



# PENOBSCOT NATION COMMUNITY FLYER *natapačimohtawak*

**Tribal Offices will be closed from  
10:00-12:00 Friday, April 6th**

## Public Hearing

6pm Tuesday, April 10, 2018

Sockalexis Arena

Regarding items submitted for the Annual General Meeting

### Agenda Items:

1. Inland Fish & Game- Change from bulls only in Alder Stream to any sex
2. Chapter 7 Inland Fish & Game Amendments
3. Election Law Amendment- Section 4.1 Special Elections
4. Chapter 8- Penobscot Nation Tribal Justice System Code
5. Change Quarum Requirement for General Meetings
6. Inland Fish & Game Amendment- Remove the Phrase "Fair Chase"
7. Inland Fish & Game Amendment- Section 207- delete A , Amend F, Delete G
8. Inland Fish & Game Amendment- Section 208- Deer, Delete A , Amend B, Delete C
9. Inland Fish & Game Amendment- Section 400- Deer Hunting Permits & Section 403 Deer Hunting Access Permits
10. Change Elver License Process
11. Require Any Changes to Tribal Law Passed at Annual General Meeting be changed within 90 days
12. Inland Fish & Game Amendment- To Allow Non-member Deer Permittees to Shoot Coyotes during the week of their permit
13. "Other" (Annual General Meeting)

Information regarding these agenda items will be made available in the Tribal Clerk's office prior to the meetings.



**CHIEF/COUNCIL**

**Fax 817-7482 or  
827-6042**

**7350-Kirk**

Francis

Tribal Chief

**7308-Mark Sockbeson**

Vice Chief

**7349-Mary Settles, Executive Director**

**TRIBAL CLERK'S**

**OFFICE 827-1136**

**817-7351 - Linda Socoby**

**817-7319 -Faye Lawson**

**Child Support/SocServ**

**Must Dial 817**

**Fax 817-3166**

**3165x1-Brooke Loring**

Director

**3165x3-Nastassja Francis**

**3165x3-Mali Dana**

**3165x5-Rhonda London,**  
Business Mgr

**CULTURAL HISTORIC  
PRESERVATION**

**Fax 817-7450**

**7472-James Francis, Director/  
Historian**

**7470-Gabe Paul**

**7471-Chris Sockalexis, THPO**

**7476-Carol Dana**

**7477-Josh Woodbury**

**DAYCARE CENTER**

**7461/7462- Naomi Neptune**

Family Support Specialist

**Renee Thibodeau**

**DOMESTIC VIOLENCE  
PROGRAM**

**817-3165x2-Jennifer Galipeau DV/  
SA Advocate**

**x2- Patricia Graffam**

DV/SA Service Coord.

**x2- Aline Michaud**

Shelter/Housing Coordinator

**24 Hour Crisis Hot Line**

**631-4886**

**ECONOMIC DEV.**

**7396-Craig Sanborn**

**EDUCATION / CAREER  
SERVICES**

**Fax 817-7369**

**7348-Candi Ewer, Director**

**7345-Carlene Miller, Lrn. Ctr.**

**FINANCE DEPARTMENT**

**Fax: 817-7309**

**7317-Director-Andrew Dana**

**7311-Angie Brown, Trust Fund**

**7313-Cindi Marley-Acct. Tech**

**7314-Edwina Mitchell - A/P**

**7315-Vivian Barlow, Payroll**

**7318-Michelle Rockwell-Staff**

Accountant

**FIRE DEPARTMENT**

**Dispatch- 817-7358**

**FITNESS CENTER**

**827-8012 - Paul Dow**

**GRANTS & CONTRACTS**

**Fax 827-1139**

**7301-Diana Love-Secretary**

**HOUSING DEPARTMENT**

**Fax 817-7384**

**7372- Mike Bush 7370-**

Lisa Pardilla, Recpt. **7371-**

Sonya Easley **7375-Andy**

Sockbeson

Maintenance

**HUMAN RESOURCES**

**Fax 817-7463**

**7312-Andrew Tomer Human**

Resources Specialist **7343-Catha**  
Lewey-Office Mgr.

**HUMAN SERVICES/SOCIAL  
SERVICES**

**Fax 817-3166**

**817-3165x1-Brooke Loring-**

Director

**817- 3165x7-Natasha Fields**

**817-3165x6-Michael Augustine-**

Child Welfare Case Manager

**817-3165x4-Clarice Chavaree, G.A**

**745-6644-Alivia Moore, Family**

Advocate & Prevention Coord.

**817-3165x4**

Community Support Specialist **7402-**

Senior Kitchen

**INDIAN HEALTH  
SERVICES**

**Fax 817-7459**

**(Medical Records 817-7453)**

**7440-Candy Henderly-Director**

**7404-Nicole Hines**

**7430-Naya Mitchell-Front Desk**

**7401-Trisha Stewart**

**7403-Patty Martin**

**7406-Conference Room 7408-**

**7412-Sue Neptune, Records 7415-**

**April Ewer/Julie Dow 7416-**

**Patrick Almenas**

**7417-Lab Tech**

**7419-Dave Butler, Pharmacy**

**7420-Becky O'Neil, Med. Asst.**

**7439-Betsy Blaisdell, Med. Asst.**

**7426-Abbey McCarthy**

**7430--Front Desk**

**7433-Margo Downing, Nurse**

**7441-Shannon Sapiel**

**I.H.S. BILLING**

**7410-Samantha Williams 7428-**

Lisa Mitchell

**I.H.S. COUNSELORS**

**7411-**

**7422-Marie Mitchell**

**7424-Elizabeth McConnon 7425-**

Dale Lolar

**7469-**

**I.H.S. DENTAL**

**7429- Jessica Sockbeson**

Dental Assistant

**LEGAL DEPARTMENT**

**Fax-817-7463**

**7324-Mark Chavaree - Legal**

**MAINTENANCE**

**PUBLIC WORKS**

**7320-David Pardilla, Director**

**7321- Chris "Charlie" Francis**

**7323 -Frank Loring Jr.**

Michael Jackson

Mark Fields

David Loring

Mike Neptune

**PUBLIC WORKS**

**7323-Calvin Francis**

Justin Francis

**MUSEUM**

**827-4153 Jennifer Neptune**

**NATURAL RESOURCES**

**7330-John Banks, Director 7331-**

Yvonne Francis-Ferland,

Administrative Secretary

**7326-Rhonda Daigle-Water 7335-**

Charles Loring, Forester **7337-**

Dennis Stevens-Forester **7338-**

Sean O'Brien

**7339-Russ Roy-Forest Mgr. 7340-**

Jan Paul - Air Prog. **7341-Binke**

Wang, GIS

**7360-Angela Reed, Water 7361-**

Dan Kusnierz, Wtr Mgr. **7363-**

Kristin Peet, Biologist **7377-Dan**

McCaw

Fish Passage Specialist **7381-**

Jason Mitchell, Water **7382-Jan**

Paul - Water

**7395-Tim Gould, Warden Supv.**

**7392- Warden**

**7365-Nick Sapiel Conference  
Room**

**PUBLIC SAFETY**

**Fax: 817-7485**

**DISPATCH 817-7358 7358-**

**Bob Bryant, Police Chief**

**7390/91/99-Patrol Rooms 7394-**

Michael Socoby

**7396-Reserve Officers**

**TREATMENT PLANT**

**Fax: 827-7609**

**7385-Jason Sockbeson 7385-**

Josh Paul

**TRIBAL**

**ADMINISTRATOR**

**7306-Erika Honey, Director**

**7302-Nick Francis-I.T. 7332-**

Sonya Dana-Grants

**TRIBAL COURT**

**Fax 827-3430**

**745-6916 Jill Tompkins-**

Director

**827-3415 Rhonda Decontie,**

Clerk of Courts

**827-3415 Shannon Smith,**

Deputy Court Clerk

**951-6261- Brianna Tipping Case**

Manager

**827-3415- Roy Bickford Court**

Bailiff

**TRUST SERVICES**

**Fax 827-6322**

**7378 Carole Binette-Director**

**7383-Millie Paul-Sec.**

**7379-Sparky Clark Land Coord.**

**YOUTH PROGRAM**

**659-3490-John Neptune**

**INDIAN ISLAND SCHOOL**

**827-4285**

(Fax 827-3599)

**EUNICE BAUMANN  
ASSISTED LIVING CTR**

Robyn Sockbeson

**827-0968**

# Penobscot Indian Nation Trust Fund Notice

**The annual payout for 2018 will be dispersed as follows:**

- **Direct Deposit will be available on November 2<sup>nd</sup>**
  - **Checks will be available on November 16<sup>th</sup>**
  - **The deadline for direct deposit is September 28<sup>th</sup>, no exceptions.**
- Please notify us if:**

**\*You have moved**

**\*You have changed your banking information (also for  
your children if applicable)**

**Please call Angie Brown @ 817-7311 to update any changes. Or e-mail  
[angie.brown@penobscotnation.org](mailto:angie.brown@penobscotnation.org)**

**Help us keep your records accurate to insure you receive your  
Trust payout in a timely fashion.**



**Please Note: In the event you have moved and/or  
changed your bank account and do not update us prior  
to the payout, it will be an additional two weeks before  
any manual checks can be processed**

**\*REMEMBER, IF YOU SIGN UP FOR  
DIRECT DEPOSIT, YOU WILL RECEIVE  
YOUR FUNDS TWO WEEKS BEFORE THE  
CHECKS GO OUT!**

# *Old Town Water District's Annual Drinking Water Quality Report for 2017*

**Background:** We are pleased to provide you with this year's Annual Water Quality Report. We want our customers to know about the quality water services we have delivered to you over the past year. Our goal is to provide to you a safe and dependable supply of drinking water.

**Water Source:** The Old Town Water District was formed in 1925. We serve the towns of Old Town, Milford, Bradley, portions of Orono, portions of the University of Maine, and the Penobscot Nation on Indian Island. Our water comes from five gravel packed wells: three on Spring Street and two on Bennoch Road. All of our water is treated at the Spring Street filter plant. We add chlorine for protection against harmful pathogens, adjust pH for corrosion control, and add fluoride to reduce tooth decay, as approved by referendum vote of the citizens of the Old Town Water District.

**Contact Info:** Our office is located at 109 Center Street, and our office hours are Monday through Friday, 8:00 AM to 4:00 PM. If you have any questions about this report or your water utility, please contact Steven M. Lane, Superintendent, Old Town Water District, 109 Center Street, Old Town, Maine 04468. Phone 207-827-2145. Fax 207-827-2191. Email [info@oldtownwater.org](mailto:info@oldtownwater.org). We want our valued customers to be informed about their water utility. Any member of the public is invited to attend any of our regular meetings. They are generally held on the second Tuesday of each month at 7:30 AM at the District office.

**Source Water Assessment:** The usual sources of drinking water include rivers, lakes, ponds and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and radioactive material, and can pick up substances resulting from human or animal activity. The Maine Drinking Water Program (DWP) has evaluated all public water supplies as part of the Source Water Assessment Program (SWAP). This assessment included geology, hydrology, land use, water testing information, and the extent of land ownership or protection by local ordinance. This information is used to determine how likely our drinking water source is to become contaminated by human activities in the future. Assessment results are available at town offices, public water suppliers, and the DWP. For more information about the SWAP, please contact the DWP at telephone 207-287-2070.

**Water District Overview:** We provide high quality water for domestic, commercial and industrial use. We maintain fire hydrants throughout Old Town, Milford and Bradley. We install and maintain water services, repair water mains, flush our system once per year, sample and analyze the water both at our wells and filter plant as well as in the distribution system. We read meters and bill residential accounts quarterly for water usage. Most commercial and industrial accounts are billed monthly. We have an approved cross connection control (backflow) program to protect the public water supply from contamination. We have three trustees; two from Old Town, one from Milford. We have a staff of eight dedicated employees consisting of a superintendent, foreman, two office staff, two meter /service people, a filter plant operator and a maintenance and repair person.

**Health Information:** Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. Contaminants that may be present in source water include:

**Microbial contaminants**, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife.

**Inorganic contaminants**, such as salts and metals, which can be naturally occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

**Pesticides and herbicides**, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.

**Organic chemical contaminants**, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production and can also come from gas stations, urban runoff, and septic systems.

**Radioactive contaminants**, which can be naturally-occurring or be the result of oil and gas production and mining activities.

### Definitions:

*Maximum Contaminant Level* - The (MCL) is the highest level of a contaminant allowed in drinking water. MCLs are set as close to the MCLG (see below) as feasible using the best available treatment technology.

*Maximum Contaminant Level Goal* - (mandatory language) The (MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

*Running Annual Average (RAA)*: The average of all monthly or quarterly samples for all of last year at all sample locations. Calculation of the RAA may contain data from the previous year.

*Location Running Annual Average (LRAA)*: A 12 month rolling average of all monthly or quarterly samples at specific sampling locations.

*Action Level (AL)*: The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

*Maximum Residual Disinfectant Level (MRDL)*: The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

*Maximum Residual Disinfectant Level Goal (MRDLG)*: The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

*Non-Detects (ND)* - laboratory analysis indicates that the constituent is not present

*Variances & Exemptions (V&E)* - State or EPA permission not to meet a set standard or treatment technique under certain conditions.

*Treatment Technique (TT)* - A required process intended to reduce the level of a contaminant in drinking water.

### Units:

ppm = parts per million or milligrams per liter (mg/L).

ppb = parts per billion or micrograms per liter (ug/L).

pCi/L = picocuries per liter ( a measure of radioactivity).

pos = positive samples.

MFL = million fibers per liter

**Important Note:** Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791) or at the following link:

<https://www.epa.gov/ccr/forms/contact-us-about-consumer-confidence-reports>

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Old Town Water District is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at the following link:

<http://www.epa.gov/safewater/lead>

**Water Quality:** The Old Town Water District routinely tests for contaminants in your drinking water according to Federal and State laws. The following table shows the results of our monitoring for the period of January 1st to December 31, 2017. We are pleased to report no violations of any State or Federal Drinking water rules during 2017.

TEST RESULTS							
Contaminant	Violation Y/N	Date Of Test	Level Detecte d	Units	MCLG	MCL	Likely Source of Contamination
<b>Microbiological Contaminants</b>							
Total Coliform Bacteria 10 samples per month	N	Monthly	0	Present Absent	0	1	Naturally present in the environment
Turbidity	N	5/23/2017	<0.6	NTU	na	TT <sub>3</sub>	Soil runoff

**The following were detected in our water supply:**

<b>Inorganic Contaminants</b>							
Arsenic	N	06/27/2016	<.1	ppb	0ppb	10ppb	Naturally present in the environment
Barium	N	05/22/2017	0.0019	ppm	2 ppm	2 ppm	Discharge of drilling wastes. Discharge from metal refineries. Erosion of natural deposits.
Chromium	N	05/22/2017	1.1	ppb	100 ppb	100 ppb	Discharge from steel and pulp mills. Erosion of natural deposits.
Copper 90% system sample	N	08/19/2015	1.2	ppm	1.3 ppm	AL=1.3 ppm	Corrosion of household plumbing systems-
Fluoride Alternate concentration .7 ppm	N	12/19/2017	0.8	ppm	4 ppm	4 ppm	Water additive which promotes strong teeth. Erosion of natural deposits. Discharge from fertilizer and aluminum factories.
Lead 90% system sample	N	08/19/2015	5.5	ppb	0 ppb	AL=15 ppb	Corrosion of household plumbing systems.
Nitrate (as Nitrogen)	N	05/22/2017	0.25	ppm	10 ppm	10 ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
<b>Radionuclides</b>							
Radium	N	11/28/11	0.361	pCi/L	5pCi/L	0pCi/L	Erosion of natural deposits
Radon	N	3/21/13	217 pCi/L	pCi/L	4000 pCi/L	4000 pCi/L	Erosion of natural deposits

<b>Disinfectants and Disinfectant Byproducts</b>							
Total Halocetic acids (HAA5) 09/20/2017	N	RAA	7	ppb	0 ppb	60 ppb	Byproduct of drinking water chlorination
Total Trihalomethanes (TTHM) 09/20/2017	N	RAA	35	ppb	0 ppb	80 ppb	Byproduct of drinking water chlorination
Daily Average Chlorine Residual	N	AA	1.24	ppm	4 ppm	4 ppm	Added as a disinfectant

<b>Unregulated Contaminant Monitoring Rule 3 (UCMR3)</b> (required monitoring for 30 contaminants)							
Manganese	N	05/22/17	.0011	ppm	na	na	Naturally present in the environment
Sodium	N	05/22/17	35	ppm	na	na	For monitoring purposes
Iron	N	05/22/17	0.084	ppm	na	na	Secondary or aesthetic contaminant, not hazardous to health
Chloride	N	05/22/17	26	ppm	na	na	For monitoring purposes

**Notes:**

- 1) Total Coliform Bacteria: Reported as the highest monthly number of positive samples, for water systems that take less than 40 samples per month.
- 2) E. Coli: E. coli are bacteria whose presence indicates that the water may be contaminated with human or animal wastes. Human pathogens in these wastes can cause short-term effects, such as diarrhea, cramps, nausea, headaches, or other symptoms. They may pose a greater health risk for infants, young children, the elderly, and people with severely-compromised immune systems.
- 3) Fluoride: For those systems that fluoridate, fluoride levels must be maintained between 0.5 to 1.2 ppm. The optimum level is 0.7 ppm.
- 4) Lead/Copper: Action levels (AL) are measured at consumer's tap. 90% of the tests must be equal to or below the action level.
- 5) Nitrate: Nitrate in drinking water at levels above 10 ppm is a health risk for infants of less than six months of age. High nitrate levels in drinking water can cause blue baby syndrome. Nitrate levels may rise quickly for short periods of time because of rainfall or agricultural activity. If you are caring for an infant you should ask advice from your health provider.
- 6) Arsenic: While your drinking water may meet EPA's standard for Arsenic, if it contains between 5 to 10 ppb you should know that the standard balances the current understanding of arsenic's possible health effects against the costs of removing it from drinking water. EPA continues to research the health effects of low levels of arsenic, which is a mineral known to cause cancer in humans at high concentrations and is linked to other health effects such as skin damage and circulatory problems. Quarterly compliance is based on running annual average.
- 7) Gross Alpha: Action level over 5 pCi/L requires testing for Radium 226 and 228. Action level over 15 pCi/L requires testing for Uranium. Compliance is based on Gross Alpha results minus Uranium results = Net Gross Alpha.
- 8) Radon: The State of Maine adopted a Maximum Exposure Guideline (MEG) for Radon in drinking water at 4000 pCi/L, effective 1/1/07. If Radon exceeds the MEG in water, treatment is recommended. It is also advisable to test indoor air for Radon.
- 9) TTHM/HAA5: Total Trihalomethanes and Haloacetic Acids (TTHM and HAA5) are formed as a by-product of drinking water chlorination. This chemical reaction occurs when chlorine combines with naturally occurring organic matter in water. Compliance is based on running annual average

**All other regulated drinking water contaminants were below detection levels.**

In 2017, our system was granted a 'Synthetic Organics Waiver.' This is a three year exemption from the monitoring/reporting requirements for the following industrial chemicals: TOXAPHENE/CHLORDANE/PCB. This waiver was granted due to the absence of these potential sources of contamination within a half mile radius of our water source.

**Old Town Water District is pleased to report no drinking water violations during 2017. All other regulated contaminants were below detection levels.**

In our continuing effort to maintain a safe and dependable water supply it is necessary to make continuous investment in the treatment and distribution system. The costs of these investments are reflected in the approved water rates. Rate adjustments are necessary periodically in order to address these improvements. The process of changing rates is regulated by the Maine Public Utilities Commission, and customer notification is required. Thank you for allowing us to continue providing your family or business with safe, clean, quality water during 2017.

We at the Old Town Water District work around the clock to provide top quality water to every tap. We ask that all our customers help us protect our water sources, which are the heart of our community, our way of life, and our children's future.

Old Town Water District Board of Trustees;

Shawn Small, Chair  
Donald Sturgeon, Co-chair & Treasurer  
Travis Folsom, Clerk & Asst. Treasurer  
Steven M. Lane, Superintendent

## **NOTICE OF FINDING OF NO SIGNIFICANT IMPACT AND NOTICE OF INTENT TO REQUEST RELEASE OF FUNDS**

### **REQUEST FOR RELEASE OF FUNDS**

On or about April 20, 2018 the Penobscot Nation will submit a request to the Office of Native American Programs at the Housing and Urban Development Department for the release of Indian Community Development Block Grant (ICDBG) funds under 24 CFR/Section 1003 to undertake a project known as Penobscot Elder Homes Project. The purpose is to demolish the Nohkomess apartments located at 2 Nohkomess Way on Indian Island in Maine, to make place for the Penobscot Elder Homes project, a new 24-unit apartment building with a community gathering space and dining area. Total project funding is estimated to be \$4.7 million, and is comprised of various sources, including: ICDBG, Federal Home Loan Bank, tribal resources, and the Low Income Tax Credit Program.

### **FINDING OF NO SIGNIFICANT IMPACT**

The Penobscot Nation has determined that the project will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act of 1969 (NEPA) is not required. Additional project information is contained in the Environmental Review Record (ERR) on file at the Penobscot Nation Housing Department, located at 1 Nohkomess Street, Indian Island, Maine 04468. The ERR is available and can be examined and copied weekdays 8A.M to 4.30 P.M.

### **PUBLIC COMMENTS**

Any individual, group, or agency may submit written comments on the ERR to the Penobscot Nation Housing Department. All comments received by April 20, 2018 will be considered by the Penobscot Nation prior to authorizing submission of a request for release of funds. Comments should specify which Notice they are addressing.

### **ENVIRONMENTAL CERTIFICATION**

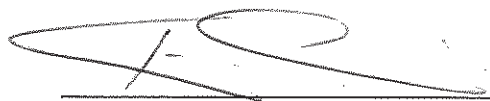
The Penobscot Nation certifies to the Office of Native American Programs that Kirk Francis, in his capacity as Tribal Chief, consents to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process and that these responsibilities have been satisfied. The Office of Native American Program's approval of the certification satisfies its responsibilities under NEPA and related laws and authorities and allows the Penobscot Nation to use Program funds.

### **OBJECTIONS TO RELEASE OF FUNDS**

The Office of Native American Programs will accept objections to its release of funds and the Penobscot Nation's certification for a period of fifteen days following the anticipated submission date or its actual receipt of the request (whichever is later) only if they are on one of the following bases: (a) the certification was not executed by the Certifying Officer of the Penobscot Nation; (b) the Penobscot Nation has omitted a step or failed to make a decision or finding required by HUD regulations at 24 CFR part 58; (c) the grant recipient or other participants in the development process have committed funds, incurred costs or undertaken activities not authorized by 24 CFR Part 58 before approval of a release of funds by the Office of Native American Programs; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the

required procedures (24 CFR Part 58, Sec. 58.76) and shall be addressed to: Denise Tucker, Chicago HUD Office – Eastern Woodlands Office of Native American Programs, 77 W. Jackson Blvd. Suite 2404, Chicago IL 60604-3507. Potential objectors should contact the Office of Native American Programs to verify the actual last day of the objection period.

Kirk Francis, Tribal Chief of the Penobscot Nation

A handwritten signature in black ink, appearing to be 'K. Francis', written over a horizontal line.

Sign and date

4/2/2018



## REQUEST FOR PROPOSALS FOR JUVENILE HEALING TO WELLNESS COURT PROGRAM CONSULTING SERVICES

### I. GENERAL INFORMATION.

- A. **Purpose.** This request for proposals (RFP) is to contract for consulting services to be provided to the Penobscot Nation, a federally recognized Indian tribe, located at Indian Island, Maine to assist in developing policies and procedures, guidelines, and a data collection system for its Juvenile Healing to Wellness Court.
- B. **Description of Penobscot Nation.** The Penobscot Nation has existed since time immemorial in the State of Maine, particularly in the central and coastal areas. The Nation was federally recognized in 1979, it has approximately 2,400 enrolled members, and the seat of its government is located on Indian Island on the Penobscot Nation Reservation. In 1980, the Nation entered into a settlement with U.S. government and the State of Maine to compensate for sales and transfers of land conducted in violation of the federal Non-Intercourse Act of 1780. The resultant Maine Indian Settlement Act ("Act") ratified the illegal transfers, established the terms of the relationship of the Nation to the United States, and authorized the enactment of the State of Maine's Act to Implement the Maine Indian Claims Settlement Act, 30 M.R.S.A. § 6201 et seq. (hereinafter "MIA"). The MIA governs, in part, the Nation's regulatory and adjudicatory jurisdiction and relationship to the State of Maine.

The Penobscot Nation Judicial System, comprised of the Tribal Court (trial court) and the Court of Appeals, was established by a vote of the Nation's legislature, the General Meeting, on September 27, 1979. For the last four decades, the Tribal Court has functioned as a court of general jurisdiction within the parameters of the Act and the MIA. Planning for the Adult Healing to Wellness Court Program ("HTWC"), a division of the Tribal Court, began in 1999. The HTWC became fully operational in 2011 with the support of a U.S. Department of Justice, Bureau of Justice Programs grant. In 2014, an unfunded pilot program, the Juvenile Healing to Wellness Court (JHTWC) was undertaken. A U.S. Department of Justice, Office of Juvenile Delinquency and Prevention Programs grant in 2015 funded the establishment of a formal JHTWC.

- C. **Project Period:** The project period for which consulting services are needed is May 18, 2018 to September 30, 2018. By written agreement of the Nation and the consultant, the period may be extended.

## **II. SCOPE OF SERVICES.**

The Offeror shall be readily available to perform the following services, as requested by the Judicial System Director, the JHTWC multidisciplinary team, and/or the Penobscot Nation Chief and Tribal Council:

- A. Assess the current operations, policies, and procedures of the existing JHTWC utilizing the "Tribal Ten Key Components" developed by the National Association of Drug Court Professionals (NADCP) and draft a report of findings and recommendations;
- B. Assist the HTWC team to make the recommended improvements, including revising its policies and procedures to conform with the "Tribal Ten Key Components," in order to improve juvenile participant outcomes;
- C. Develop a community and school outreach plan in order to create awareness of the JHTWC's services and benefits; and
- D. Design and implement a data collection system to support improved court processes and participant benefits.

Offeror shall be prepared to submit monthly detailed billing statements for all services billed at an hourly rate, if any, broken down into time increments of tenths of an hour. It is anticipated that most of the work and meetings can be completed through remote means and therefore Offeror should budget for two (2) in-person meetings at Indian Island, Maine during the project period. Travel expenses should be estimated based on prevailing General Services Administration (GSA) rates

## **III. PROPOSAL CONTENTS.**

The Offeror, in its proposal, shall, as a minimum, include the following:

- A. **Cover Page.** A cover page, including the Request for Proposal Title, due date, name, address, telephone number, fax number and email address of the submitting person.
- B. **Approach.** A technical approach, which describes how the tasks outlined above will be carried out.
- C. **Consultant(s).** Resumes of all consultants who would be involved in the project.

- D. **Experience.** Description of Offeror's experience working with or consulting for Juvenile Healing to Wellness Courts, or similar relevant experience that would qualify Offeror to provide the desired consulting services.
- E. **References.** Names, addresses, contact persons, email addresses and telephone numbers of at least two clients, preferably including clients similar to the Penobscot Nation, whom we can contact as references.
- F. **Conflict of Interest.** The Offeror must disclose any potential conflict of interest that might arise if they were to accept an award of a contract with the Penobscot Nation and the Penobscot Nation Judicial System.
- G. **Price.** The Offeror's proposed price should include information on the hourly billing rates of each consultant who is expected to work on this project and charges for expenses, if any. A consultant's daily rate may not exceed \$650.00 per day (\$81.25 per hour). The total cost of the consulting services, including on-site travel expenses, shall not exceed \$28,000.00.

#### **IV. SUBMISSION OF PROPOSALS**

- 1. **Closing Submission Date.** Proposals must be submitted no later than **4:00 p.m. Eastern Standard Time) on May 4, 2018.**
- 2. **Conditions of Proposal.** All costs incurred in the preparation of a proposal responding to this RFP will be the responsibility of the Offeror and will not be reimbursed by the Penobscot Nation.
- 3. **Instructions for Submission of Proposal.** Proposals should be submitted to:

**Jill E. Tompkins**  
**Director, Penobscot Nation Judicial System**  
**12 Wabanaki Way**  
**Indian Island, ME 04468-1254**

[jill.tompkins@penobscotnation.org](mailto:jill.tompkins@penobscotnation.org)

Electronic versions preferred.

#### **V. INDIAN-OWNED ECONOMIC ENTERPRISE PREFERENCE.**

Preference will be given to American Indian or Alaska Native Offerors and to 51% Indian-owned organizations or Economic Enterprises. An "Indian Owned Enterprise" means any Indian-owned commercial or business activity established or organized for the purpose of profit, provided that such Indian ownership shall constitute not less than 51% of the enterprise and that ownership shall encompass active operation and control of the enterprise. The Nation shall give preference

to an individual American Indian or Alaska Native Offeror or to a 51% Indian-owned business so long as the bid by this enterprise does not exceed the lowest bid submitted by more than five percent (5%). Any Offeror claiming Indian preference shall give evidence to the Nation to support its claim. The Nation does not have to accept the lowest bid or Indian-owned business' bid when differences exist in Offeror's qualifications, record of past performance, and compliance with public policy.

## **VI. RIGHT TO REJECT.**

The Penobscot Nation reserves the right to reject any and all proposals received in response to this RFP. A contract for the accepted proposal will be drafted based upon the factors described in this RFP and in accordance with the Nation's Procurement Policy. Selection is also dependent on the negotiation of a mutually acceptable contract between the Offeror and the Nation.

## **VII. NOTIFICATION OF AWARD.**

It is expected that a decision selecting the successful Offeror will be made within two (2) weeks of the closing date for the receipt of proposals. Upon conclusion of final negotiations with the successful Offeror, all Offerors submitting proposals in response to this Request for Proposal will be informed, in writing, of the name of the successful Offeror. It is expected that the contract shall be for the period of May 18, 2018 through September 30, 2018 unless commenced earlier or extended by mutual agreement of the parties and the availability of funding.

## **VIII. INQUIRIES.**

Inquiries concerning this Request for Proposals may be made to

Jill E. Tompkins  
Director, Penobscot Nation Judicial System  
12 Wabanaki Way  
Indian Island, ME 04468-1254

Telephone: (207) 745-6916

Email: [Jill.Tompkins@penobscotnation.org](mailto:Jill.Tompkins@penobscotnation.org)

# NOTICE OF PUBLIC HEARING

A public hearing will be held to take any questions and comments on the **Fiscal Year 2018 Penobscot Nation General Fund Budget**.

Where: Nicolas Sapiel Jr. Building, Council Chambers

When: Thursday, April 26, 2018

Time: 6:00PM – 7:00PM

The General Fund budget and any comments received will be presented at the Tribal Council meeting on May 1, 2018.

Thank you

## **MUD SEASON GATES**

**As of  
March 30, 2018**

It's that time of year again; we will be closing mud-season gates over the next several weeks. We expect to have all the gates open prior to Memorial Day.

### **Alder Stream**

- North Road Gate – Closed
- South Road Gate - Closed

### **Mattamiscontis**

- The IP Gate at the Lincoln exit - Open
- Gate at the end of Seboeis Road – Open

### **Matagamon**

- The Boy Scout Road Gate - Open

**T2R8 (South Branch Lake Area) – Open**

**T1R6 (Grindstone) – Gate on Route 11 Open**

### **Carrabassett Valley**

- Both gates on the Carriage Road - Closed
- Huston Brook Gate - Closed
- Poplar Mtn Road – Closed

**Williamsburg (KI Tract New Gate ) - Open**

We update this information on the Natural Resources Web page under announcements <https://www.penobscotnation.org/departments/natural-resources/dnr-announcements>



**PTRRPBoard**

## Penobscot Tribal Rights and Resources Protection Board

The Penobscot Tribal Rights and Resources Protection Board (PTRRPB), serves as the governing body responsible for review and oversight of all research conducted by non-tribal members involving Penobscot Nation cultural resources, including the Nation's history, customs and beliefs and their expressions in all forms, people, and Penobscot community intellectual rights. The Board shall be the lead entity to develop and guide the Penobscot Nation's research agenda.

### Board Application

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

What are the reason why you want to serve on this committee?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

For more questions on this board please contact:

James Eric Francis Sr. (207) 852-2807 or [james.francis@penobscotnation.org](mailto:james.francis@penobscotnation.org)

PLEASE SUBMIT COMPLETED APPLICATIONS TO THE CHIEF'S OFFICE

# Cultural appropriation

From Wikipedia, the free encyclopedia

**Cultural appropriation**, often framed as **cultural misappropriation**, is a concept in [sociology](#) dealing with the adoption of the elements of a [minority culture](#) by members of the [dominant culture](#).<sup>[1][2][3]</sup> It is distinguished from equal cultural exchange due to the presence of a [colonial](#) element and imbalance of power.<sup>[4][3]</sup> Cultural (mis)appropriation is often portrayed as harmful in contemporary cultures, and is claimed to be a violation of the [collective intellectual property](#) rights of the originating, minority cultures, notably [Indigenous](#) cultures and those living under colonial rule.<sup>[2][5][6]</sup> Often unavoidable when multiple cultures come together, cultural exchange, as well as misappropriation, can include using other cultures' cultural and religious traditions, fashion, symbols, language, and songs.<sup>[7][8][9]</sup>

According to critics of the practice, cultural (mis)appropriation differs from [acculturation](#), [assimilation](#), or cultural exchange in that this (mis)appropriation is a form of [colonialism](#): cultural elements are copied from a minority culture by members of a dominant culture, and these elements are used outside of their original cultural context—sometimes even against the expressly stated wishes of members of the originating culture.<sup>[3][10][11][12][13][14]</sup>

Often, the original meaning of these cultural elements is lost or distorted, and such displays are often viewed as disrespectful, or even as a form of desecration, by members of the originating culture.<sup>[10][15][16][17]</sup> Cultural elements which may have deep meaning to the original culture may be reduced to "[exotic](#)" fashion or toys by those from the dominant culture.<sup>[10][11][18]</sup> Kjerstin Johnson has written that, when this is done, the imitator, "who does not experience that oppression is able to 'play', temporarily, an 'exotic' other, without experiencing any of the daily discriminations faced by other cultures."<sup>[18]</sup> The African-American academic, musician and journalist [Greg Tate](#) argues that appropriation and the "fetishizing" of cultures, in fact, alienates those whose culture is being appropriated.<sup>[19]</sup>





## ***Health Care Decision-Making & Estate Planning for Penobscots Workshop Series***

**April 29, 2018 – 10:00 a.m. at  
Penobscot Nation Tribal Court, 6 Down Street**

### **WORKSHOP TOPICS: Collecting the Information to Start Planning & Advance Directives and Powers of Attorney**

Through a partnership of the Penobscot Nation Tribal Court and Pine Tree Legal Assistance, we are holding a series of free Community Workshops to assist tribal members to protect themselves and their families, plan for future health care decision-making, and determine how their personal property and land interests will be distributed after they pass on. This workshop focuses on helping you collect the information you need to start planning. It also will provide information on powers of attorney and the "advance directive" (also known as a living will), which is a document to tell your physician and others what medical care you want to receive if you become too sick in the future to tell them what you want.

*For additional information, contact Jill at 745-6916 or at [jill.tompkins@penobscotnation.org](mailto:jill.tompkins@penobscotnation.org).*

## **Penobscot Nation Health Dept. Updates**



- The Health Department will be closed Friday, April 6<sup>th</sup> to allow for its 2<sup>nd</sup> Quarter All-Staff Training, which will include Trauma training and staff CPR certifications. Please plan accordingly.



- The Dental Department will be closed for all services except emergencies from April 4 – April 10 while the new Electronic Dental Record and Digital Imaging are installed. Services will resume April 11<sup>th</sup> when they GO-LIVE with new electronic records.



- Please welcome Dr. Becker, our new temporary provider, who will be providing same-day services here at the Health Department for the next 3 months.

**St. Anne's/Penobscot Food Pantry**  
**OPEN**

TWICE a month. Food also available on an  
EMERGENCY basis.

**9:00 am – 10:00 am Senior's ONLY**  
**10:00 am – 12:00 pm General Public**

**April 2, 2018**  
**April 20, 2018**  
**May 7, 2018**  
**May 25, 2018**  
**June 4, 2018**  
**June 22, 2018**

***You must meet the income guidelines  
to be eligible to receive food and you  
will need to sign a eligibility form.***

***Call DHS at 817-7492 for more information***  
**Please bring your own bags**

DEVELOPMENTAL SCREENING  
&  
PRE-KINDERGARTEN REGISTRATION  
(4-yr old Program)  
for the 2018-2019 school year

Indian Island School  
Thursday, April 5, 2018  
9:00 AM – 2:00 PM  
at the school

Please call 827-4285 for an appointment.

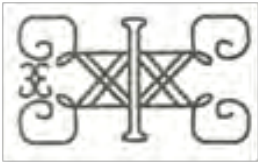
Children should accompany parents to registration in order to  
participate in screening.

*You must bring the following paperwork for pre-K registration to the  
screening:*

Official birth certificate  
Record of immunizations  
Any one of A or B:

- A. Federally-recognized Tribal Enrollment Certificate
- B. Two proofs of residency (i.e. *current* electric or phone bill,  
income tax return, or payroll stub with Island mailing address;  
vehicle or voter registration;  
or a signed letter from Department of Trust and Responsibilities)

**For 0-3 year development screening, please contact:  
Child Development Services  
947-8493**

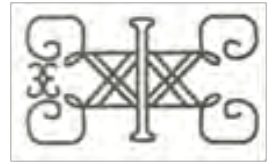


# WABANAKI YOUTH in SCIENCE (WaYS)

*Integrating Technology, Science and Traditional Culture*

## Newsletter

Spring 2018



### **Upcoming Events: - Mark your calendars!**

*Spring Mini Camp May 4-6; Wilderness Pines, Monticello Maine*

*Earth Camp—July 9-13, 2018—Location To Be Determined*

*It has been a bit of time since WaYS has had a newsletter. We have been incredibly busy! Even so, please keep in mind if you know of a Native youth that would be interested in the WaYS program or if you are a Native youth interested in becoming a part of the WaYS program, please contact John Neptune, Tish Carr or your tribal Education Director!*

## **INTERNSHIPS! INTERNSHIPS!! INTERNSHIPS!!!**

### **Turtle Survey on the North Branch of Meduxnekeag River**

Dave Putnam (University of Maine Presque Isle) is looking for high school and college students to help with a complete survey of the North Branch of the Meduxnekeag River to determine the presence, general population density, and locations of possible wood turtle clusters within the drainage. The overall objective is to assist Maine Department of Inland Fisheries and Wildlife to complete their statewide assessment of wood turtle population. The project is planned to be conducted on Fridays and Saturdays in May and the first half of June. Students will record all captured or observed turtles, including water and air temperatures, habitat, gender, carapace length, and take carapace and plastron photographs of captured turtles. Turtles will be released exactly as they were found following recording procedures. We will also make observations about glacial and fluvial geomorphology, and record any evidence of archaeological material that we may encounter. If you are interested, please contact Cara O'Donnell (water@maliseets.com) or Tish Carr (waysprogram@gmail.com).

### **Maine Coastal Shell Middens**

Alice Kelly (University of Maine Orono/School of Earth and Climate Sciences) has developed an exciting research program on Maine's shell middens — mapping, investigating, preserving them. Her work would be fascinating to students with an interest in the natural sciences and/or archaeology, and it could be a natural fit for collaborating with TEK mentors from the Wabanaki community. Alice is already working with community organizations in Damariscotta and has made some waves in the news. Here are some links to see what this is all about!

<https://www.nytimes.com/2017/10/19/science/native-americans-shell-middens-maine.html>

<http://www.islandinstitute.org/working-waterfront/ancient-shell-middens-speak-climate-and-culture>

<https://bangordailynews.com/2017/11/15/homestead/citizen-scientists-may-help-save-maines-ancient-garbage-piles/>

### **Marine Sedimentation Studies**

Katherine Allen (University of Maine Orono/School of Earth and Climate Sciences) has projects in the marine sedimentology and stable isotope laboratories. There are two main projects in which the student/s will be involved, depending on interest: 1) Investigating Maine's water cycle through stable isotope analysis, and 2) Paleoceanography of the Gulf of Maine. To prepare for this work, the student/s will receive lab and field safety training, as well as training in specific methods: field collection of water samples for stable isotope analysis, laboratory training in stable isotope analysis, processing of marine sediment samples, and micropaleontology (fossil identification). Student/s will take weekly water samples from the Penobscot River to monitor composition from winter through the spring runoff and into the summer. They will assist with laboratory analysis of these samples and participate in construction of an online database where data will be stored and eventually shared with the community. The working hours are flexible.

These are just a sampling of internships. Check out WaYS website at:

<https://umaine.edu/nativeamericanprograms/wabanaki-youth-science-program/>

To learn more contact waysprogram@gmail.com or contact info provided to get more information!!

## Student Highlights

### Alexis Ireland

Alexis “Lex” has been a part of WaYS since its inception, when she was a freshmen in high school. Lex had an internship throughout her high school career. Now as a freshmen in college (UMaine, Orono -majoring in Anthropology), Lex is continuing her internship, but in a different capacity at the college level. She will be helping with the after school TEK program and working on the INCLUDES grant . In the Fall, 2017, Lex had an opportunity to travel to a national conference in New Mexico. The presentation topic was tied into WaYS and co-presented with tish carr . She spoke passionately about her experience and what has been some of her best experiences related to WaYS. The presentation garnered second place in the Student Presentation category! Way to go Lex!



tish and Lex at petroglyphs in NM

### Ethan Jacobs

Ethan has been a part of WaYS as long as Lex, beginning when he was a freshmen in high school. Ethan has participated in the internship program from the very beginning. Currently a freshmen in college (UMaine, Orono—majoring in forestry), Ethan has an in internship with the Cooperative Forestry Research Unit working with Dr. Brian Roth. Some of Ethan’s work has looked at the American Chestnut and helping with the development of blight resistant chestnuts. Way to go Ethan!



### Shantel Neptune

Shantel has been a part of WaYS as long as Lex and Ethan. Shantel is currently a junior at University of Maine, Orono majoring in Ecology and Environmental Science. Recently, Shantel was recognized as the “Outstanding student contribution to sustainability research (undergraduate or graduate)”. She received this award for the internship work that she has been doing with Sam Roy. According to Sam *“Shantel is a very dedicated and capable researcher, having proven herself with her work on mapping the loss of riparian zones due to the century-by-century development of dams on the Penobscot River. As a Wabanaki Youths in Science (WaYS) intern, she has shared with us her strong motivations to study changes in these riparian zones and to interpret their significance from an ecological and tribal perspective. Over the summer of 2017, Shantel began drawing valuable connections between tribal knowledge and western science, seeking field sites that are critical from both perspectives and simulating potential changes to these ancient riparian landscapes under different dam decision scenarios. As one of her western science mentors, I continue to be impressed by Shantel’s capacity to find connections between these often disparate worlds and bring them closer. Her work is far reaching in the Future of Dams project, connecting to other similar research interests such as changes in sea-run fish migration and habitat, river flow management and water storage in dams, and shoreline land use and erosion. But just as important, her research is symbolic of a trust between university researchers and the Penobscot Indian Nation that will allow us to build a more holistic understanding of the Penobscot River and its communities.”*



To learn more about WaYS or the opportunities that are available please contact

**John Neptune** Email: [John.neptune@penobscotnation.org](mailto:John.neptune@penobscotnation.org)

Cell: 207.659.3490

**tish carr** Email: [waysprogram@gmail.com](mailto:waysprogram@gmail.com)

Cell: 207.485.0219

# Darryl TONEMAH

## LIVE IN CONCERT

Friday, April 6, 2018

6:00 - 8:00 PM

Sockalexis Hall  
Indian Island



If the Eagles, Steve Earle, Dave Matthews and James Taylor had a lovechild, they would have named him Darryl Tonemah, A singer/songwriter in the purest sense, Tonemah's performances combine the energy of rock, the intelligence of folk, and the heart of country to create a musical niche he calls "Native Americana."

Tonemah retains a deep connection with his roots and a gift for intimate storytelling that has become his trademark. A full-blooded Native American (Kiowa/Comanche/Tuscarora), growing up on and off reservations throughout the country, as well as his "day job" as Dr. Tonemah, has given him a unique perspective that is evident in his song writing.

Monetary donations accepted at the door to support the  
Sipayik Youth Council and Penobscot Nation Youth Program

Sponsored By: Maine-Wabanaki REACH ~ Penobscot Nation ~ Indian Island  
School ~ Wabanaki Health & Wellness ~ Penobscot Nation Health Department  
~ AFSC Wabanaki Program

# UNDERSTANDING SEXUAL VIOLENCE

## SEXUAL VIOLENCE HAPPENS IN EVERY COMMUNITY.

How you understand and talk about it matters. Become an agent for change by using your voice to shift how others think about and react to this critical issue.

### WHAT IS SEXUAL VIOLENCE?

- Sexual violence is any type of unwanted sexual contact - including sexual assault and rape.
- This can include words and actions like sexual harassment, catcalling, and nonconsensual sharing of private images such as "revenge porn."

### SEXUAL VIOLENCE IMPACTS EVERYONE

- Nearly 1 in 5 women and 1 in 67 men in the U.S. have experienced rape or attempted rape some time in their lives (Smith et al., 2017).
- Anyone can experience sexual violence, including children, teens, adults, and seniors.

### VICTIMS OFTEN KNOW THE PERSON WHO SEXUALLY ASSAULTED THEM

- People who sexually abuse can be family members, friends, romantic partners, or other trusted individuals.
- They may use coercion, manipulation, threats, or force to commit sexual violence.

### VICTIMS ARE NEVER TO BLAME

- It doesn't matter what someone was wearing, how they were acting, if they were drinking, or what type of relationship they had with the person who abused them.

### SEXUAL ASSAULT IS OFTEN NOT REPORTED

- A person may not report what happened for many reasons, including:
  - Concern they won't be believed
  - Shame or fear of being blamed
  - Fear of retaliation
  - Pressure from others
  - Distrust of law enforcement



### HEALING AND JUSTICE LOOK DIFFERENT FOR EVERY SURVIVOR

- A survivor may or may not choose to move forward with the criminal justice system.
- Healing is an ongoing process. Everyone heals in their own time and their own way.

### YOU CAN SUPPORT SURVIVORS

- Chances are you know someone who has experienced sexual violence even if they haven't told you.
- They are listening to how you talk about the issue, and hearing that you understand and believe survivors may help them feel safe.

### EMBRACE YOUR VOICE

- Sexual violence thrives when it is not taken seriously and victim blaming goes unchecked.
- Your voice is essential in setting the record straight on sexual violence.

Smith, S. G., Chen, J., Basile, K. C., Gilbert, L. K., Merrick, M. T., Patel, N., ... Jain, A. (2017). *The National Intimate Partner and Sexual Violence Survey (NISVS): 2010-2012 state report*. Retrieved from the Centers for Disease Control and Prevention, National Center for Injury Prevention and Control: <https://www.cdc.gov/violenceprevention/pdf/NISVS-StateReportBook.pdf>



# Casting Call



High School Students

Monday, April 30th at 6:30 pm

Tribal Court (St. Ann's Parish Hall)

Do want to be involved in a community project and make a difference in the community?

Do you want to get paid for your efforts?

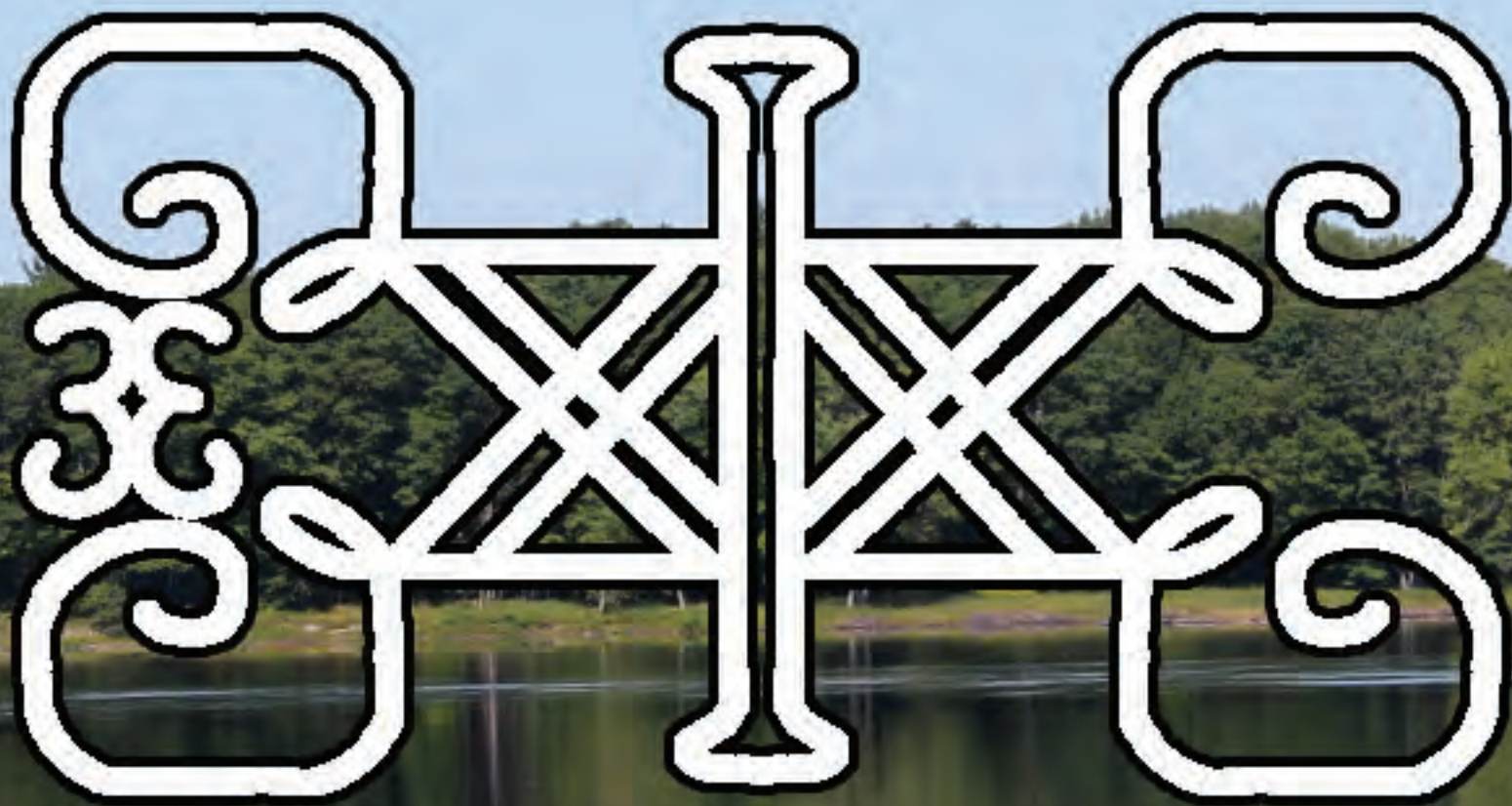
\$\$\$\$\$\$

We are looking for high school students who are interested in being actors and screenwriters!

**The project:** Create a Penobscot youth-led video raising awareness of health and life consequences of alcohol and other substance misuse.

Contact: Jill Tompkins for more information

[jill.tompkins@penobscotnation.org](mailto:jill.tompkins@penobscotnation.org)



## **Wabanaki Confederacy Committee Meeting**

April 5th @ 5:00PM (Nick Sapiel Conference room)

April 19th @ 5:00PM (Nick Sapiel Conference room)

The bundle has returned to Panawahpskek (Penobscot Nation). We are calling on community members for your support and committed participation in making this event happen.

Hope to see you there. kamač wəliwəni



Al-Anon meeting  
every **Wednesday** at 7:00 p.m.  
at Mawikamik<sup>w</sup>  
(St. Ann's Parish Hall)  
6 Down Street, Indian Island



Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. Our primary purpose is to stay sober and help other alcoholics achieve sobriety.



Al-Anon is a support for people who have been affected by someone else's drinking. Those people are parents, children, spouses, partners, brothers, sisters, other family members, friends, employers, employees, and coworkers of alcoholics. No matter what our specific experience has been we share a common bond: we feel our lives have been affected by someone else's drinking.

AA meeting every Friday at  
8:00 p.m. at Mawikamik<sup>w</sup>  
(St. Ann's Parish Hall)  
6 Down Street, Indian Island

# 50/50 RAFFLE

To benefit



**alənpak kkihkan**  
**THE PEOPLES' GARDEN**

*This is a volunteer effort to provide the community with more access to fresh vegetables*

A list of items in need at the Greenhouse

Soaker hoses, Soil, Seeds, Row covers, Stakes, Trellises, plant nutrients

*Join us on our Facebook page for information about gardening together*

Tickets are 1 for \$1, 7 for \$5

**DRAWING ON May 1**

You can purchase tickets from Tami Connolly 631-9601, Maria Girouard 852-2541

***Thank you for your support***

*\* Photo courtesy by Barbara Moore*



# pənotaməwí-kisohts

("month of laying eggs" owls and eagles)

## Pənawəpskewətəwe (Speak Penobscot) Language Classes

Every Tuesday and Thursday | 10am Carol Dana & 11am Gabe Paul  
Culture & Historic Preservation Dept., 2 Sarah Springs Lane, Indian Island, ME

## Pənawəpskewətəwe Wikəwəwok (Speak Penobscot in the Home)

Every Wednesday evening from 5-6:00pm at C&HP Dept.

## Alənapətəwahtine (let's speak native) Language Gathering

Please join us for an afternoon of stories, activities, and songs in the Wabanaki dialects. We will be hosting these gatherings every last Sunday of the month. Coffee and light refreshments will be provided. Please come and share your knowledge.

Sunday, April 29<sup>th</sup> | 12:00pm – 4:00pm | Indian Island Boat Landing Facility

## Alintolətine (let's sing)

Coming together to share songs and help each other learn. Bring a drum or shaker.

Monday, April 23<sup>rd</sup> | 12:00pm-1:00pm | Boat Landing Pavilion

## Men's Gathering

April 24<sup>th</sup>

Every last Tuesday of the month @ 5:30pm Boat Landing Facility

"gathering to support each other and the community"

Join us around the fire. Contact: [gabe.paul@penobscotnation.org](mailto:gabe.paul@penobscotnation.org) OR Kyle Lolar 952-1582

## Community Sweatlodge











Sweatlodge will be held every last Thursday of the month.

Thursday, April 26<sup>th</sup> | 6:00pm | PN Tribal Court yard

mačé-sik<sup>w</sup>an. kənotawək ssipsak? *aha, eči-wəlihtak<sup>w</sup>əsolatihətit!*  
(məjeh-ze gwun. g'nooda-wugk sip-suck? *aha, ejee-w'lee tugw'zol deeh did.*)  
Spring is starting. Do you hear the birds? *Yes, they sound so beautiful!*

Questions? [gabe.paul@penobscotnation.org](mailto:gabe.paul@penobscotnation.org) / [carol.dana@penobscotnation.org](mailto:carol.dana@penobscotnation.org)

# April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Pineapple chicken Brown rice Peas Fruit	3 Lentil & turkey sausage Beets Fruit	4 Sheppard's pie Green beans Pudding	5 Turkey & cheese sandwich w/ lettuce & tomato Onion soup Fruit	6 Ham, onion and peppers pizza Tossed salad Fresh Fruit	7 
8 	9 American Chop Suey Wheat bread Fruit	10 Toasted ham & cheese Mixed vegetable Fruit	11 Steak and gravy Mashed potato Green beans Pudding	12 Vegetable bean soup Wheat Bread Fruit	13 Chicken, Rice & Broccoli Casserole Tossed salad Fresh Fruit	14 
15 	16 Baked beans w/ hot dogs, onion & peppers Corn bread Fruit	17 Egg salad sandwiches Vegetables w/ Dill dressing Fruit	18 Beef & broccoli Brown rice Carrots Pudding	19 Pea Soup w/ vegetables Fruit	20 Chef Salad Yogurt Blueberry Cake	21 
22 	23 Grilled cheese, rolled turkey, Tomato soup w/ spinach Fruit	24 Pasta w/ oven roasted vegetables Fruit	25 Meat Loaf Gravy Brown Rice, Tossed salad Pudding	26 Creamy lentil soup Wheat bread Fruit	27 Chicken Taco Salad Fresh Fruit	28 
29 	30 Tuna Sandwich w/ lettuce, tomato, onion Fruit	1% milk available at Senior Meal site	Menu subject to change without notice			

# Indian Island Property for Sale

## House Features:

3 Bedrooms

1 Bathroom

Attic

1,265 sq. feet of living space

Hardwood Floors

Radiant Heat

Solar hot water system



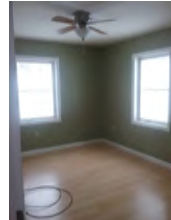
## Property Features:

1/4 Acre Lot

Located close to tribal services  
and community facilities

**Don't let this  
opportunity pass  
you by!**

Call 207.866.6545



## OPEN HOUSE

**Saturday April 21, 2018**

**10:00 a.m. to 2:00 p.m.**

**20 Sussep Lane**—This energy efficient home is easy walking distance to the school, elder center, tribal offices, cultural and ceremonial areas, and to the water. This house could easily become your new home!

Contact us for more information.

Rachel Mathieson

Housing Program Manager

FOUR DIRECTIONS DEVELOPMENT CORPORATION

[rmathieson@fourdirectionsmaine.org](mailto:rmathieson@fourdirectionsmaine.org)

207.866.6545



**FOUR DIRECTIONS**  
DEVELOPMENT CORPORATION

# YOUTH PROGRAM

## NEWSLETTER



Photographs by, Martin Neptune

### DECEMBER 2017

We had an amazing time celebrating with the community at the youth Christmas party! Over 200 attended this year's party, which shows how much our community cares about our youth. We had tribal departments assist in decorating, donating, and setting up activity tables for all ages to enjoy. Thank you to all the tribal departments' who helped make the party such a success. The Youth Program would like to give a huge thank Andrea Meietkiewicz for donating a beautiful Christmas tree and Don Cramer for the handmade wooden rocking horse. Both were very much appreciated! During the party, we took a moment to celebrate two of our youth who are proving to be incredible role models through their own ways of giving back. Carmella Bear raised money for the second year in a row for a local homeless shelter and Damon Galapeau donated moose meat to our seniors on the reservation. These young youth are already great leaders in our community.



**Holiday break highlights!** During the December break the Youth program went on local trips! We went to the movies to watch Star Wars, which everyone enjoyed! Our trip to the Alford ice skating arena was a blast. Everyone was very anxious, but rocked it on the ice! The last day of break we went bowling and had a pizza party at the Old Town Bowling Alley.

## JANUARY 2018

Happy New Year! With 2017 in the books we look forward to a new year. The youth and staff have stayed busy with numerous planned activities and crafts. We have painted pinecones to look like pine apples, made many creations out of construction paper, and the creative list will go on. This winter we have had a lot of time indoors, but have been able to use the school gym to keep active! Our youth have worked on sharpening their basketball skills quite a bit this month!

We have great educational presenters who have been coming in weekly teaching the youth about their culture. These activities have been reading traditional stories, braiding sweet grass and learning how to make sweet braids into angels and wreaths. Thanks to Abbey McCarthy coming in we have learned a lot of healthy food choices and fitness.

## FEBRUARY 2018

What a month February has been so far! We are continuing to have a blast with the youth who attend daily! Our favorite activity this month is making slime of all kinds. We have made sand slime, fluffy slime, galaxy slime and glow in the dark slime. It was an awesome month to be able to attend and watch the Indian Island middle school girls and boys basketball team home games play this season. The Indian Island middle school hosted this year's basketball tournaments. The Boys team went from the 4<sup>th</sup> seed to the Championship game and won! The youth program was in attendance to support their home team pull off an amazing victory within the last 12 seconds! Congratulations to the team, coach John Neptune, and assistant coach Jason Sockbeson in a terrific season!

## INDIAN ISLAND WARRIORS 2018 CHAMPIONS



## INTERTRIBAL YOUTH WINTER GAMES 2018

The Penobscot Nation had another great winter break with intertribal youth. The Aroostook band of Micmac's, Houlton Band of Maliseet's, and Passamaquoddy's traveled to be part of the activities. We had many great presenter discuss issues that face each of our communities to promote awareness. Throughout the week our youth enjoyed outdoor snow snakes, indoor games, football, and a fun basketball tournament! The youth had a blast at Playland Adventures this year, thank you Sharon Tomah and Denise Altvater! To end our terrific week we had a delicious spaghetti supper with Scott Sockbasins famous sauce. To finish the youth had a Dance with a professional DJ! All of the youth who came were entered into a raffle with lots of great prizes donated by the Domestic Violence department! We hope the youth left this week feeling positive in their roles in their communities and with stronger ties to other tribal communities!



## UPCOMING

- Traditional Ecological Knowledge with Ben Stevens
- Health and Nutrition with Abbey McCarthy
- Traditional Knowledge with Kyle Lolar

## NOTICES

***\*THE YOUTH PROGRAM WILL BE CLOSED APRIL 6<sup>TH</sup>.***

***\*During April vacation April 16<sup>th</sup> – 20<sup>th</sup> we will be open from 8:00am-5:00pm at the Sockalexis Arena.***

*Currently our daily activities are located at the Indian Island middle school in the cafeteria. A huge kudos to the entire school staff for having us!*

## CONTACT INFORMATION

- John Neptune: 207-659-3490
- Youth Program #: 207-735-5272

- Brittney Fields: 207-217-1906
- Youth Aids: Alexis Ireland & Kirsten Nicolar

# Alcohol Use and Your Health

Drinking too much can harm your health. Excessive alcohol use leads to about 88,000 deaths in the United States each year, and shortens the life of those who die by almost 30 years. Further, excessive drinking cost the economy \$249 billion in 2010. Most excessive drinkers are not alcohol dependent.

## What is considered a “drink”?

### U.S. Standard Drink Sizes



**12 ounces**  
5% ABV beer



**8 ounces**  
7% ABV malt liquor



**5 ounces**  
12% ABV wine

(examples: gin, rum,  
vodka, whiskey)



**1.5 ounces**  
40% ABV (80 proof)  
distilled spirits

## Excessive alcohol use includes:



### Binge Drinking

For women, 4 or more drinks  
consumed on one occasion

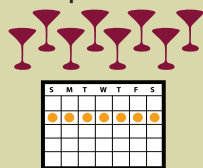


For men, 5 or more drinks  
consumed on one occasion



### Heavy Drinking

For women, 8 or more drinks  
per week



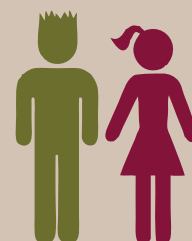
For men, 15 or more drinks  
per week



### Any alcohol used by pregnant women



### Any alcohol used by those under the age of 21 years



## If you choose to drink, do so in moderation:



**DON'T DRINK AT ALL** if you  
are under the age of 21, or if  
you are or may be pregnant,  
or have health problems  
that could be made worse by  
drinking.

**FOR WOMEN**, up to  
1 drink a day



**FOR MEN**, up to 2  
drinks a day



**NO ONE** should begin drinking  
or drink more frequently based  
on potential health benefits.

National Center for Chronic Disease Prevention and Health Promotion  
Division of Population Health



Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking. Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems.

## Short-Term Health Risks

### Injuries

- Motor vehicle crashes
- Falls
- Drownings
- Burns

### Violence

- Homicide
- Suicide
- Sexual assault
- Intimate partner violence

### Alcohol poisoning

### Reproductive health

- Risky sexual behaviors
- Unintended pregnancy
- Sexually transmitted diseases, including HIV
- Miscarriage
- Stillbirth
- Fetal alcohol spectrum disorders (FASDs)



## Long-Term Health Risks

### Chronic diseases

- High blood pressure
- Heart disease
- Stroke
- Liver disease
- Digestive problems

### Cancers

- Breast
- Mouth and throat
- Liver
- Colon

### Learning and memory problems

- Dementia
- Poor school performance

### Mental health

- Depression
- Anxiety

### Social problems

- Lost productivity
- Family problems
- Unemployment

### Alcohol dependence

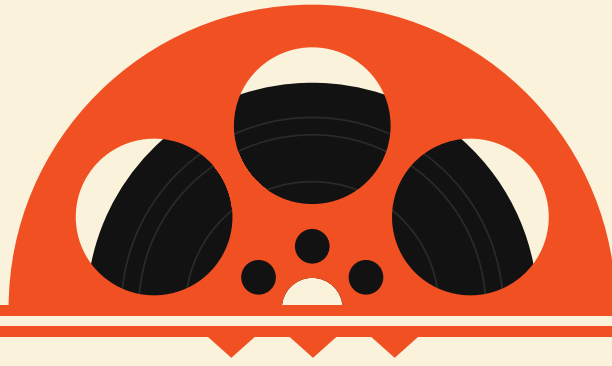


THE PENOBSCOT NATION YOUTH PROGRAM  
WOULD LIKE YOU TO SAVE THE FOLLOWING DATE!  
PLEASE JOIN US FOR A BEACH/TROPICAL THEMED  
CHILDREN'S DAY!  
JOIN US FOR FOOD, ARTS/CRAFTS AND GAMES

WHEN: APRIL 26, 2018

TIME: 4:00-6:00PM

LOCATION: SOCKALEXIS ARENA



# COMMUNITY MOVIE PREMIERE

MONDAY APRIL 16TH

featuring

## DAWNLAND

A story of stolen children and cultural survival: inside the first truth and reconciliation commission for Native Americans.

SENIOR MEAL SITE-HEALTH CLINIC | 4:30-7:30PM

**FREE ADMISSION**

*Film screening followed by a discussion and dinner*

sponsored by

MAINE-WABANAKI REACH and UPSTANDER PROJECT

CONTACT: ALIVIA JEAN @ 207.416.4564

[DAWNLAND.ORG](http://DAWNLAND.ORG)



# Community Notices



## DEPARTMENT OF PUBLIC SAFETY

Emergency: 827-7188  
Business: 827-6336 (Dispatch)  
Chief of Police: 817-7358



### NOTICE TO ALL HOUSING TENANTS

After business hours and on weekends any tenant who has an EMERGENCY (for example, the furnace has quit), please call the dispatcher at Public Safety at 827-6336. If this procedure is not followed, the tenant will be responsible for any charges for the service(s) performed.

-Penobscot Nation Housing Department

### OPEN HOUSE

Saturday April 21, 2018  
10:00 a.m. to 2:00 p.m.

20 Susep Lane – This energy efficient home has 3 bedrooms, 1 bathroom, a small attic, 1265 square feet of living space, hardwood floors, radiant heat, and a solar hot water system. The home is located on a ¼ acre lot and is close to tribal services and community facilities. There will be bid packets available to pick up at the Open House. Please call Four Directions at 866-6545 if you are unable to attend the Open House and we will mail you a bid packet on or after April 21, 2018. The deadline for submission of bids is May 15, 2018.

### INTERESTED CONTRACTORS

DNR has several projects scheduled for the 2018 construction season

1. Mattamiscontis – 1 Bridge
2. South Branch – 2 Stream crossings, possible road work
3. Lakeville – 1 stream crossing
4. Matagamom – possible road work

If you are interested in any of these projects please contact Russ Roy 817-7339 or Dan McCaw 817-7377. We will provide more information as it becomes available.

## EMPLOYMENT OPPORTUNITIES

Employment opportunities can be viewed on the home page of the Penobscot Nation website: [www.penobscotnation.org](http://www.penobscotnation.org) and under Department “Human Resources” page titled “Employment Opportunities.” The applications are listed on the website and they can also be obtained outside the Human Resources Department at the Nicholas Sapiel, Jr. building at 27 Wabanaki Way. Please be sure to complete the entire application. If you have any questions, please do not hesitate to contact Andrew Tomer at 817-7306.

-Thank You!

Penobscot Senior Trip  
High Stakes Bingo  
Township  
Sunday April 29

This may be a carpool trip. If it is a car pool trip, cars traveling to Township with 4 seniors will be given gas money.

Cost to Penobscot seniors is \$25, one third of the actual price! The \$25 fee must be paid before April 15. If the \$25 is not paid before the 15th then that senior will be removed from the list. Seniors must be signed up by April 7. The sign up sheet is at the senior meal site.

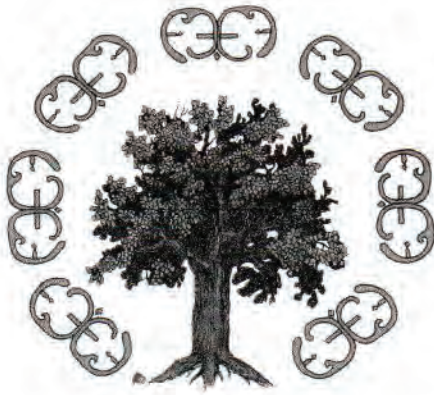
Looking to rent a 2-3 bedroom space (apt. or home) that accepts a dog too for myself and 2 school age boys, preferably on the Island, but could rent in the vicinity. I can begin renting from this July 2018 thru July 2019. Rebecca Sockbeson 780-266-2439 (text only please) or email me at [rss5@ualberta.ca](mailto:rss5@ualberta.ca)

## FOSTER PARENTS

The Penobscot Nation Department of Human Services is currently seeking Community Members interested in becoming Foster Parents. For more information or an application, please contact the Protective Services Specialist at 817-7495

-Woliwoni





**THE DR. EUNICE NELSON-BAUMANN HOME**  
2 Sarah Springs Drive  
Indian Island, Maine 04468  
Tel: (207) 827-0968 Fax: (207) 827-4016

**The Dr. Eunice Nelson Baumann home is currently accepting applications for the position of C.R.M.A. this is a 30-37 hour a week position. Also accepting applications for Relief C.R.M.A**

**Essential Job Functions**

- 1. Provides personal care to residents as indicated by Care Plan**
- 2. Provides housekeeping and laundry services to residents as indicated by Care Plan**
- 3. Provides medication administration as directed by Care Plan**
- 4. Assists in food preparation, meal service and clean up.**
- 5. Assists/facilitates social and recreational activities with residents.**
- 6. Answers telephone, provides information and takes messages.**
- 7. Provides documentation as required by regulation to support on-going assessment of resident needs.**
- 8. Attends staff training sessions**
- 9. Transporting and attending resident's appointments.**
- 10. Menu planning**
- 11. Grocery and resident shopping**
- 12. Monthly M.A.R.**
- 13. Medication ordering**

**Other Related Duties/Responsibilities**

- 1. Abides by all OSHA regulations and other safety requirements.**
- 2. Maintains strict confidentiality of client information.**
- 3. Attends staff meetings as requested.**
- 4. Other related duties as assigned.**

**Interested candidates may pick up an application at the facility. Closing date is April 12.**

**Robyn Sockbeson  
Program Manager**