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Erosion Control Project Completed

This August, the Natural Resources Department contracted with Nickerson Construction Inc. of New Limerick to implement a number of erosion control measures on a parcel of the Band's trust land, commonly known as the Pond Parcel, located just off the Foxcroft Road in Littleton. Environmental Planner Sharri Venno discovered the erosion, coming from an active agricultural field draining into a small 2-acre pond on the parcel.



David Lombard Forestry/Env. Specialist and Dave Joseph Water Resource Technician at project site



Summer Techs Jason Young and Nick Howe mulching at the project site

Grant monies were sought through Section 319 of the Clean Water Act to construct erosion control measures to reduce the impact of the erosion. The plan was designed by Stewart Engineering of Houlton. Erosion control measures used in this project included building rock lined drainage dips, level lip spreaders and check dams, installing perforated under drains as well as graveling and grading the road surface to control the flow of water and reduce erosion.

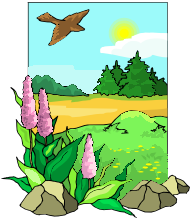
Natural Resource Department staff, David Lombard, and summer technicians Jason Young and Nick Howe, assisted Nickerson Construction by implementing best management practices including the installation of silt fence and liming, fertilizing, seeding and mulching the disturbed areas and newly constructed erosion control measures.



Newly installed perforated underdrain

For additional information on this project, please contact David Lombard at 207-532-4273 x 220.

The Power of Trees



A series of new studies from social scientists Frances E. Kuo and William C. Sullivan have revealed some startling facts about the power of trees.

One of their findings revealed a link between girls and greenery. The greener and more natural a girl's view from home, the better they score on tests of self-discipline. Girls with higher self-discipline are more likely to do well in school and avoid risky or unhealthy behaviors. However, there seems to be no link between boys and views of nature on the same test.

In yet another study they have found that after playing in natural settings, children with Attention Deficit Hyperactivity Disorder (ADHD) are able to concentrate better, complete tasks and do a far better job at following directions. Once again proving, the greener the setting the better it is for our children.

For more information on these studies, go to www.herl.uiuc.edu

Studies referenced in the May-June and July-August issues of Arbor Day the magazine of the National Arbor Day Foundation

Word Search Puzzle

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

BEAR GREASE	FAST	PIPE
BUCKSKIN	FRY BREAD	RECOGNITION DAY
CEREMONY	GOODS	SMUDGE
CORN SOUP	GROUSE	SWEATLODGE
DUCK	LAKE	SWEET GRASS
DRUM	MOOSE	WIGWAM



The Story of the Tree People

In the beginning, we were told that the human beings who walk about the Earth have been provided with all things necessary for life. We were instructed to carry a love for one another, and to show a great respect for all the beings of this Earth. We were shown that our life exists for the tree life, that our well-being depends on the well-being of vegetable life, that we are close relatives of the four-legged beings.

The original instructions direct that we who walk about on Earth are to express respect, an affection and gratitude toward all the spirits which create and support life.

When people cease to respect and express gratitude for these many things, then all life will be destroyed and human life on this planet will come to an end. To this day, the territories we still hold are filled with trees, animals and the other gifts from the Creator. In these places we still receive our nourishment from our Mother Earth.

Onondaga Elder, Beaver Clan at the 1977 United Nations Conference on Indigenous Peoples.

Continued on next page

The Story of the Tree People

“Does not the Sun and Rain give to all?” Then why should people hold anything back for themselves?

Neket Pihce, Pihce, Piche, each of the Red children brought his/her gift to the tribe. Their gift was the thing they could do best and the thing that they loved best to do.

The best arrow-maker became the arrow-maker teacher of the tribe and taught the others how to make arrows. The one who could tell the best story became teacher of stories. It made no difference what the gift was, whether it was moose meat, deer meat, corn, blanket, basket, story or a song, it was of value, if it was of use to the people and made them happy, and each was happy in bringing their gift and had no thought as to what he or she would get in return.

It was long before the other families came that the Red children learned this beautiful lesson of giving and they did not forget it when they met with the other families. First they gave them a seat by their fire and a soft skin to sit upon, their best frybread, salmon, fiddleheads and warm skins to wear, a place in which to live and hunting and fishing grounds.

But the other families had not learned to give to the Red Family as the Red Family had given to them. Koluskap is sure that all the children who listen to this story will wish to share their gifts.

The Tree People taught the two-leggeds how to give because they were here before the two-leggeds. All families were welcomed by the tree people. They were glad to share the gifts of Mother Earth with them. The Tree People hosted the First Giveaway: each gave the best gift of all: themselves.

Sonaw (Maple) “I will give sweet water to drink and from my heart they can make a bowl from which to drink”

Akomahq (Ash) “Let me give baskets with which to carry food and if they come to sit beside me, I will show them how to bend and shape my hearts

so that it will serve others, also how to make bows for hunting. Together we will make baskets of all kinds. Let the women come too, to learn how to carry things. I will make for them a basket in which to bear their little ones, then their burdens will be light.”



Mihiqimus/Pokaniums (Beechnut/Butternut)

“We will fill their baskets cried the nut brothers”

Kuwes (Pine) “They will need shelter, I will teach them to make a lodge”

Masqemus (Birch) “I too will help them to make lodges and canoes to travel with, no water ever gets through my skin, sew it together with the cords from Elm.”

Kakskuks (Cedar) “They can use my boughs for their sweat lodges, drums and their beds.”

Nehpskihqamk (Red Willow Tobacco) “They can use my skin for offerings and for their Sacred Pipes”

Stahqon (Fir) “I will give them my heart for their Sacred Fires and they can use me for their Winter Celebrations”

All the tree people gather round the Sacred Fire and spoke to all peoples:

“The fire of love dwells in all our hearts. Take it and use it, it will keep you warm forever. When the sun hides his face and your heart is cold and heavy, take the heart of any one of us, place it upon the fire which you have learned to call forth from the heart of Stahqon, you will find that anyone and all of your tree brothers will give you warmth and light. We give you our life and our love. Go forth, and give to your brothers and sisters what the Tree people have given you.

All My Relations!

Getting Ready for Hunting Season *by Scott Krzanik*

Hunting season is upon us. This is the perfect time to begin preparing you and your equipment for hunting this fall. (*Bear season began on August 26, so some folks are already in the hunting mode*). This is the time to start scouting for potential deer hunting areas. The bucks are still in their bachelor groups and does are with their young, but things will soon be changing. Bucks will begin marking their territories and developing new movement patterns between bedding, watering, and feeding areas. Over the next two months, these patterns will become more noticeable in the woods. You should be looking for trails and appropriate places for stand locations.

Now that the weather is nicer it is a great time to sight-in your firearms or bows and **PRACTICE!** Start by zeroing in on paper targets using a steady rest or stance. When you feel good about

bullet placement, move on to shooting milk jugs full of water at various distances. This way you can practice judging distances and elevation as well as shooting from prone, sitting, and standing positions. There is no excuse for poor shooting. Shots can miss their mark for many reasons - but don't let your lack of ability to shoot accurately be one of those reasons.

Go through all of your hunting equipment thoroughly. Make sure your clothing is in good condition (*and that it still fits!*) Check everything you plan to take into the woods with you before you go so that you can repair or replace any items. You should carry items for comfort and safety and anything you may have taken out and used during the past ten months should be replaced. Also, don't forget your map, compass, water, matches, and food.

Please take the time to teach someone else about your outdoor activities. This a great time, especially for children, to learn about the natural world and how all of the creatures and plants live together and depend on each other. Take someone with you the next time you go outside.



Maine 2002 Hunting Seasons

Bear

General Season	Aug 26 to Nov 30
Hunting with Dogs	Sept 9 to Nov 1
Hunting with Bait	Aug 26 to Sept 21

Deer

Expanded Archery	Sept 7 to Dec 14
Special Archery	Oct 3 to Nov 1
Firearms	Nov 4 to Nov 30
Maine Residents Only	November 2
Youth Deer Hunting Day	October 26
Muzzleloader	Dec 2 to Dec 7
Extended Muzzleloader	Dec 9 to Dec 14

Partridge (Ruffed Grouse) Oct 1 to Dec 31

Moose

By Permit Only	
Week One	Sept 23 to Sept 28
Week Two	Oct 7 to Oct 12

Turkey

Oct 21 to Nov 1

Rabbit

Oct 1 to Mar 31

Raccoon

Oct 1 to Dec 31

Coyote

Jan 1 to Dec 31

This is just a partial list of hunting seasons for fall 2002. Please refer to the Maine Hunting and Trapping Laws and Rules booklets for additional information regarding seasons, permits, bag limits etc.

Muskrat Root

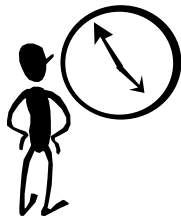


Now that fall is in the air, it's time to harvest the muskrat root. Medicine root, as you know, has been used to treat anything from the common cold, to fever, sore throats, flu and more. As the cold and flu season approaches, chew muskrat root to boost your immunity or make a tea by placing a chunk of the muskrat root in boiling water.

Last year members of the Natural Resources Department accompanied Imelda Perley and Elder Charles Solomon to Mars Hill to pick muskrat root. Another trip is tentatively being planned for sometime in October. If this is something you'd like to take part in, please contact Imelda Perley at 207-532-4273 ext. 213 or Sue Young at ext. 202 for more information.

Remember

*Turn your clocks back
one hour on Sunday
October 27th*



The Night Sky

The fall is a great time to be out and watching the sky for the variety of shows that appear. This year has been a spectacular year for the Aurora Borealis or Northern Lights. Recently there have been shows over Maine comparable to some of what you seen on TV about Alaska. So keep your eyes on the night sky especially on clear nights. Visit www.spaceweather.com for up to date information about conditions that will produce the northern lights. You can even sign up for their email service that will let you know when and where to look for the light show.

Autumn is also a time for shooting stars. There are 3 meteor showers coming up in the months ahead. If the night is clear you're bound to see quite a show.

*October 15 to 29th - Orionids
November 14 to 20th Leonids
December 6 to 19th Geminids*

Remembering 9-11

September 11, 2002 brought forth a number of new beginnings here at HBMI. A groundbreaking ceremony was held at the Housing Authority for the new housing units and Head Start Daycare Center which will be built in the coming months.

Along the river, a Sacred Fire was lit as a sweatlodge was built on tribal lands. Through the hard work of tribal members and staff, the site, nestled among the trees along the Meduxnekeag River was transformed.

Unfortunately due to work schedules and time constraints not everyone who took part in build-

ing the lodge was able to participate in the sweatlodge. Regular sweatlodges will be scheduled in the near future to give all those interested, the opportunity to experience the power of the sweatlodge.



For the tribal members and staff involved, it was a good opportunity to work together for the common good and give something back to the community on a day filled with emotion and the stark memories of the terrorist attacks from a year ago.

If you'd like more information about the sweatlodge, to request that a sweatlodge be held at a special time or to volunteer your time, please contact Imelda Perley at 207-532-4273 ext. 213.



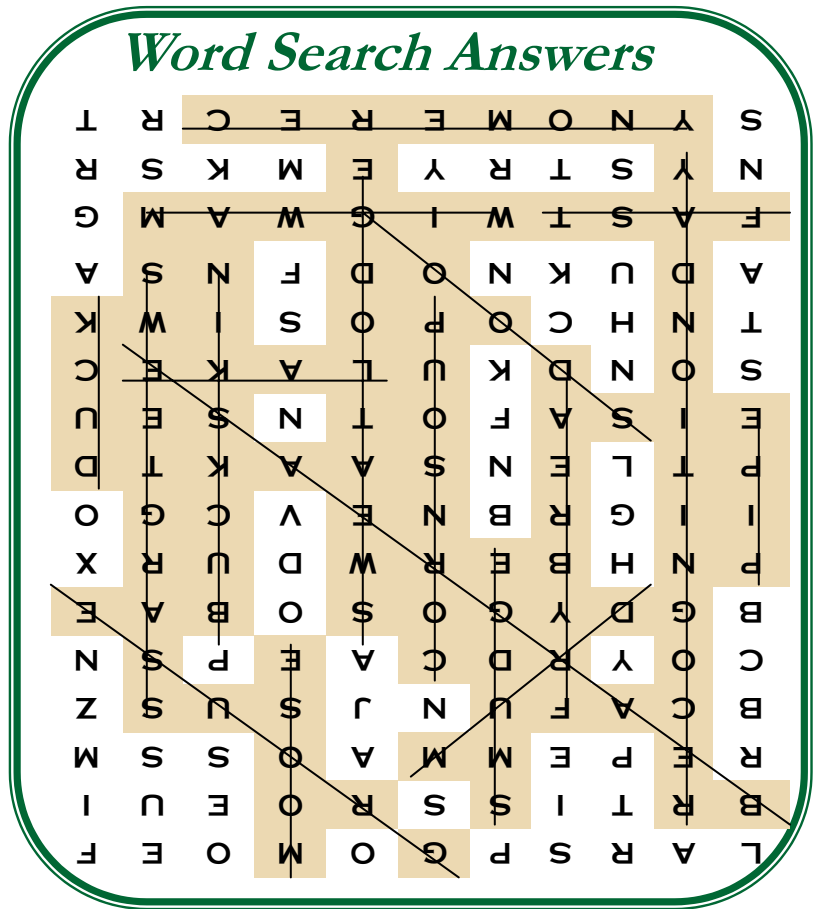
New Sign at HBMI Administration Complex



Next time you head out the Lowery Road be sure to keep your eyes open for the new sign erected at the end of Bell Road.

This new sign, funded in part by the HBMI Language Program celebrates both the Maliseet language and the tribe's connection to the river and Mother Earth. More signs are planned for the community in the near future.

Word Search Answers



***HBMI
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