HBMI Natural Resources Department

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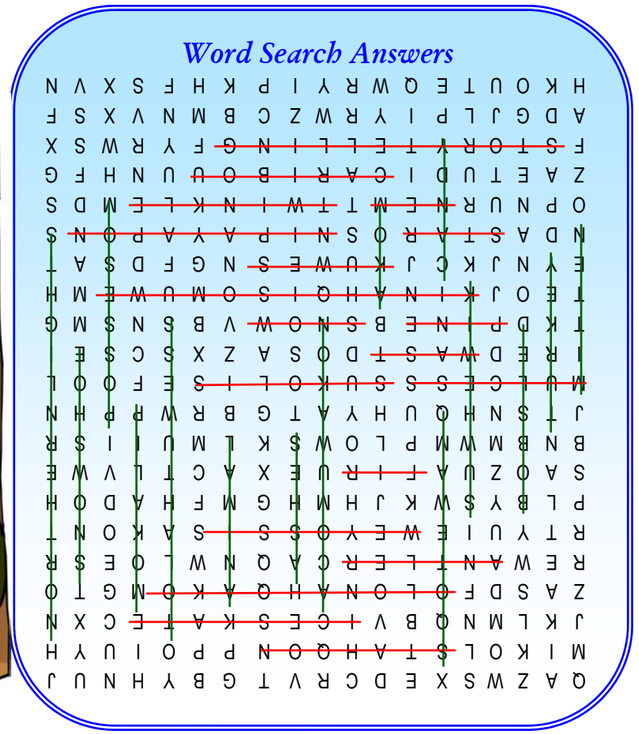
Happy Holidays from the Natural Resources Department

Cara Ellis
Dave Joseph
David Lombard
Tony Tomah
Sharri Venno
Sue Young

Word Search Answers



Puniw *(It is Winter)*
December 2006

Brenda Commander -Tribal Chief
Susan Young - Editor

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Inside this issue:

Insert:
Don't Move Gypsy Moth

TELEPHONE LISTING

(207) 532-4273
1-800-564-8524

ME 1-800-545-8524

Cara Ellis - ext 212
Dave Joseph - ext 216
David Lombard - ext 220
Tony Tomah - ext 221
Sharri Venno - ext 215
Sue Young - ext 202

Protect Your Family From Mold This Winter: Dealing with Ice Dams

Every winter, thousands of homeowners across the country are faced with a leaky roof. These leaks can ultimately lead to mold and mildew problems in their homes. Something as simple as removing the snow from your roof can prevent ice dams and leaks; resulting in less damage to your home and your family's health.

The Maine Cooperative Extension Service Bulletin #9016, offers the following information on ice dams and how to prevent them at your home or business.

What is an ice dam? "An ice dam is a ridge of ice that forms at the lower edge of a roof and prevents water produced by melting snow from draining off the roof. The water that backs up behind the dam can leak into a building and cause damage to walls, ceilings, insulation, and other areas."

So just what causes ice dams? Differences in roof surface temperatures lead to ice dams. Heat loss from a house, snow-covered roofs and outside temperature interact and lead to ice dam formation. For ice dams to form, there must be snow on the roof, and, at the same time, the upper portions of the roof's surface must be above 32° F, while lower surfaces are below 32° F. For a portion of the roof to be below 32° F, outside temperatures must also be below 32 ° F. (When we say temperatures above or below 32 ° F, we are talking about average temperatures over sustained periods of time.)

The snow on the roof surface that is above 32° F will melt. As water flows down the roof, it reaches the portion of the roof that is below 32 ° F and freezes. This creates an ice dam.

These dams grow as they are fed by the melting snow above it, but will limit itself to the portions of the roof that are, on the average, below 32 ° F. The water above backs up behind the ice dam and remains a liquid. This water then finds cracks and other openings in the exterior roof covering and flows into the attic space. In the most common cases, water simply backs up and flows under the shingles. From the attic, the water often moves into the exterior walls or through the ceiling insulation. It then stains the ceilings and walls in

continued on page 4

The Purple Wetland Eater *by Cara Ellis, Water Resource Specialist*

Yes, it's pretty, but it isn't natural.

Lythrum salicaria, commonly known as "Purple Loosestrife" is an invasive species, non-native to our area. It was introduced to the northeastern U.S. and Canada in the 1800s, for ornamental and medicinal uses. It is still widely sold as an ornamental flower, though some states have now banned its sale, purchase and distribution. Please, resist the urge to buy this pretty yet highly invasive plant from Wal-Mart, or wherever you may find it for sale. "Guaranteed sterile" cultivars of purple loosestrife are still able to reproduce and can cross freely with purple loosestrife and with other native Lythrum species. To help protect native plants, wildlife and our waterways, purple loosestrife in any form should be avoided.

Ecological Threat

Purple loosestrife readily adapts itself to our wetlands, riparian lands along river banks. As it establishes itself and expands, ***purple loosestrife aggressively replaces native grasses, sedges, and out-competes other flowering plants that provide higher quality sources of nutrition for wildlife.*** The highly invasive nature of purple loosestrife allows it to form dense, homogeneous stands that restrict native wetland plant species, including some federally endangered orchids, and reduce habitat for waterfowl. Purple loosestrife enjoys an extended flowering season, generally from June to September, which allows it to produce vast quantities of seed. A single mature plant may have as many as thirty flowering stems capable of producing an estimated two to three million seeds per year.

Natural Resources Department Management Plan

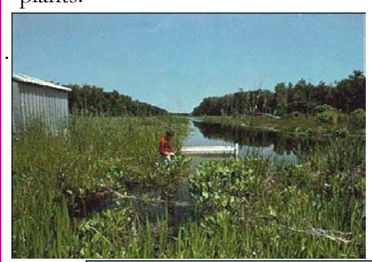
The Forestry and Water Resources programs teamed up together this summer to address the issue of purple loosestrife on the riparian areas that border tribal land and the Meduxnekeag River. David Lombard and Cara Ellis obtained their State of Maine Master Pesticide Applicator licenses, then along with their summer techs, took to the riverbanks to begin the chemical treatment and mechanical removal of the loosestrife plants they found. The stands were sparse, which makes treatment at this early stage easier to control, than later down the road when the plant has taken over an entire area. Together, the programs plan to monitor and treat for new growth each year, hoping to slow the plant's re-growth in the future.

For more information, or how to address this plant in your area, please feel free to contact us at 532-4273. David Lombard, (ext 220), or Cara Ellis, (ext 212).

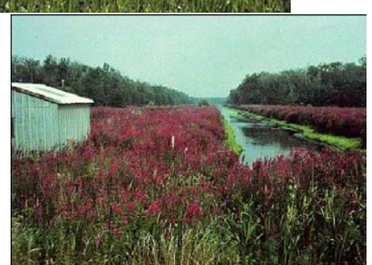
What a difference 10 years makes.

The top photo shows the Montezuma National Wildlife Refuge in Upstate New York in the summer of 1968.

The bottom photos is of the same area in 1978 after purple loosestrife became established choking out the area's native plants.



1968



1978

Wild Game Recipes *continued*

Upland Stir-Fry

Makes 4 to 6 servings

1 cup buttermilk baking mix
½ teaspoon pepper
¾ - 1 pound uncooked pheasant or grouse
2 eggs, slightly beaten
1 tablespoon peanut oil
3 medium carrots, cut diagonally into ½ inch pieces
1 green pepper, cut into strips
1 small onion, thinly sliced, separated into rings
2 tablespoons water
3 tablespoons peanut oil
¾ cup chicken broth
2 tablespoons teriyaki sauce
Hot cooked rice

In large plastic food storage bag, combine baking mix and pepper; shake to mix. Set aside. In large mixing bowl, combine meat and eggs, stir to coat meat with egg. Remove meat from bowl with slotted spoon; transfer to bag with baking mix. Shake to coat. Remove meat from bag, set aside. Discard excess egg and baking mix.

In wok or skillet, heat 1 tablespoon oil over medium high heat until hot. Add carrots; cook and stir for about 2 minutes. Add green pepper and onion. Cook and stir for 1 minute longer. Add water, cover. Steam for 3 - 4 minutes until vegetables are tender-crisp Remove vegetables from wok and keep warm.

Add 3 tablespoons oil to wok; heat over medium high heat until hot. Add meat; cook and stir until golden brown and no longer pink in center. Combine chicken broth and teriyaki sauce; pour over meat.

Return vegetables to wok. Cook and stir until heated through. Serve with rice.

Big Game Pot Roast

Makes 4 to 6 servings

Use shoulder, chuck, rump or bottom roast.
⅓ cup all purpose flour
1 teaspoon dried basil leaves
½ teaspoon dried marjoram leaves
½ teaspoon thyme leaves
½ teaspoon salt
¼ teaspoon pepper
2 ½ to 3 pounds deer, elk, moose or bear roast
3 tablespoons vegetable oil
1 can (10 ½ oz) condensed French onion soup
½ cup, water, broth or wine
1 bay leaf
1 rutabaga, peeled and cut into 1 inch cubes
4 to 6 medium carrots, cut into 2 inch pieces
3 stalks celery, cut into 2 inch pieces

Heat oven to 350. In large plastic food storage bag, combine, flour, basil, marjoram, thyme, salt and pepper; shake to mix. Add meat; shake to coat. In Dutch oven, brown meat on both sides in oil. Add remaining flour mixture, soup, water and bay leaf. Heat to boiling. Remove from heat; cover. Bake for 1 ½ hours. Add rutabaga, carrots and celery. Recover. Bake until meat and vegetables are tender, 1 to 1 ½ hours longer. Discard bay leaf before serving.

Radon Update

"County" Residents - once the Christmas holiday rush is over, watch your mail box for your chance to get your house tested for Radon.

We'll be sending our mailing in early January to those households that have not yet been tested. If you believe your should be tested and you do not hear from us by the end of January - please call Sue Young at ext. 202 or Sharri Venno at ext. 215.

Wild Game Recipes

Now that most of the hunting's done, it's time to settle in and start cooking up some of that wonderful game meat. Here's a small selection of recipes to try this winter. Thanks to Dave Joseph for sharing these recipes.

Old Fashioned Venison Stew

Makes 6 - 8 servings

1-½ cups water
½ cup beer
2 envelopes (⅞ oz. each) onion gravy mix
1 tablespoon packed brown sugar
¼ teaspoon ground thyme
2 to 3 pounds deer, antelope, elk or moose stew meat
3 tablespoons vegetable oil
1 bay leaf
6 carrots, cut into 1-inch pieces
6 medium parsnips, cut into 1-inch cubes
1 cup frozen peas

In small mixing bowl, blend water, beer, gravy mix, brown sugar, and thyme. Set aside. Remove all fat and silverskin from meat. Cut into 1 inch pieces. In Dutch oven, brown meat in oil over medium-high heat. Add beer mixture and bay leaf to Dutch oven. Reduce heat; cover. Simmer until meat is almost tender, 1 to 1-½ hours, stirring occasionally. Add carrots and parsnips; re-cover. Cook 20 minutes longer, add peas; re-cover. Cook 5 to 10 minutes longer. Discard bay leaf before serving.

Big Game Baked Round Steak

makes 6 - 8 servings

2-3 pounds boneless deer, antelope, elk or moose round steak, 1 inch thick
1/2 cup all-purpose flour
2 teaspoons salt
1/4 teaspoon pepper
1 to 2 tablespoons butter or margarine
2 to 3 tablespoons olive oil or vegetable oil
3 tablespoons finely chopped onion
Brown sugar
Catsup
Dried basil leaves
1 tablespoon butter or margarine cut up
¼ cup venison stock or beef broth

Heat oven to 350. Trim meat, cut into serving sized pieces. Pound to ½ inch thickness with meat mallet. On a sheet of waxed paper, mix, flour, salt and pepper. Dip steaks into mixture turning to coat. In large skillet, melt 1 tablespoon butter and 2 tablespoons oil over medium high heat. Add coated steaks and brown on both sides. Fry in two batches if necessary, adding additional butter and oil.

Arrange browned steaks in 12 x 8-inch baking pan. Sprinkle with onion. Top each steak with 1 teaspoon packed brown sugar and 1 teaspoon catsup. Sprinkle lightly with basil. Dot with butter. Add stock to drippings in skillet. Cook over medium heat for about 1 minute, stirring to loosen any browned bits. Add to baking pan. Cover with aluminum foil and bake for about 45 minutes. Remove foil. If meat appears dry. Add a small amount of stock or water to pan. Bake until browned on top, about 15 minutes.

Ruffed Grouse Strips in Butter

Makes 4 appetizer servings

1 grouse breast, skin and bones removed
2 tablespoons butter or margarine
Salt and freshly ground black pepper

Separate the tenderloins, which are thin fillets of meat on the underside of the breast, from the rest of the breast meat. Cut the breasts in half lengthwise into ½ inch strips. In small skillet, melt butter over medium heat. Add grouse, fry until golden brown and cooked through, about 5 minutes, turning occasionally. Salt and pepper to taste.

Welcome Back Dave!

The Natural Resources Department is pleased to welcome Dave Joseph back into the Water Resources Program. Dave's knowledge of HBMI's water program along with his love of fishing and the outdoors make him a great asset to the department.

Please join us in welcoming him back. Dave can be reached at 532-4273 ext. 216 or via email at **djoseph@maliseets.com**

Did You Know?

Solstice means - Standing Still Sun

Winter solstice is when...
...because of the earth's tilt, your hemisphere is leaning farthest away from the sun, and therefore:

The daylight is the shortest.

The sun has its lowest arc in the sky.

Many of our Christmas holiday traditions come from the solstice celebrations of many cultures around the world.

This year the Winter Solstice or first day of Winter falls on December 21, 2006 in the northern hemisphere

Winter Word Search Puzzle

Find the English and Maliseet words in this puzzle

- Animal ♦ Weyossis
- Antler ♦ Kinahqisomuwe
- Ashes ♦ Sqotewamq
- Bobsled ♦ Suwhewik
- Candy ♦ Sukolis
- Caribou ♦ Mokalip
- Fir ♦ Stahqon
- Ice skate ♦ Olonahqakom
- Mitten ♦ Mulcess
- Northern Lights ♦ Nipayapon
- Pine ♦ Kuwes
- Snow ♦ Wast
- Snowshoe ♦ Akom
- Star ♦ Possesom
- Storytelling ♦ Acomuwakon
- Turkey ♦ Nem
- Twinkle ♦ Tolahtuwessu

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

Dealing with Ice Dams *continued*

addition to doing other damage.

What Causes Different Roof Surface Temperatures? Since most ice dams form at the lower edge of the roof, there is obviously a heat source warming the roof elsewhere. This heat is primarily coming from within the house. In rare instances, solar heat gain may cause these temperature differences.

The top surface of your attic insulation is warmer than the other areas in the attic. So the air just above the insulation is heated and rises, carrying heat to the roof. The higher temperature in the insulation's top surface, compared to the roof sheathing, transfers heat to the roof. These types of heat transfer can be reduced by simply adding insulation. This will help make the top surface temperature of the insulation closer to surrounding attic temperatures. Warm air leaking from the living space into the attic can also cause ice dams.

Exhaust systems like those found in many kitchens or bathrooms that end just above the roof may also contribute to snow melting. These exhaust systems may have to be moved or their exhaust pipes extended in areas where snow tends to accumulate on the roof.

Other sources of heat in the attic space contributing to the formation of ice dams include kneewalls, leaky ductwork and chimneys. Frequent use of wood stoves and fireplaces allow heat to be transferred from the chimney into the attic space and then to the roof.

Dealing With and Preventing Ice Dams Ice dams can be prevented by controlling heat loss from the home.

Immediate actions:

♦ Remove snow from your roof. A "roof rake" and push broom can be used to remove snow, but may damage the roofing if not done properly. (*Note: Make sure you take safety precautions if you do this yourself, or hire a professional.)*

- In an emergency situation, where water is flowing into the house, make channels through the ice dam to allow the water behind the dam to drain off the roof. Hosing your roof with tap water on a warm day will help melt the ice. Work upward from the lower edge of the dam.

The channel will become ineffective within days and is only a temporary solution to ice dam damage.

Long-term actions:

♦ Increase the ceiling/roof insulation to cut down on heat loss by conduction. Maine State Code requires total R-value of 38 above the ceiling for new homes. In narrow spaces, use insulation products with high R-values (6-7 per inch).

- Make the ceiling air tight so no warm air can flow from the house into the attic space.

These long-term actions will increase the snow load that your roof has to carry because it will no longer melt. Can your roof carry the additional load? If it is built to current codes, there should not be a structural problem. Attic and/or roof ventilation can help keep roof temperatures uniform, but if the long-term actions described here are done well, then only small amounts of ventilation will be needed. If heat transfer has been reduced, then snow may build up on the roof and cover roof ventilation systems anyway. Attic ventilation systems are needed to dry the attic space and remove heat buildup during the summer.

Mechanical attic ventilation is not a recommended solution to ice dams. They can create other attic moisture problems and may cause undesirable negative pressure in the home. Weatherization contractors, listed under

continued on page 5

Gypsy Moths *continued*

off buds, twigs and branches and it will slow down tree growth for several years, making the tree vulnerable to other pests and diseases.

The trees are not the only ones to suffer though, trees that are attacked by gypsy moths also stop making the nuts that wildlife depend on. The wildlife that nest in these trees are also vulnerable since their nests are no longer protected by leaves making their

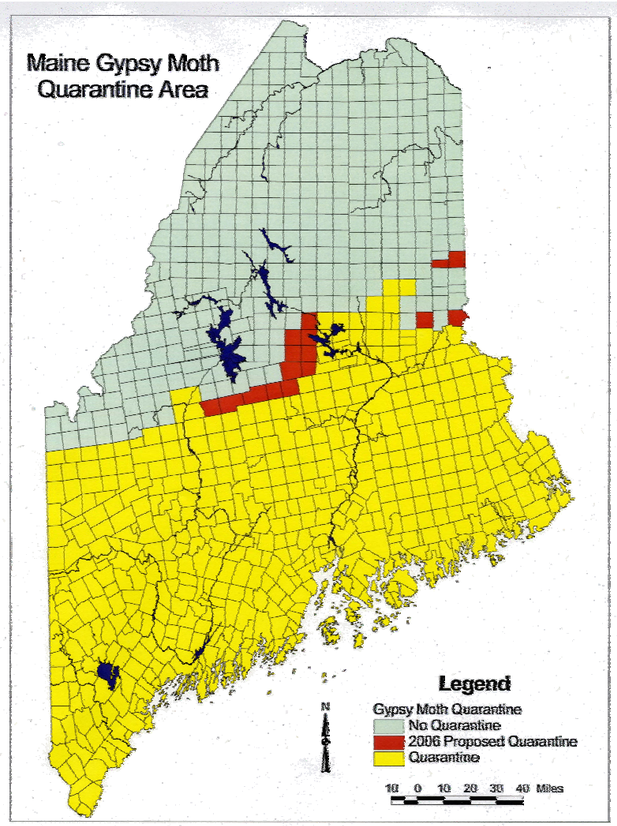
Gypsy moth larva and their telltale red and blue dots

US Forest Service photo

nests open to predators and the elements. The lack of shade also raises water temperatures which lowers the amount of dissolved oxygen available for plants and animals. Without the leaf protection, rainwater can erode the soil and lower the water quality in streams, impacting, plants, animals and humans alike.

On the upside, gypsy moths are very particular about what they eat. Their favorite trees include; alder, apple, aspen, birch, basswood, hawthorn, white birch, tamarack, oak and witch hazel. However, they won't eat green, white or black ash, cedar, scotch pine or dogwood.

Many counties and states have begun to issue quarantines to help stop the movement of gypsy moths into new areas. A quarantine means that people and businesses must be careful to check outdoor items that they wish



to move from infected areas to non infected areas. This includes items such as plants (including trees and shrubs) wood (timber, pulp logs and firewood) outdoor furniture, dog houses, boats, vehicles and Christmas trees. Please refer to the enclosed booklet for more information on how to help prevent the spread of gypsy moths.

The State of Maine has issued a quarantine on a number of areas in Maine (as shown in the map above). The Aroostook County towns included in the proposed 2006 quarantine include, Houlton, Glenwood Plantation, New Limerick. If you have any questions about the gypsy moth quarantine, please do not hesitate to call David Lombard at 207-532-4273 ext 220 or visit the Maine Forest Service website at **http://www.maine.gov/doc/mfs/idmquar.htm**

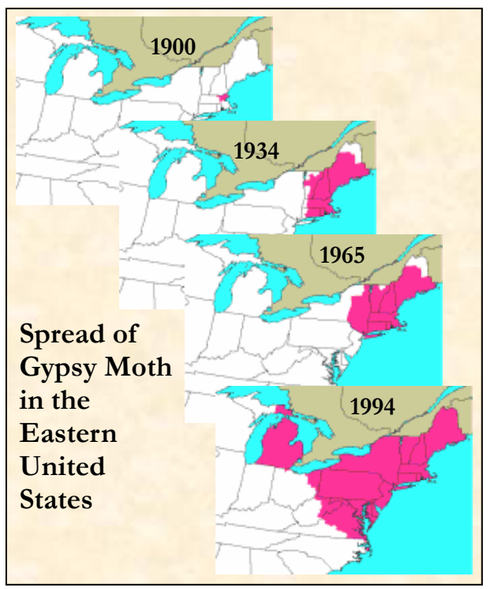
The Gyspy Moth Invasion -
Coming Soon To A Backyard Near You!


Adult gypsy moths

Only if we don't do our part to help stop the expansion of the gypsy moth's range.

The gypsy moth is originally from Europe, Asia and North Africa. In it's native range, there are natural enemies such as parasites and diseases that help keep gypsy moth number in check. Here in the United States, the gypsy moth has no natural enemies and has done a great deal of damage on the east coast.

The gypsy moth's arrival in North America has been traced to Professor L. Trouvelot of Medford Massachusetts. Professor Trouvelot was an amateur entomologist who was trying to breed a hardy silkworm. Sometime between 1868 and 1869 some gypsy moths escaped from Trouvelot's property and established themselves in a nearby lot. Although local officials were notified, no one perceived the gypsy moth as a pest or threat and no action was taken.



The moths gradually increased their numbers and began to spread along the east coast. Within 20 years of the initial outbreak in 1889, the caterpillars were defoliating shade and fruit trees in a 360 mile around Medford. Local people said they were being overrun with "big hairy caterpillars, so numerous that people slipped on masses of them clustered on the ground, streets and sidewalks" and as they gobbled away in the trees, "their droppings (called frass), like a shower of coffee grounds, drizzled to the ground below".

The gypsy moth goes through a number of life stages, from egg, to caterpillar to pupae to moth (as shown here). Before the larvae or caterpillars settle down to feed, they spread through out the forest by "ballooning". The larva climbs to the top of a big tree, then spins a delicate thread to dangle from. Once a breeze catches the larva, it floats on the air up to 150 yards from where it started. This is one of the ways the gypsy moth can travel great distances in a very short period.

When we have a gypsy moth outbreak, usually in mid-June, the caterpillars very quickly eat all the leaves from the trees. They can strip a mature oak tree in just about a week. This defoliation weakens the trees and often results on the death of limbs or the entire tree. If a tree is otherwise healthy, it will grow a set of replacement leaves by the end of the summer. This is very stressful for the tree and can kill

continued on next page

Dealing with Ice Dams *continued*

Energy Management and Conservation Consultants **or** ***Insulation Contractors*** in the Yellow Pages, are professionals who can deal with heat transfer problems that create ice dams. A blower door test should be used by the contractor you hire to evaluate the air-tightness of your ceiling. In addition, they may use an infrared camera to find places in the ceiling where there is excessive heat loss.

Interior damage should not be repaired until ceilings and walls are dry. In addition, you should correct the heat loss problems that created the ice dams, or the damage will occur again.

Preventing Ice Dams in New Homes
You can prevent ice dams in homes being built by following or exceeding the Maine state code requirements for ceiling/roof insulation levels and having a continuous, 100 percent effective air barrier through the ceiling. There should not be any air leakage from the house into the attic space! Recessed lights, skylights, complicated roof designs, and heating ducts in the attic will all increase the risk of ice dam formation.


Icicles on your house can often signal an ice dam problem

Mold, Mildew and Air Quality
Moisture entering the home from ice dams can lead to the growth of mold and mildew. These can cause respiratory problems. It is important that the growth of mold and mildew be prevented. Dry out portions of the house that are wet or damp.

More information about dealing with mold, mildew and air quality can be found at
www.epa.gov/mold

For the complete Cooperative Extension Bulletin # check out
www.umext.maine.edu/emergency/9016.htm

CO The Unwelcome Guest

As the holidays approach it's a good time to remember to take steps to keep Carbon monoxide (CO) from harming your family and friends. CO is a colorless odorless, tasteless gas produced by the incomplete burning of fuels such as gas, oil, propane or wood.

People with anemia or history of heart or respiratory disease can be especially sensitive to CO. Depending on the level and length of exposure, carbon monoxide can cause shortness of breath, nausea, headaches, dizziness, impairment of vision and coordination, mental confusion, fainting or even death.

Action you can take to prevent CO poisoning:

- Make sure your heating system, gas or propane stoves, ovens and dryers are well vented and in proper working order.
- Don't idle your car, lawnmower or other gasoline powered equipment in the garage
- Don't use propane heater or candles inside of tents
- Install carbon monoxide detectors in your home

For more information on improving your indoor air quality go to **www.epa.gov**

Wilderness Pines Wrap Up *by Cari Drew*

As you know, in January of 2006 we acquired a new property in Monticello. Formerly know as Wilde Pines, this 125 acre property is located near Conroy Lake and is surrounded by a red pine plantation. This property is proving to be a great asset to the Tribe.

We were very busy this summer renovating this property that was once run as a campground facility. We completed many projects this year, including the renovation of the swimming pool and it's surrounding deck. New decking, wheel chair access and bench seat were installed out front; and the building and the bath houses were painted, Work on the recreation area has begun with the new horse-shoe pits going in.

Many people came out and enjoyed the pool and camping facilities. There were swimming lessons for the kids and water aerobics for the adults offered. Jane Root held two teen retreat programs and was able to purchase new kayaks for Wilderness Pines. Thank you to everyone who helped with these programs.

Hunting season brought hunters from all over to stay at the cabins located on the property. Everyone that stayed at Wilderness Pines was successful with their hunt, and they all reported they really enjoyed this area and the accommodations available.

All of this did not come without a lot of hard work from the Maintenance Department. The entire group helped in all aspects of the renovation process and their help was greatly appreciated.

A Personal Note from Cari Drew

This has been a rewarding summer for me. I have had the opportunity to work hard and do what I love most, making people feel comfortable and happy. The completion of the pool was the beginning. The joy the pool brought to the visitors was incredible. The kids and adults utilized it for education, play and exercise. Those families that camped together had a great time enjoying the outdoors. The retreats brought teens together for a weekend of learning and recreation.

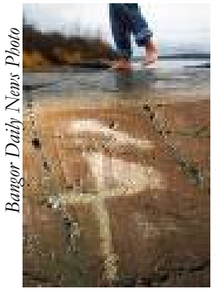
Join the "Change A Light Campaign"

The **"Change a Light Campaign"** is a nationwide effort sponsored by the United States Department of Energy to encourage Americans to upgrade conventional light bulbs to ENERGY STAR® compact fluorescent lights (CFLs). Join us in changing the world, one light -- one step -- at a time.

Take the pledge at
http: //www.energystar.gov/index.cfm?fuseaction=cal.showPledge

Every light bulb or fixture you change to an **ENERGY STAR** ® will:

- Use 1/3 of the energy of a standard incandescent light bulb
- Last up to 10 times longer
- Save an average of $30 or more in energy costs over its lifetime
- Prevent 450 pounds of greenhouse gas emissions over its lifetime
- Help preserve our energy resources



Bangor Daily News Photo

Picture Rocks Returned to the Passamaquoddy

On a cold rainy October Monday, Tribal Chief Brenda Commander, Tribal Councilors, Claire Sabattis, Justin Kobylarz, Tribal Clerk Sarah Tomah and Sue Young of from the Natural Resources Department traveled to Machiasport to witness the transfer of a deed from the Maine Coast Heritage Trust to the Passamaquoddy Tribe. The deed returns the 5.5 acre Picture Rocks parcel to the Tribe in exchange for a conservation easement on nearby tribal land at Moose Snare Cove. This conservation easement will help expand the conservation effort in these ecologically sensitive areas around Machias Bay.

Picture Rocks is perhaps one of the most important petroglyph sites in Maine. These rock carvings represent a significant piece of the cultural, spiritual and archaeological history of Maine.

Chief Brenda Commander (left) speaking at ceremony - Passamaquoddy Gov. Rick Doyle (far right)

Free On-line Energy Audit

Ever wonder just how much your electric costs are eating into your budget? We are bombarded by information about how we can be more energy efficient, but just what does that mean to me? Finally, there is a way to figure this all out in the comfort of your home, without having to hire an inspector. All you need is a computer (or a friend with one or visit your local library) and some basic information about your house.

The Home Energy Saver is a free on-line energy audit website, that will allow you to figure out your current energy costs and how much you can save by making a few changes. There are helpful pull down menus that allow you to customize your audit from the number and type of windows you have along with which direction they face to the number of slow-cookers you have on the kitchen counter and how often you use them. Just enter your zip code on the first screen and you are on your way to savings!

The Home Energy Saver calculator can be found on-line at **http://hes.lbl.gov/**

Top 30 Environmentally Friendly Cars

The research firm J.D. Power and Associates has released its first Automotive Environmental Index (AEI) study, which lists the top 30 environmentally-friendly vehicles for model year 2006. This study takes into account information from the US EPA and consumers with regard to fuel economy, air pollution and greenhouse gasses.

Hybrids:

Ford Escape Hybrid
Honda Accord Hybrid
Honda Civic Hybrid
Honda Insight
Lexus RX 400h
Mercury Mariner Hybrid

Traditional Gasoline Models

Acura RSX
Chevrolet Aveo
Chevrolet Cobalt
Ford Focus
Ford Focus Wagon
Honda Accord
Hyundai Elantra
Kia Rio
Kia Specta
Kia Spectra
Mazda3
Nissan Sentra
Suzuki Reno
Toyota Camry
Toyota Corolla
Volkswagen Golf
Volkswagen Jetta
Volkswagen New Beetle