

**Houlton Band of Maliseet Indians**  
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**The official mascot of 2020.**  
**Washes hands incessantly**  
**and always wears a mask.**

©imgflip



**Nipon - June 2020**

Clarissa Sabattis - Tribal Chief  
 Susan Young - Editor



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**Medicine Bundle Teachings**

In these uncertain times, returning to the strength of family, community and traditional teachings can help us weather this pandemic.

Elder Imelda Perley, Opolahsomuwehs, generously shared these teachings with us all.

*“Today I wanted to share a vital, but important and historical, almost forgotten medicine that kept our people safe from earlier diseases that were threatening our existence. However, thanks to our ancestors who harvested and shared their knowledge our ancestral ways are needed today and many tomorrows to come. Please share this language bundle for all our healing. Woliwon.”*



**Kiwhusuwasq - Muskrat Root**

**Kiwhusuwiskicinuwok ktoliwiyukehpon pihce mesq Mi'kmawok kisiyulinaq 'malisicik.** People of the Muskrat was our traditional name before the Mi'kmaw named us slow speakers.

**Kiwhusok nekayiw kwicuhkemkun weci kisawsultiyeq.** The Muskrat clan has always helped us to survive.

**Kmilapeman nekayiw, kmahan, ktuwehkanen 'topisuniya kapiw elsewhotiyeq.** We utilized their gifts in many ways, food, medicine and even our clothing.

**Milikhikonewiw 'topisunuwa, miyahsi wen wihqetak, matehc keckuluwuw kosona wotakoninew.** Their medicine is powerful, if taken early one can avoid colds and sore throats.

**Nmiqhtahatomon weckuwi maceki 'ciliw puniw, ehtahsikakak otephon kiwhusuwey potewey tehsapskotek.** I remember from childhood especially during the winter, we always had a pot of Muskrat tea on top of our wood stoves.

**'Cipotuk mocihpukot kenoq komac kikehtasuwiw wen kotuwapetok.** The taste may be bad but it cures when needed.

Continued page 2

**Word Search Answers**

A grid of letters with green lines indicating the locations of the words from the table of contents. The words are: Listen To Your Elders, Cloth Face Coverings Do's & Don'ts, Skitkomiq 2020, Word Search Puzzle, 11 Tips For Avoiding Wildlife Collisions, Staff Update!, Katahdin Woods & Waters National Monument Gains International Dark Sky Sanctuary Designation, Composting 101, How to Resolve or Avoid a Wildlife Conflict, Reasons You Might See a Fox or Coyote During the Day, Word Search Answers, and Raccoon cartoon.

## Medicine Bundle Teachings *continued*

**Katoqin wen tokec 'kotuwapetomuwon, kenoq nil mec kotuwapetomon naka kisapetomon 'ciliw tokec aliyewik 'sanaqok ksi psiutumok.** *Not too many people believe in its efficacy but I still depend on it and it has been good to me especially now that this dangerous virus is spreading.*

**Wolasuweltomuhtine 'ciw 'kani pisunkahtitpononik naka yukt tokec mec wolankeyutomuhtit skicinuwi 'pisunol.** *Let's give gratitude for all our ancestral medicine gatherers and those today who take care of our traditional medicines.*

**Wolimahask - Sweetgrass**

**Miqitahatomone eci kcitpahk skicinuwi 'pisunol, komac milikikonewiwol kci kikuwossoneyal 'pisunol.** *Let's remember the sacredness of our traditional medicines, Mother Earth's strength is in her medicines.*

**Wolimahask kete kmihkuluwemkun weci mawatokonikhotiyeq 'ciliw tokec aliyewik ksi psiutumok.** *Sweetgrass for example reminds us to*

*braid together especially now as the epidemic is spreading.*

**Wolimahask apc kmihkuluwemkun ehcuwi mihkuwitahameq nikanapasihtit naka weckuwapasihtit.** *Sweetgrass also reminds us of our seven generation thinking, those who went before us and those yet to be born.*

**Wolimahask ktokehkimkun weci woli-psehtuweq psiw kci kikuwosson eyit.** *Sweetgrass teaches us to use our gift of smell to appreciate all of Earth mother's medicines.*

**'Sossenomone wolimahask naka pktenomonen 'ciw 'kikehtuwakonon!** *Let's share our sweetgrass and smudge with it for all our healing!*

**Wolankeyasine!**  
*Let's take care of each other!*

**Koselomulpa!**



## Listen To Your Elders!

Help stop the spread of covid-19 by listening to your elders!

**Kikuwak tehpu 'skuweyin**  
*Stay at home!*

**Kahkehs 'kossiptinensin**  
*Wash your hands often*

**Wossekikuhusin**  
*Cover your face*

**Kmiwkuwaman psiw wen**  
*Stay at a social distance from everybody else*

**Kmattoktemuwan tan tuciw elakumot naka kwitapiyik** *Telephone to check up on your family and friends occasionally*

**Mawolihtonotultine nake mawankeyasultine**  
*Let's fight this virus together and take care of each other.*

**'Kilumtultipon**  
*We miss each other*

 For more Maliseet language teachings, follow Imelda Perley on Twitter @askomiw 150

## How to Resolve or Avoid a Wildlife Conflict

*Maine Department of Inland Fisheries & Wildlife*

Some wildlife species are drawn to residential areas because they offer food, shelter, and safety from natural predators. But in exchange, they risk running into trouble with their human neighbors. MDIFW receives over 10,000 calls from the public each year related to wildlife conflicts, but we'd rather help you avoid those conflicts in the first place!

As a Maine resident, you can control the way you experience the wildlife around you – enjoying the wonder of watching animals move through **their** habitats, not yours. To do so, you just need to understand why animals might be attracted to your property, and then take some preventative steps.

### How to Avoid Conflicts

Many conflicts can be prevented by keeping your distance and removing common attractants. Here are some specific ways you can do that:

### Keep Wildlife Wild

- Watch wildlife from a distance
- Never approach, handle, feed, or attempt to move a wild animal

### Eliminate Access to Shelter

- Seal potential entry points in attics or chimneys and under buildings, decks, and crawl spaces with 1/4-inch mesh hardware cloth, boards, or metal flashing.
- Trim tree limbs near rooftops and attach sheets of metal flashing around building corners

### Be Smart About the Garbage

- Store garbage in a building
- Use garbage cans with latching lids that do not open if pushed over
- If you have curbside pickup, wait until that morning to take out the trash
- Keep dumpster lids closed and latched

### Compost Responsibly

- Secure your compost to keep wildlife out
- Never compost animal matter, which can become smelly and attract wildlife



### Feed Birds the Natural Way

- Plant native plants in your yard that provide food and shelter for birds and other species, without attracting rodents and other animals

### Protect Poultry and Livestock

- Secure your poultry and livestock in a predator-proof pen, protected by electric fencing or guard animals
- Store food indoors or in an animal-proof container

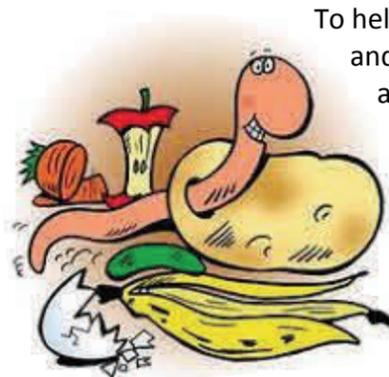
### Be a Responsible Pet Owner

- Keep your pet's vaccinations up to date
- Keep your pet on a leash and under control at all times
- Don't feed pets outside unless you must; and if that's the case, clean up after
- Don't feed feral cats
- At night (dusk until dawn), bring your pets inside and lock pet doors to keep other animals out



# Composting -101

Summer is pretty much here and a lot of folks are taking up gardening. It's fun, exercise, and can help provide food for family and friends, especially in these uncertain times.



To help boost your garden and to grow your plants and veggies without added chemicals - composting is the way to go. So just what is compost? Compost is a great way to use your plant, fruit and vegetable scraps to help

nourish your soil while keeping this organic material out of the trash.

While compost is the finished product, composting is a process where a bunch of microorganisms break down organic matter into nutrient rich soil. Many people think composting is complicated, takes up a lot of space, and is really smelly - but actually none of that is true!

You can build or buy a compost bin, or you can simply put your organic matter in a pile, water it, and turn it once in a while. Depending on conditions, you can have good rich compost in about a year for all your planting needs.

Essentially, there are 3 key components to compost:

**Carbon & nitrogen** - Organic matter is broken down into two types - brown matter is carbon rich, while green matter is nitrogen rich, both are necessary to produce quality compost.

**Humidity** - Humidity plays a big role in generating compost. If your pile gets too dry it won't break down, so you may have to water it.

**Oxygen** - Like most living things your compost pile needs to "breathe". Turning your pile and introducing oxygen from time to time, helps the pile to "heat up" and helps the organic matter to break down. It also helps keep the weed seeds from sprouting in your pile. You can also add earthworms to help speed up the process.

Ingredients for a healthy compost pile:

**Carbon rich brown matter:**

- |                              |                             |
|------------------------------|-----------------------------|
| <b>Cardboard</b>             | <b>Wood chips</b>           |
| <b>Cardboard egg cartons</b> | <b>Twigs</b>                |
| <b>Sawdust *</b>             | <b>Small branches</b>       |
| <b>Dried leaves</b>          | <b>Toilet paper rolls</b>   |
| <b>Paper towels</b>          | <b>Wood ash</b>             |
| <b>Hay / straw</b>           | <b>100% cotton fabric *</b> |
| <b>Newspaper</b>             |                             |

**Nitrogen rich green matter:**

- Vegetable & fruit peelings**
- Grass clippings\***
- Manure (plant eaters only)**
- Green leaves & plants \***
- Weeds without seeds**
- Coffee grounds**
- Tea leaves**
- Human & pet hair \***

*\* To help protect your family only add items that have not been treated with chemicals*

**Dried eggshells add calcium to your compost**



**DO NOT ADD**

- **Meat / fish of any kind**
- **Dairy (milk / cheese etc.)**
- **Oil & grease**
- **Eggs**
- **Cooked or prepared food**
- **Pet waste and litter**
- **Diseased or bug infested plants**
- **Yard waste treated with chemicals**



**Help keep your compost pile happy!**

To avoid smelly compost: Don't add anything to your pile from the do not list above! Items on list can attract unwanted visitors such as raccoons and bears.

Don't add large clumps of grass - this throws off the chemical balance and can cause the pile to smell.

Don't allow your pile to get too wet. It should be damp not sopping wet!

Try to add equal amounts of brown and green matter to create balanced nutrient rich soil.

Excerpted from: [www.livescience.com/63559-composting.html](http://www.livescience.com/63559-composting.html)

### Cloth Face Covering Do's & Don'ts:

**DO:**

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

**DON'T:**

- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers

cdc.gov/coronavirus

# Skitkomiq 2020

With all the challenges we've been facing in the midst of the covid-19 pandemic - we don't know what is going to happen with our camp this year.



As things begin to return to normal we'll be working to pull something together that will be safe for all participants.

Please follow our Facebook page for updates as they become available.

If you have any questions, feel free to contact Sue Young at [ogs1@maliseets.com](mailto:ogs1@maliseets.com)

## Summer Word Search Puzzle

*Find these animals in the puzzle!*

**Apikilu - Skunk - Atutuweh- Squirrel - Cogols - Frog - Cihpolakon - Eagle - Isomeqehs - Osprey - Kiwhos - Muskrat - Matuwehs - Porcupine - Muwin - Bear - Mahtoqehs - Hare - Nem - Turkey - Otuhk - Deer - Qaqoss - Fox - Qapit - Beaver - Weyossisok - Animals**

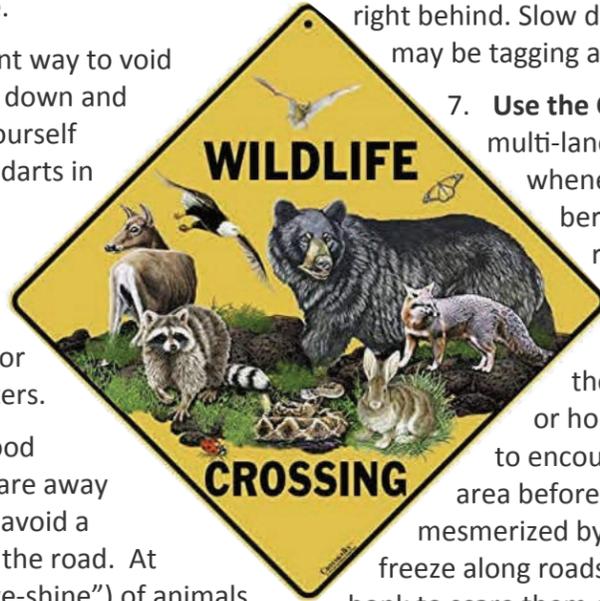
M	N	B	V	F	C	X	Z	A	S	N	D	F	G	H	J
K	K	L	P	R	O	T	U	R	K	E	Y	I	F	O	X
C	I	H	P	O	L	A	K	O	N	M	A	U	Y	S	R
E	W	W	Q	G	Q	W	E	M	R	T	Y	G	U	P	I
O	H	H	P	P	O	R	C	U	P	I	N	E	L	R	L
K	O	J	A	T	U	T	U	W	E	H	W	H	G	E	F
D	S	M	P	R	S	A	Z	I	X	C	E	V	B	Y	N
M	P	U	I	D	E	E	R	N	L	O	Y	M	S	O	K
N	I	S	K	J	Q	A	P	I	T	T	O	N	Q	Y	B
A	T	K	C	O	G	O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

# 11 Tips for Avoiding Collisions With Wildlife

from the Farmers Almanac

Encountering wildlife out of nowhere while driving on the road can be dangerous and scary. Animals often find their way from the woods out onto highways and residential streets, placing them in the path of moving vehicles. Even though animals are more active at certain times of the year, they can be a hazard on the roadways year-round. Here are tips for staying safe and avoiding collisions with wildlife.

- 1. Slow Down:** The most important way to void collisions with wildlife is to slow down and observe the speed limit. Give yourself more time to brake if an animal darts in your path, especially if you are driving in areas with high deer populations. Pay attention to those wildlife crossing signs! They're posted in areas known for being active for wildlife encounters.
- 2. Use Your Eyes:** Don't rely on hood whistles and other devices to scare away deer. The most effective way to avoid a collision is to keep your eyes on the road. At night, look for glowing eyes ("eye-shine") of animals in the distance. Enlist your passengers to help you watch for wildlife on or near the road as well. Four eyes are better than two.
- 3. Be Mindful of Peak Areas and Times:** Be on your highest alert at dusk and dawn, when many animals are most active. Deer are most active between 6 and 9 pm - a time when most drivers find it difficult to see. We also tend to be most sleepy and less alert behind the wheel during this time. Also note *times of year*: Early fall is usually mating season for animals, such as moose, and they are tracking scents. Deer are most active during their breeding season in the fall from October to early January. Springtime is when most wildlife families with their young are on the move as well.
- 4. Don't Tailgate:** Keep a safe distance between you and the car in front of you to avoid any unnecessary accidents. If that driver brakes suddenly for an animal in the road, you won't be able to react in enough time.



- 5. Use Your Brights:** Your high-beam lights are there for a reason, don't be afraid to use them. Brighter lights will increase your visibility. Just be courteous and be sure to turn them off when an oncoming car is traveling within 500 feet of you.
- 6. Remember Deer Travel in Herds:** When you spot one deer crossing the road, another is likely to be right behind. Slow down and watch for others that may be tagging along.
- 7. Use the Center Lane:** If driving on a multi-lane highway, use the center lane whenever possible to give a wide berth to grazing deer along roadways.
- 8. Use Your Horn:** If an animal is standing on or near the road, try flashing your lights or honking in a series of short bursts to encourage the animal to leave the area before you proceed. Deer often get mesmerized by the steady lights of cars and freeze along roadsides. Give them a flash or honk to scare them out of the way. This will also help to alert other drivers to slow down or stop.
- 9. Wear Your Seat Belt:** This might seem like a no-brainer but it's worth repeating. Severe injuries caused by deer-vehicle collisions can usually be avoided by wearing your seat belt.
- 10. Stay in Control:** If a collision is unavoidable, remain calm and do your best to keep control of the car. Swerving out of the way of wildlife can usually make things worse, causing you to lose control or possibly collide with another oncoming vehicle. Colliding with a tree or other vehicle causes more injuries than hitting an animal. Do all you can to lessen the impact by pressing on the brakes firmly and at the moment of impact letting off of them. Braking on impact can cause the hood of your vehicle to dip down and push the animal through the windshield. While staying in your lane is generally the safest option, if you suddenly encounter a large animal, such as an adult moose, you may want to swerve as long as it is safe to do so and you have control of the car.

# 11 Tips for Avoiding Collisions With Wildlife *cont'd*

- 11. Lean Towards the Door:** If you do hit a large animal, lean toward the door frame and not the center of the car. When animals are hit head-on they tend to roll over the vehicle, crushing the center of the windshield and roof.

If you do happen to collide with an animal, remember to never touch or help an animal in the roadway. Pull off the roadway and immediately call the police and be sure to get a police report. Many insurance companies may not pay for damages without a police report.

Be sure to share these tips with the young drivers in your life - reports indicate that young adults (ages 16-24) have the highest rate of car accidents involving large animals than any other age group.

<https://www.farmersalmanac.com/tips-avoiding-wildlife-collisions-28512>

## Katahdin Woods & Waters National Monument Gains International Dark Sky Sanctuary Designation



From the International Dark-Sky Association Press Release  
May 8, 2020

"PATTEN, ME – Katahdin Woods and Waters National Monument and the International Dark-Sky Association (IDA) are excited to announce the designation of Katahdin Woods and Waters National Monument in Maine as an International Dark Sky Sanctuary. The Sanctuary designation is the second of its kind in the National Park Service and distinguishes the monument for the exceptional quality of its naturally dark night skies. Katahdin Woods and Waters is the first International Dark Sky Place certified in the state of Maine and New England.

"This designation is the culmination of a long-term effort by a dedicated group of people and is an exciting event in the short history of the



## Staff Update!

Field season is finally here and we're pleased to announce the hiring of Rhonda Smart as our new Water Resources Specialist. Rhonda is returning to the water program after a short break and is ready to jump right in.

Although this year brings a host of new procedures for physical distancing and maintaining safe, clean workspaces. When it comes to field season, although we're starting a bit later than usual, with a few modifications we're trying to conduct business as usual.

We're also pleased to announce David Tucker, Jr. and John McNally will be joining Rhonda and Sam as summer techs in the water program.

Wambli Martinez will continue working with Matthew Edberg through the WaYS program. Please give them a wave if you see them out and about.

monument," said Katahdin Woods and Waters Superintendent Tim Hudson. "Designation as a Dark Sky Sanctuary recognizes this incredible resource that does not (exist) in many places today in this country, much less anywhere else in New England. Experiencing the night skies here will take you back in time to the night skies first experienced by the Wabanaki 11,000 years ago and the many people who have followed in their footsteps since, including John James Audubon, Henry David Thoreau, Theodore Roosevelt, and others." To read the release in its entirety or to learn more about Dark Sky Sanctuaries visit <https://www.darksky.org/katahdin-woods-and-waters-national-monument-certified-as-international-dark-sky-sanctuary/>

No matter where you are this summer, go outside and look at the night sky, you may be amazed at what you see.