

OCTOBER 2024

HBMI

# NEWSLETTER

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### **44th annual Metaksonekiyak Community Days are huge success!**

The 44th annual Metaksonekiyak Community Days celebration, held Sept. 7-8, was a resounding success for the Houlton Band of Maliseet Indians.

Marking the first time the tribe has held a two-day event, more than 500 people braved a light, but steady drizzle Saturday, Sept. 7, to take in the drumming, dancing and multitude of vendors on hand.

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## Community Days ....

The Boys and Girls Club of Maliseets kept our youth busy with a number of cultural activities, while Alan St. Jean spent much of Saturday doing ash pounding demonstrations for the public.

On Sunday, Sept. 8, the day began with a community breakfast that was very well attended before the focus shifted back to the Recognition Day field for a second day of drumming, singing and dancing. The nicer weather allowed for the horse shoe and corn hole competitions to be held, while scores of children were able to enjoy the bounce houses.

Ideas are already being considered for next year's 45th anniversary, with an opportunity for members of the community to assist in the planning. Committee work will begin in earnest in January.





# TOURNEY WINNERS



Gail Socoby (right) was the first-place winner of our Robert Polchies Memorial Cribbage Tournament. Gerald Flewelling finished as runner-up. Congratulations!



Congratulations to our winners of the Corn Hole Tournament -- Rick Caron and Sarah Smalley!



Congratulations to the winners of our Horse Shoe Tourney -- Randy Folsom (left) and Ron Caron!



Sarah Smalley donated her trophy and prize to Dickie Tompkins.

## CONGRATULATIONS TO ALL OUR WINNERS!



# October is Domestic Violence Awareness Month



## **Domestic Violence Awareness Month 2024 Calendar of Events**

**October 1:** *Tree Lighting Ceremony-5:30pm  
Advocacy Center, 690 Foxcroft Rd*

\*Drumming

\*Light refreshments will be served.

**October 17:** *DV Awareness Paint & Sip-5pm  
Maliseet Gym, 568 Foxcroft Rd*

\*Adults only. RSVP Required. Only 25 spots

\*5pm-meal provided

\*5:30pm-Painting begins

**October 24:** *27<sup>th</sup> Annual Candlelight Vigil-6pm  
Maliseet Gym, 568 Foxcroft Rd*

\*Giveaways

\*Drumming

\*Meal provided

When posting pics to social media, please use:  
**#WabanakiTogetherWeCan**

**For more information or to RSVP,  
please contact Advocacy Staff at 207-532-6401**



# Elders' Meals

October 2024

Elder Center phone # -- 532-7780

Elder Coordinator -- Danya Boyce

Cook -- Mark Lewis

*Elder Council will meet Thursday, Oct. 3, at 11 a.m. at the Elder's Center.  
All Meals begin at 11 a.m.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 Spaghetti & Meatballs Green Salad w/ choice of dressing Italian Bread Fruit Juice Ice Cream	2	3 Shepherd's Pie Spinach Rolls Cookies	4	5
6	7	8 Sloppy Joes/Rolls Broccoli Macaroni Salad Pies / Cool Whip	9	10 <b>Office Closed for Federal Recognition Day</b>  <b>No Meal</b>	11	12
13	14 <b>Office Closed Indigenous Peoples' Day</b>	15 Chicken Tenders Oven Fries Rolls / Green Beans Cake	16	17 Pork Chops / Applesauce Potatoes / Stove Top Stewed Tomatoes Cupcakes	18	19
20	21	22 Chop Suey Rolls Peas / Carrots Jello Fruit Cups	23	24 Soup & Sandwich Soup of the Day Assorted Sandwich fixings Fruit <b>BINGO Day</b>	25	26
27	28	29 Boiled Dinner: Ham, Potatoes, Cabbage & Carrots Whole Grain Bread Cook's choice dessert	30	31 Meatloaf Potatoes Corn Rolls Brownies 	1	2

## HAPPY HALLOWEEN





# HEATING YOUR HOME



## SOCIAL SERVICES ANNOUNCES HEATING HELP

Social Services will begin accepting LIHEAP applications on October 1st. Please note, we will not be able to process the awards until our funding is received. Also, Tribal Elders will receive elder fuel starting in November. All elders must complete an application for LIHEAP in order to receive the elder fuel. Unfortunately, these programs are only for tribal citizens who live in Aroostook County. The Social Services Department would also like to remind you to keep an eye on your fuel tanks and order fuel when you are low. If you run out of fuel and need a delivery on a day that the company is not scheduled to deliver in your area, the company will charge a fee. The Social Services Department can not pay this fee. Call 532-7260 for more information.

## INSPECT YOUR HOME



## COMMON AREAS OF HEAT ESCAPE

Heat typically escapes through poorly insulated areas, gaps, and openings in your home's structure. According to [The Washington Post](#), these are some of the most common culprits:

1. Poorly insulated ceilings, walls, and floors (31%)
2. Windows and doors (21%)
3. Air ducts (15%)
4. Chimneys and fireplaces (14%)
5. Plumbing and wiring penetrations (13%)
6. Electrical outlets and switch plates (2%)



## USE CEILING FANS IN WINTER

Ceiling fans can be useful in winter. Most of them have a reverse switch that allows the blades to rotate clockwise. This creates an updraft, pushing warm air near the ceiling down into the living space, potentially allowing you to lower your thermostat setting by a degree or two. This should be especially effective in homes with cathedral ceilings, as heated air can gather too high for you to feel. To use ceiling fans effectively in winter, set the fan to rotate clockwise at a low speed. Ensure the blades are angled properly (usually about 12 degrees), and always turn the fan off when you leave the room to reduce power usage.



# Tribal News & Announcements

## VACANCY ANNOUNCEMENT

We are currently looking for a tribal members interested in filling either of vacancies.

•Board of Commissioner to fill a (4) year term.

Anyone interested in seeking either of these positions, should notify Crystal Tucker, Tribal Clerk at the Tribal Administration Office (207) 532-4273 Ext. 204, or email [tribal.clerk@maliseets.com](mailto:tribal.clerk@maliseets.com). Please be sure to include your name and number where you can be reached. All interested individuals will be contacted to schedule an interview with Tribal Council.

CLOSING DATE: Monday, Oct. 7. by 5 p.m. the close of business. If you have any questions contact Crystal Tucker, Tribal Clerk for further details.

## GENERAL MEMBERSHIP NOTICE

General Membership meeting has been scheduled for Sunday November 17, 2024 from 12-3 p.m. The meeting will be held at the Maliseet Community Center located on 568 Foxcroft Road, Houlton, ME 04730

Meeting will be followed by a potluck. Please bring a dish to share. An Agenda will be shared later.

## 2024 TRIBAL ENROLLMENT

*To request a membership application, please call the Enrollment Office at 207-532-4273, EXT 227 or email [enrollment.clerk@maliseets.com](mailto:enrollment.clerk@maliseets.com).*

*Applications are also available at the Administration Office or at [maliseets.net](http://maliseets.net).*

*Each application must include a certified birth certificate with a raised seal. Be advised we do not accept photocopies of this document or hospital issued certificates. Canadian applications must include long form birth certificates.*

*Enrollment occurs in mid-October, with the exact date varying annually. To avoid missing the deadline, please ensure your child's application and certified birth certificate are submitted by the*

**FIRST WEEK IN OCTOBER.**



**DON'T BE  
SCARED ... A  
SHOT TODAY  
KEEPS THE  
FLU AWAY**



**Cold and flu season is upon us -- did it ever really leave? Be sure to get your free flu shot at our Health Clinic to reduce your chances of getting sick.**

*Flu shots are for registered patients of the HBMI Clinic.*

**3 CLOVER CIRCLE  
HOULTON, ME  
207-532-2240**





# BOYS AND GIRLS CLUB



## OCTOBER 2024 Subject to change without notice

TO DO

☐ Inform staff by Monday morning at 9am if your child will be attending & require transportation home

☐ Youth need to come with their backpack & homework, as we have an hour designated for homework

NOTES

Please be aware that while we have an hour designated for homework time, there may be occasions when this period is shortened due to programs/ activities. We highly encourage youth to do their homework during this time. However, if they choose not to, they will still participate in an educational activity such as H.Y.L.A or STEM.

Transportation starts at 5:30pm. Youth need to be picked up by 5:45pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Community Health Education	2 Community Health Education	3 Project Venture WPHW 4pm-5pm	4	5
6	7 T.R.A.I.L	8 Community Health Education	9 Club Closed	10 HBMI Offices closed; Holiday	11	12 Treworgy bus trip
13	14 HBMI Offices closed; Holiday	15 Community Health Education	16 Early Release Pumpkins	17 Project Venture WPHW 4pm-5pm	18	19
20	21 T.R.A.I.L	22 Community Health Education	23 Cookie Decorating	24 Project Venture WPHW 4pm-5pm	25 Haunted Hayride	26 Haunted Hayride
27	28 T.R.A.I.L	29 Community Health Education	30 Club Closed Trunk or Treat 5:30pm-7:30pm	31 Professional Development Club Closed		





# Community Halloween Bash!

## Trunk or Treat!

- CONTESTS
- GAMES
- PRIZES
- CAR/TRUNK DECORATING CONTEST!

### Decorating Contest Prizes:

1st Place \$50 Hannaford Gift Card

2nd Place \$25 Gas Gift Card

3rd Place \$10 Dunkin Gift Card

**When: October 30th 5:30-7:30pm**

**Location: Maliseet Community Center**



**BOYS & GIRLS CLUB  
OF MALISEET**

**SAMHSA**

Substance Abuse and Mental Health