

*Houlton Band of Maliseet Indians*  
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**Siqon - March 2018**

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Susan Young - Editor  
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*In this issue*

If March comes in like a lion, it will go out like a lamb . . . . .	1
Reduce Your Child’s Risk of Pesticide Poisoning. . . . .	2
Wolastoqey Latuwewakon. . . . .	3
What Invasive Species Can You Find on Your Property? . . . . .	4
Maliseet Word Search Puzzle . . . . .	5
Deer Ticks, Lyme and What You Can Do About Them. . . . .	6
Tick Removal from the CDC . . . . .	7
Salmon Eggs are Back! . . . . .	7
Skitkomiq 2018 . . . . .	7
Beneficial Birds . . . . .	8
How Lake Ice Melts . . . . .	9
Spring Safety Tips . . . . .	9
Late Spring Snow: The Poor Man’s Fertilizer . . . . .	10
Dendrology Corner - Canada Plum . . . . .	11
New Natural Resources Website. . . . .	12
Word Search Answers . . . . .	12



*If March comes in like a lion, it will go out like a lamb*

*By Farmer’s Almanac Staff*

Is there any truth to this saying? Weather folklore sayings are as colorful as our imagination. While many sayings are based on careful observations and turn out to be accurate, others are merely rhymes or beliefs of the people who came before us. Those people often believed that bad spirits could affect the weather adversely, so they were cautious as to what they did or did not do in certain situations.

Those beliefs often included ideas that there should be a balance in weather and life. So, if a month came in bad (roaring like a lion), it should go out good and calm (docile, like a lamb).

With March being such a changeable month, in which we can see warm spring-like temperatures or late-season snowstorms, you can understand how this saying might hold true in some instances. We can only hope that if March starts off stormy it will end on a calm note, but the key word is *hope*. However, this saying seems to be more of a rhyme rather than a true weather predictor.

Some other March-related weather lore includes:

- A dry March and a wet May? Fill barns and bays with corn and hay.
- As it rains in March, so it rains in June.
- March winds and April showers? Bring forth May flowers.
- So many mists in March you see, so many frosts in May will be.
- Is’t on Joseph’s day (19th) clear, So follows a fertile year; Is’t on Mary’s (25th) bright and clear, Fertile is said to be the year.

<https://www.farmersalmanac.com/the-truth-behind-in-like-a-lion-out-like-a-lamb-2867>

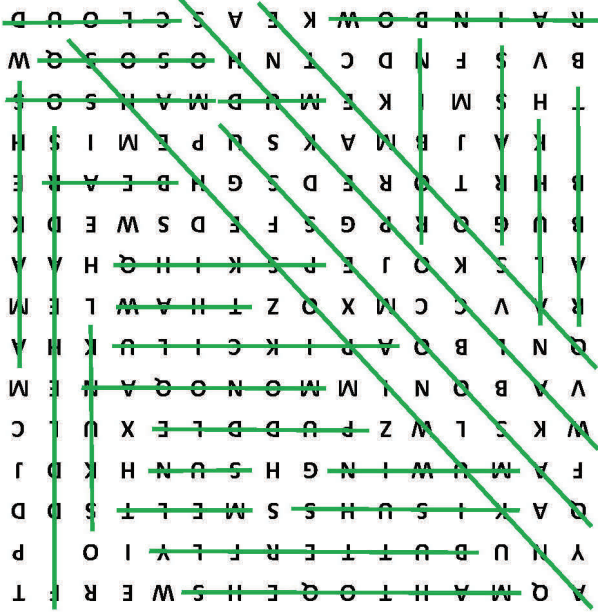


*Natural Resources Website*

Through an EPA Brownfields Program grant, we’re pleased to announce that we now have developed a dedicated website for the Natural Resources Department. The website is a work in progress, so please bear with us as we work out the bugs. The new site can be found at [naturalresources.maliseets.com](http://naturalresources.maliseets.com), please check it out and let us know what you think.



*Word Search Puzzle Answers*



**Follow us on Facebook**  
**HBMI Natural Resources**

Let us know if you like what you see - we’d love to hear from you!

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Reduce Your Child's Chances of Pesticide Poisoning

**Pesticides: What are they?** By definition a pesticide is any bait, liquid, powder or spray used to kill a pest (ants, germs, cock-roaches, flies, mice, rats or termites).

You turn your head and your toddler is inserting a sandwich half into the DVD player. Mostly, we're lucky; our momentary slipups as parents aren't too harmful. However, some close calls can be scary-like catching your three-year-old holding a can of bug spray.

Most people aren't aware that household pesticides, the products we use in and around our homes to kill ant, germs, cockroaches, flies, mice, rats, and termites, can harm a child's health if stored or used improperly. Each year, thousands of children under the age of six are poisoned by common household products. Many parents still store pesticide products within the reach of children. One of the simplest ways of preventing pesticide poisoning is to store household products out of a child's reach. Accidents are bound to happen in life, but we can't depend solely on good fortune to protect our kids from harm's way. Play it safe. With some simple prevention steps, you can assure a safe and healthy home for your family despite life's unpredictable moments.

**How do children come in contact with pesticides?** Children can come into contact with pesticides stored or applied in their homes, yards, day-cares, schools, parks or on pets. Children often touch things (that may contain a pesticide) and put their hands in their mouths. They also crawl and play on floors, grass, or in spaces that might contain pesticides. These activities may put them at higher risks for poisoning. Contact with pesticides may cause serious harm to a child's health.

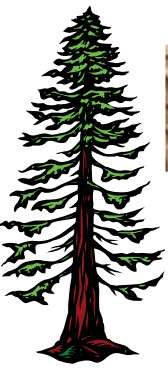
**How do you know if your child has been poisoned?** The signs of pesticide poisoning may look like the flu. If your child shows any of the following signs after coming in contact with a pesticide call your poison control center right away:

Headaches    Dizziness    Muscle Twitching    Weakness and Tingling



Post the  
Poison Control Centers'  
national hotline  
phone number,  
**1-800-222-1222**,  
near every telephone in  
your home.

<https://www.epa.gov/safepestcontrol/play-it-safe-reduce-your-childs-chances-pesticide-poisoning-0v/safepestcontrol/reduce-your-childs-chances-pesticide-poisoning>

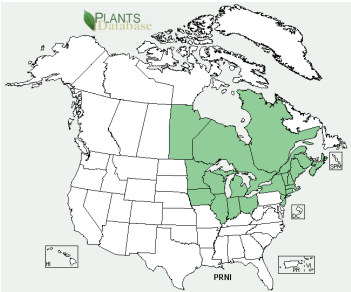


Dendrology Corner

Dendr = tree ology = study of

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

**Canada Plum** (*Prunus nigra*) Prunus= plum tree, nigra=black  
Canada Plum is an ecologically important native tree species.



**Habitat:** Canada plum (*P.nigra*) is commonly found growing in hedgerows, field edges, forests and other disturbed sites.

**Natural History:** Canada plum (*P. nigra*) is a shade intolerant, deciduous tree/shrub species growing up to 30 feet in height and 10 inches in DBH(diameter at breast height) It commonly forms thickets and seems like it is more of a shrub (multi-stems) than a tree in some cases. The branches and twigs are grayish and have short spur shoots that resemble thorns but are not thorns, the leaves are ovate - toothed and have an abrupt narrow point (see fig 1), the flowers are pinkish white, the fruit, a plum (a drupe), is oval black with one stony pit containing a seed.

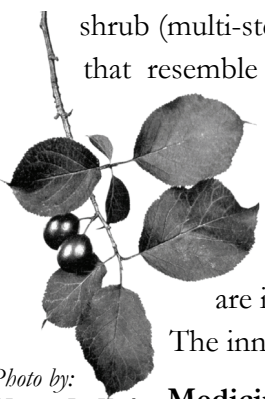


Photo by:  
Harriet L. Keeler

**Special Uses:** The wood of Canada plum is reddish brown - is heavy, hard, and strong with a tight grain. When the tree receives a wound the surrounding wood turns a reddish color. Trees are intentionally wounded to develop this type of wood which is highly sought after by wood turners. The inner bark can be used to make a gray/green dye and is used as a fixative in dyeing with other plants.

**Medicinal Uses:** The fruit has excellent laxative properties and is safe for said use. In the past, the inner bark has been used in the treatment of upset stomach and colds. **The leaves, bark and fruit pit** of the members of this genus contain compounds that break down into **CYANIDE** and **is extremely poisonous**. **MEDICINAL USE of the leaves, bark and fruit pits IS NOT RECOMMENDED!!**

**Edibility:** The fruit of the Canada plum is edible and was dried and stored for later use.

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



[www.wildflower.org](http://www.wildflower.org)

**Utilitarian:** The wood has various uses as mentioned in the special uses section.

**Ecological Values:** Canada plum (*P.nigra*) has great ecological values. The fruits are sought after by a wide range of birds and mammals such as wild turkeys, and squirrels. The flowers are attractive to a variety of insect pollinators.

Literature Cited

USDA-NRCS Plant Files

Harriet L. Keeler - Keeler, Harriet L. (1900). Our Native Trees and How to Identify Them. New York: Charles Scribner & Sons

[wikipedia.org/wiki/Prunus\\_nigra](http://wikipedia.org/wiki/Prunus_nigra)

<http://www.naturalmedicinalherbs.net/herbs/p/prunus-nigra=canadian-plum.php>



## Late Spring Snow: The Poor Man's Fertilizer

You've probably heard the saying for years, late spring snow is known as poor man's fertilizer. But why? Savvy farmers welcome these late snowstorms, because of the nutrients they bring. But wait, isn't snow just frozen water? Well, not exactly. Snow is made up of water crystals but it also provides much needed nitrogen. Plants need nitrogen to grow healthy and strong. So how does snow equal nitrogen. Our atmosphere is made up of approximately 78% nitrogen, not oxygen as you might think. So the frozen water that forms the snowflakes has an abundance of nitrogen (our rain has it too). Unfortunately, this nitrogen has to be "fixed" before it can be used by the plants. Many processes - some mysterious - are involved in the natural fixing and transforming of nitrogen. Biological fixation is caused by certain microbes in the soil. Atmospheric fixation is a bit more complicated. It is caused by the enormous energy of lightning breaking



down nitrogen molecules, which enables their atoms to combine with oxygen in the air becoming nitrogen oxides, which then dissolve into rain and snow.

- Nitrogen is a key ingredient in both chemical and organic fertilizers (usually combined with phosphorous and potassium). On average, an inch of snow can contain several milligrams of nitrogen per square foot.
- Snow also has the added benefit of slow release making it an excellent slow release fertilizer.

The spring snow melt is also critical to soil moisture and ground water levels in our lakes, ponds, rivers and streams. The greater the snow pack and the slower the snow melt, the better we are able to withstand drought conditions.

Hopefully you won't mind all this late snow now that you know it's helping out the world around us and it helps us to appreciate true spring once it arrives.



## Beneficial Birds (continued)

### General Techniques for Attracting Birds

Aside from the specific bird species that you may want in your garden, there are many general ways in which to ensure birds will flock to and enhance your property. You need to have a variety of plants that birds like for their food and shelter, as well as a range of homes for birds. Conifers are important trees for birds. Many different birds eat the berries, seeds, buds, and sap from conifer trees. They also provide year-round cover and nesting sites.

- Grasses and legumes are important for ground-nesting birds. If you keep some areas of your property natural and do not mow it, you are providing an important habitat for creating nests, for protection, and for food. Birds use tall grasses to hide and to reproduce. They also eat the seeds. Keep leaf litter in this natural area in the fall, and insects will grow there. Birds will follow.
- Flowering and fruiting plants provide an important food source for certain birds such as hummingbirds and orioles. Coral bells, red yucca, scarlet sage, and trumpet creeper are just a few examples of plants that draw in nectar-eating hummingbirds. Plants that produce berries in the summer like serviceberry, blueberry, blackberry, chokecherry, and elderberry attract birds like robins, catbirds, thrushes, woodpeckers, waxwings, cardinals, and brown thrashers. Those that make fall berries, including

dogwoods, cotoneasters, winterberries, and mountain ash, attract migratory birds.

- Natural sources of food are essential to hosting a healthy bird population, but if you hope to enjoy the sight of birds in your yard, consider also providing feeders. Having feeders near your home draws the birds in so that you can enjoy the view from inside. For a variety of birds, put out a variety of feeders. Use hopppers, tubes, and trays. Provide different types of seeds as well as suet to get all kinds of birds. You should be most vigilant about providing feed in the winter when birds need it most. Keep your feeders full, and you can enjoy birds all winter long.
- Places to live are as important as food. A variety of trees are an excellent way to entice birds to your property, but you can enhance these natural homes with artificial ones. Large houses with several openings on a tall pole will attract purple martins and other swallows. Smaller birdhouses will attract bluebirds and other small songbirds. If you have a barn, you will entice owls and barn swallows to take up residence.
- When you take the time to consider what native birds in your environment need, you will be rewarded with the sights and sounds as well as the beneficial behaviors of a variety of species on your property.

[www.offthegridnews.com/how-to-2/beneficial-birds](http://www.offthegridnews.com/how-to-2/beneficial-birds)

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## Poisoned?

Two ways to get expert help.

Call **POISON CONTROL** to speak to an expert

**1-800-222-1222**

- > Your toddler ate pills from grandma's purse
- > You drank a cleaner, not soda
- > You took the dog's medicine

Don't guess what you should do. Get accurate answers. It's free and confidential.

OR

Use the web**POISONCONTROL**® online tool



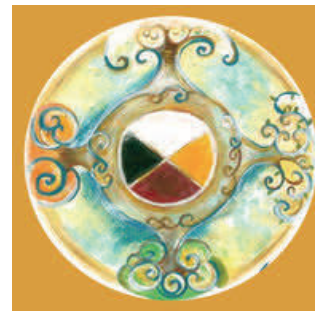
**HELP ME with a possible poisoning**

When to call Poison Control instead of using this tool

**Don't use the above on-line tool if you (or the exposed person) are:**

- Younger than 6 months or older than 79 years
- Pregnant
- Suicidal or intending self-harm
- A pet
- More than one product is involved
- Swallowed a medication repeatedly over more than a few hours (for example, you take this medication regularly).

## Wolastoqey Latuwewakon



**The Maliseet language app is finally here for Apple and Android devices!! Go to your favorite app store and download it today!**

From the app store website: "Learn about Wolastoqey language and history with the Wolastoqey Latuwewakon app, developed by the Mi'kmaq-Wolastoqey Centre at the University of New Brunswick in Fredericton. Imelda Perley, UNB's Elder-in-Residence and a fluent speaker of Maliseet, narrates hundreds of Wolastoqey words and phrases to immerse listeners in Wolastoqey language and culture. Learn Wolastoqey phrases for the seasons, animals, clothing, and games, as well as information on Wolastoqey smudging ceremonies, a reading of a Huron Christmas Carol, and much more. Become a language carrier with

Wolastoqey Latuwewakon today!

We are currently working on a project to expand this app and provide more opportunities to learn Maliseet language and culture and wish to thank everyone who responded to the recent language survey. If you haven't returned your survey, it's not too late to have your voice count. Also be sure to check out the electronic signs on the Foxcroft Road for the word of the week! **Woliwon!**



## What Invasive Species Can You Find on Your Property?

by Aislinn Sarnacki, Bangor Daily News



*Asiatic bittersweet, also known as Oriental bittersweet, is one of 33 invasive plant species that are banned from sale or distribution in Maine. Fruit of the Asiatic bittersweet has a yellow outer capsule which splits open to reveal the red interior.*

When the landscape is free of foliage in late winter, it's a good time to walk your property in search of invasive plants including woody growths like Asiatic bittersweet that just might choke the life out of your trees come spring.

Among the bare trees, it's easy to spot this invasive vine winding around trunks. And as the weather warms, you can trace the destructive plant back to its roots and yank it from the damp soil.

This tip, along with several others, was recently included in a news release by the Maine Department of Agriculture, Conservation and Forestry (DACF) in recognition of National Invasive Species Awareness Week, Feb. 26 through March 2.

Asiatic bittersweet, also known as Oriental bittersweet, is just one of many invasive species that destroy habitats in Maine.

"It's a woody vine that climbs trees and shrubs and can even sprawl cross the ground," said Nancy Olmstead, invasive plant biologist for the Maine Natural Areas Program. "It can kill trees by girdling them, and it can climb up through a fairly closed forest canopy and spread out over the canopy to grab the light."

You can see the vine invading the forest along Interstate 95, said Olmstead, weighing down trees and snapping off branches. It's taken over the banks of the Royal River in Yarmouth, its thick woody stems roping around tree trunks like a snake, its bright red berries shining in the sun.

A familiar foe to gardeners, foresters and trail maintainers throughout Maine, Asiatic bittersweet is here to stay. There's no hope it could ever be eradicated from the state, Olmstead said. It's too widespread, hardy and fast-growing to be erased from the landscape. But with a few management strategies and vigilance, it can be kept at bay.

"Management strategies really depend on the situation," said Olmstead. "But we can have a goal, for example, to allow trees to grow normally. So perhaps you go out a couple times a year to cut the vines so they don't get a chance to get up into the trees and girdle them. I also prevent the vines from fruiting so their seeds are spread by birds. Again, you do this by cutting them regularly."

Strategies for controlling invasive plants vary depending on the species, its abundance, and the goals of the landowner, Olmstead said. To help landowners, the Maine Natural Areas Program provides an online invasive plant photo gallery [http://maine.gov/dacf/mnap/features/invasive\\_plants/invasives\\_gallery.htm](http://maine.gov/dacf/mnap/features/invasive_plants/invasives_gallery.htm).

filled with information about how to identify invasive plants and ways to manage them, including videos.

"It can be a process, but the first step is getting out there and finding out what plants are on your property, how much, and where they are," Olmstead said.

There are currently about 2,100 plant species recorded in Maine, and about a third of those are not native. But of those plants that aren't native, only a small fraction are considered "invasive."

But what makes a plant invasive in the first place? The answer isn't cut and dry. At the state level, each potentially invasive species is evaluated on certain criteria, such as the plant's potential rapid growth and widespread dispersion,



*Asiatic bittersweet, in this photo the invasive vine has grown over young trees, pulling them down at the edge of a field.*

## How Lake Ice Melts from the Minnesota Department of Natural Resources



A wonderful description of how lake ice melts away appeared on the web blog "Air Mass", hosted by the Star Tribune's Bill McAuliffe. Ed Swain, of the Minnesota Pollution Control Agency describes the process of freezing and thawing lakes.

1. In the late fall, the lake loses heat to the atmosphere, and then on a day or night when the wind is not blowing, ice forms. The ice gets thicker as long as the lake can continue to lose heat.
2. In most Januarys and Februarys, snow both reflects sunlight and insulates the lake. With a thick snow layer, the lake neither gains nor loses heat. The bottom sediment is actually heating the lake water slightly over the winter, from stored summer heat.
3. Around March, as the air warms and the sun gets more intense, the snow melts, allowing light to penetrate the ice. Because the ice acts like the glass in a greenhouse, the water beneath it begins to warm, and the ice begins to melt from the bottom.
4. When the ice thickness erodes to between 4 and 12 inches, it transforms into long vertical crystals called "candles." These conduct light even better, so the ice starts to

look black, because it is not reflecting much sunlight.

5. Warming continues because the light energy is being transferred to the water below the ice. Meltwater fills in between the crystals, which begin breaking apart. The surface appears grayish as the ice reflects a bit more light than before.
6. The wind comes up, and breaks the surface apart. The candles will often be blown to one side of the lake, making a tinkling sound as they knock against one another, and piling up on the shore. In hours, a sparkling blue lake, once again!

[https://www.dnr.state.mn.us/climate/summaries\\_and\\_publications/ice\\_out\\_description.html](https://www.dnr.state.mn.us/climate/summaries_and_publications/ice_out_description.html)



## Spring Safety Tips

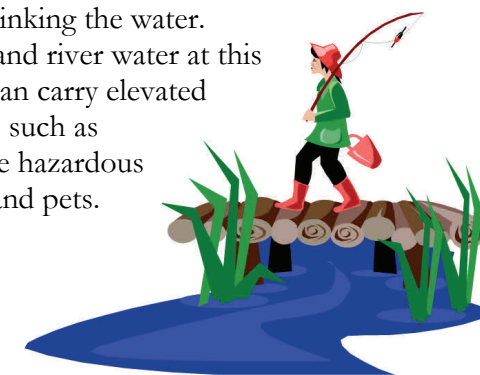
As spring slowly arrives in these northern climates we get antsy to get outdoors and finally be done with winter and start enjoying activities such as fishing and fiddleheading. Here's just a couple things to remember.

In spring, many species of wildlife are returning home, some are just waking up from their winter's nap and many have young by their side. Try not to disturb or chase these animals and watch them from a safe and respectful distance. If you find an "abandoned" hare, baby deer or any young animal, do not pick it up or move it to another location. Their parents probably stashed their youngster so they could go off to feed. If you find an animal that is injured or in distress, contact your local law enforcement agency or game warden and they will investigate.

Spring brings rain, rising temperatures, and abundant sunshine that cause water levels in streams, brooks,

ivers and lakes to rise quickly. Not only is this water very cold, it also is moving much faster than at other times of the year. Be especially careful around these waterbodies as the land around them is likely to be slick with mud and unstable due to erosion or the frost coming out of the ground.

Also remember to keep your children out the water and to keep your pets on leashes to keep them from swimming and drinking the water. Wetland, stream and river water at this time of the year can carry elevated levels of parasites such as giardia that can be hazardous to both humans and pets.





*Beneficial Birds* by Mary Ellen, Off the Grid News

Many species of birds have been on the decline in the U.S. for several years. Reasons for the population decline include loss of habitat, pesticides and herbicides, and feral cats, among others. There are ways in which you can attract birds to your homestead and your garden, not only to help bird populations rebound, but also to improve the state of your garden. Many types of birds are beneficial to have around for more than just the enjoyment of their songs.

**Birds Belong in Your Garden**

There are many reasons why you should be interested in attracting birds to your garden, yard, and homestead. Birds are a natural and vital part of nearly every ecosystem on earth. As with any other part of the local environment, when birds disappear, other elements of the ecosystem suffer and begin to fall apart. Here are some other reasons you need to draw birds in and make sure they are a part of your life:

- They eat the insects you want to eliminate or minimize from your yard and garden. When you have a healthy bird population, you have a healthy insect population. Birds will eat and reduce the number of pest insects including those that attack your plants and those that attack you, often bringing the pests back to a reasonable and controllable number.
- Birds also eat seeds. Birds are great at controlling weeds because they eat the seeds of these plants and help in the effort to keep them from overrunning your garden.
- Some birds even eat pestilent rodents. Raptors like owls and hawks are great rodent controllers.
- You can stop using pesticides and herbicides. Birds are just one piece of the puzzle, but they are an important element of an organic garden. With their help controlling pests and weeds, you can eliminate the use of toxic chemicals.

They are beautiful to watch and to hear. There is nothing like waking up to the songs of birds. The cheerful chirping is one of the first signs of spring and a delight to hear. Additionally, you can enjoy watching birds come to your feeders and swoop around in the evening getting rid of insects for you.

**Some of the Best Birds to Bring to Your Yard**

Any native bird is a boon to your garden, but some are especially beneficial.

- **Purple martins.** These swallows are a beautiful blue-black color and are great insect eaters. Like other swallows, they fly close to the ground and eat insects on the move. They do this mostly at dusk and are a delight to watch on a warm summer night. Purple martins are wonderful for controlling insects, especially mosquitoes. They live in colony houses and bunk together in groups. Natural cavities, like holes in trees, are good homes for

purple martins, but you can also encourage them in your yard by providing them with large homes. You can make them out of plywood and scrap wood, but dried and hollowed-out gourds also make excellent purple martin homes.

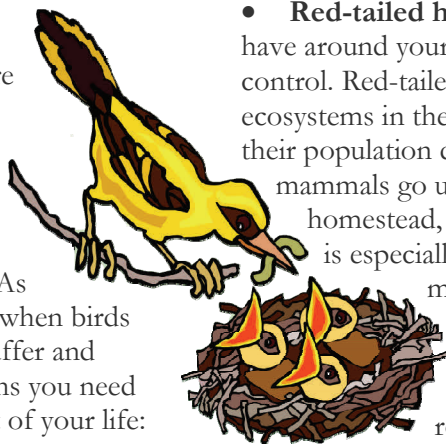
- **Red-tailed hawks.** Raptors are a great type of bird to have around your homestead for the purpose of rodent control. Red-tailed hawks are an important part of many ecosystems in the U.S. They are top predators, and when their population declines, the numbers of small mammals go up. If you grow grains on your homestead, having a pair of red-tailed hawks around is especially helpful. The best way to get a pair to make a home in your area is to give them an ideal place to build a nest. They prefer a spot that is separated from other trees and that has good views of surrounding fields. If you don't have a tree that meets these requirements, construct a tall nest platform in the middle of your field or property. If you are raising small animals on your homestead, like rabbits, make sure they have a covered enclosure to protect them from hawks.

- **Quail, pheasant, and turkey.** Wild game birds are an excellent addition to your property. Besides being a natural part of the landscape, they can be a great food source. Although their populations have been in decline over the last fifty years or so, with the right management practices you can obtain a healthy population of game birds. Quail and pheasant live close to the ground, so they need to be able to move across it, but they also need some shelter to feel safe from predators. They thrive when they have patches of open area, bunch grasses, and agricultural crops or annual weeds. The bunch grasses are especially important, as this is where the birds will nest. The best way to create areas that these birds like is to simply let the land be. Keep some areas unmanaged, and the birds will come.

- **American goldfinch.** These beautiful, brightly colored birds are great seedeaters. They can help you control your weed population by eating the seeds before they sprout into more unwanted plants. Goldfinches will be attracted to your garden naturally and especially to areas with feeders.

- **Bluebirds.** Bluebirds are striking, small, blue birds whose population declined drastically thanks to the competition from invasive species like starlings. Western bluebirds prefer an open forest environment, while the eastern variety likes open fields. They eat insects and small fruits, helping to spread seeds. Perhaps the best reason to attract bluebirds, however, is to enjoy their sight and songs. To encourage bluebirds, give them a proper home. They nest only with a roof over their heads, so provide small birdhouses with one entry hole.

*Continued page 10*



*Invasives on your property (continued)*

Olmstead said. But in general, an invasive plant is not native to the area and when introduced to that area causes economic or environmental harm or harm to human health.

Last year, **the state of Maine enacted new rules that ban the sale and distribution of 33 plants that had been deemed invasive**, and that list included Asiatic bittersweet, Japanese knotweed, glossy buckthorn, purple loosestrife, black locust and more. This is something to keep in mind when purchasing plants for your gardens this spring. DACF suggests that people landscape with as many native plants as possible.

“What we know is that in many places, invasive plant presence correlates with human activity on the landscape,” Olmstead said. “As more of Maine has experienced development, people are seeing invasive plants spread in those areas.”

In addition to these terrestrial invasive plants - those that live on land - there are 11 aquatic invasive plants that are currently listed as imminent threats to Maine waters by the Maine Volunteer Lake Monitoring Program, and there is a state law that prohibits the sale and transport of those plants in Maine. Photos and descriptions of all of these invasive plants are available at <https://www.mainevlmp.org>, where you can learn about monitoring for these plants in local lakes and ponds.



*Japanese knotweed is one of the 33 plants that have been deemed invasive and cannot be sold or distributed in the state of Maine.*



Find the **Maliseet** and **English** words in this Spring Themed Puzzle

- |                       |                   |
|-----------------------|-------------------|
| <b>Aluhk</b>          | <b>Cloud</b>      |
| <b>Amakehs</b>        | <b>Butterfly</b>  |
| <b>Ankuwiposehehs</b> | <b>Robin</b>      |
| <b>Apikcilu</b>       | <b>Skunk</b>      |
| <b>Kisuhs</b>         | <b>Sun</b>        |
| <b>Mahsos</b>         | <b>Fiddlehead</b> |
| <b>Mahtoqehs</b>      | <b>Rabbit</b>     |
| <b>Monoqan</b>        | <b>Rainbow</b>    |
| <b>Muwin</b>          | <b>Bear</b>       |
| <b>Ososq</b>          | <b>Mud</b>        |
| <b>Pskihq</b>         | <b>Grass</b>      |
| <b>Qasqomessu</b>     | <b>Melt</b>       |
| <b>Qasqomete</b>      | <b>Thaw</b>       |
| <b>Walcopekuhs</b>    | <b>Puddle</b>     |

*Spring Word Search Puzzle*

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





## Deer Ticks, Lyme and What you Can Do About Them Around the Home by Clark Bebee, PA/NJ Chapter American Chestnut Foundation

Almost everyone is aware of Lyme disease and the deer ticks that carry it. You've learned to wear light colored clothing (so ticks are easier to spot); wear long pants rather than shorts in the woods and grass (so they have less of a chance to grab on); and to thoroughly inspect your entire body after a trip outside (to ensure you did not pick up any unwanted hitch hikers during your outing). You've been told that if you find a tick on your person and it has been there less than 24 hours, you can pull it off and not worry about getting Lyme. You know that the deer tick is small, not like the much larger dog ticks. You know the long term effects of untreated Lyme disease can include fatigue, joint or muscle aches, and cognitive dysfunction. Symptoms might continue for weeks, months or even years. This disease may affect many parts of the body including the skin, nervous system, heart, joints and eyes. You've learned that Lyme disease is serious!

Deer ticks are not found out in the middle of your lawn, they live where yards border wooded areas, ornamental plantings and gardens, or anywhere it is shaded and there are leaves with high humidity. By trimming shrubs and low branches, as well as raking and removing leave, you can remove conditions that allow ticks to survive in your yard. Pay special attention to frequented border areas, tall grass, wood piles, stonewalls, and sheds. Tick nymphs begin to emerge from the leaf litter around mid-April. Once they find a blood meal in May, June or July they again retreat to the forest floor, where they molt and re-emerge as adults in the fall.

Deer, for which the tick is named, is not the key host in the fight against Lyme; the ubiquitous white-footed mouse is. The ticks attach to the mouse in both nymph and adult stages and both infect the mouse and receive the infection back from the bacteria residing in the mouse's blood. So a key to interrupting the infectious cycle is to cure the mice! But don't call your vet -- the mice probably won't show up for the examination.

The answer is to buy a can of generic (all pharmacies usually carry their own brand) permethrin. It is sold

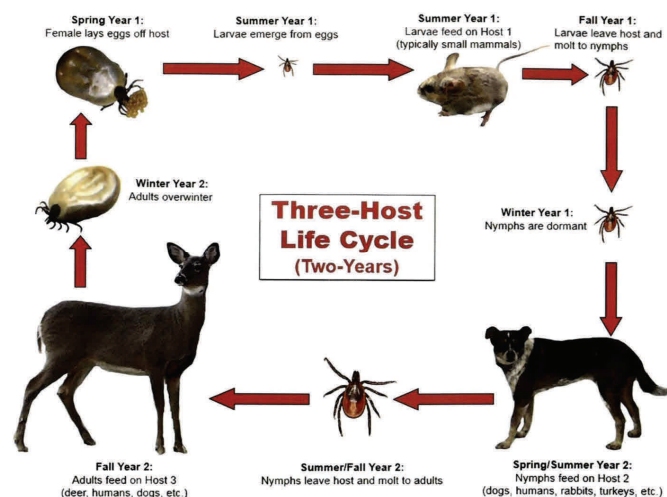
over the counter for lice but works on deer ticks as well. Then spray it on a bunch of cotton balls; don't saturate them but cover them. Put the cotton balls in a piece of tubing (PVC, metal, a tennis ball can, whatever as long as it is maybe a foot long and won't dissolve in the rain. Now put the tube outside your house. The mice will come and take the cotton balls for their nests. The permethrin will protect the mice from the ticks. Monitor how many cotton balls are taken. More balls gone mean more mice in your area

(which is not necessarily a bad thing - they are prey for owls and hawks and they are a major predator of Gypsy moth pupae; more mice mean fewer Gypsy moths). If the balls disappear quickly, put out more to ensure all the mice in your area are protected.

If you want to measure the effectiveness of your efforts, do a tick population survey before and after you

put out the treated cotton balls. Take a white pillowcase or tee shirts and drag it through the tall grass and bushes around your house. Do this maybe after 10 AM so all the dew is gone. Wear gloves. The ticks and nymphs will attach themselves to the cloth. Because it is white, you will be able to see them quickly. Count them (before you kill them). A few weeks after the cotton balls are put out, run the tick population survey again. You should see a decrease in the count. Note that an adult deer tick is about the size of a sesame seed. The nymph however, is only the size of a poppy seed! Nymphs can latch on, drink their fill of blood and drop off without you ever being aware. For this reason they are more dangerous than the larger adults. Only females drink blood because it stimulates egg production. As a result, adult females, can enlarge up to 1,350 times their size if left intact to drink their fill of blood!

For more information you can check out the website <http://quantum.esu.edu/dna> which is the Northeast Wildlife DNA Laboratory at East Stroudsburg University.



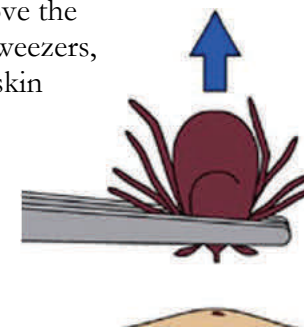
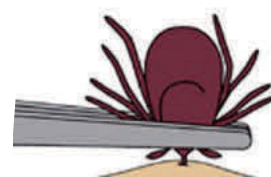
## Tick Removal Tips from the Center for Disease Control



If you find a tick attached to your skin, there's **no need to panic**. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

### How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.



3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. Dispose of a live tick by submersing it in alcohol, flushing it down the toilet, placing it in a sealed bag/container or wrapping it tightly in tape. **Never crush a tick with your fingers!**

### Follow-up:

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

**Avoid folklore remedies** such as "painting the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible - not waiting for it to detach.



[https://www.cdc.gov/ticks/removing\\_a\\_tick.html](https://www.cdc.gov/ticks/removing_a_tick.html)



## Salmon Eggs are Back!!

On March 20<sup>th</sup>, we received our 2018 shipment of landlocked salmon eggs from the Department of Inland Fisheries and Wildlife. As in previous years we'll incubate these eggs to the fry stage and then release them in Grand Lake along with other schools and groups.

Until early May, the eggs will be on display in the Natural Resources Department and we encourage folks to stop by and check them out. It's pretty cool to watch them grow.



## Skitkomiq 2018

We're pleased to announce that funding for Skitkomiq 2018 has been received and we are working on putting together a list of activities and presenters for this year's camp. We don't have a date yet - but the camp will probably take place in mid-August.

If you have ideas of what you'd like to see presented at this year's camp, want to present a session, tell a story, share a craft, or volunteer to help during the camp we'd love to hear from you. Contact Cara O'Donnell at 207-532-4273 ext. 202 or Sam St. John, ext. 216 or via email at [water@maliseets.com](mailto:water@maliseets.com). You can also send us a message via the Natural Resources Facebook page.

We'll be posting updates on the camp on our page and in our Summer newsletter!

