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Skitkomiq Nutacomit
Earth Speaker

Toqaqiw (It is Autumn)

October 2009

Brenda Commander - Tribal Chief
Susan Young - Editor

This newsletter is printed on recycled paper



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Tips for Handling Gasoline

*Maine Dept of Environmental Protection
Bureau of Remediation and Waste Management*



It's the end of another season of grass cutting, weed whacking, and boating soon to be followed by a season on snow blowing and snowmobiling. Let's take a breather from the household chores and review some safe tips for storing and handling the fuel that runs our power equipment.

Gasoline is both flammable and toxic and one of the most dangerous chemicals you will regularly be in contact with during your life. Yet, the amount of risk it poses is largely determined by how we use . . . and misuse . . . it in our own daily routines. Here are a few useful tips to protect you, your family and the environment against possible fire and groundwater contamination:

Prevention Buy only what you need. If you have a gallon of gas left at the end of the season, then buy that much less the next season. The same holds true for two cycle gas/oil mixtures - mix only what you need.

Most manufacturers do not recommend storing gasoline in power equipment for more than a month, so make sure to run your equipment dry.

If you do end up with some left over fresh gas, then add stabilizer before it gets old (generally more than 30 days since you purchase). Unmixed "old" gas can be burned in your car by diluting one part old fuel with five parts new fuel. Never burn brush with leftover gasoline! There are no cheap or easy answers for proper disposal of gasoline that has become "gummy" or contaminated with dirt and water. Check with your town to see if they plan to participate in a household hazardous waste pick-up day. You can bring your gasoline there for safe disposal. Another option is to contact a licensed hazardous waster professional. Hazardous waste haulers will pick-up contaminated gasoline from individuals but the cost is around \$20 a gallon.

Many service stations and municipal transfer stations accept used crankcase oil from individuals and burn it in waste oil space heaters. **Never mix left over gasoline from a two-cycle engine with crankcase oil because the mixture could explode in the waste oil burner.**

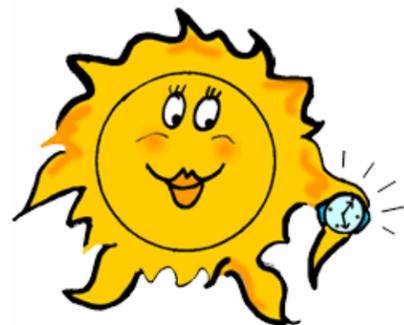
Safe Storage

Store gasoline in UL approved (red for gasoline, blue for kerosene and diesel) containers. These containers should be clearly labeled to identify the contents and

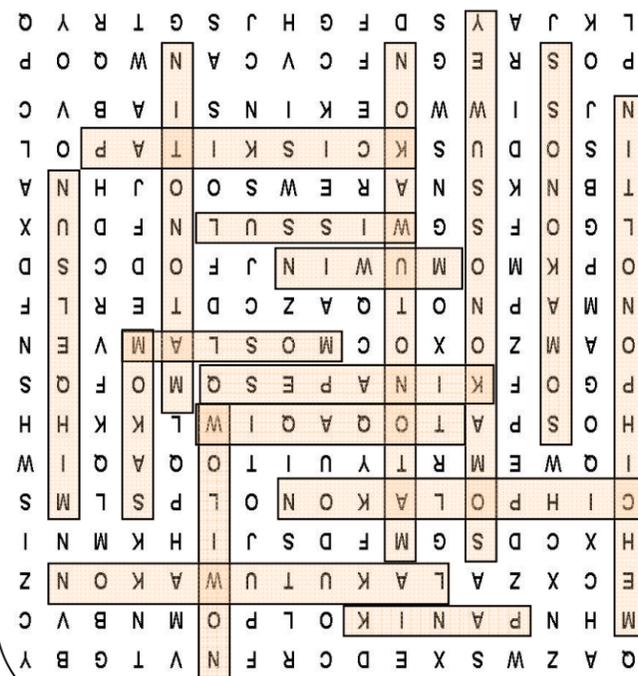
continued page 3

*~ Remember ~
Daylight Savings Ends Soon!
Turn your clocks back
1 hour on*

*Sunday
November 1,
2009*



Word Search Answers



TELEPHONE LISTING

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ENVIRONMENTAL PLANNING

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Matthew Edberg - ext 220

WATER RESOURCES

Cara O'Donnell - ext 212

Rhonda Jewell-Smart - ext 221

Ryan Greenlaw - ext 216

NATURAL RESOURCES DIRECTOR

Sue Young - ext 202



If you talk to the animals they will talk with you and you will know each other. If you do not talk to them you will not know them and what you do not know, you will fear. What one fears, one destroys.

Chief Dan George
Salish

Maliseet Word Search Puzzle

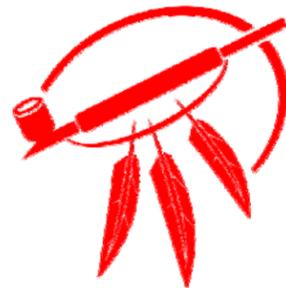
Honoring
our
Native
American
Veterans

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

Find the hidden
Maliseet Words
in the Puzzle -

Can you find the
bonus word that's
in two times?

- Cihpolakon - Eagle
Kci-Skitap - Great Man
Kinap - Brave Man/Warrior
Kinapesq - Brave Woman
Lakutuwakon - Peace Treaty
Malsom - Wolf
Matontin - War
Matonotuwakon - Combat
Mehcaponoltin - Remembrance/Veteran's Day
Mihqelsu - Reminisces / Memories
Muwin - Bear
Sakom - Chief
Somakonoss - Soldier
Somakonossuwey - Army life
Toqaqiw - Autumnl
Wissul - Medal
Woliwon - Thank you



Maine's Fall 2009 Hunting Seasons



- Deer - Expanded archery (limited area/permit required) Sept 12 - Dec 12
Regular Archery (Statewide) Oct 1 - Oct 30
Firearms Maine Residents only Oct 31
Youth Deer Day Oct 24
All hunters Nov 2 - Nov 28
Muzzleloader Nov 30-Dec 12
Bear General season August 31 - Nov 28
With dogs Sept 14 - Oct 30
With bait ** Aug 31 to Sept 26
Moose (permit required) WMDs 1 through 6, 11, 19 Sept 28-Oct 3
WMDs 1 though 14, 17, 18, 19,27,28 Oct 12 - Oct 17
WMDs 15, 16, 23, 26 Nov 2 - Nov 28
WMDs 15,16,23,26 (Maine resident permit holders only) Oct 31
Wild Turkey Archery Hunt Zone 1 (WMD 15-17, 20, 24-26) Oct 10-24
Zone 2 (WMDs 21,22,23) Oct 1-Oct 30
Shotgun Hunt Zone 3 (WMDs 15,16,17, 20 - 25) Oct 17-Oct 23
Spruce Grouse, Lynx, Cottontail rabbit NO OPEN SEASON

Be sure to consult your State of Maine Hunting & Trapping Laws Handbook (copies avail at tribal offices) of visit them on-line at www.maine.gov/ifw for more information about these and other hunting seasons in Maine

Wetland Delineation by Rhonda Jewell Smart & Ryan Greenlaw

Natural Resources Department staff has attended two trainings this summer on wetland delineation. These trainings provided the training and tools that will be used to identify and delineate wetlands on tribal lands. To determine wetland status, Natural Resources staff will make a positive identification of vegetation, soil type and hydrology that normally occur in wetlands.

We will use these tools to gather ecological information on our tribal lands that can be used to determine; the location of wetland boundaries, if a wetland is in need of restoration due to a variety of environmental impacts and restore it to its natural state and for general land use planning.



Left- measuring color contrast in soil sample

Below - Measuring soil contrast and pit dept of test hole, checking for wetness



Energy Hogging (continued)

Cranked up air conditioners

"I don't know what to say to the person who cranks up the air conditioning and leaves the window open like the brother of a friend of mine does," Rogers said. "But in general, if you insist on cranking up your AC so high that your roommate or spouse needs an electric blanket then at least buy the most efficient Energy Star rated air conditioner."

Another option is to use a ceiling fan in addition to the air conditioner. With those, the Union of Concerned Scientists research shows, you can set the air conditioner 4 degrees warmer than you normally would and feel no change in comfort, but save a bundle on electricity bills.

Indecision at the fridge

An indecisive friend at any mealtime can be painful, especially if you are starving and know exactly what you want to eat. Such indecision is costly in addition to annoying when it occurs as a friend gazes into an open refrigerator. If the habit proves too difficult to change, then at least consider using an energy-efficient refrigerator and keeping it full. "Keeping the fridge stocked will mean that less warm air will get in there and then have to be cooled," Rogers explained. And if budgets are tight, jugs of tap water will work just as well as food.

Excessive and unnecessary lighting

Some people - perhaps your neighbors - seem to be allergic to the dark. Their cure is to light up the night everywhere they can - the porch, the backyard, the front yard, the drive-

Vermiculite (continued)

- * Hire a professional asbestos contractor if you plan to remodel or conduct renovations that would disturb vermiculite in your attic or walls, to ensure that it is safely handled and removed.

You can reduce your exposure when going into your attic by:

- * Make every attempt to stay on the floored part of the attic and do not disturb the insulation
- * Wear protective equipment *but* be advised: **Common dust masks do not protect you from asbestos fibers.** You should wear an OSHA approved respirator and appropriate clothing and eye protection. For information about OSHA -approved personal protection www.osha.gov/SLTC/respiratoryprotection/index.html

way. And while they're at it, they might as well light your yard too, right? Maybe even your bedroom window.

"If you are going to do that to a neighbor, make sure you are using compact fluorescent lights, which are four times more efficient than incandescent bulb," Rogers said.

Better yet, enjoy the light of the stars. And in the middle of the day when sunlight is streaming through the window or when nobody is home, please turn off the lights.

Drinking bottled water.

A long, long time ago, like three or so years ago, drinking bottled water, especially from tropical island nations and the French Alps, was really, really cool. But oh the times have changed. Now drinking bottled water is generally considered lame. "It take a lot of energy to move that water around," Rogers said.

Most places in the U.S. have municipal systems that deliver water to our kitchens and bathrooms that is as safe, if not safer, than bottled water, he added.

According to a 2006 study by the Pacific Institute, the equivalent of 17 million barrels of oil is used to make plastic bottles every year. That's enough fuel to run 1 million cars for a year.

What energy hogging habits would you add to the list?

- * Consider storing boxes or materials elsewhere in your home.
- * If you must perform activities that may disturb the insulation, do so as gently as possible to reduce the disturbance.
- * Leave the attic immediately after disturbing the insulation
- * Do not track vermiculite insulation or associated dust into the living spaces of your home

For more information on asbestos and vermiculite insulation go to www.epa.gov/asbestos

www.atsdr.cdc.gov/asbestos/health_effects

www.epa.gov/pubs/verm.html



Protect Your Family from Asbestos-Contaminated Vermiculite Insulation

For starters, you might just want to know what vermiculite is. It's a naturally occurring mineral

composed of shiny flakes that resemble mica. When it's heated to a high temperature, its flakes can expand to as much as 8 to 30 times their original size. This expanded vermiculite is a light-weight, fire-resistant, odorless material that has been used in a number of products including insulation for attics and walls.

So, why should you be concerned about your vermiculite insulation? Over 70 percent of all vermiculite sold in the United States from 1919 to 1990 came from a mine in Libby, Montana. There was also a deposit of asbestos in that mine, thereby contaminating the vermiculite from Libby. The vermiculite from this mine was used in the majority of vermiculite insulation in the U.S. and was often sold under the brand name Zonolite. If you have vermiculite insulation in your home, you should assume this insulation may be contaminated with asbestos.



Gasoline (continued from page 1)

fitted with a spout to allow pouring without spilling. Better yet, replace your old gas can with one of the new spill proof cans. Never store gasoline in inappropriate containers such as glass jars or plastic milk jugs. These can break or deteriorate causing a spill or even worse a fire!

Store all gasoline containers preferably in a well ventilated shed or detached garage, away from the reach of children. Some of the constituents of gasoline move quickly through groundwater, so store gasoline and fuel equipment as far away and down slope from your drinking water well as possible.

Once a month check for leaks from fuel tanks, engines or storage containers (U.L. approved plastic containers will not rust) Little leaks and spills can really add up and cause groundwater contamination.

For more information contact Maine DEP

www.maine.gov/dep/rwm/homeowner/gas_tips.htm

Never Pour gasoline down any drain, into any type of water or onto the ground. This is an environmental hazard and results in groundwater

How can you tell if the insulation in your home is made of asbestos? Look at the photos below or look



Typical vermiculite insulation



Vermiculite insulation between attic joists



Vermiculite insulation particle size relative to paper clip



Different sizes of vermiculite particles



Typical vermiculite insulation

at the photos on the website:

www.epa.gov/asbestos/pubs/verm.html then look carefully at your insulation without touching it. Vermiculite insulation is pebble-like, pour in product and is usually gray-brown or silver-gold in color. You should assume this insulation came from Libby and treat it as though it is indeed contaminated with asbestos by not disturbing it or by using a trained professional if it needs to be removed. You can have your attic insulation tested by a professional but this can prove expensive and depending on the testing method used, could deliver erroneous results. EPA does not recommend opening your walls to check for vermiculite.

If you have vermiculite insulation, **YOU SHOULD ASSUME THE VERMICULITE CONTAINS ASBESTOS AND DO NOT DISTURB IT!** any disturbance could potentially release the asbestos into the air. If you must go into your attic and it contains vermiculite insulation, you should limit the number of trips you take and shorten the length of those trips to limit your potential exposure.

If you have vermiculite insulation EPA recommends you:

- * Leave vermiculite insulation undisturbed in your attic or walls
- * Do not store boxes or other items in your attic
- * Do not allow children to play in the attic
- * Do not attempt to remove the insulation yourself

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The Gift of the Turtle - Part II

You may remember back in our June issue we had a little something about a female snapping turtle laying eggs on Bell Road.

Well that little something has turned into a lot of little somethings. While out on her daily walk, Rhonda Ireland noticed the baby turtles were

hatching and notified us here in Natural Resources. Earlier in the season Mike Kelley put some traffic cones around the nest at the edge of the road to protect it from the traffic. If not for the presence of the cones, we would have probably forgotten there was a nest there. Many of us assumed that the eggs had already hatched and we missed it or that the nest had failed since we had seen no activity in the area.

Unfortunately, many of the young turtles were crushed on the road, before their hatch was noticed. But thanks to the efforts of Natural Resources Staff Rhonda Jewell-Smart, Ryan Greenlaw and Matthew Edberg, a large number of baby turtles have been moved to safety away from the busy roadway.



- Photos:**
- 1- Baby emerging from nest
 - 2 - Where's Waldo?
 - 3 - Pile of baby turtles
 - 4 - Close up
 - 5 - Matthew Edberg & Ryan Greenlaw look at baby turtles
 - 6 - Freshly dugout turtle
 - 7 - rinsed and ready for his close-up
 - 8 - Turtle emerging from egg
 - 9 - Rhonda Jewell-Smart & Ryan Greenlaw holding baby turtles
 - 10 - Clean and ready for the world

8 Signs You're An Energy Hogging Jerk

by John Roach, www.msnbc.com

No matter whether you're a tree-hugging environmentalist stressed out over global warming or a coal king lobbying against cap-and-trade schemes, wasting energy in these economically sensitive times makes you look like a jerk. Check out 8 energy hogging activities to avoid. Following the advice may not make you any less of a jerk, but at least it will make you a more energy-efficient jerk, noted John Rogers, a senior energy analyst with the Union of Concerned Scientists in Cambridge, Mass., who helped compile the list.

Refusing to power off your computer

Let's face it: Booting up a computer eats time off the clock, an annoyance for everyone from deadline-pressed cubicle warriors to retirees eager to logon to the Eons social network. But that's no excuse to leave your computer up and running 24 hours a day - especially when power saving options are built into the machine.

Almost all computers come equipped with energy-saving sleep or standby modes, which can be set to automatically kick in when the computer is idle for awhile - say 20 minutes. Usually, a toggle of the mouse or tap on the keyboard is sufficient to snap the computer awake.

After a long nap, some computers will delve into an even-deeper energy-saving hibernation mode. But even then, the computer is still sipping electricity. Energy experts recommend turning the computer off overnight and longish breaks in the day. Contrary to popular belief this will not harm the computer's lifespan, noted Rogers.

Taking Really Hot Showers

A long hot shower may be a small luxury, but those extra minutes escaping with your thoughts under the body-warming water stream can quickly earn you some icy glares. For starters, hot-water tanks are finite and nobody enjoys a cold shower. What's more, hot water heaters account for about 15 percent of an average home's energy bills, according to the Alliance to Save Energy.

Try to limit yourself to five minute showers to make your housemates and bank accounts happy. If that does-

n't work, at least invest in a low-flow shower head, Rogers said. Another option is a so-called tankless water heater. These appliances generate a continuous stream of hot water when they are on - i.e. the hot water doesn't run out - and when the hot water is turned off, it is off. The devices do cost more than a tank, but tend to last longer and consume less energy so they pay for themselves in a few years.

Leaving the TV on all the time

From morning gossip to late night comedy, TV offers something vacuous to watch 24 hours a day. But do you really have to keep it blaring all the time? You could read a book, play with your kids or take a walk. Heck, you could even stare

out the window for a while. It's probably more interesting. Nope? Then at least watch an energy-efficient TV such as one of the models recommended by the Environmental Protection Agency's Energy Star Program, which are 30 percent more efficient than other models.

"And on rare occasions when you do turn it off, if you unplug it or turn it off at a power strip then it won't be sucking juice the rest of the time," Rogers said. Otherwise, the TV sits there in standby mode just waiting for you to press the power button on the remote control. "The new Energy Star ones have specification for both when it's on and when it's purportedly off, but you are still better off, really turning it off," he added.

Leaving the car idling

If you're lucky, your neighborhood is littered with friends that you pass on the street while out driving around. And since they're friends, you stop, roll down the window and strike up a conversation. If you want to make even more friends, turn off the car while you sit there and talk. Energy experts recommend turning the car off, except when in traffic such as at a red light, anytime you're idle for 30 seconds or longer. If you can't bring yourself to turn it off, then at least drive an energy efficient car such as a hybrid, Rogers said.



continued next page