

HBMI Natural Resources Department



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HBMI Natural Resources Department



Origins of the Wolastoq (Saint John River)



Told by Gabe Paul of Pilick -Recorded by Speck in 1917

Aglebe'm kept back all the water in the world; so that rivers stopped flowing, and lakes dried up and the people everywhere began dying of thirst. . . .

They sent a messenger to him to ask him to give the people water; but he refused and gave the messenger only a drink from the water in which he washed... Then the people began complaining... A great man was sent to Aglebe'm to beg him to release the water for the people. Aglebe'm refused,

saying that he needed it himself to lie in. Then the messenger felled a tree, so that it fell on top of the monster and killed him... This tree became the main river... and the branches became the tributary branches of the river, while the leaves became the ponds at the heads of these streams.

Welabedumookun Wejea' ootastook

Agunooduk Gabe Paul, Pilick

Keseweegaslgul Speck 1917

Aglebe'm mestanum tan tasijik samoogwon oositkumoos glamen sebol engaseg tan pemitk' tan tasijik koospemk' neweak skumtook memajooenook m sut tame bokcheak getemenejig oochit samoogwon. Noodagunoodum elmugemimk oochit edowoktumei memajooenook samoogwon magwa igunumooak elkimik oochit edowwoktume memajooenook samoogwon; mogwa igunumooak skumtook igunumoot samoogwon tan kesispaaluk. Takoo memajooenook bokchebooske amselawistoo... espaak cheenum elgimoot Aglebe'm oochit edowwoktume oochit aplwaaluk samoogwon oochit memajooenook. Aglebe'm mogua igunumooak telooemk negum nespedepe. Noodagunoodum masaktaak kumooch, naa kaweak ach mowwimsugile ack nepkok... Oola kumooch wejeke sadase mowweespaak sebol... ac upsetkoonul, baouijil sebool apchajeeje, naa nebe wejekesedase wolpek eskweik...

<https://www1.gnb.ca/0007/Culture/Heritage/VMC/riverstjohn.asp>

*Wishing you
peace, joy
and happiness
now
and in the
coming year*

*Angie - Isaac - Matthew - Rhonda -
Sam - Sharri - Steven - Sue*

Tips for a Green Christmas

We are well into the holiday season. Festive music is already playing on the radio and in stores, and bright Christmas lights are making the dark drives home a little bit merrier.

As we jump full on into the festive season and start tackling our long to-do lists of gift-giving, decorating, party-hosting, and do-gooding planned for our friends and family, let's try to do our best to be eco-friendly this holiday season. Below are some helpful tips.

Shop offline and shop local - It's tempting to stay in and shop online, especially with COVID still running rampant in many areas, but consider the many treasures you can find at local craft fairs and markets this time of year? Not only does this support local artisans, it helps reduce your carbon footprint.

There are also plenty of local business owners with decorated storefronts beckoning you in. Besides, if the cold weather is really too much for you to bear, many local businesses can be found online and offer free pickup at the store. Just place your order online, drive up, call or text to let them know you've arrived and they will bring it out load it into your car.

Another thing to consider: thrift your gifts! Many local thrift stores have items in great condition. You can still find that perfect gift. You can save money, often times help a charity, and keep usable items out of the landfill.

Gift thoughtfully - remember—it's the thought that counts. Don't buy something just for the sake of giving a gift. Many items end up in the trash or being added to the "donate" pile after the holidays. Unfortunately much of what is donated ends up in a landfill eventually.

A 2007 study from the Stockholm Environment Institute found that 80 kg of CO2 *per person* could be saved if unwanted gifts were not purchased in the first place. It's worth taking a moment to stop and think before the next impulse buy. There are other options for gift giving:

- Sustainable grown products
- Homemade gifts, cards, or baked goods
- A donation in someone's name to an organization that supports a cause they care about
- Make a payment towards an electric bill, heating bill or some other expense that someone on limited income may be facing
- Give the gift of your time or an experience, memories of time spent together is worth more than anything money can buy



Wrap sustainably - how many bags of holiday wrapping and ribbons do you put in the trash each year? Why not try reusing wrapping paper, holiday gifts bags from year to year? Most folks feel funny offering a gift unwrapped - so instead of fancy wrappings get creative, use scarves, fabric napkins, or other gift item like t-shirts to wrap up a package - even plain paper bags work and as an added bonus - they can be recycled!

You can even recycle those holiday greeting cards - cut them down for use as gift tags - or cut off the front panel and resend as a post card instead of buying new cards next year.

Buy a real Christmas tree - Artificial trees have a huge carbon footprint. They're made in factories, then travel by ship, plane, and truck to the stores packaged in a cardboard boxes and wrapped in plastic. They're also made of plastic and cannot be recycled. If using a real tree is not an option for you, try finding second hand tree. They can be reused year after year and it helps keep

Continued page 5



Dendrology Corner

Dendr = tree ology = study of

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

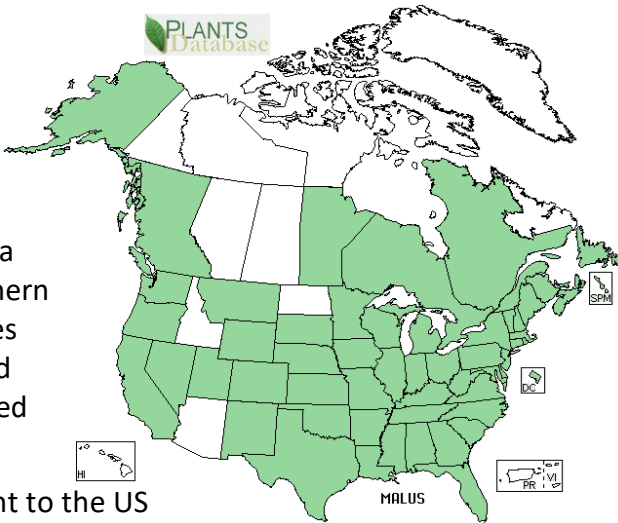
Apple (*Malus sp.*) Malus = an apple tree

Native Range: Apple trees are native to Kazakhstan (*Malus sieversii*) in Central Asia.



Habitat: Apple trees are adapted to a temperate climate and thrive in northern latitudes in the range of 35-50 degrees Latitude. They are very cold hardy and thrive in full sun and moist well drained soil.

Natural History: Apples were brought to the US in the 17th century by European settlers. John Chapman better known as "Johnny Appleseed", planted apple orchards in Ohio, Pennsylvania, Indiana, Illinois, and Ontario, Canada in the late 1700s.



Nurserymen have developed a plethora of apple tree varieties such as "Macintosh", "Granny Smith" and "Fuji". Commercial apple orchards are composed of trees grafted onto various rootstocks (to keep apples true to type) to produce dwarf, medium and standard sized trees.

Wild apple trees are grown from seed spread by wildlife such as deer and may not produce the same apple type as the parent tree and are typically standard (big/tall) trees.

Medicinal Uses: *This not an endorsement of use for medical purposes, use caution as many herbal remedies have not been*

medically tested and can be dangerous.

Apples are used to treat diarrhea, diabetes, warts, and vitamin C deficiency (scurvy) to mention just a few of the medicinal uses and as a preventative - remember "an apple a day keeps the doctor away".

Edibility: The main use of apple trees is the fruit (pomme), which is eaten fresh, sauced, pies, cider etc. The wood is also used for smoking meat (providing a sweet fruity flavor and pink/red color).

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.*

Utilitarian: High quality furniture, musical instruments, tool handles.

Super easy spiced Apples

This is my favorite winter time use of apples - and this recipe is super simple. Most of these ingredients are all added to taste so the exact measurements will vary. There is no wrong way to make this fall/winter treat. It is great as a hot or warm desert by itself, over ice cream or as a filling for pies & tarts.

- Apples (any kind)
- Cranberries (optional)
- 1/8 ground nutmeg*
- 1 tbsp Brown Sugar or molasses (if using really tart apples or if you have a really sweet tooth)*
- Raisins - (optional)
- 1/4 tsp ground cinnamon*
- pinch salt

Splash of rum extract or water (or rum or ginger brandy - optional)*



*all items can be adjusted to taste - these measurements are a good starting point.

Peel and core apples, slice or cut into chunks (not too small). Place in a covered pot and cook on low heat until apples become soft and release their juices. Gently add the rest of the ingredients to taste and stir lightly. Place cover on pot and simmer on low for 30 minutes.

After cooling, store in refrigerator for up to one week or freeze for later use.



Find the hidden Maliseet and English words

- Chimney
- Cookie
- Fireplace
- Fluffy
- Frost
- Frozen
- Ice
- Moon
- Snowy
- Soup
- Cimoli
- Sukolopanis
- Sqotewonikon
- Nahnakalihike
- Wastewoton
- Psamqewoton
- Pqom
- Nipawset
- Wastewihke
- Ksap

Word Search Puzzle

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

How the Tradition of Kissing Under Mistletoe Started

While kissing under the mistletoe is a long-standing Christmas tradition, few realize how the tradition started, or that the plant grows on a tree and has earned the classification as a parasitic shrub.

Its literary history is just as nuanced - as Washington Irving wrote in "Christmas Eve," "*The mistletoe is still hung up in farm-houses and kitchens at Christmas, and the young men have the privilege of kissing the girls under it, plucking each time a berry from the bush. When the berries are all plucked the privilege ceases.*"

Seems like we've all forgotten the part about plucking the berries (which, incidentally, are poisonous), and then refraining from kissing under the mistletoe when the berries run out.

Along with holly, laurel, rosemary, yews, boxwood bushes, and, of course, the Christmas tree, mistletoe is an evergreen displayed during the holiday season. But, when the Christmas decorations come down, mistletoe fades from our minds for another year. Here, we're diving deep into the tradition and lore behind mistletoe.

Botanical Information on Mistletoe

The unusual botanical history of mistletoe goes a long way towards explaining the awe in which it was held by ancient peoples. In spite of not being rooted in soil, mistletoe remains green throughout the winter, while the trees upon which it grows and feeds do not (European mistletoe often grows on apple trees; more rarely on oaks).

Most types of mistletoe are classified as partial parasites - they are not full parasites since the plants are capable of photosynthesis. But mistletoe plants are parasitic in the sense that they send a special kind of root system (called "haustoria") down into their hosts in order to extract nutrients from the trees, allowing them to stay alive throughout the year while their "host" plant does not, and lending them an almost -mythical quality.

Mistletoe is in the *Loranthaceae* family, though various types of mistletoe grow all over the world so it's difficult to generalize too much about the plant. For



example, the flowers of tropical mistletoes can be much larger and more colorful than the small yellow flowers (later yielding whitish-yellow berries) that Westerners associate with the plant. The mistletoe common in Europe is classified as *Viscum album*, while its American counterpart is *Phoradendron flavescens*.

Origins of the Word 'Mistletoe'

The origin of the word "mistletoe" is every bit as complex and obscure as the botany and myth surrounding the plant. The name originated from the perception in pre-scientific Europe that mistletoe plants burst forth, as if by magic, from the excrement of the "mistel" (or "missel") thrush. According to Sara Williams at the University of Saskatchewan Extension, "mistel" is the Anglo-Saxon word for dung, while "tan" is the word for twig - so the name mistletoe literally means "dung-on-a-twig." Belief in mistletoe's spontaneous generation has long been discredited - in fact, the plant is spread by seeds as they pass through birds' digestive tracts.

Norse Myths and the Mistletoe Tradition

As it turns out, a custom that developed in Norway led to our modern-day mistletoe tradition. According to anthropologists, the Norse myth dictated that if, while out in the woods, you happened to find yourself standing under a mistletoe upon encountering a foe, you both had to lay down your arms until the following day.

This ancient custom went hand-in-hand with the Norse myth about Baldur, son of the god Odin and his wife, the goddess Frigga, found in the Prose Edda. When Baldur was born, Frigga made every plant, animal, and inanimate object promise not to harm Baldur. However, Frigga overlooked the

Continued page 4

Mistletoe (continued)

mistletoe plant, and the mischievous god of the Norse myths, Loki, took advantage of this oversight. Loki tricked one of the other gods into killing Baldur with a spear made from mistletoe. Hermódr the Bold was appointed to ride to Hel in an attempt to bring Baldur back. Hel's condition for returning Baldur was that absolutely every last thing in the world, living and dead, had to weep for Baldur. Failing that, he would remain with Hel.

When this condition was put to the test, all wept except for a certain giantess, believed to be Loki in disguise. Baldur's resurrection was thus thwarted. Variations on this myth about Baldur and the mistletoe have made their way down to us. For example, some relate it was agreed, after the death of Baldur, that from then on mistletoe would bring love rather than death into the world, and that any two people passing under mistletoe would exchange a kiss in memory of Baldur. Others add that the tears Frigga shed over the slain Baldur became the mistletoe berries.



Mistletoe's Famous Literary Past
As might be expected from a plant that has held people's fascination for so long, mistletoe has also carved out a niche of fame for itself in the world of literature.
In Virgil's "Aeneid," the most famous book in classical Latin literature, the Roman hero Aeneas makes use of this "golden bough" at a critical juncture of the book. Found on a special tree in the grove sacred to Diana at Nemi, the prophetess Sibyl instructed Aeneas to pluck this magic bough before attempting his descent into the underworld. Sibyl knew that, with the aid of such magic, Aeneas would be able to undertake the perilous venture with confidence. Two doves guided Aeneas to the grove and landed on the tree:
...from which shone a flickering gleam of gold. As in the woods in the cold winter the mistletoe - which puts out seed foreign to its tree - stays green

with fresh leaves and twines its yellow fruit about the boles; so the leafy gold seemed upon the shady oak, so this gold rustled in the gentle breeze.
("Aeneid" VI, 204-209).

Similarly, the title of Sir James G. Frazer's anthropological classic, "The Golden Bough," references this very scene in Virgil's *Aeneid* - but just how can something green like mistletoe become associated with the color gold? According to Frazer, mistletoe could become a "golden bough" because when the plant dies and withers it acquires a golden hue.

Botany and folklore most likely must be mingled to arrive at the full explanation. The perception of goldenness in the dried leaves of mistletoe plants was probably influenced by the fact that, in the folklore of Europe, it was thought that mistletoe plants are brought to earth when lightning strikes a tree in a blaze of gold. A fitting arrival that would be, after all, for a plant whose home is halfway between the heavens and the earth.

<https://www.thespruce.com/kissing-under-the-mistletoe-2131215>

MISTLETOE

(*Viscum album*)

The most sacred of herbs, mistletoe also goes by the names of 'Golden bough' and 'All-heal'. It was believed to open locks and protect homes. If using it for magic, mistletoe should be gathered with a golden sickle on Midsummer's Eve. Mistletoe was also placed on babies' cots to protect them from being stolen by the fairies.

Traditionally, mistletoe is a great protector of the home. It is thought to ward off lightning and sorcery.

www.mountainroseherbs.com

Tips for a Green Christmas (continued)

yet another thing out of the landfill.
An option to consider: buy a small potted tree for the holidays and replant it in your garden next spring. If you have a green thumb, you be able to keep it growing for many seasons and replant it when it's grown too large for its pot. Why not decorate your houseplants - no one said lights and ornaments are restricted to trees!

Decorate with natural elements - There are many natural items just outside your door that could add beauty to your home - and some make the house smell good too! You can collect may items such as fallen pine cones, fir tips or boughs, birch bark or twigs of red willow will help decorate your space. Use your imagination and forage sustainably - it'll be a good excuse to spend time outdoors.

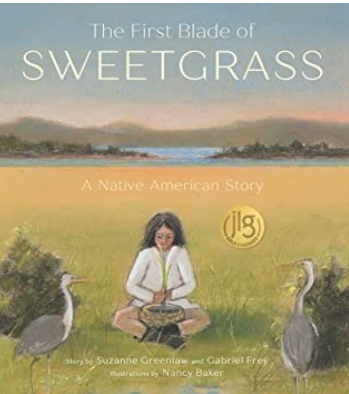
Hosting a gathering with family and friends - Instead of using disposable dishes etc. for your holiday gatherings , use regular dishes. No one wants to be stuck handwashing all those plates and glasses, but if you have a dishwasher, you'll actually be saving both time and water! Running a tap wastes a fair amount of water, whereas a dishwasher uses 3-4 times less. If you absolutely must use disposable dishes etc. check for those made from recycled materials or those than can be recycled or composted. Many stores now carry plates, cups and tableware that can be tossed into your compost pile to help make soil for next year's garden. We have more options now than ever before.

For these and more tips check out

<https://www.naturenb.ca/2021/11/26/tips-for-a-green-christmas>



The First Blade of Sweetgrass



HBMI's own Suzanne Greenlaw and her husband Gabriel Frey have joined together with illustrator Nancy Baker to create this lovely book entitled "The First Blade of Sweetgrass" shown here.
From the goodreads.com website :
"Musquon must overcome her impatience while learning to distinguish sweetgrass from other salt marsh grasses, but slowly the spirit and peace of her surroundings speak to her, and she gathers sweetgrass as her ancestors have done for centuries, leaving the first blade she sees to grow for future generations. This sweet, authentic story from a Maliseet mother and her Passamaquoddy husband includes backmatter about traditional basket making and a Wabanaki glossary.

The book is available at major booksellers including www.goodreads.com

Kuli Kiseht !



Puzzle Answers

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