HBMI Natural Resources Department

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

Phone: 207-532-4273 Fax: 207-532-6883



Everybody Loves A Contest!

The Houlton Band of Maliseet Indians is holding a contest to come up with a possible name change for the Tribe.

The idea for a change has been around for some time now and has finally come to the forefront with the recent formation of the Tribal Constitution Committee. Many members feel it is time to time to dissolve the "ownership" name of the Town of Houlton from our official title.

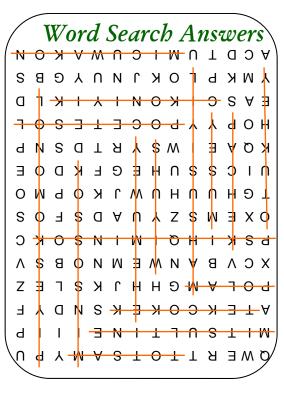
If you would like to participate in the contest send your suggestion to:

Heidi Kelley, Enrollment Clerk Houlton Band of Maliseet Indians 88 Bell Road, Littleton, ME 04730

or email her at enrollment.clerk@maliseets.com

Rules: You must be a tribal member to enter and only ONE suggestion per person.

Deadline for entry is June 30, 2008

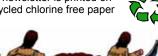


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Nipon (It is Summer) June 2008

Brenda Commander - Tribal Chief Susan Young - Editor

This newsletter is printed on Recycled chlorine free paper



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TELEPHONE LISTING

(207) 532-4273

1-800-564-8524 (ME)

1-800-545-8524

ENVIRONMENTAL PLANNING

Sharri Venno - ext. 215

FORESTRY

David Lombard - ext 220

REAL ESTATE

WATER RESOURCES

Cara O'Donnell - ext 212

Rhonda Smart - ext. 216

ACTING DIRECTOR

ADMIN. ASST.

Sue Young - ext 202



BLM To Perform Boundary Survey of

Trust Lands

by Ken Roy, Bureau of Land Management, Maine

The Branch of Cadastral Survey of the Bureau of Land Management (BLM) will be performing boundary surveys of three separate trust land parcels of the Houlton Band of Maliseet Indians this summer. These surveys are being executed at the



request of the Bureau of Indian Affairs (BIA), in order to fulfill the government's "Trust Responsibility" for the Tribal Administration parcel, the Pond Lot or Parcel A, and the Maliseet Riverside Village parcel.

Cadastral Survey is an operational program within the Bureau of Land Management, Department of the Interior whose mission and focus includes: Performing legal boundary surveys for the Federal Government. This includes consultation and boundary determination expertise for the Forest Service, Park Service, Corps of Engineers, BIA, Fish and Wildlife Service, Bureau of Reclamation, etc.

During the course of this survey, BLM survey crews will be required to execute field survey ties or observations to all record monuments as well as any major items of improvements and topography on or near the boundary, which may assist in the determination of the boundaries of federal interest lands. Notification of your tribal membership of this work is a main goal of this article, particularly those who reside at the Maliseet Riverside Village, so as to not surprise anyone of our intent while on tribal lands. Please be assured that we will attempt, when needed, to introduce ourselves in person prior to commencing any work, and that extreme care will be taken to minimize any impact our work may incur.

Completion of this survey will result in monuments being placed in the ground at all suitable corners of federal interest lands and well and monuments placed on line at a place of interest for boundary lines of greater length. After an administrative review of the survey, an approved copy of the official plat and field notes of this parcel will be on file at the BLM, Eastern States Office in Springfield, Virginia, as well as sent to the Tribal Administration, the BIA, and

(continued page 9)

Rabies Management in Maine by Libby Kempf, USDA-WS

Rabies Management Programs

In an effort to reduce the occurrence of rabies in Maine, the U.S. Dept. of Agriculture (USDA), Animal and Plant Health Inspection Service (APHIS), Wildlife Services (WS) program initiated rabies management efforts in 2003 to vaccinate raccoons and skunks. These efforts are a crucial part of international rabies control and prevention strategies among Mexico, the United States, and Canada. During 2008, USDA, Wildlife Services will continue oral rabies vaccination from Houlton to Orient, creating a 250 square mile zone of vaccinated animals to help reduce the spread of rabies in northern Maine (figure 1).

Since 2002, New Brunswick has maintained a raccoon rabies-free status and will continue their rabies management efforts.

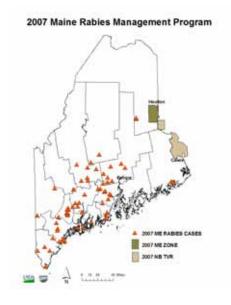


Figure 1. Maine and New Brunswick Rabies Management 2007

Surveillance

An important component of these efforts is monitoring the location of rabies positive animals. Wildlife Services collects and tests raccoons and skunks in northern Maine, which have been found dead or have been behaving abnormally and have had NO human or domestic animal contact. Wildlife Services enhanced surveillance is supplemental to the current public health rabies testing, which tests rabies suspect animals that have come into contact with a human or domestic animal.



Currently
Wildlife
Services
surveillance
priority is
rabies cases in
Aroostook

County, after two cases were documented in Sherman Mills in 2007. These cases pose a risk to current rabies management efforts established to protect human safety and wildlife populations of Maine and New Brunswick. Please contact USDA, Wildlife Services to report a sick or dead raccoon or skunk for rabies testing.

If you find a dead or sick animal- **DO NOT TOUCH IT!** Rabies is a fatal disease if untreated and sick animals can be aggressive. Please notify the appropriate authorities to secure the animal. If there has been human or domestic animal contact with a dead or sick animal, call your local health department or the Maine Center for Disease Prevention and Control at: **1-800-821-5821**

If you have rabies related questions, please call USDA, Wildlife Services at: (207) 458-5854 or

1-866-4-USDA-WS

Or visit their website: www.aphis.usda.gov/ws/rabies/

Recycling Rechargeable Batteries

Rechargeable batteries come in all shapes and sizes and are used in a variety of everyday goods from cell phones and cordless phones to power tools and more. But what do you do with the batteries once they will no longer take or hold a charge?

The Rechargeable Battery Recycling Corporation (RBRC) a non-profit public service corporation offers a variety of information regarding recycling these types of batteries and maintains a list of free drop off sites on their website.

In the greater Houlton area batteries can be dropped off at Rite Aid - 137 North Street in Houlton or at Valley Equipment Ltd. 289 McLean Avenue in Hartland NB.

For more locations or more information regarding recycling rechargeable batteries go to

www.rbrc.org

Need a New Fridge?



Efficiency Maine along with Carbon Free Homes have

teamed up to offer a contest to help you make your home carbon free and at the same time give you a chance to win a \$1,000 voucher towards the purchase of a new Energy Star refrigerator.

It's really simple to enter: log on to **www.carbonfreehomes.org** or send a postcard with your name, address, daytime telephone number and email address to:

Carbon Free Homes Fridge Giveaway 242 State Street 18 State House Station Augusta, ME 04333-0018

Entrants must be 18 years of age or older and a legal resident of Maine. Limit one entry per person/address.

All entries must be received by midnight Friday August 15, 2008. The winner will be notified by September 15, 2008.

By entering the contest you will be giving your permission to Carbon Free Homes to publicize your name and town of residence should you win. No other personal information will be shared.

Carbon Free Homes has established the following guidelines for the winner's appliance:

- 1. Appliance choice must be 2008 ENERGY STAR-rated.
- 2. Obsolete appliances will be removed and recycled by Efficiency Maine.

For more information about which Energy Star appliance might be right for you go to:

www.efficiencymaine.com



Calling All Artists

The Southern Aroostook Cultural Arts Project (SACAP) is currently looking for Wabanaki artists to take part in an upcoming show in the Blue Moon Gallery located at Visions on Main Street, downtown Houlton.

The show entitled, "Dawn Light: The Artistry of the Wabanaki" is an opportunity for Wabanaki artists to showcase their work, be it traditional arts, painting, photography, poetry and more.

The show will run from August 22

through October 18, 2008; with an opening reception hosted by SACAP on Friday August 22, 2008 from 5 to 7 pm.

SACAP will accept artwork from August 11 through 16th. Each artist may submit up to 2 pieces for this show. Each piece must be ready for display.

For more information please feel free to stop by Visions Tuesday through Friday Noon to 5pm or contact Blue Moon Coodinator Rosalind Morgan at 207-532-7286 or foxhollow@localnet.com.

Artist guidelines can also be obtained by contacting Sue Young at 532-4273 ext 202 or ogs1@maliseets.com

Welcome Back Rhonda

With the arrival of the summer field season we're pleased to announce that our former summer tech Rhonda Jewell-Smart has joined our department as a water resources technician.

Please join us in welcoming Rhonda back to the department. Rhonda can be reached at 532-4273 ext 216 or via email at rjewell@maliseets.com





BLM (cont'd)

the Aroostook County Registry of Deeds.

Should any tribal members have any questions, concerns, or information relating to our survey and the location of trust lands and their monumentation please do not hesitate to contact me.

Kenneth D. Roy, Bureau of Land Management Maine Project Office 44 Center Street, Unit #3 Old Town, Maine 04468 (207) 827-3469

When The Bulb Breaks (cont'd)



continued page 6 House Cleaning & Vacuuming

After cleaning up a

broken CFL, the next several times you clean the room where the break took place be sure to:

- ♦ Keep children, pregnant women and pets out of the room while cleaning.
- ♦ Turn off all fans, forced heating systems, central and window air conditioning units.
- Open doors and windows during and after vacuuming.
- ♦ There may still be mercury in the carpet or area rug so be sure to remove the vacuum bag, place it in a sealed plastic bag and dispose of it into outdoor trash.
- ♦ If using a bagless vacuum, empty

the collection cup into a zip lock bag, wipe the inside of the cup with a damp rag or paper towel and place it in a sealed zip-lock bag and place in outdoor trash can for disposal.



Tips to avoid breaking CFL bulbs

- 1. Consider not using CFL's in playrooms, children's bedrooms or rooms with increased chance of breakage.
- 2. Consider putting a drop cloth on floor or counter under fixture when changing bulbs.
- 3. Do not store too many spent CFL's in your home before recycling thereby reducing chance of breakage.

This information and more can be found on the Connecticut Dept. of Health Fact Sheet at:

http://www.ct.gov/dph/lib/ dph/cfl_fact_sheet_final.pdf

In the Houlton Area CFL's can be recycled at:

T & S Market - Hodgdon Andy's IGA - Houlton County Yankee - Houlton Horten Building Supply - Houlton Paradis Shop 'n Save - Houlton S.W. Collins Co. (Fogg's) - Houlton The Light House - Houlton Walmart - Houlton Monticello Country Store -Monticello

go to www. efficiencymaine.com for other locations in Maine



WILD PLANT AND MUSHROOM GATHERING IN NORTHERN MAINE

Fidaleheads, berries, brown ash and balsam tips.....these are things that have been providing cultural and economic benefits to the people of northern Maine for centuries, and still do today. Along with collecting and using these wild plants comes a lot of knowledge about the woods and what they have to offer in terms of food, medicine, and the manufacture of crafts and tools. However, many young people are no longer learning these skills, and there is a danger that this important information may be lost. With this study, we hope to document the wild plants and mushrooms currently being used by people in northern Maine. We chose northern Maine because of its large, unbroken forestland, the area's cultural diversity, and the persistence of traditional forest-related economies. We want to document these activities in advance of predicted rapid social, cultural and economic changes. It is our hope that the results of this study will to contribute to the ongoing use and availability of important plant and mushroom resources.

Expected Products

- A handbook of culturally and economically important plants and mushrooms of the St. John River Watershed
- A web accessible database

Who are we?

This study is a collaboration between the University of Maine at Presque Isle, the University of Vermont, and the U.S. Forest Service's Northern Research Station.

Interested in participating in our project?

If you gather any wild plants or mushrooms, we would love to hear about it! Participating in our project involves taking part in an interview which usually lasts from 1-2 hours (depending on your availability), and can be done in person or over the phone. While we are interested in general descriptions of plant habitats, we will not ask you about specific locations of gathering sites. If you are interested in participating, or just want to find out more about our project, please feel free to contact either Michelle or Maria at the email addresses or phone numbers below.

Contact Information

Michelle Baumflek, Project Researcher 207-540-4988

Michelle.Baumflek@uvm.edu

PO Box 215

Presque Isle, ME 04769

Marla Emery, Principal Investigator 802-951-6771 x1060 memery@fs.fed.us

Northern Research Station, 705 Spear Street South Burlington, VT 05403



Maliseet Word Search Puzzle

Summertime means warm weather, family backyard BBQ's and food!

So keeping with the spirit of summer

Mitsultine! (Let's Eat!)

Wiyuhs - Meat

Can you find these Maliseet Words in the puzzle?

Cikoniyik - Apples Ehemuwey - Chicken **Kehcap** - Ketchup Mahsusiyil - Fiddleheads Pocetesol - Potatoes Mastot - Mustard Micuwakon - Food Minsossok - Raspberries Tekcokek - Ice Cream

Mitsultine - Let's Eat!

Musey - Moose meat Otuhkey - Deer meat (venison) Piyeskomonol - Corn Polam - Salmon Pskihqiminsok - Strawberries

MITSULTINEIIIP ATEKCOKEKSNDYF POLAMGHHJKSLEZ XCVBANWEMNOBSV P S K I H Q I M I N S O K C OXEMSZYUADSFOS TGHUUHUWJKOPMO UICSSUHEGFKDOE KQAEIWSYRTDSNP HOPYYPOCETESOL EASCIKONIYIKLD YMKPLOKJNUYGBS ACDTUMICUWAKON

QWERTTOTSAMYPU





Page 3

When the Bulb Breaks

Compact fluorescent light bulbs are great for the environment and for your home. But what do you do when one breaks? Relax, it's not an

emergency. CFL's contain a small amount of mercury - about the size of a pen point. Mercury forms a vapor that can be inhaled so it needs to be cleaned up properly to protect everyone your home.

You can safely clean-up a broken bulb if you follow the steps listed here.

Before you start:

- Keep infants, small children, pets and pregnant women out of the area
- •If you are pregnant, do not do the cleanup yourself. Find some one to do it for you
- •Turn off forced hot air heat, fans, central and room air conditioners
- •Open windows to let fresh air in
- •Leave the room for at least 15 minutes to allow the room to air out. Use that time to gather your supplies and to review clean-up instructions.

Before you go back into the room - gather these supplies:

- ♦ Disposable gloves
- ♦ Flashlight
- Duct tape or other sticky tape
- 2 index cards or stiff pieces of paper
- ♦ Zip lock bags
- ♦ Damp paper towels or rags
- ♦ Portable window fan (optional)

Keep people and pets out of the

room where the bulb broke. This will prevent them from breathing the mercury vapor and from tracking mercury into other parts of the home or office.

During the initial clean up - avoid vacuuming, sweeping and using metal dust pans!

Cleaning Hard Surfaces - tile, wood or linoleum floors:

- 1. Close the door to the room if you can.
- 2. Put on disposable gloves.
- 3. Pick up all large pieces of glass and place in zip-lock bag.
- 4. Use index cards or other stiff paper to push tiny bits of glass and powder into small piles. Lift each pile carefully and place into zip-locked bags.
- 5. Use sticky tape to pick up the remaining debris, picking up as much glass and powder as you can.
- 6. Shine a flashlight in and around the area to look for glittering bits of glass or mercury. Repeat the use of tape if necessary.
- 7. Dispose of stiff cards and tap in zip-lock bags.
- 8. Pat the area with damp rags or paper towels to further clean the area. Place rags and gloves in zip-lock bags.
- 9. When finished, put zip-lock bags in outdoor trashcan immediately. It is important to get the waste out of the house immediately.
- 10. Wash your hands and face after the waste is removed from the house.
- 11. Keep the doors and windows open as long as possible to

continue clearing out the house.

Carpets and Area Rugs

If the break occurred on carpet or rugs, it can be treated in place or removed from the home. Either way, follow steps 1- 11 for hard surfaces.

If carpet is left in place - the area should be well ventilated during and after the debris removal.

Removal:

The mercury inside a CFL can penetrate the carpet and continue to emit mercury vapor for a long time even after the initial clean up. If a CFL breaks on carpeting, consider removing the section of carpet where the breakage occurred, especially if your children or pregnant women tend to use this room. If a bulb breaks on an area rug, consider disposing of the entire rug.

When disposing of carpet or area rug contaminated by a broken bulb, carefully roll it up and place in a large plastic bag and tape it or tie it shut. Immediately place in outdoor trashcan. If you will be transporting the carpet/rug to the dump, keep it outside your vehicle as long as possible and be sure to keep it wrapped up in plastic to keep from contaminating your car.

Upholstered furniture

If the bulb breaks on a soft surface like a sofa, couch, chair or bed, be sure to follow steps 1 - 11 for hard surfaces and then place the item outdoors in direct sunlight if possible to air it out. A garage or covered porch will work too. Be sure to leave it outdoors as long as possible.

Summer Techs & Staff Update

With the arrival of the summer field season it's time to welcome two new summer techs in the Natural Resources Dept. Tribal member Randy Folsom, is working with David Lombard on

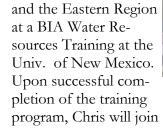
Summer 2008



Above -Randy Folsom working on toxics monitoring project right - Peter Hagan

environmental protection and tribal wildlife grant projects. Peter Hagan has join Cara O'Donnell and Rhonda Smart in the water program.

We are also pleased to announced that Tribal Member Chris Campbell was selected to represent The tribe





the HBMI's water program in July of 2008.





Safe Prescription Disposal Update

Good News! The State of Maine has recently received a \$150,000 pilot grant from the US EPA Aging Initiative to become the first state in the nation to launch a program for the safe disposal of prescription medicines. The program called "Safe Medicine Disposal for ME" is designed to help keep medications out of the state's rivers, streams and ground waters. Not only will this project help protect our water and wildlife, it will also prevent the medications from getting into the hands of children or onto the black market as do some narcotics.

Mainers aged 65 or older can pick up one of the 1,800 prepaid mailers that are available at pharmacies throughout the state. An additional 7,200 more mailers will become available in phase two of the program. Included with the envelope is a brief survey asking what type of drugs are being

mailed, the number of pills left over from the original prescribed amount and why they were not used. People sending in their medicines are then asked to call a toll free number so that the package can be tracked to ensure safe arrival. Once received the medicines will be destroyed by incineration which has been determined to be the only reliable way of disposal.

Mailers can be obtained at:

- ♦ Penobscot Indian Health Center
- ♦ Miller Drug Bangor
- Helen Hunt Health Center Pharmacy - Old Town

Rite Aid Pharmacies

Caribou Portland
Houlton Scarborough
Augusta Waterville

for more info call **1-866-637-9743** or www.safemeddisposal.com

Propane Alert

Summertime is here and that means BBQ season, a time when we turn to those little white propane tanks.

Unfortunately these tanks have become a tool in the production of methamphetamine otherwise known as "meth". Tanks are being stolen from tank exchange areas around the country, drained of their remaining propane and filled with anhydrous ammonia a part of the meth making process. Once finished with the tanks, the meth cooks then return the tanks to the tank exchange where they are sent off to be refilled and unknowingly sold again to the public.

Anhydrous ammonia is an extremely corrosive substance that weakens the structure of the valves and tanks.

Tanks have been known to explode once they have been refilled and





(Left) valve - (right) tank that has been exposed to Anhydrous Ammonia

hooked up to gas grills or other appliances.

When purchasing a new tank, be sure to inspect it for any blue or greenish residue around the valve areas. You should also be on the alert for the smell of ammonia around the tank. If either are present, be sure to select another tank and notify the retailer of your find.

Additional information about this growing problem can be found at the National Propane Gas Association website:

www.npga.org/i4a/pages/index.cfm?pageid=529

Go Outside and Play!

As kids, most of us were told to go outside and play, but according to a summary report issued from the National Wildlife Federation, today children are spending about half as much time outdoors as they did just 20 years ago. In this study they've found that kids are spending an average of 6 ½ hours a day plugged into their electronic world.

According to the summary report written by Heather White, Esq., there is much at stake.

"Nature deficit has a profound impact on our children's mental and physical health. In the last 20 years, while time spent playing outdoors has been cut in half, childhood obesity has more than doubled and adolescent obesity has tripled. The cost of this childhood obesity could topple more than \$100 billion to our public health systems. Research has linked this obesity epidemic to a lack of play time outdoors.

While physical activity through organized sports can help address childhood obesity, the medical community recognizes that free unstructured time outdoors has unique health benefits to children.



Time in nature improves a child's academic performance, concentration, balance, coordination and self-esteem. It stimulates imagination and can even reduce the symptoms associated with Attention Deficit Hyperactivity Disorder.

Children who spend time in nature are also more likely to carry a love for the natural world into their adult years. If nature deficit continues, we may face a dearth of environmental leaders at a time when we face unprecedented environmental challenges including habitat loss and global warming."

The National Wildlife Federation has created a website dedicated to helping excite kids about the outdoors - www.GreenHour.org

So what can we do?

Spend time with kids outdoors

on a regular basis - take a walk, go fishing, watch the clouds, any unstructured activity will do. There's always something to see and do outside be it summer, winter, spring or fall. Free play in nature will help improve their overall physical fitness and immune system. Time spent with Mother Nature can help reduce anxiety, enhance the imagination and above all else it's fun!

- Help your community to establish events like "Take Your Child Outside Day".
- ♣ Participate in local nature walks or events like NWF's "Great American Backyard Campout and Wildlife Watch"
- ♣ Encourage local, state and federal leaders to promote more outdoor time for children

For more information go to: www.nwf.org/kidsoutside

Just Go Outside and Play!



Just What is a Pest Anyway?

If you ask 12 people that question and you'll get *at least* 12 different answers.

Sometimes it's a younger brother or sister. It could be a mosquito, a black fly, a mouse, or that darn dandelion that just insists on coming up in your flower garden.

It could be ants at your picnic, ticks and fleas on your pets, or even a squirrel at your bird feeder. One thing is for sure, pests are a nuisance.

Fortunately, or unfortunately, depending on your view, there is a pesticide on the market for every pest imaginable. We sometimes

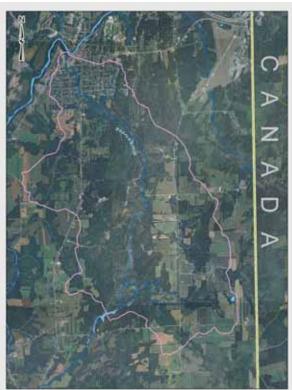
forget they are dangerous chemicals and they need special attention and handling.

Enclosed you'll find a pamphlet from the National Pesticide Information Center (NPIC). Their goal is to provide "Real answers to real questions from real people in real time!" Give them a call today with your pesticide related questions

1-800-858-7378

New Watershed Projects Underway by Sharri Venno

Project #1: This year we were successful in bringing \$149,326 of EPA's Clean Water Act monies to the Meduxnekeag Watershed. These funds will help solve some of the erosion and contaminated storm water runoff problems we've identified in Pearce Brook. We've taken special notice of Pearce Brook ever since our water resource program first began monitoring tributaries of the Meduxnekeag in 1995. We soon discovered Pearce Brook is not as clean as most other tributaries in the Meduxnekeag Watershed. This is not surprising. Pearce is the most urbanized tributary in the Watershed. This project includes the following activities:



If you live in the Pearce Brook Watershed (see map) join us this fall to work on the watershed plan!

- (1) developing a watershed-based plan for Pearce Brook to help restore the Brook to a healthier condition, and
- (2) installing Best Management
 Practices to improve the
 quality and reduce the quantity
 of storm water runoff from 3
 commercial properties within
 Pearce Brook watershed SW
 Collins building supply
 (formerly Foggs), Pine Tree
 waste transfer station, and
 Kitchens auto repair.

We've gathered many partners together to help us with this project including the Town of Houlton, USDA's Natural Resources Conservation Service, Maine Dept. of Environmental

> Protection the University of Maine's Cooperative Extension Service and Southern Aroostook Soil and Water Conservation District.

Project #2: Our second project is funded by the US Fish and Wildlife Service and will help us:

- (1) gather physical data on the Meduxnekeag River and some of its tributaries, and
- (2) use this data to design restoration projects that will improve the quality of fish habitat in the Watershed.

We already have some data that tells us the Main Stem of the Meduxnekeag lacks the number of deep holes you would typically find in an pristine watershed where adult cold water fish like trout dwell during the warm summer months to escape the heat. Our *long* term goal is to restore fish habitat in the Meduxnekeag sufficient to support reintroduction of sea run Atlantic Salmon.

What about our old Watershed Project you may ask?

We are winding down our five (5) year, \$700,000 EPA Watershed Initiative Project. A second Field Day scheduled for Thursday, August 21st will mark the end of our efforts to provide a share of the costs of two agricultural conservation practices with farmers in the Watershed. Area farmers have been mulching their fields in the late fall and/or planting a cover crop earlier in the season to help keep soil on the field and out of the Meduxnekeag during the winter months. The Tribe and it's project partners will recognize participating farmers at the Field Day with signs they can display and brochures we will distribute listing the participants, the number of years they participated and the number of acres each farmer included in the winter cover project. Look for it in your next newsletter!

Thanks also goes to the Houlton Water Company who, as part of this Project, reconnected two homes to their waste water treatment plant whose septic previously drained directly into a municipal storm drain - and of course from there straight into the Meduxnekeag!