



SEPTEMBER 2026

HBMI

NEWSLETTER

Journey to Boston!



INSIDE THIS ISSUE

Community Days Schedule!

Bingocize Fall Session

Elder Fall Prevention date is set

Elders' Meals

Free Windows available

Elder Council Elections set

On Wednesday, Aug. 19, a group of 43 elders and their guests boarded a bus at 6 a.m. to head to Boston, Massachusetts, to see the Boston Red Sox. The trip was part of the Red Sox 2026 Native American and American Indian Celebration game.

Elders received a jersey which represents strength, prosperity, and sovereignty through traditional and modern elements. The colors of the medicine wheel of yellow, red, black, and white can be seen on the sleeves and the back of the shirt reads "Still Here"

Tobias Vanderhoop, a leader of the Wampanoag Tribe of Gay Head (Aquinnah), performed an original tribal honor song. Red Sox infielder Anthony Seigler (Navajo Nation and Hassanamisco Nipmuc Band) participated in the ceremonial first pitch.

Our group enjoyed a stop at the Kennebunk Rest Area on the way to the game and spent the night in South Portland before heading home Thursday, Aug. 20.

The Tribe would like to send a big Thank You to Daniel Devoe, Amanda Polchies and Joseph Cyr for their assistance in taking care of our Elders during one particular stretch when the heat got the better of some of our Elders and they needed extra help.

**2-Day
Event!**



46th annual Metaksonehiyah Community Days

Sept. 5-6, 2026

88 Bell Road, Littleton, ME

Open to the General Public

Alcohol, drugs and firearms are not permitted on the tribal grounds. Service Animals only on the field. No pets. HBMI is not responsible for lost or stolen items.

For more information, contact Joseph Cyr at 207-532-4273 ext. 238



Head Dancers

ADULT MALE - JOE SABATTIS

ADULT FEMALE - ANNOKOQUS BROWN

YOUTH MALE - ANDY SYLIBOY

YOUTH FEMALE - ZYERRA FOSTER KINNEY

Lead Drum

MUSKRAT CHANTERS

Guest Drums

BLACK RIVER BURNURWURBSKEK

SINGERS SINGERS

Emcees Arena Director

MINE SOLOMON SIPISIS PAUL

ELISSA SABATTIS

Events

BINGO. TRADITIONAL DANCING & DRUMMING.
30+ VENDORS. BOUNCE HOUSE.
YOUTH GAMES. HORSE SHOE.
CRIBBAGE & CORNHOLE TOURNAMENTS.
COMMUNITY DINNER & BREAKFAST
FIREWORKS!



46th annual Metaksonehiyah Community Days

88 Bell Road, Littleton, ME



SATURDAY, SEPT. 5

7 a.m. - Pipe Ceremony. All are welcome
9 a.m. - Vendor / Public registration
10 a.m. - Bingo Tent opens. Smudging. Vendors open.
12 noon - Grand Entry, opening remarks, Drumming and Dancing begin.

1 p.m. - Youth Sack Races & Beaded Earring making
1 p.m. - Ash pounding/basket making demonstration.

2 p.m. - Horse Shoe tourney begins.

2 p.m. - Youth Corn Hole

3 p.m. - Youth Bingo

4 p.m. - Youth Tug of War

5:30 p.m. - Community Dinner (Community Center)
8 p.m. - Fireworks

SUNDAY, SEPT. 6

7 a.m. - Pipe Ceremony. All are Welcome.

8 a.m. - Free Community Breakfast (Community Center)

9 a.m. - Vendors Booths open

10 a.m. - Bingo Tent opens

11 a.m. - Corn Hole tourney

12 noon - Grand Entry

1 p.m. - Cribbage Tourney

2 p.m. - Blanket Dances.

3 p.m. - Closing Ceremonies.

**TO RECEIVE AN HONORARIUM, YOUTH AND ADULTS MUST
REGISTER FOR DANCING. PARTICIPATE IN MAJORITY OF
DANCES AND BE IN REGALIA.**

Schedule subject to change



"This project is supported in part by
The Maine Arts Commission and the
National Endowment for the
Arts."

**MAINE
ARTS
COMMISSION**

Host Drum

FOUR WINDS

Guest Drums

BLACK RIVER BURNURWURBSKEK

SINGERS SINGERS

Emcees Arena Director

MINE SOLOMON SIPISIS PAUL

ELISSA SABATTIS

**HUNTLEY BROOK
MAWITANEJ EPIJIG**

**Field Boss
ROGER FLEWELLING**

**SPECIAL THANKS
TO OUR
SPONSORS:**



**CAESARS
SPORTSBK**



BINGOCIZE

Workshop

FOR FALLS PREVENTION

Bingo and Exercise!



HAVE FUN!
Enjoy a unique combination of bingo, exercise, and health education.



IMPROVE HEALTH!
Build strength, balance, and flexibility.



REDUCE FALL RISK!
Take steps to stay active, independent, and safe.



**STARTS
SEPTEMBER 29TH
AT 5:00PM**

**TUESDAYS AND THURSDAYS
— FOR 10 WEEKS —
20 SESSIONS**



**AT THE
MALISEET HEALTH
AND WELLNESS CENTER**

Strength, Balance, and Fun — All in One!



Call Krystal Caron at 207-532-2240 ext. 150
for more information or to reserve your spot!

Let's move together for a healthier, stronger future!

MALISEET HEALTH AND WELLNESS CENTER

2ND ANNUAL ELDER FALLS PREVENTION EXPO

"I promised myself a long time ago that I would lead an interesting life" -Sacheen Littlefeather

**Friday
September
4th
11am to 2pm**

If any Elders need transportation to this event, please reach out to Karen Jewell at (207) 532-2240 ext. 101

Many Resources Available
T-shirts for our Elders,
Prizes, Snacks, and a
Bingocize Session

654 North Street
Our New Resource Building next to
our Wolastog Inn in Houlton
call (207) 532-2240 ext. 150 for
more information.



Elders' Calendar

September 2026

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
30	31	1 American Chop Suey Broccoli Grand Biscuits Brownies	2	3 Jody's Homemade Chicken Noodle Soup Corn Bread Green Salad Yello Cake	4	5 Community Days
6 Community Days	7 Labor Day	8 Taco Tuesday w/ all the fixings Cook's Choice Dessert	9	10 BINGO! Soup N' Sandwich Asst Meat, Cheese, Breads Soup of the Day Cupcakes	11	12
13	14	15 Chicken Patties w/Cheese Oven Fries Coleslaw Cook's Choic Bread Fruit Salad	16	17 NO MEAL Staff Appreciation Day	18	19
20	21	22 Boiled Dinner: Ham with Cabbage, Carrots, Potatoes Whole Grain Bread Assorted Pies	23	24 NO MEAL Native American Day (Observed) Tribal Offices Closed	25 Native American Day	26
27	28	29 Hamburger Patties with sauteed onions Mashed Potatoes Green Beans Dinner Roll Jello w/cool whip	30	1	2	3



Metaksonekiyak
Community Days



YOUTH TABLE ACTIVITIES



September 5, 2026 | 1:00PM - 4:00PM

1:00PM

- Sack Races
- Beaded Earring Making

2:00PM

- Youth Corn Hole
- Medicine Bag Making

3:00PM



4:00PM

- Tug of War

Elders Election date set!

The Elder Council will hold its semi-annual election on Thursday, Sept. 10, from 1-4 p.m. at the HBMI Community Center (568 Foxcroft Road).

Seats for president, vice president, secretary and treasurer, as well as three at-large members will be voted on. Only Tribal Elders may vote in this election.

An outside source will count the ballots to ensure autonomy. For more information, contact Mary Gibbs at jerseybelle1234@gmail.com

Free Windows and Lights!

The Houlton Band of Maliseet Indians' Maintenance Department has an assortment of used Anderson Windows and light fixtures that are available for free. First-Come, First-Serve.

Items must be picked up in person (no deliveries or holds) at 496 North Street, Houlton.

Food Distribution Program on Indian Reservations (FDPIR)

September 2026

Call Carrie Peterson at 207-532-8919 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
☐	☐	☐ 1 7 a.m.-5 p.m.	☐ 2 7 a.m.-5 p.m.	☐ 3 Fresh Produce Day 7 a.m.-5 p.m.	☐ 4 Closed	☐ 5 Closed
☐ 6 Closed	☐ 7 Closed Labor Day	☐ 8 7 a.m.-5 p.m.	☐ 9 7 a.m.-5 p.m.	☐ 10 7 a.m.-5 p.m.	☐ 11 Closed	☐ 12 Closed
☐ 13 7 a.m.-5 p.m.	☐ 14 7 a.m.-5 p.m.	☐ 15 7 a.m.-5 p.m.	☐ 16 7 a.m.-5 p.m.	☐ 17 Closed for Staff Appreciation Day	☐ 18 Closed	☐ 19 Closed
☐ 20 Closed	☐ 21 7 a.m.-5 p.m.	☐ 22 7 a.m.-5 p.m.	☐ 23 Closed for Warehouse Delivery	☐ 24 Native American Day Closed	☐ 25 Closed	☐ 26 Closed
☐ 27 Closed	☐ 28 7 a.m.-5 p.m.	☐ 29 7 a.m.-5 p.m.	☐ 30 Closed for Inventory	☐	☐	☐