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Apc Oc Nitap - Until We Meet Again My Friend

This article originally appeared in the February 6, 2006 edition of the Bangor Daily News.

Foundation continues legacy of Chief Francis

*By Diana Graettinger
Of The News Staff*

PLEASANT POINT A man who in a very short time did much to change the lives of his people before he died at the age of 60 in a tragic automobile accident was honored recently with the establishment of a memorial foundation in his name.

The Chief Melvin Francis Memorial Fund” is believed to be one of the first memorial foundations created for a tribal leader in the state, a foundation spokesman said last week.

Passamaquoddy tribal attorney Craig Francis Thursday called Gov. Melvin Francis a mentor and friend during the signing of the foundation’s articles of incorporation.

“We never will be able to replace Melvin Francis ever,” an emotional Craig Francis said. “He was a great guy and the next best thing that we can come up with is something to keep his memory alive.”

The Passamaquoddy governor, who was elected in 2002, was involved with the business of his community when his pickup truck collided with an oil truck on Route 9 in Amherst in Hancock County on Jan. 12.

Francis was returning home from Indian Island in Penobscot County where he had participated in the signing of an agreement by Venezuelan-owned Citgo Petroleum to donate heating oil to four Maine tribes this winter.



Melvin J. Francis, Sr.
August 6, 1945 - January 12, 2006

The inspiration for the foundation started with Craig Francis. He said he came up with the idea shortly after Francis’ funeral. “I was fortunate to work with Chief Francis” he said, “He shared with me a lot of his passions and goals.”

Passamaquoddy Tribal Housing Authority official Clayton Cleaves, who was appointed chairman of the foundation’s board of directors, recalled the days growing upon the reservation when he and the governor shared the same apple and fished the same waters “We fried the same fish, we ate from the same coffee pot and

(Continued Page 2)

Bits & Pieces

SUMMER EMPLOYMENT As mud season continues, and we await the sprouting of fiddleheads and the running of smelts, we are beginning to plan our summer field seasons. Each summer the Natural Resources Department funds a number of seasonal positions for tribal members. This is a great chance for those who wish to get some hands on experience working with our water resources and environmental protection/forestry departments. Keep your eyes on your mail, we will be announcing these positions in the very near future.

LOOKING FOR BETTER WAYS TO MANAGE OUR SOLID WASTE HBMI has hired Neill and Gunter, Inc. to do a solid waste management study for Tribal Administration and the Housing Authority. Stay tuned to hear what we learn from that study.

Word Search Answers

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



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Photo Courtesy of Fox Hollow Photography

Chief Francis cont'd

coffee can. We made our own bow and arrows," Cleaves said,

Speaking in both Passamaquoddy and English, Cleaves said if the governor were still alive he would tell him, "Thank you kindly for all that you have done for the people in our community."



Gov. Francis speaking on Indian Island

Francis' wife, Carol, who was appointed executive director, said she hoped the foundation would continue her husband's legacy.

"His vision for this community was to address those needs especially for the elders and children and just make life better for each individual here so they don't have to struggle as hard," she said.

The attorney said the foundation would start slowly by funding smaller projects. Among the suggestions were buying sneakers for the tribe's youths or gym shorts for the Beatrice Rafferty elementary students. "Basically the foundation will ultimately come up with programs that it will either fund or create that the late chief had visions of and hoped to do for his community. Those programs were geared specially to improving the health, welfare, safety, lives and education of the elderly and programs for foster children." Craig Francis said. "And, depending upon the level of funding that we are able to achieve, maybe even a housing project."

Because the governor was so well known nationally

among other tribes as well as in-state among native and non-Native Americans, the attorney said he was optimistic the foundation would be supported.

"He was such a remarkable man," Craig Francis said. "I think this is going to be heavily funded."

Cleaves said that the governor talked about the needs of the elderly just before he died. He said that Francis could often be seen pounding a nail while helping install a roof or planting trees at an elder's house.

Asked how the governor would feel about the foundation, Cleaves said the governor would have said, "Go for it," "He also would be truly humbled," his wife added. "Mel didn't always see in himself what others saw in him. Many times I would have to point out to him all the wonderful things he'd done. He truly was an honorable man." Eventually, Cleaves said, he would like to see a statue of the former governor grace the reservation.

"Chief Francis had one of the best profiles I've ever seen in my life, especially when he was in his [Indian] regalia," he said. "A statute that is of Melvin, life-size, facing in an easterly direction, with Melvin's peace pipe because that was his tradition. Every single ceremony Melvin had put together he would honor the four directions, and the first place would be to the east where the sun comes up."

Those who wish to donate can make checks payable to: the Chief Melvin Francis Memorial Fund, Checks can be sent to Bangor Savings Bank or to the housing authority at 15 Elders Way, Pleasant Point-Perry 04667. Or they may call Cleaves at 853-6021 or Craig Francis at 775-7271.

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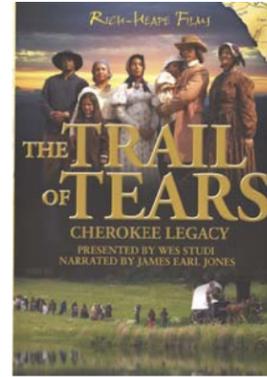


Siqon - It's Spring!

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

Find these Maliseet Words in the puzzle

- | | |
|--------------------------------|--------------------------------|
| Apikcilu (skunk) | Nomehs (Fish) |
| Cogols (frog) | Oqiton (Canoe) |
| Kisuhs (sun) | Ososq (Mud) |
| Lontoqiyehs (Wood duck) | Pesqahsuwehsok (Flower) |
| Mahsos (Fiddleheads) | Sips (Bird) |
| Monoqan (Rainbow) | Siqon (Spring) |



The Film is Finally Here!

Last April, on a cold and rainy day, the film crew of Rich-Heape films came to Littleton to work on their documentary film - The Trail of Tears (shown here). After a year of waiting we are pleased to announce that the film was finally released in February of this year. When the DVD is first installed in the machine and the opening credits come up, there are Maliseets trudging through the snow! And that's not all, footage that was shot here last April is spread throughout the film. The Natural Resources Department has a couple copies of the film available for tribal members to sign out for viewing. If you do not have a DVD player, we can make arrangements to view the film in our department. Once again great job everyone!



As Spring approaches we begin to clean and air out our homes after they've been closed up all winter. But what do you do with all that stuff you no longer want or need? You could just leave it where it is and continue tripping over it, you could take it to the dump or put it out in the trash or you could join Freecycle.

Just what is Freecycle you ask? Freecycle is a web based swap meet that can be found across the United States and around the world. It is estimated that Freecycle members by giving away usable merchandise are keeping approximately 50 tons a day out of landfills!

Freecycle is a grass roots movement, with thousands of people who are "changing the world, one gift at a time". Getting involved with Freecycle is easy - and as the name says it's free. All you need is an internet connection and an email address to turn trash into treasure.

For more information about Freecycle and to join a group in your area, log onto www.freecycle.org



Cary's Mills Spring Closed

You may have noticed the closure sign posted at the local spring at Cary's Mills, a popular spot for filling water jugs. The Houlton Town Office has posted this sign to notify users that the water is unsafe to drink due to high nitrates and a positive bacteria test. The spring was tested last summer and fall, as part of a study to determine the source of nutrients contributing to algae blooms in the Meduxnekeag. This is a joint project by the USGS and the HBMI Water Resources Department. The spring was tested 4 times, with an average nitrate level of 13 ppm. The Federal Drinking Water Standard is 10 ppm. Boiling the water not make it safe to drink, it will only concentrate the nitrate levels.

According to the Department of Agronomy at Cornell University, "Short-term exposure to drinking water with a nitrate level at or just above the health standard of 10 mg/l nitrate-N is a potential health problem primarily for infants. Babies consume large quantities of water relative to their body weight, especially if water is used to mix powdered or concentrated formulas or juices."

According to the US EPA and other sources, consuming excess nitrates can also be detrimental to pregnant women, the elderly, and those with compromised immune systems. It can also have long-term effects on the general population. For more information on nitrites and the associated health effects please go to:

- http://www.epa.gov/OGWDW/contaminants/dw_contamfs/nitrates.html
- <http://pmp.cce.cornell.edu/facts-slides-self/facts/nit-heef-grw85.html>



Daylight Savings Begins
 Sunday April 2, 2006
 Remember to turn your clocks
 ahead 1 hour!



Biodiesel Production from an Environmental Perspective

By Sharri Venno, Environmental Planner

You may have already heard that HBMI has approved a feasibility study by Regent Associates in Presque Isle for Biodiesel production and is looking for financing to build a Biodiesel plant.

“The term “Biodiesel” refers to vegetable oils, or animal fats, processed so that they can be used as fuel in diesel engines”
HBMI Biodiesel Feasibility Study

Here’s a view of Biodiesel on several environmental fronts:

Environmental Sustainability: Biodiesel is made from renewable and sustainable resources therefore reducing the pressure on the world’s limited oil supplies.

Air Quality: Biodiesel is biodegradable and used as an alternative to petroleum diesel fuel can reduce environmentally harmful gas and particle emissions. Per USDA Agricultural Resource Service (ARS), using a 20% blend of Biodiesel and petroleum diesel (B20) will reduce carbon monoxide emissions by 20%, particulate matter by 22%, and sulfates by 20%. Tailpipe emissions of unburned hydrocarbon help create smog and ozone. B20 reduces unburned hydrocarbons by 7%, potential carcinogen - PAH (polycyclic aromatic hydrocarbons) by 13%, and potential carcinogen - PAH (nitrated PAH) by 50%.

Reminder . . .

Please return your Dietary Assessment Survey to receive your Mercury-free Digital Thermometer. If you have not received your survey or would like to participate please call Ryan Greenlaw at 207-532-4273 ext. 216 Those who have completed surveys will be receiving their thermometers soon.

Global Warming: - Biodiesel can help reduce the greenhouse gas emissions that cause global warming. Unlike the release of carbon dioxide (CO2) from burning fossil fuels, CO2 released during combustion of Biodiesel, a plant materials based fuel, is counterbalanced by the CO2 that those plants remove from the atmosphere during photosynthesis. Per USDA ARS, replacing petroleum diesel with a 20% blend of Biodiesel and petroleum diesel (B20) will reduce carbon dioxide emissions by 16%.

Agricultural Sustainability: Biodiesel production as a market for canola would provide a second cash crop for area farmers. A second cash crop would financially allow potato farmers to institute a longer crop rotation. A longer rotation - a soil depleting crop of potatoes planted every 3 or 4 years in rotation with canola and soil building crops like grain and clover - maintains and improves soil quality and reduces the incidence of soil erosion, disease, weeds, and insect pests and the need for chemical fertilizers and pesticides.

Canola also produces sulfur compounds whose breakdown products in the soil naturally reduce many populations of fungal pathogens, nematodes, and weeds further reducing the need to add chemical pesticides. Preliminary results of research by USDA Agricultural Research Service (ARS) in Presque Isle, Maine demonstrate that potatoes grown after canola show a reduction in disease levels and improvement in crop quality.

Canola feed meal can supply area dairy and cattle farmers with a local source of protein feed thus reducing the importation of excess nutrients into the watershed.

Our feasibility study indicates Biodiesel production from local canola crops will have to come later, once farmers convert some of their crop production to canola .

Protecting the Meduxnekeag
Reducing soil erosion, chemical pesticide, fertilizer applications, and excess nutrients will improve water quality in the Meduxnekeag and in turn better support our cultural uses of the River.



Safer Spring Cleaning - Household cleaners or toxic brew



According to the United States Environmental Protection Agency (EPA) Indoor air pollution is up to 10 times more toxic than outdoor air. Fifty percent of the illnesses that affect US citizens can be traced to indoor pollution. Many can also be traced to household cleaners. The Children’s Environmental Health Coalition states that the typical American household contains anywhere from 3 to 10 gallons of hazardous materials and uses over 60 different hazardous products.

Many people assume that if a product is on the market it is safe to use. Some labels carry warnings in their fine print. Many products have ingredients that are not listed on the label because they are not active agents or may reveal a brand’s proprietary recipe. Often times the inactive ingredients are the most harmful.

According to a study Bristol University in England was published in New Scientist in 1999, in homes that regularly use aerosol sprays and air fresheners, mothers tended to suffer 25% more headaches and 19% more depression. Infants under 6 months tended to have 30% more ear infections and 22% higher incidence of diarrhea.

We all need to pay attention to the warning labels on household products. The warnings listed are significant:

Caution - Harmful if swallowed. An ounce to over a pint taken by mouth could kill an average sized adult.

Warning - Harmful if swallowed. A teaspoon to an ounce taken by mouth could kill an averaged sized adult.

Danger - Harmful or fatal if swallowed. A taste to a teaspoonful taken by mouth could kill and average sized adult.

We also need to remember that we are also at risk from breathing these products and getting them on our skin. Changing our perception of what clean or fresh is could help protect you and your family. Fresh can be the absence of odor rather than masking it with a “fresh” smelling cleaning product or air freshener. Opening a window freshens the home better than anything that comes in a jar, gel or can. Please refer to the enclosed ToxicSmart Fact Sheet for safer alternatives.

PRODUCT TYPE	POSSIBLE INGREDIENTS	POTENTIAL HAZARDS
<u>Air Fresheners</u>	<u>Formaldehyde</u>	Toxic, carcinogen, irritant to eyes, nose, throat and skin, may cause nausea, nose bleeds, headaches, dizziness, memory loss and shortness of breath
<u>Bleach and Disinfectants</u>	<u>Sodium Hypochlorite</u>	Corrosive, irritates or burns skin, eyes, respiratory tract, may cause pulmonary edema or vomiting and coma if ingested
<u>Disinfectants</u>	<u>Phenols</u>	Flammable, very toxic, respiratory, circulatory or cardiac damage
<u>Disinfectants and Window cleaners</u>	<u>Ammonia</u>	Vapor irritating to eyes, respiratory tract and skin, possible chronic irritation
<u>Toilet Bowl Cleaners</u>	<u>Sodium acid sulfate, oxalate or hypochloric acid</u> <u>Chlorinated phenols</u>	Corrosive, burns from skin contact or inhalation, ingestion may be fatal Flammable, very toxic, respiratory, circulatory, or cardiac damage
<u>Window Cleaners</u>	<u>Diethylene glycol</u>	Toxic, causes central nervous system depression and degenerative lesions in liver and kidneys

For more information check out
<http://es.epa.gov/techinfo/facts/safe-fs.html>
<http://www.healthy-home-cleaning-tips.com/household-products-hazards.html>
http://www.ci.boulder.co.us/environmentalaffairs/health_yhome/
<http://www.thegreenguide.com>
 For information about what’s in your personal care products visit:
<http://www.ewg.org/reports/skindeep2/index.php>

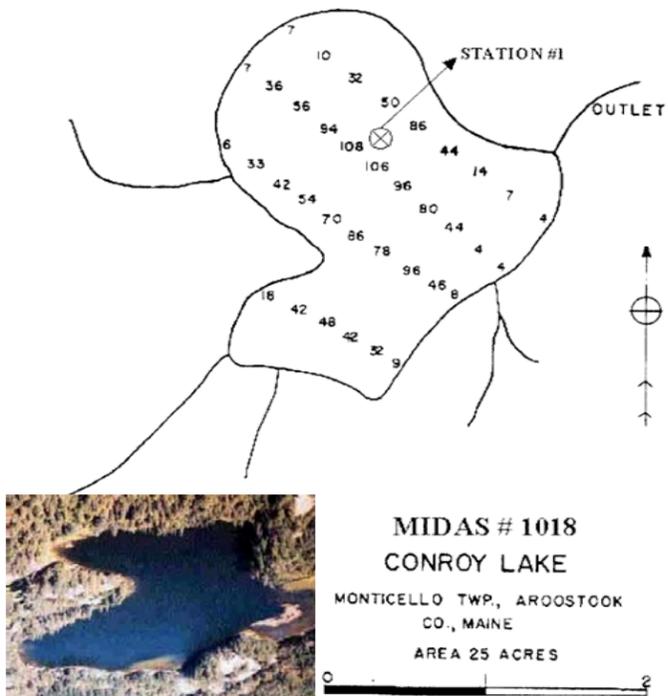
Introducing Conroy Lake

Now that the Tribe has purchased the Wilde Pines Parcel, we thought you'd like to know a little more about Conroy Lake.

According to the Maine Department of Inland Fisheries and Wildlife, Conroy Lake covers 25 acres in Monticello, Maine and has a maximum depth of 108 feet. It is a small, deep cold water lake. Water between about 12 and 25 feet is cold with sufficient dissolved oxygen to support trout. Salmon management in the 1950's failed to provide a satisfactory sport fishery but rainbow smelt that were introduced as forage for salmon continue to exist and provide a limited dip net, hook and line, and commercial bait fishery. Splake and brook trout are currently stocked annually and provide a good fishery. Splake, a brook trout/lake trout hybrid, survive to older ages and exhibit good growth rates. Trout production has and will likely be compromised due to the continued water quality degradation from shoreline development and poor farming practices in the watershed.

Conservative fishery regulations have been implemented to maintain and enhance sport fishing opportunities.

Access to Conroy Lake is by a public right-of-way with a gravel boat launch. Access is located on the west side of the lake off the Lake Road.



Wilde Pines Purchase

The Tribe recently purchased the Wilde Pines campground located adjacent to Conroy Lake in Monticello, about 13 miles north of Houlton.



The property was previously owned by Jack and Angela Wilde of Monticello. It was developed as a campground with cabin rentals on 125 acres. The property consists of 2 fully equipped cabins that can sleep up to 6 people, a pool, showers, RV hook-ups and several tent sites.

The Tribe currently plans to continue with the campground business and to rent the cabins to hunters and outdoor enthusiasts. Additional plans include constructing at least two more cabins and a lodge which can be used for hosting conferences, workshops, tribal gatherings and events. As our plans develop, we'll pass them on to you via our newsletter and possibly on our tribal website.

Fishes in Conroy Lake

Landlocked Salmon	Brook Trout
Rainbow Smelt	Yellow Perch
Hornpout (Bullhead)	Banded Killifish
American Eel	Minnows
Splake	Pumpkinseed
	Sunfish
White Sucker	

You Dump it - You Drink it. Recycle Used Motor Oil

According to the US EPA, used motor oil from just one oil change can ruin a million gallons of fresh water. That's enough water for approximately 50 people for one year!

Used motor oil is slow to degrade and can stick to just about everything, from soil to plants, to fur and feathers. It is insoluble and can contain many heavy metals and toxic chemicals. Used motor oil is a major source of drinking water and waterway contamination, but if it is handled properly, this oil can be re-refined into new oil. According to the EPA, one gallon of used motor oil can provide the same 2.5 quarts of lubricating oil as 42 gallons of crude oil! If all the oil from do-it-yourself oil changes were recycled, it would be enough motor oil for more than 50 million cars per year and help reduce our need for foreign oil!



Recycling Used Motor Oil Is Easy.....

- Remove** - Take care not to spill oil on the ground when draining it from your engine.
- Contain** - Carefully put your used motor oil in a clean plastic container with a tight lid. Never store the used oil in containers that once held food, beverages or other chemicals.
- Do not mix** - Be sure not to mix used motor oil with anti-freeze, paint, solvents or other chemicals
- Recycle** - Take your used motor oil to a service station or other location that collects used motor oil for recycling.



Who Am I?

Recently this critter has been hanging out near the Admin offices just at the edge of the parking lot. We're not sure if this porcupine is male or female, but it can be seen at the edge of the parking lot most afternoons.



Do you know the Maliseet word for porcupine? Is it . . .

- | | | |
|------------|--------|--------|
| Apikcilu | Amuwes | Espons |
| Matuwes | Muwin | Qapit |
| Cihpolakon | Eniqs | Olomus |

Answer: Matuwes is the word for porcupine - the others - Apikcilu (skunk), Amuwes (bee), Espons (raccoon), Muwin (bear), Qapit (beaver), Cihpolakon (cat), Eniqs (ant), Olomus (dog)

Please Help HBMI Grow

As part of our commitment to bring quality programs and services to the Tribal Community, HBMI is continually pursuing grants and other opportunities. In order to do so, we must have accurate up to date data on the Tribal Community. In the very near future, you may be asked to participate in a short income survey. Without the information gathered from this survey, we will not be able to apply for funds needed build a Natural Resource lab and office, a greatly needed health clinic, or find money to support other projects. All the information we gather will be totally confidential.

Please take the time to help us with this project, so that we can better help you. For more information about this upcoming survey, please contact Charles Upton, HBMI Grant Writer at 532-4273 ext. 2 or via email at grants@maliseets.com