ducks using a vernal pool on tribal lands in early Spring

Spring Means it's Maple Syrup Time

There's an old saying in New England that "when the crows start to caw - it's time to tap". Each year the timing is a little different. The season could be late February to early March, or even March into April. When the days turn warm and the nights remain cold, the sap in thousands of sugar maples begins to flow. The sap travels from deep in the roots, up the trunks to the branches and buds, then back to the roots each day during the 4 to 6 week sugaring season.

The Iriquois Indians are believed to be the first to develop maple syrup, which they then taught to colonial settlers who used the syrup as the only source of sweetening for many years. And so the spring tradition was born.

Many people believe what they buy off the shelf in their favorite grocery store is maple syrup, when actually these products only contain about 2% pure maple. They are mostly made up of high fructose corn syrup, added caramel coloring, preservatives and *artificial* maple flavoring.

Real maple syrup comes from only one source - the sap of the maple tree - preferably the sugar maple (*acer saccharum*). The trees must be at least 40 years old and 10 inches in diameter. Healthy trees can produce sap for 100 years or more and usually produce about 10 gallons of sap per year.



When the sap is about to begin running, the sugar makers tap holes 2 to 3 inches deep into the maple trees carefully avoiding previous holes that are healing over. New methods involve a spigot is placed in the hole and tubing is attached, the tubing is then attached to tubes from other trees that join together in a pipeline that runs to the sugar house. The old fashion method of collecting sap includes a sap gathering tank mounted on a wagon, sled or truck, pulled by horses or tractors. The buckets are removed from the trees and poured into a large gathering tank for transport back to the sugaring house. Once the taps are in place, the waiting begins. In order for the sap to really flow,



temperatures need to have a temperature swing of 15 degrees or more within a 12 hour period. Ideally the temperatures should fluctuate from the low to mid twenties to the high thirties or low forties. If the snow is melting, there is a good chance the sap is running.

Usually the best maple syrup comes from sap that is boiled immediately after leaving the tree. The process of boiling down the sap can take many hours with each gallon of sap collected only yields about a quart of syrup. If you have maple trees of your own and are very ambitious you can make your own maple syrup, but it's more fun to visit a local sugar house. Maine Maple Sunday is celebrated each year, usually on the 4th Sunday in March. That's when local sugarhouses open their doors to the public to learn how the syrup is made and to indulge in sweet treats such as maple taffy and hot fresh maple syrup is poured on the snow!



There's many ways to enjoy this sweet treat from waffles to pancakes, in pies, puddings, cookies or cakes, in barbecue sauce and candy. And for those of you counting calories, maple syrup is sweeter than sugar, has less calories and can be substituted for sugar in most recipes. ☺

Celebrate Arbor Day - Plant a Tree!



National Arbor Day
April 27, 2007

Maine Arbor Day
May 21 to 25, 2007

Tribal Land Update

2006 was a busy year for the Tribe's Real Estate Department and so far 2007 is not slowing down any.

The Real Estate Department is busy preparing Land into Trust applications to the Department of the Interior for our most recent purchases; Wilderness Pines, Rollerama, a property adjacent to Wilderness Pines, and a site near the North Road property for the Bio-diesel project.

Currently we are negotiating the purchase of 36 acres of the Foxcroft Road near our existing housing units. In addition, we are working with our attorney regarding an offer the Tribe has received for a donation of approx. 125 acres of land in Monticello. We are also negotiating for additional land for the bio-diesel project and are continuing to look into the possible purchase of more lands adjacent to Wilderness Pines.



Congratulations Chief Commander on your 25 years of service to the tribe

Kuli - Kisetbt



Maliseet Word Search

Find these English and Maliseet words in the puzzle below



- | | |
|----------|---------------|
| Air | Nehsewon |
| Bird | Sips |
| Ceremony | Kmaqahahtipon |
| Dance | Pomkan |
| Father | Nmitahqs |
| Forest | Kcihq |
| House | Wikuwam |
| Lake | Qospem |
| Moon | Kisuhs |
| Mother | Nmamam |
| Mountain | Elmotonek |
| Rain | Komiwon |
| River | Sip |
| Rock | Ponapsq |
| Tree | Opos |
| Wind | Wocawson |

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

Safe Prescription Disposal

Like most people, you probably have a full medicine cabinet, drawer or pile of assorted prescription and over the counter medications in your home. Some may even have expired long ago but like the drugs, the question remains - just how do I get rid of them? For years we've been told to simply flush them down the toilet, but now scientists are finding that these drugs are beginning to cause all sorts of mutations and problems in fish, frogs and the ecosystem in general.



Keeping medications around that are no longer needed can pose a number of threats. They are a danger to pets and children who may ingest them accidentally. Many drugs can change their composition as they age and become dangerous when taken. Drugs when simply tossed in the trash can end up in the hands of people who sell drugs on the street.

Representative Anne Perry, a nurse practitioner from Calais, has introduced a bill into the Maine Legislature asking for \$300,000 to be set aside from the general fund to set up a drug mail back program. Under this program, if funded, Maine residents would have access to postage paid mailers that would allow them to send all their prescription and over the counter medications to the State's Drug Enforcement Agency for incineration. Until

Winter Cover Project Update

by Sharri Venno, Environmental Planner

You may remember back in 2002, we wrote and submitted a Watershed Initiative project proposal to the Environmental Protection Agency on behalf of the Conservation District and other partners. HBMI also cosponsored the proposal along with the State of Maine.

Four years after the success of our proposal, local farmers have put 4,083 acres of fields under a spring grain winter cover crop and 3,727 acres of farm fields in the mulching winter cover practice. This kept an estimated 2,343 tons of productive agricultural topsoil on their fields and out of the Meduxnekeag River.

this bill passes and the program is put in place, call your local pharmacy to see if they have a program to accept used medications for safe / proper disposal. During a check of the pharmacies in Houlton, none of them accept used or expired medications at this time. Watch your local newspapers and local news as some towns have held drug collection events as part of their drug abuse prevention efforts.

So what can you do to dispose of your medications safely? The US EPA offers the following suggestions:

- ◆ Take unused, unneeded or expired prescription drugs out of their original containers.
- ◆ Mix the prescription drugs with an undesirable substance, like used coffee grounds or cat litter, and put them in impermeable, non-descript containers, such as empty cans or sealable bags, further insuring that the drugs are not diverted or accidentally ingested by children or pets. Other organizations suggest that you dissolve pills and capsules in water and add flour to liquid medicines before disposing of them.
- ◆ Throw these containers in the trash.
- ◆ Flush prescription drugs down the toilet **only** if the accompanying patient information specifically tells you it is safe to do so.
- ◆ Return unused, unneeded, or expired prescription drugs to pharmaceutical take-back locations that allow the public to bring back unused drugs to a central location for safe disposal.

The Winter Cover Project is a 5 year effort designed to support conservation practices in the Meduxnekeag Watershed that minimize open ground in agricultural fields during the winter season. As part of this project, the District offers crop payments to farmers for the application of spring varieties of small grains and/or mulch after harvest. To qualify for crop payments, farmland must fall within the boundaries of the main and south branches of the Meduxnekeag Watershed and have been in crop production during the growing season. These conservation practices keep productive agricultural soil on potato fields and out of the Meduxnekeag River. They also improve soil quality.





Gardener's Dilemma

Each year as Spring rolls around and the garden catalogs begin to stuff our mailboxes, the age old question arises - what do I want to plant this year?

Over the years plant catalog companies and many garden centers have introduced us to many beautiful and easy to grow plants, trees and shrubs. Unfortunately this trend has led many native plant and animal species to slowly disappear from our landscape. Do you know the beautiful lupine that blooms along the roadsides through out Maine is not a native plant? The native or wild lupine has been nearly eradicated by it's aggressive cousin.

Here in Maine we are treated to a variety of landscapes. Within it's borders we can find lakes, rivers, mountains ocean beaches and forests. The state is also influenced by both coastal and inland weather patterns. This creates relatively mild areas, and areas that are almost arctic in nature. In Maine, more than 100 types of habitats have been identified with about 1,500 native plant species spread across the state's varied landscape.

Each year homeowners and landscapers in an attempt to beautify their surroundings often plant species that often compete with our native plants trees and shrubs. These plantings while beautiful can sometimes "escape" and become invasive or they produce flowers and fruit that do not provide enough nourishment for our wildlife. The multi-flora rose that has been extremely popular through mail order catalogs produces many flowers and many rose

hips (seed pods) that allow the plant to spread rampantly. People are often confused each fall when they see all those beautiful red rose hips on the bare bush, not realizing that although plentiful, the rose hips are not providing adequate nourishment to the birds and other animals that are feeding on them.

The University of Maine Cooperative Extension program has produced Bulletin # 2500 **Gardening to Conserve Maine's Landscape: Plants to Use and Plants to Avoid**. This wonderful brochure provides lots of useful information to help you make informed choices when planning your landscape projects.

Plants to avoid include: ☹

- ~ purple loosestrife (*Lythrum salicaria*)
- ~ Japanese barberry (*Berberis thunbergii*)
- ~ Oriental bittersweet (*Celastrus orbiculatus*)
- ~ Japanese knotweed (*Fallopia japonica*)
- ~ smooth and common buckthorn (*Frangula alnus* and *Rhamnus cathartica*)
- ~ non-native honeysuckles (*Lonicera spp.*)
- ~ garlic mustard (*Alliaria petiolata*)
- ~ multiflora rose (*Rosa multiflora*)
- ~ small-flowered tickle-grass (*Deschampsia cespitosa ssp. parviflora*)
- ~ common reed (*Phragmites australis*)

What Can You Do to Help?

- You can promote native plants by refusing to purchase or transplant purple loosestrife and other invasive plants.
- Grow plants that do not "jump the fence" or escape from the garden.
- Try growing some native species as ornamentals and as food for birds and pollinators.
- Eliminate invasive non-natives from your yard and garden. Remove the plant, including roots, from the soil.
- Urge your garden center managers to expand their selection of propagated native plants.

For more information about this program check out

www.umext.maine.edu/onlinepubs/htmlpubs/2500.htm

Or contact us and we will send you a copy of this publication

April 22, 2007
Earth Day



Remember to do your part!



17th Annual Native American Fish & Wildlife Society Youth Practicum

July 22 to 29, 2007 at the Mt. Evans Outdoor Education Lab School, Evergreen Colorado.

The Native American Fish & Wildlife Society is proud to sponsor its 17th annual national Native American Environmental Awareness Summer Youth Practicum, scheduled for July 22 - 29, 2007, in Evergreen, Colorado. The Practicum is designed to provide Native American students an opportunity to gain hands-on experience in the field of natural resources. One of the goals of the Society is to encourage Native American youth to see the importance of professional natural resource management, to continue their education in order to seek degrees in natural resource management, and, ultimately, to pursue careers in the natural resource fields. The Society believes in a re-awakening of the traditional values of Native-to-environment relationships that are needed for tribes to make effective and sound natural resource management decisions.

The program provides an academic experience in a mountain youth camp environment. During the program, students will spend their time at the Mt. Evans Outdoor Education Lab School of the Jefferson County School District participating in classroom sessions, field educa-

Wild Turkey Sightings

Over the last 30 years, wildlife biologists in the State of Maine have been working to restore the wild turkey. As a result, today turkeys can be seen throughout most of the state. There have been many sightings in and around the Houlton area during the summer and fall.

The Spring Turkey season in Maine is right around the corner and the hunters will have their work cut out for



them. Turkeys have excellent vision and are extremely wary. These birds are also very fast running at speeds of up to 25 miles per hour and flying at speeds upward of 55 miles per hour.

tion, recreational activities, field trips, traditional methods, and, most important, interaction with professional, cultural and spiritual people. A unique aspect of the program is the use of Native American professionals who are active in the field and, even more important, the invaluable teachings from Tribal Elders.

The Summer Youth Practicum is open to incoming 10-12th grade Native students who are interested in the preservation, protection, and enhancement of natural resources. Students must be in good physical condition as physical activities are a part of the Practicum.

For more information, please write or call:

Sally Carufel-Williams, Youth Practicum Coordinator
Native American Fish & Wildlife Society
8333 Greenwood Blvd - Suite #260.
Denver, CO 80221-4483
Phone: 303.466.1725 Fax: 303.466.5414
swilliams@nafws.org

-or contact -

Sue Young - HBMI Natural Resources
207-532-4273 ext. 202
ogs1@malisects.com

APPLICATIONS MUST BE POSTMARKED AND MAILED BY May 4, 2007

ONLY COMPLETE APPLICATIONS WILL BE CONSIDERED.

Rivers, rocks & trees have
always been talking to us, but
we've forgotten how to listen

Michael Road

From Talking with Nature

