


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

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

**Siqon** March 2011  
 Brenda Commander -Tribal Chief  
 Susan Young - Editor

 This newsletter is printed on chlorine free recycled paper



ADDRESS SERVICE REQUESTED



**In This Issue**

Wandering Wildcat . . . . . 1  
 Working with UMFK Genetics Class . . . . . 2  
 Don't Spread Lead . . . . . 3  
 Trust Land Update . . . . . 4  
 Word Search Puzzle . . . . . 4  
 Environmentally Friendly Car Wash . . . . . 5  
 Feedback Requested . . . . . 6  
 Dendrology Corner . . . . . 7  
 Rare Sighting . . . . . 8  
 Puzzle Answers . . . . . 8

**Wandering Wildcat** by Matthew P. Edberg,  
 HBMI Natural Resources Specialist

Keep your eyes open when you turn onto the Bell Road heading into the tribal administration office Littleton and you just might catch a glimpse of the bobcat (*Lynx rufus*) that has been sighted on multiple occasions, around the Recognition Day Field site.



Bobcat photos - Sue Young

I went to investigate the sighting of a bobcat on February 15<sup>th</sup> and followed the wildcat's tracks through the red pine (*Pinus*



*resinosa*) plantation planted along Suitter Brook. The cat had been following along a snow-shoe hare (*Lepus americanus*) trail under the pines, eventually I came upon a good track and I took a plaster cast of the cat's footprint (see photo left)

While bobcat are relatively common in Maine they are typically active at night (nocturnal) and it can be unusual to see one so regularly during the day. The bobcat derives its common name from its "bobbed tail" (as short as 4"-5" back tipped) and is about 2-3 times bigger than a large housecat (*Felis domestica*). A house cat's footprint measures in at 1"-1<sup>5</sup>/<sub>8</sub>" in length a bobcat's at 2"-2<sup>1</sup>/<sub>2</sub>" and a bobcat can weigh in at between 11-40 lbs (70 pounders have been recorded). Bobcat are elusive stalk and ambush predators feeding on squirrels, rabbits, rodents even large insects and are capable of taking down a whitetail deer (if the deer is bogged down in snow or is caught sleeping). Bobcat are also known for the white patches on the tips of their ears. As a member of the cat family, you will find no claw marks present in a bobcat track as you would in the track of a domesticated dog or other canids such as a fox, coyote or wolf. They may range or wander from a 2-25 square mile area. So be on the lookout for this interesting member of the cat family.



**Natural Resources Department**  
**Telephone Numbers**  
**(207) 532-4273**  
**1 - 800-564-8524 (ME)**  
**1 - 800 - 545 - 8524**  
**Fax - 207-532-6883**  
**Cara O'Donnell - ext 212**  
**Matthew Edberg - ext 220**  
**Rhonda Jewell- Smart ext 221**  
**Sharri Venno - ext 215**  
**Sue Young - ext 202**



**Rare Sighting**

This is proving to be the year of the cat. While driving between Sherman and Millinocket on Route 11 recently Sue Young spotted this Canada lynx coming out of a recently cut woodlot. This picture was snapped just before the cat ran back into the woods. This elusive cat is much larger than it's bobcat cousin. It's primary food is the snowshoe hare, though they will also eat squirrels, grouse, porcupine, mice and beaver.



Lynx photo by Sue Young

The Canada lynx is currently listed on the US Fish & Wildlife Threatened Species List. For more information

<http://library.fws.gov/Pubs/lynx.pdf>

**Puzzle Answers**

A grid of letters with green lines indicating the locations of puzzle answers. The grid is 20 columns wide and 20 rows high. The letters are arranged in a standard QWERTY layout, with some letters highlighted in green to show where words were found.

Literature Cited  
 Peterson Field Guides, Mammals of North America, Houghton-Mifflin.  
 Peterson Field Guides, Animal Tracks, Houghton-Mifflin.



## Working with UMFK Genetics Class by Cara O'Donnell Water Resources Specialist

The University of Maine, Fort Kent has a unique way of assisting our Water Resources Program. How can a genetics class be an important ally to river monitoring, you might be ask? Or maybe you're wondering is, how do our GENES get into the WATER? Hmm, this is starting to sound like something from CSI.

HBMI monitors for *e.Coli* bacteria, which is a general marker, used more as an *indicator*, of human contamination, which can alert us to associated viruses and contamination. **E.Coli:** one of several types of bacteria that inhabit the intestinal tract of humans and other warm blooded mammals.

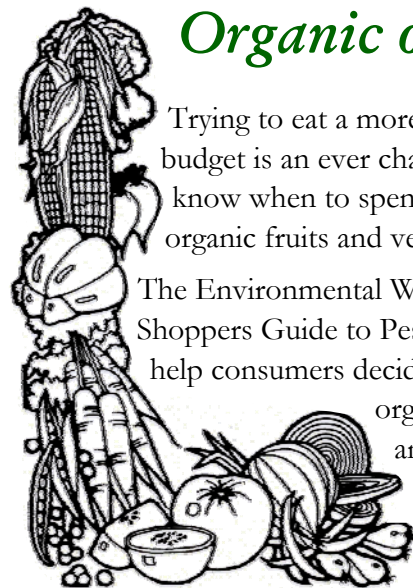
Our bacteria monitoring over the years has painted a picture of where bacteria numbers are consistently highest. These areas are mostly located near storm drain outfalls in Houlton. In order to eliminate the bacteria at its source we need to know where it is coming from. These high bacteria counts that we have found tell us we have a lot of bacteria, but they do not distinguish whether the source of it is from human or another warm blooded mammal, such as a cat or dog or wild animal. So how can we determine the source?

That's where the UMFK Genetics class comes in. The class taught by Kim Borges-Theiren will be using the samples we collect from our areas of concern and analyze them for a human DNA marker called the Human



Cara O'Donnell presenting to UMFK Genetics class on the history of HBMI Water Resources program's bacteria monitoring history.

polyoma virus. If samples are positive for the polyoma virus, we know the *e.Coli* bacteria can be traced to human origin, most likely from misconnected sewer-lines above our sample site. By comparing our bacteria results with their DNA results, we hope to determine which sites in town are contaminated by misconnected sewer lines, and which are contaminated by yards with pet waste, or other sources. We are very grateful to be part of this project, and are eager to see the results from our 2011 summer sampling.



## Organic or Not?

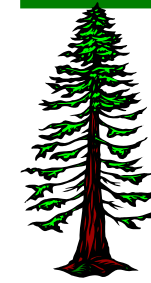
Trying to eat a more healthy diet on a budget is an ever challenging task but do you know when to spend the extra money on organic fruits and vegetables?

The Environmental Working Group's (EWG) Shoppers Guide to Pesticides is designed to help consumers decide whether to choose organically grown produce and when traditionally grown produce is just as safe.

To help make all of this easier, the EWG has come up with their "Clean 15, produce that when grown by conventional methods poses the least risk of exposure to pesticides. Eating 5 servings a day from this list can help reduce your pesticide exposure by up to 90%!

- Onions
- Sweet Corn
- Pineapples
- Avocado
- Asparagus
- Sweet Peas
- Mangoes
- Eggplant
- Kiwi
- Sweet Potatoes
- Cabbage
- Watermelon
- Cantaloupe
- Grapefruit
- Mushrooms (domestic)

For more information: [www.foodnews.org](http://www.foodnews.org)



# Dendrology Corner

Dendr = tree ology = study of

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

**Butternut (*Juglans cinerea*)** *Juglans*=walnut, *cinerea*=ashes (as in the tree species). Butternut is a relatively rare native tree species in Aroostook County and is designated as an endangered species in Canada.

### Native Range:

**Habitat:** commonly found growing in rich moist (mesic) forest soils on streamside benches & terraces and has a particular association with limestone (calcium) rich soils such as those found in the Eastern Aroostook Co. area. It is an associate in the rare, in Maine, forest type "Appalachian Hardwoods".



Range Map from: Environment Canada. 2010. Recovery Strategy for the Butternut (*Juglans cinerea*) in Canada. Species at Risk Act Recovery Strategy Series. Environment Canada, Ottawa vii + 24 pp.

**Natural History:** Butternut is classified as shade intolerant and is a medium sized tree 40'-80' (100' max.) in height 1'-2' 3' max.) in diameter. Butternut is a very short lived tree species maxing out at a mere 75 years. The fruit is an edible nut similar to a walnut but is oval instead of round tasting remotely like bananas. The leaf is a large (4"-7" long) compound (11-17 leaflets) leaf resembling an ash leaf (remember the species name?). Unfortunately, butternut trees are in the midst of a decline due to a fatal disease called butternut canker caused by the introduced fungus *Sirococcus clavignenti-juglandacearum* as many as 80% of trees have been killed in parts of its range.



**Special Uses:** Butternut wood is soft, light and very stable (does not twist, warp or crack) and is used in furniture, cabinet making and turning. The nuts are used in New England in the production of maple-butternut candy. In addition the nuts are an attractive food source for squirrel species such as the gray (*Sciurus carolinensis*) and red (*Tamiasciurus hudsonicus*) squirrel as well as many other wildlife species.

**Medicinal Uses:** Inner bark tea was a popular laxative in the past. Native peoples used inner bark tea for rheumatism, toothaches, & headaches. Nut oil was used for tapeworms & fungal infections. **Medicinal use info. This is not an endorsement of its use for medical purposes, use caution as many herbal remedies have not been medically tested and can be dangerous.**

**Edibility:** The fruit, a nut, is edible, delicious, and oily; the oil being used for cooking and tanning leather. In addition, native peoples tapped butternuts for the sap and processed it similarly to maple syrup.

**Utilitarian Uses:** The nut rinds & bark are used to produce a yellow to brown dye for dyeing fiber. Furthermore, the bark & nut rinds were also used to stupefy fish (contains the toxic chemical juglone).

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

### Literature Cited

*Silvics of North America Vol. II Hardwoods*, USDA, Handbook 654

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

Environment Canada. 2010. Recovery Strategy for the Butternut (*Juglans cinerea*) in Canada. Species at Risk Act Recovery Strategy Series. Environment Canada, Ottawa vii + 24 pp

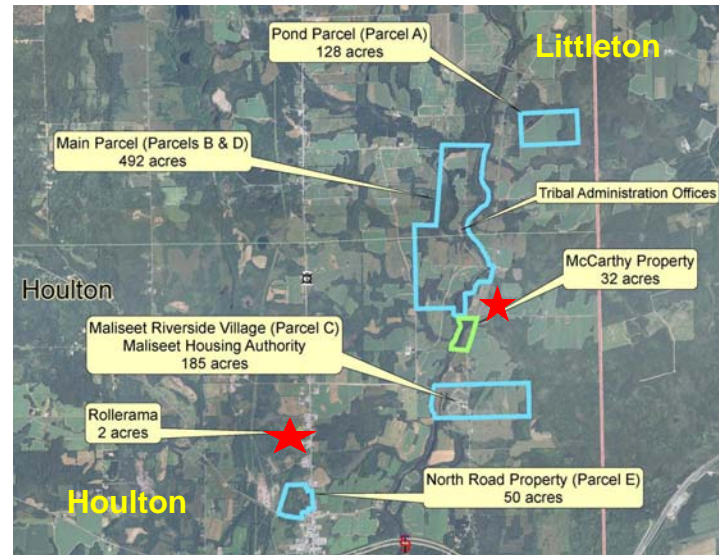
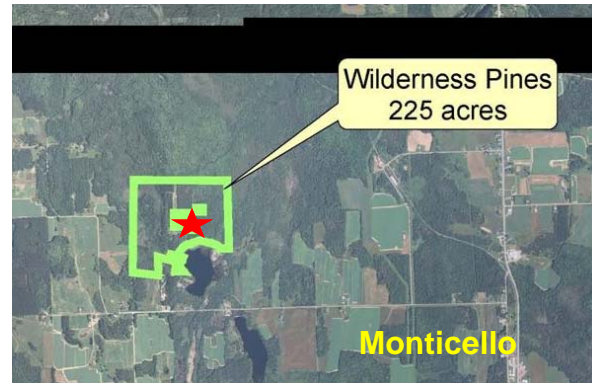
USDA- Forest Service, 1968, *Important Forest Trees of the Eastern US*.



### Trust Land Update

We are pleased to report that 3 more tribal parcels will be taken into trust in the immediate future. On February 1, 2012 a notice was printed in the Houlton Pioneer Times announcing that the Bureau of Indian Affairs was preparing to land into trust thereby starting the 30 day comment period. Now that the 30 days have elapsed, Chief Commander has signed the new deeds and we are anxiously awaiting the return of the deeds from the BIA. The new trust parcels, commonly known as: Rollerama, Drew 1 and the McCarthy, are indicated on the map with a red ★ (Existing trust parcels outlined in blue). With the addition of these new parcels our new trust land acreage will total 891 acres, with an additional 452 acres in fee land.

The Wilderness Pines parcel is nearing the end of its trust status journey and we hope to have it into trust by June 2012. Two more trust applications will soon be filed with BIA representing the Fullerton and Drew 2 parcels in Monticello.



### Maliseet Word Search Puzzle

Find both the English & Maliseet words in the Puzzle

- Bear
- Bobcat
- Coyote
- Deer
- Fisher
- Fox
- Lynx
- Marten
- Moose
- Muskrat
- Raccoon
- Snowshoe Hare
- Wolf

- Muwin
- Posu
- Pili-malsom
- Otuhk
- Pokomk
- Qaqsoos
- Apiqosikon
- Apistanewc
- Mus
- Kiwhos
- Espons
- Mahtoqehs
- Malsom

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

### Environmentally Friendly Car Wash by Rhonda Jewell-Smart



Warmer weather is right around the corner which brings outdoor activities such as washing your vehicle. There are several ways to getting your car sparkling clean while saving the environment at the same time. When it comes to washing our vehicles we generally don't think what happens to the wastewater we generate. The EPA (Environmental Protection Agency) recommends using a commercial carwash versus at home washing because it is better for the environment.

A commercial carwash uses less water compared to washing at home. For example, one report says that washing your car at home typically uses between 80 and 140 gallons (304 and 532 L) of water, while a car-wash facility (without a high-pressure wash) averages less than 45 gallons (171 L) per car. In urban areas much of the waste water from washing your car ends in a storm drain and eventually finds its way to a river or stream.

There are several ways to eliminate this problem such as washing your vehicle on the lawn, or dirt driveway which will eliminate the run-off of contaminants that come off your vehicle such as oil, grease, and soap. If you must wash at home, you can also use biodegradable detergents, or make your own soap by mixing one cup of liquid dish washing detergent and 3/4 cup of powdered laundry detergent (each should be chlorine- and phosphate-free and non-petroleum-based) with three gallons of water. Here are some more ways to reduce waste water run-off.

- ◆ Block off storm drains during charity carwash events or use an insert to catch wash water.
- ◆ Pump soapy water from car washes into a sanitary sewer drain.
- ◆ If pumping into a drain is not feasible, pump car wash water onto grass or landscaping to provide filtration.
- ◆ Use hoses with nozzles that automatically turn off when unattended.
- ◆ Use only biodegradable soaps



For more information:

- <http://cfpub.epa.gov/npdes/stormwater/menuofbmps/index.cfm?action=browse&Rbutton=detail&bmp=96>
- <http://sharepoint.snoqualmie.k12.wa.us/ckms/spiesse/Lists/Announcements/Attachments/43/carwash.pdf>

### Feedback Requested



We've been doing this newsletter for quite a while now and would love to hear from you. Please tell us:

- ◆ What you like or dislike about the newsletter
- ◆ What types of articles you'd like to see
- ◆ Anything you'd like to share with us.

Please call, write, e-mail or just stop in and let us know how we're doing.

532-4273 ext. 202 or [ogs1@maliseets.com](mailto:ogs1@maliseets.com)



## Don't Spread Lead! *continued*

When done working outdoors, gather up all large pieces of trash, place in a plastic bag and seal with duct tape. Spray your plastic sheeting or weed block and fold inwards before placing them in a plastic bag and sealing with duct tape.

Be sure to clean up as you work, using a damp rag or paper towel and place into a plastic bag for disposal. When your indoor project is completed, pick up all pieces of trash and put in a plastic bag sealed with duct tape. Spray your plastic sheeting with water and carefully fold it inward to trap all dust and lead chips. Place the sheeting in plastic bag and seal as well. Be sure to use a HEPA vacuum to clean the entire room, don't forget baseboards, window sills or any permanent fixtures. Do not use regular vacuums or brooms as they can spread the dust. If no HEPA vacuum is available, you will need to wash all surfaces in the room even if you did not work on them, using disposable, rags, sponges or paper towels. Use two buckets, one with an all purpose cleaner and water, and one with rinse water. Wash working from the top down and switch to mops when you reach the floor. Be sure to change your water regularly and remember to rub hard not just wipe lightly. If you see any dust or chips when you are done, clean the area again.

When disposing of trash, remember to toss all your dirty rags, paper towels, sponges and mop heads and follow your local regulations for hazardous waste disposal. Do not burn any trash that may contain lead dust or chips. Be sure to dump your wash water down the toilet and not onto the ground or into a storm drain.

For more information in Maine call

**1-800-452-1942** or **1-866-292-3474**

or check out the following websites:

[www.maine.gov/dep/rwm/lead/index.htm](http://www.maine.gov/dep/rwm/lead/index.htm)

[www.maine.gov/dhhs/eohp/lead/](http://www.maine.gov/dhhs/eohp/lead/)

[www.tbep.net](http://www.tbep.net)

[www.nelcc.ucon.edu](http://www.nelcc.ucon.edu)

[www.epa.gov/ne/eco/ne\\_lead](http://www.epa.gov/ne/eco/ne_lead)

[www.hud.gov/offices/lead](http://www.hud.gov/offices/lead)

[www.cdc.gov/nceh/lead/lead.htm](http://www.cdc.gov/nceh/lead/lead.htm)



### Do

- ◆ Fill a spray bottle with water. Lightly mist painted surfaces before you sand, scrape, pry, saw or drill.
- ◆ Keep spraying lightly as you continue to work.
- ◆ Spray everywhere

except near electrical outlets or switches. Use a damp rag or sponge (not dripping) to wipe these areas instead.

- ◆ After spraying painted surfaces, sand or scrape by hand.
- ◆ If using chemical strippers, be sure to use one safe for people, pets and the environment.
- ◆ If you use a heat gun, use a low or medium setting (700° F or lower).
- ◆ Do not dry sand, scrape, pry saw or drill a painted surface. This can cause a lot of lead dust.

### Don't

- ◆ Do not spray water on or near electricity.
- ◆ Do not use power sanders, grinders or sand blasters.
- ◆ Do not use methylene chloride. It's poisonous.
- ◆ Do not use a heat gun over 700° F or an open flame or torch to remove paint.



## Don't Spread Lead!

Not only does it rhyme, it is a good saying to remember. As Spring arrives it signals the time to start cleaning up the house and maybe tackling some of the many home improvement tasks you've been thinking about. Everyone thinks about new paint, carpets or maybe an addition but many homeowners forget the lead or other contaminants that may be lurking in their home.

Many homes, apartments and offices built or remodeled before 1978 present require a few extra steps to work lead safe. If you are doing major repairs or renovations that can create a lot of dust, such as removing windows, or sanding painted surfaces, you might want to consider a lead safety course or hiring a contractor trained in lead-safe practices.

So why do we care about working lead safe? Lead, found in paints and other building materials, is known as a substance that is dangerous to you and your family. When people breathe or swallow lead dust, even just a little bit, they can become lead poisoned. Lead is especially dangerous for children as it can cause serious learning and behavioral problems. It is also extremely dangerous for pregnant women and their unborn children. The lead can impact their developing bones and organs as well as developmental problems as they grow up.

Working lead-safe is something everyone can do if you remember 5 simple steps.

1. Protect your family and your neighbors.
2. Prepare your work area.
3. Protect yourself from lead dust.
4. Work wet.
5. Work clean.

Protecting your family and neighbors is easy. Just keep windows and doors closed to keep dust and paint chips away from your family and neighbors. Remember to keep pets out of the area too as they can track dust and chips throughout the area. Only people working on the project

should be allowed into the area. Invite them in only when the job is completed and everything is cleaned up.

Preparing the work area takes a little more effort but is easily doable. When working indoors on a large project, work on only one room at a time. Before you begin, remove all rugs, furniture, curtains, toys, food and other removable items from the room. Permanently installed or extremely heavy items should be covered with 6-mil plastic sheeting using duct tape to keep it secured in place. Doors, windows, and other openings into the room should be closed and sealed with 6-mil plastic and duct tape as well.

All forced air heating and air conditioner vents, should be turned off and vents covered with plastic and duct tape. The floors should be covered too. Placing a tacky or sticky pad outside the door will help trap dust and paint chips as you leave the room. Keep your tools and supplies in the room for the duration of the project to minimize the spread of lead dust and chips.

When working outdoors, move all movable objects at least 20 feet from your work area, cover unmovable items with 6-mil plastic. Cover the ground with 6-mil plastic sheeting or weed block cloth. If using a ladder, be sure to cut slits into the plastic or cloth to secure the ladder to the ground. Notify your neighbors and ask them to keep doors and windows closed while you're working. Also, do not work on windy or rainy days.

One of the most important things to remember is to protect yourself. Be sure to wear the following disposable safety equipment; hat, gloves, shoe covers and overalls. Don't forget your safety glasses/goggles and if working in a dusty area, be sure to use a respirator, after checking with your doctor. Respirators labeled N100 are best for working in these conditions, remember to follow the manufacturer's instructions for proper usage. Most importantly, do not eat, drink or smoke, apply cosmetics or lip balm while working. Be sure to wash your face and hands immediately after leaving the work area.

To avoid creating lead dust, you can work wet (see box on page 6). Working clean ensures you are keeping you and your environment safe from lead. *Continued on page 6*

