



AUGUST 2025

HBMI

NEWSLETTER

Food Distribution Program celebrates grand opening

On Wednesday, July 23, the Houlton Band of Maliseet Indians celebrated the Grand Opening of its Food Distribution Center at 496 North St., Houlton.

This center will be an alternative source of food for Tribal citizens, or those living in a Tribal household, who meet the income guidelines for the program.

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MARK YOUR CALENDARS!

Our 45th annual Metaksonekiyak Community Days event is coming Sept. 6-7! Be there for two fun-filled, culturally-enriched days of drumming and dancing!



On Your Own

A safe place to work

You have a right to a safe workplace. State law prohibits employers from firing, threatening, or otherwise discriminating against any employee for refusing to perform any assignment that the employee believes will expose him/herself or any other person to the risk of serious injury. However, the employee must first notify the employer of the dangerous condition and ask the employer to correct it.

If you have notified a private employer of the existence of a dangerous condition, and the employer refuses to correct it within a reasonable time, you should report the condition to the U.S. Occupational Safety and Health Administration (780-3178 in Portland, 941-8177 in Bangor; for emergencies, call 1-800-321-6742).

In case of dangerous conditions involving public employers, such as governmental agencies, you should notify the Maine Bureau of Labor Standards and Safety Division in Augusta (624-6400). Public employers, like private ones, are prohibited from taking any action against an employee for reporting a dangerous condition to the authorities.

Unpaid Leaves:

Every employee who has been employed by the same company for 12 consecutive months is permitted under state law to take 10 weeks of unpaid leave over a two-year period to address family or medical needs, unless you are employed at a permanent work site with fewer than 15 employees. If your company employs more than 50 people, and you have worked for the employer for 12 consecutive months and at least 1,250 hours in the previous year, federal law gives you the right to take up to 12 weeks of unpaid leave in a single year.

On Your Own is brought to you each month by our Indian Child Welfare Act (ICWA) department to provide tribal citizens with information on their rights and responsibilities when living on their own.

Grand Opening

The FDPIR program provides USDA foods to income-eligible households for those living on the reservation. The Food and Nutrition Service, an agency of the U.S. Department of Agriculture, administers the FDPIR at the federal level.

The goal of the program is to reduce food insecurity on the tribal reservation; improve nutrition and wellness; improve food quality; increase access to quality food; reduce obesity by eating healthier foods; and educating tribal citizens on proper nutrition.





Elders' Calendar

August 2025

Elder Center phone # -- 532-7780

Elder Coordinator -- Danya Boyce

Cook -- Mark Lewis

All regular meals begin at 11 a.m.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5 Meatloaf w/ gravy Mashed Potatoes Stuffing Stewed Tomatoes Crescent Rolls Ice Cream	6 	7 No Meal Elders returning from Boston trip!	8	9
10	11	12 Taco Tuesday With all the fixings Cook's Choice Dessert	13	14 Chicken Patty w/cheese on a bun Coleslaw Pudding w/cool whip	15	16
17	18	19 Pork Chops & Applesauce Mashed Potatoes Green Beans Jello/Cool Whip	20	21 No Meal Today HBMI Staff Appreciation Day	22	23
24	25	26 Cheeseburger Potato Salad Summer Squash Regular or Blueberry applesauce	27 1st Day of School 	28 BINGO DAY! Soup & Sandwich buffet Soup of the day Pies & Cookies	29	30

BACK to SCHOOL



BOYS AND GIRLS CLUB

BACK TO SCHOOL EVENT

Saturday, August 16th
12-2pm

- Pre-registration required to receive a backpack
- Get your backpack
- Bouncy houses and yummy treats



Community Center 568 Foxcroft Road, Houlton 207-521-5898



BOYS & GIRLS CLUB
OF MALISEET

AFTER SCHOOL PROGRAM REGISTRATION

AUGUST 16TH
DURING
BACKPACK
GIVEAWAY
12-2PM

START DATE:
SEPTEMBER 2ND, 2025

HOURS:
Monday- Thursday
3PM - 6PM



WE OFFER :

- healthy snack + dinner
- fun activities
- cultural enrichment
- homework help
- transport home

For More Information
207-521-5898
kshrou@maliseets.com



AUGUST 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Wilderness Pines	5 Wilderness Pines	6 Wilderness Pines	7 End of Summer Party	8	9
10	11	12	13	14	15	16 Back to School Event 12p-2p
17	18	19	20	21	22	23
24	25	26	27 First Day of School	28		

Reminders

- AM transport will begin at 8am.
- AM drop off at the Community Center
- Youth need to **bring appropriate water clothing & towel**
- PM transport will begin at 3pm.
- Youth need to be picked up by 3:45pm

Subject to change without notice

Food Distribution Calendar

AUGUST 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					Closed	Closed
3	4	5	6	7	8	9
Closed	7 a.m. - 5 p.m.	7 a.m. - 5 p.m.	7 a.m. - 5 p.m.	7 a.m. - 5 p.m. <i>Fresh Produce Deliver Day</i>	Closed	Closed
10	11	12	13	14	15	16
Closed	7 a.m. - 5 p.m.	7 a.m. - 5 p.m.	7 a.m. - 5 p.m. <i>Nutritional Education Event 12:30-1:30 p.m. Pork Tacos & hominy salad.</i>	7 a.m. - 5 p.m.	Closed	Closed
17	18	19	20	21	22	23
Closed	7 a.m. - 5 p.m. <i>Tentative Truck Delivery Day</i>	7 a.m. - 5 p.m.	Inventory Day Store not open Applications accepted on this day	Store Closed for Staff Event	Closed	Closed
24	25	26	27	28	29	30
Closed	Store Closed to attend National Conference	Store Closed to attend National Conference	Store Closed to attend National Conference	Store Closed to attend National Conference	Closed	Closed

Program Director: Travis Benson, 207-267-0895
Coordinator: Carrie Peterson, 207-532-8919
Warehouse Lead Driver: Tammy Tompkins
496 North St., Houlton, ME 04730