



JULY 2025

HBMI

NEWSLETTER

Celebrating our Native veterans



HOULTON, Maine – Veterans Day is traditionally held every Nov. 11, but that is not the only time servicemen and women are honored.

Members of the Chester L. Briggs American Legion Post No. 47 participated in the ceremony, with bugler Jerry Riley and the Legion's Honor Guard performing a gun salute for the fallen.

On Saturday, June 21, the Houlton Band of Maliseet Indians paid tribute to its tribal citizens who served their country as part of a Native American Veterans Day celebration. A small gathering of about 40 people attended Saturday morning's salute to tribal veterans, both past and present.

Held at the Maliseet Veterans Cemetery – which is the only Native American cemetery east of the Mississippi River -- the ceremony featured an opening prayer by Tribal Elder Dana Boyce, as well as singing and drumming by the Four Winds drum group.

Tribal Chief Clarissa Sabattis was unable to attend the ceremony, but provided a message which was read by Tribal Councilor Beth Aucoin.

“Our tribal citizens have stood alongside our allies for many years, long before the establishment of the United States,” she read. “Today, we come together to celebrate your honor and commitment, which continue the traditions of our ancestors. I recognize that your decision to serve and protect our rights was not made lightly, and I extend my deepest gratitude to you and your families for the sacrifices you have made. I hope you all enjoy today’s festivities. Please remember that our gratitude extends beyond this occasion; we appreciate your service every day. Woliwon!”

INSIDE THIS ISSUE

Ribbon Cutting
planned

Elder Meal Menu

Boys & Girls Club
News

General
Membership
Announcement

On Your Own

Veterans ceremony

About 15 percent of Maine's Native American population is currently serving on active duty or are veterans. As of June, there were 86 members of the Houlton Band of Maliseets who are veterans, either living or deceased.

Signed into Maine law on June 21, 2022, Native American Veterans Day is a time to honor the rich history tribal members have played in serving in the armed forces.

The date for Native American Veterans Day has an historical significance, harkening back to the Tribe's effort during the American Revolution.

According to the Maine proclamation, on June 21, 1775, soon after the Battle of Bunker Hill in the early stages of the American Revolution, Penobscot Chief Joseph Orono met with General George Washington at Watertown and agreed that his tribe's warriors, as well as others in the Wabanaki Confederacy, would join forces with the Continental Army to fight a common enemy in the struggle for freedom.



Members of 33 tribes served as code talkers in World War I and World War II; and more than 44,000 Native Americans served with distinction between 1941 and 1945, including members of Maine's Penobscot, Passamaquoddy, Maliseet, and Mi'kmaq tribes.

During World War II, Native American men and women were also an integral part of the war effort, with more than 40,000 leaving their communities to work in ordnance depots, factories, and other war industries.

Following the ceremony, a luncheon was held at the Maliseet Community Center.

Join us for a Ribbon-Cutting Ceremony for our new Food Distribution Center!

Light refreshments will be provided



When: Wednesday, July 23
Time: 5:30 p.m.
Where: 496 North St.,
Houlton, ME

Elder Meal Menu ~ July 2025

Important Date:

Thursday, July 3 – All Tribal Offices Closed for Independence Day

July 1

Chicken Tenders
Macaroni Salad
Grand Biscuits
Ice Cream Cake

July 3

No Meal Today

July 8

Baked Pork Chop
Potato Salad
Sliced Tomato &
Cucumber
Wheat Roll / Cookies

July 10

Spaghetti & Meatballs
Tossed Green Salad
Italian Bread
Pudding / Cool Whip

July 15

BBQ Baked Chicken
Coleslaw
Green Beans
Cook's choice bread
Dessert Square

July 17

Meatloaf w/Gravy
Mashed Potatoes
Stewed Tomatoes
Crescent Rolls
Fruit Salad

July 22

Chicken Nuggets
Oven Fries
Cook's choice veggie
Oatmeal Bread
Ice cream

July 24

Baked Beans &
Hot Dogs
Potato Salad
Sadies' Rolls
Yellow Cake/Frosting

July 29

Shepherd's Pie
Mixed Vegetables
Rolls/Pickles
Brownies

July 31

Bingo!

Finger Roll platters
Veggie/Fruit platter
Chips
Assorted Pies



HAPPY
4TH
OF JULY



JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 UMPI / Mantle Park Whole Club	2 TRAIL w/ Community Health K-2	3 HBMI Closed	4 Fourth of July	5
6	7 Houlton River Walk	8 Bowling K-3 rd	9 Strawberry Picking	10 Bowling 3 rd - 12 th	11	12
13	14 TRAIL w/ Community Health 3 rd -12 th	15 Twin Ponds K-3	16 Whole Club Rollerama	17 BGC Closed: HBMI Staff Field Day	18	19
20	21 TRAIL w/ Community Health 3-12 th	22 Splash Pad K-3 rd	23 TRAIL w/ Community Health K-2	24 Hay Stack Mtn 4 th - 12 th	25	26
27	28 TRAIL w/ Community Health 3 rd -12 th	29 Park K-3 rd	30 TRAIL w/ Community Health K-2	31 Penboscot River Trail 4 th -12 th		

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

Own Your Own

On the job:

There's no doubt about it: finding a job you like, or even just finding any job, can be tough.

Employment agencies:

Although there are several places you can turn to help in finding work, one of the most important to know about in terms of your legal rights are employment agencies. These companies try to find work for you for a fee. Maine law requires them to be licensed by the city or town in which they are located and prohibits them from charging you more than your first full week's pay at your new job. But almost all agencies collect their fees from employers rather than from job seekers. If you have paid the fee, however, and if for some reason the job doesn't work out and you are unemployed again in less than a month, the employment agency may charge you only 10 percent of the wages you earned. If you paid the employment agency when you were hired, you may have a refund coming.

Job discrimination:

Federal and state laws make it illegal for an employer to refuse to hire you because of your race or color, sex, sexual orientation, physical or mental handicap, religion, ancestry, national origin, age, veteran status, status as a recipient or former recipient of workers compensation benefits, whistleblower status, or status as one who has used the protection of fair employment laws and, once you have a job, to treat you differently with regard to promotions, transfers, wages or working conditions for any of these reasons.

In fact, the employer is generally prohibited from asking questions about these issues, although some questions may be permitted about physical or mental handicaps you may have that could reasonably limit your ability to perform a job. If you feel you have been denied a job for an illegal reason, contact the Maine human rights commission in Augusta (624-6050). You cannot later be denied a job because you filed a complaint with the commission.

Your rights as an employee:

Once you are on the job, you have certain rights. Among those are the right to be paid at least the Maine minimum wage (for most jobs), and in most jobs the right to be paid time-and-a-half your regular pay rate for hours worked in excess of 40 hours per week. You also have the right to join or form a labor union, and to undertake concerted action with your fellow workers to seek improved wages and working conditions.

Maine's minimum wage is currently \$14.65 an hour. Generally, employees in the private sector who do not have an employment contract and who are hired for an indefinite term are employees "at will". An at-will employee can be terminated without notice at the will of the employer for any reason except an illegal one, such as unlawful discrimination.

Questions or complaints about wage and hour regulations should be directed to the Employment standards division of the bureau of labor standards (624-6400). Questions about labor unions can be directed to the National labor relations board's regional office in Boston (617-565-6700).

On Your Own is a monthly column by the ICWA department.

July 2025

Maliseet Tribal Food Pantry



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			Closed for Truck	Closed Holiday		
6	7	8	9	10	11	12
	Closed Restock	Food Pick up 8am to 4pm	Food Pick up 8am to 4pm	Elder Delivery Day		
13	14	15	16	17	18	19
	Closed Restock	Food Pick up 8am to 4pm	Food Pick up 8am to 4pm	Elder Delivery Day		
20	21	22	23	24	25	26
	Closed Restock	Food Pick up 8am to 4pm	Food Pick up 8am to 4pm	Elder Delivery Day		
27	28	29	30	31		
	Closed	Closed	WPHW	Closed		

Reminder to call the day before to set up a pick up or delivery for pantry boxes. Please reach out to Ashley Foster-Kinney at (207)694-5254. If no answer, please leave a detailed message. Pantry boxes come with random items in boxes. No guarantee of the same item from week to week. All items are donated. Everyone is entitled to one order a month. Please be patient so your order can be filled and I will try my best to accommodate dietary needs. I will be sure to fill your order as soon as possible. Woliwon!

HOULTON BAND OF MALISEET INDIANS
88 BELL RD.
LITTLETON, MAINE 04730



Date: June 25, 2025
To: All Tribal Citizens
From: Crystal Tucker, Tribal Clerk
RE: Notice of General Membership Meeting

General Membership meeting has been scheduled for

Sunday, July 20, 2025 from 12-3 p.m.

The meeting will be held at the Maliseet Community Center located at 568 Foxcroft Road, Houlton, ME 04730 Meeting will be followed by a potluck please bring a dish to share.

HBMI Health Fair has best showing yet

HOULTON, Maine – One of the primary goal of the Houlton Band of Maliseet Indians' Health and Wellness Center has been to bring health screenings and the latest medical information to the tribal community.

On Saturday, that information was brought to a record number of participants at the tribe's annual Health Fair.

"I was very pleased with how successful the health fair was this year," Maliseet Health and Wellness Center Director Michelle Barrows said. "We had the best attendance for both participants and vendors with just over 290 attendees and around 40 vendor tables. This was the most well attended health fair event ever and it would not have been possible without our dedicated staff."

The Maliseet Health and Wellness Center hosts a health fair each year to raise awareness about healthy lifestyles and just how important it is to receive certain screenings, maintaining a good diet and exercise, and how prevention is key to healthy longevity.

"We had many new vendor tables as well as many regular tables," Barrows said. "There were lots of giveaways and plenty of useful educational information."



A record number of participants turned out Saturday for the Houlton Band of Maliseet Indian's annual Health Fair as nearly 300 people and more than 40 vendors took part.



Connie Paradis, right, gets her blood pressure checked by Tiffany Sirois, medical assistant for the HBMI Health Center during Saturday's Health Fair.

The fair featured a smudging ceremony, health screenings, fitness program activities, and included booths for domestic violence, education, Indian Child Welfare, Maine Breast and Cervical Health, Aroostook County Action Program, Wabanaki Public Health and Wellness, Maliseet Behavioral Health and Wellness, and the Boys and Girls Clubs of America.

Some of those new vendors included the National Weather Service, Katahdin Woods and Waters, Houlton Adult Education, Andwell Home Health & Hospice, The Nature Conservancy, the ACAP mobile unit, Help Me Grow DHHS OCF. Many of those vendors have already expressed interest in returning next year.

This year's event was held in honor of Jody (Tomah) Clark, a beloved tribal member and longtime Health Center employee who passed away earlier this year.

"Jody worked for the Tribe for 42 years and has always been instrumental in organizing this event each year," Barrows said. "It was very different pulling everything together without her this year, but it meant a lot to all of us to do it in her honor."