Mohawks of the Bay of Quinte Kenhtè:ke Kanyen'kehá:ka



ISSUE 02/23 Enníhska (February)

Owenna'shon: a tewateweyenstha on wa tsi niwenbourtes (the words we are learning this month)

Tekonnonlywerá:toms ne Kanoronlykhwálytshera Awenlynisera See page 3 for more information

ORI:WASIEmews)

Mohawks of the Bay of Quinte

Kenhteke nene kanyen'kehá:ka kanakerahserà:kon, nène rontathà:wi ne kanekarahsera. Tsi niyonkwarihò:tens tahnon niyakwawennò:ten nahò:ten yonkwateryèn:tare ne tsi nitsyonkwè:non. Yakwatstha nahò:ten ne yonkwateryèn:tare tahnon nahò:ten yonkwaterihwayèn:ni ne ayakwaten'nikòn:raren tahnon ayakhikwennyenste ne onkyonkwè:ta, onkyonhwentsya nahoténhshon yonkwà:yen tahnon ne sa'oyè:ra.

Tyendinaga, as part of the Mohawk Nation, is a healthy, sustainable Kanyen'kehá:ka community, built on and united by our language, culture, traditions, knowledge, and history. We exercise our rights and responsibilities for the protection of and respect for our people, our land, our resources, and the environment.

NOTICES:

ATTENTION MORTGAGE HOLDERS: It has come to our attention that many insurance companies will ONLY notify the MOHAWKS OF THE BAY OF QUINTE if your existing house insurance policy has been cancelled however will NOT when the policy has been renewed. This creates a problem when incentives, rewrites and renovations are requested. You will not qualify if your house insurance policy on file is not up to date. In order to ensure your policy is current, we ask that you mail, fax or deliver renewal form when received.

COVID-19 & VACCINE INFO: Rapid tests are available for pickup from the Community Wellbeing Centre Monday through Friday, 9 a.m. to 4 p.m.. To inquire about PCR testing, please call 613-967-3603. For most up to date information on COVID-19, please visit our Facebook page or website at mbq-tmt.org/health/covid-19-updates

The Mohawk Firefighters responded to **12** calls from December 21 to January 23:



- 2 Alarm: Commercial/Industrial
- 1 Alarm: Residential
- 1 Fire/Smoke: Non-Structural: Vehicle 2 Fire/Smoke: Structural: Residential
- 3 Medical: Assistance3 Medical: Emergency
- 1 Medical: Lift Assist
- 1 Vehicle Accident: Extrication

This brings the total calls to 124 for 2022. This brings the total calls to 5 for 2023.



community messages and announcements

NOTICE: OFFICE CLOSURE

All MBQ offices will be closed Monday, February 20 for Family day

Happy Birthday Nita - February 14th Love Wendy

Happy Birthday Rain Love Auntie Boo, Jeffy and Curly

Happy Birthday Erin - February 4th Love Aunt Marilyn & Uncle Rick Happy Birthday!

Happy 14th Birthday to our handsome, silly, awesome grandson Ethan – February Oth

Lots of Love, Grandma & Papa

Happy Birthday Mike - February 14th Love Marilyn & Rick

Happy Birthday Joy - February 24th Love Marilyn Happy Birthday DJ - February 26th Love Aunt Marilyn & Uncle Rick

Happy Birthday Alecia - February 28th Love Aunt Marilyn & Uncle Rick

In Memorium



In loving memory of a wonderful brother, brother in-law, uncle, cousin & friend Norman (Kokoma)
Carr-Braint who is missed so very much.
October 10, 1959 – February 11, 2010.
It's hard to believe it's been 13 years already.

Though you've passed on before us you are always in our hearts

And though we are not together we will never be apart

To lose you in your younger years leaves such an empty space

Our only consolation is you are in a better place Put your arms around him and treasure him with

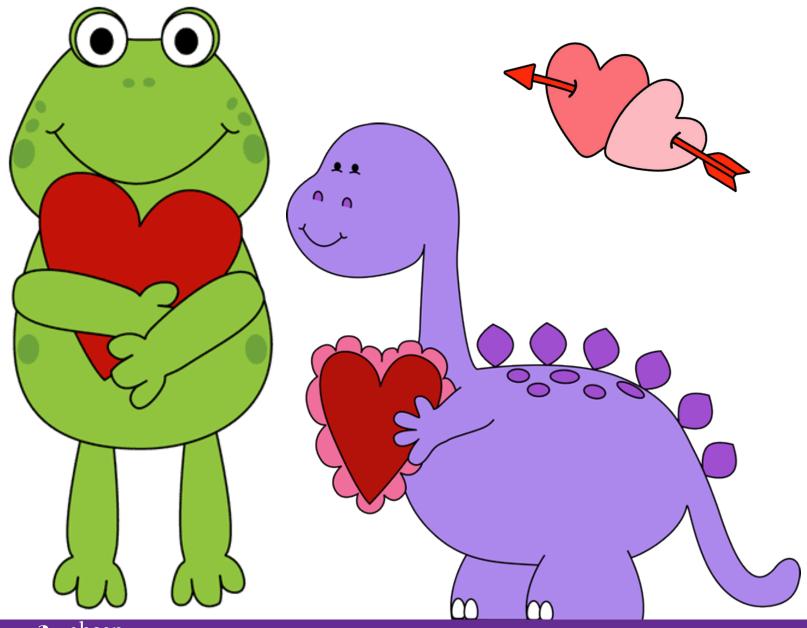
For you have in your possession a brother beyond compare

Forever loved and never forgotten Carol & Manson, Harry, Betty, Billy & Nancy, MJ & Bill, Marilyn & Rick, Mike & Wanda, Tracey & John & families.

Owenna'shòn:'a tewateweyénstha ón:wa tsi niwenhnì:tes

(the words we are learning this month)

Tekonnonhwerá:tons ne Kanoronhkhwáhtshera Awenhnísera Happy Valentine's Day



February 2023 Vocabulary

Enníska – February; means: time of lateness, the days grow long Tekátshia'ks – my lips are chapped lokwì:tano – when it's freezing outside and your nostrils stick together Enhsatenen'totà:ko' – you will take your Christmas tree down Ohsa'kén:sera – frost, freezing fog Yaonhará:yen – frost below the ground Wa'tewakehsennitentá:ko – I got frost bite Tenshahshenni'tentá:ko – you will get frost bite Tewakenawiro'ókhons – my teeth are chattering Yothó:re – its very cold

Tekonnonhwerá:tons ne Kanoronhkhwáhtshera Awenhnísera – happy valentine's day

Kanoronhkhwáhtshera Awenhnísera – Valentine's Day Kanoronhkhwáhtshera Niwenhniserá:te – Valetine's Day Konnorónhkhwa – I love you (you speaking to one person) Kwanorónhkhwa – I love all of you (you speaking to more than 2 people)

Katatenorónhkhwa – I love myself Tyóthkon enkonnorónhkhwake – I will always love you

Kerontahrhá:raks – I put a notch in a tree, tapping a tree (to get sap) Karontókha's – I tap trees (to collect sap for syrup) Wa'karontókha'ne' – I tapped trees Wakarontokhá:'on – I have tapped trees Wáhta – hard maple, sugar maple orontákeri – maple sap Wáhta óhsehs – maple syrup Ikhshehstón:nis – I make maple syrup Wa'khshehstón:ni' – I made maple syrup Wakhshehstón:nih – I have made maple syrup

TYENDINAGA MOHAWK COUNCIL MINUTES DECEMBER 21, 2022

A meeting of the Tyendinaga Mohawk Council was held on Wednesday, December 21, 2022 at 9:30 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle

Councillors: Stacia L. Loft, Carl E. (Ted) Maracle and Chris Maracle

Staff: Shelley Bowden, Executive Administrative Assistant and Recording Secretary to Council;

Regrets: Councillor Josh Hill, David Souliere, CAO, Angela Maracle, Senior Director of Operations; Amsey

Maracle, Executive Assistant to the Chief,

Chief Maracle opened the meeting with the Ohenton Karihwatehkwen and also provided a Christian prayer in Kanyen'keha.

Council had a moment of silence for Austin Fuller, the last Mohawks of the Bay of Quinte survivor of WW2

MOTION #1: Moved by Chris Maracle, seconded by Carl E. (Ted) Maracle to adopt the agenda.

Carried.

MOTION #2: Moved by Stacia L. Loft, seconded by Carl E. (Ted) Maracle that the Tyendinaga Mohawk Council Minutes of December 12, 2022 be approved as corrected.

Carried.

Council confirmed the following scheduled meetings:

- January 11, 2023 7:00 p.m. Tyendinaga Mohawk Council Local Business
- January 13, 2023 9:30 a.m. Tyendinaga Mohawk Council Regular
- January 18, 2023 9:30 a.m. Tyendinaga Mohawk Council Regular
- January 25, 2023 7:00 p.m. Tyendinaga Mohawk Council Local Business
- February 3, 2023 9:30 a.m. Tyendinaga Mohawk Council Regular
- February 8, 2023 7:00 p.m. Tyendinaga Mohawk Council Local Business
- February 15, 2023 9:30 a.m. Tyendinaga Mohawk Council Regular
- February 22, 2023 7:00 p.m. Tyendinaga Mohawk Council Local Business

MOTION #3: Moved by Stacia L. Loft, seconded by Chris Maracle to defer the Road Allowance Issue on Beach Road to confirm Hydro One Easements.

Carried.

MOTION #4: Moved by Chris Maracle, seconded by Carl E. (Ted) Maracle to approve signing the Association of Iroquois and Allied Indians (AIAI) Letter of Agreement for Indigenous Health and Wellness Child and Youth/Rural and Remote funding in the amount of \$66,187.00.

Carried.

Councillor Stacia L. Loft - Conflict of Interest

MOTION #5: Moved by Stacia L. Loft, seconded by Carl E. (Ted) Maracle to approve the additions to the MBQ Organizational Structure, add a Gender Diversity Worker, Social Navigator/Transitional Support Worker and Alternative Care Worker to Mohawk Family Services.

Carried.

MOTION #6: Moved by Stacia L. Loft, seconded by Carl E. (Ted) Maracle that this meeting go into private. (11:10 a.m.)

Carried.

MOTION #12: Moved by Stacia L. Loft, seconded by Carl E. (Ted) Maracle to defer the JFK Law invoice #32035 for clarification.

Carried.

MOTION #13: Moved by Stacia L. Loft, seconded by Chris Maracle to approve to pay the JFK Law invoice #32036 in the amount of \$2,612.40 regarding Housing Evictions.

Carried.

MOTION #14: Moved by Chris Maracle, seconded by Stacia L. Loft to approve awarding the contract to Campbells Monuments to construct a columbarium at the All Saints Church Cemetery in the amount of \$21,153.00. Heritage Monuments declined the original contract.

Carried.

MOTION #15: Moved by Chris Maracle, seconded by Stacia L. Loft to approve the MBQ Personnel Policy revision to allow vacation credits over to the new year.

Carried.

MOTION #16: Moved by Chris Maracle, seconded by Stacia L. Loft to approve the Business Registration for BB Tobacco, owner Ryan Baptiste.

Carried.

MOTION #17: Moved by Stacia L. Loft, seconded by Chris Maracle to approve the Business Registration for 49 Vape, owner Summer Maracle.

Carried.

MOTION #18: Moved by Carl E. (Ted) Maracle, seconded by Stacia L. Loft to request staff investigate if the Clarence Green lane is suitable to be eligible under our roads program.

Carried.

MOTION #19: Moved by Stacia L. Loft, seconded by Carl E. (Ted) Maracle to schedule a meeting with Housing and Infrastructure staff on January 6, 2023 at 1:00 p.m. to discuss future housing development.

Carried.

MOTION #20:Moved by Carl E. (Ted) Maracle, seconded by Chris Maracle to approve awarding the contract to Scott Trudeau Construction Corp for the Bells Road and North Street water servicing project in the amount of \$2,830,465.90. Other tenders received from Gordon Barr - \$3,349,900.00; Fidelity Engineering and Construction - \$3,680,141.48; Tomlinson - \$3,821,069.00.

Carried.

MOTION #21: Moved by Chris Maracle, seconded by Stacia L. Loft to approve signing the 2022-2023 CARA Transfer Payment Agreement.

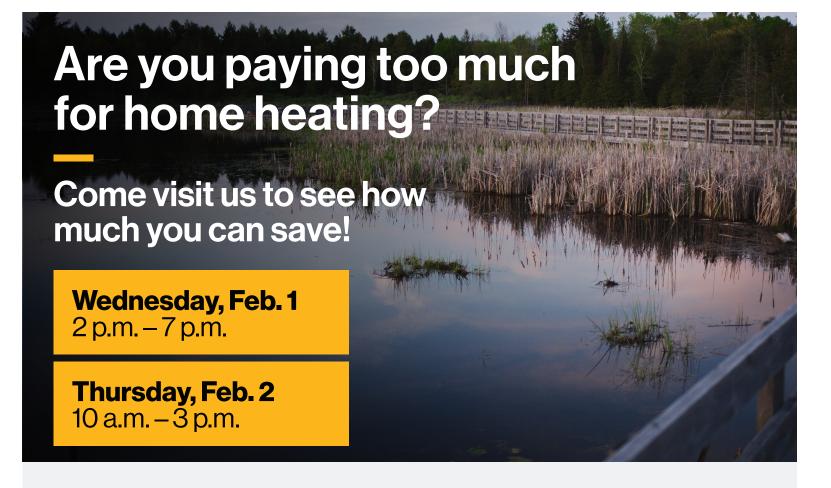
Carried.

MOTION #22: Moved by Stacia L. Loft, seconded by Chris Maracle that this meeting go into private. (1:05 p.m.)

Carried.

Recorded by: Shelley Bowden, Executive Administrative Assistant and Recording Secretary to Council

Original Signed by: Chief R. Donald Maracle



Learn about the benefits of switching to natural gas and how to get connected.

Stop by our Information Session at:

Mohawk Community Centre—Upper floor 1807 York Rd. Deseronto

Drop by to have all **your questions answered** and let us know if you're interested in connecting to natural gas.

Talk about potential savings on your home energy bills.

Connect with us at: ceapplications@enbridge.com





*****OPEN HOUSE****

DMAF WATERMAIN DISTRIBUTION PROJECT

DATE: THURSDAY, FEBRUARY 2, 2023
TIME: 1 p.m. TO 4 p.m.
AND
6 p.m. TO 8 p.m.

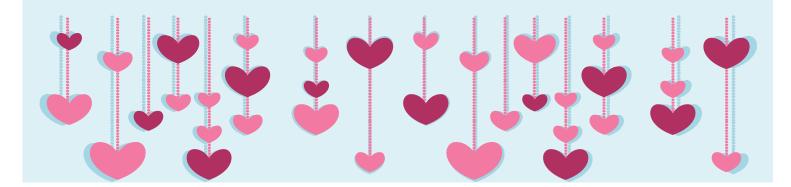
WHERE: MOHAWK COMMUNITY CENTRE – LOWER LEVEL 1807 YORK ROAD, TYENDINAGA MOHAWK TERRITORY

YOU ARE CORDIALLY INVITED TO ATTEND THE ABOVE OPEN HOUSE TO LEARN ABOUT THE STATUS OF THE DMAF WATERMAIN DISTRIBUTION PROJECT.

CONNECTION INFORMATION AVAILABLE FEEDBACK IS WELCOME

HOPE TO SEE YOU THERE

FOR THE LOVE OF LACROSSE... VALENTINE'S DANCE



DATE: SATURDAY FEBRUARY 11TH

TIME: 9PM – 1AM

PLACE: COMMUNITY CENTRE, 1807 YORK RD.

TICKETS \$10 IN ADVANCE OR \$15 AT THE DOOR

CONTACT: MELISSA L. MARACLE, AMY SMART, ANGELA MARKLAND, KEVIN SMART or NICK LEWEEN for tickets.

A BENEFIT FOR TYENDINAGA MINOR LACROSSE

Come out and show your support for the Youth in Tyendinaga!

Food and Drinks 50/50 Tickets Fun Games and Prizes!! DJ, Dance and Karaoke Raffles

si Tyonnheht Onkwawening

Have a Heart Cookie FUNDRAISER



FEBRUARY 14TH, 2023

Homemade Sugar Cookies: \$2.00 each Orders can be placed with the children of Totáhne and Kawenna'ón:we or by calling TTO at 613-970-3045.

Orders must be placed by February 7th

Cookies will be ready for pick up/delivery on February 14th at 1658 York Road, Lower Level from 10:00 AM - 3:00 PM

Proceeds from our fundraiser will go towards the Kawenna'ón:we Primary School and Totáhne Language Nest



Tsí Kanonhkhwatsheríyo Indígenous Interprofessional Primary Care Team

45 Meadow Dr. PO Box 721 Deseronto, ON, KoK 1X0 Phone: (343) 478-0196 Fax: 1(888) 999-6016

SEEKING BOARD MEMBERS

Tsi Kanonhkhwatsheríyo Indigenous Interprofessional Primary Care Team (TK IIPCT) is recruiting Board Members. The Board of Directors is a volunteer community board. If you are interested in contributing to TK IIPCT and are interested in governance, this could be an opportunity for you!

About Us

TK IIPCT is an Indigenous Primary Health Care organization that services individuals identifying as Indigenous who reside within our catchment area. Our team provides primary care and nursing services, community development resources and supports, mental health counseling and resources as well as traditional healing and culturally specific care coordination.

TK IIPCT Vision

We envision vibrant communities where:

- All Indigenous people receive friendly, warm care "where they are":
 - Geographically Care that sees no boundaries and is status-blind;
 - Emotionally Care that is provided in a safe space defined by the client;
 - Culturally Care that respects wherever clients are in their spiritual journey and cultural identity;
 - Physically Care that treats all medical needs and addresses complexity of care.
- Generosity of time and skills is freely shared.
- Traditional ways of knowing and being are valued and celebrated.

TK IIPCT Mission

To accomplish this vision, the regional team:

- Provides excellence in wholistic primary health care;
- Equally values traditional healing and clinical supports;
- Connects Indigenous people to regional services and professionals¹ whom they can trust;
- Engages with all Indigenous communities across the region; and
- Shapes care and services based on the needs determined by the people/communities in our regions.

¹ The term "professionals" includes all people who provide wholistic health care, including traditional healing practitioners and regulated health providers.

TK IIPCT Values

To accomplish our vision and mission, the regional team upholds these values:

- Everyone who walks in the door is treated as family.
- Community builds community.
- In the spirit of the teaching of the Two Row Wampum, self-determination and respect guide our
 actions. This particularly applies to total respect for the diverse ways of knowing and being of
 different Indigenous healing approaches as well as clinical healing approaches.
- In the spirit of the teaching of One Dish One Spoon, we are committed to sharing our skills, knowledge, attitudes and values with all Indigenous people and their families.
- Inclusive representation empowers all communities to achieve the best health outcomes.
- Inclusive service delivery provides status-blind services to all the diverse Indigenous people and their families in our regions.

Eligibility

To be eligible to serve as Board Member, you must:

- Be 18 years old or older
- Be a member of the TK IIPCT (interested applicants may become a member at the time of recruitment)
- Have a commitment to the TK IIPCT's mission, vision and values
- Must not be an employee of TK IIPCT or be the immediate family of an employee at TK IIPCT

Qualifications

The Board welcomes applications from people with a diverse set of skills and experiences. Previous board experience is helpful, but not required. Knowledge of the TK IIPCT's catchment area is required.

Responsibilities of Board Members

- Commit to 2-year term
- Attend monthly Board meetings on the 3rd Friday of the month (approx. 10 meetings per year)
- Attend the Annual General Meeting
- Prepare for Board meetings by reviewing materials in advance
- Participate in committee work
- Ensure that the organization adheres to its mission, vision and values
- Review policies (and procedures, where appropriate)
- Monitor achievement of strategic goals
- Work collaboratively with the Executive Director

Benefits of Joining the Board

- Opportunity to contribute to TK IIPCT's work to provide equitable, accessible, culturally safe healthcare for Indigenous People where, when, and how they need it
- Opportunity to learn about and contribute to the community primary healthcare sector
- Build networks and connections
- Participate in professional development

Supports for Participation Available

Access and Equity

The Board of Directors of TK IIPCT is committed to the principles of access and equity. In our efforts to be reflective of the communities we service, we strongly encourage individuals from equity-seeking groups to apply and to self-identify. Applicants identifying as Indigenous will be given preference.

Application Process:

Please submit a cover letter explaining why you are interested in this opportunity and resume to:

Kendra Courneyea Administrative Assistant

By email: Kendra.courneyea@iipct.com

Do you have questions? You can contact Susan Barberstock, Board Chair at cwcdirector@mbq-tmt.org

We would like to thank all interested candidates.

We will contact those we are able to invite for an interview.



AKHOS'THA DESIGNS
KENHTÈKE ~TYENDINAGA MOHAWK
TERRITORY
CUSTOM TRADITIONAL CLOTHING
RIBBON DRESSES, SHIRTS AND SKIRTS
FABRICS

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EMAIL: TYENDINAGA11@YAHOO.COM

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December 9, 2022

First Nations and Inuit Health Branch Ontario Region 1455-10 Wellington AL 6604E Gatineau, QC K1A 0H4

REGARDING: DISCONTINUATION OF CHIROPRACTIC PAYMENT

To Whom It May Concern,

The Non-Insured Health Benefits (NIHB) Program provides clients (registered First Nations and recognized Inuit) with coverage for a range of health benefits, including prescription drugs and over-the-counter medications, dental and vision care, medical supplies and equipment, mental health counselling, and transportation to access health services not available locally. Information the NIHB Program can be found at www.canada.ca/NIHB. I am writing to provide important information regarding a change in the coverage status of chiropractic services paid by Indigenous Services Canada, First Nations and Inuit Health Branch (FNIHB), Ontario Region.

In 2000, a national review determined that the NIHB Program did not have the mandate to pay for chiropractic services as a part of NIHB Program. At the time, a regional decision was made to continue providing limited chiropractic coverage, outside of NIHB funding, in coordination with the Ontario Health Insurance Plan (OHIP) entitlements. In 2004, the Ontario Government announced that the provincial co-payment for Chiropractic services would no longer be offered. On exception, FNIHB Ontario Region continued to pay a maximum of \$150 per client annually, with the client then becoming responsible for the share previously paid for by OHIP.

Given that the provision of chiropractic services remains outside the mandate of Indigenous Services Canada, I must advise that coverage can no longer continue. Chiropractic services will no longer be paid for by FNIHB, Ontario Region, effective the close of business January 31, 2023. Notification of this change will be provided to chiropractic service providers. Services provided up to and including January 31, 2023 will be reimbursed. Invoices received for services dated February 1, 2023 onward will not be reminbursed.

NIHB clients with questions regarding this information may contact the Ontario Region Client Information Line at (800) 640-0642.

Should you have questions or concerns with regard to this information please contact Julie Caves A/Senior Manager, Program Delivery at (343) 549-5371.

Sincerely, time feddle

Katrina Peddle

Acting Regional Executive

Ontario Region



Community Heart Safety

Did you know..

Providing CPR to someone who is not breathing, you can increase their chances of survival by 5-8%



By providing CPR with an AED applied you can increase their chance of survival to 74-90%

What is an AED?





(AED) Automated External Defibrillators are used when an individuals heart stops suddenly (Sudden Cardiac Arrest)

This easy to use device is located in many public buildings and offices.

It has the ability to analyze a heart rhythm and if necessary deliver an electrical shock(defibrillation) to help the heart establish an effective rhythm

CPR in 7 Steps

- 1. CHECK scene for safety
- CHECK for responsiveness (breathing, life threatening bleeding)
- 3. If no response and no sign of breathing, call 9-1-1
- 4. Place person on their back on a firm, flat surface
- 5. Give 30 chest compressions (2 hands centred on the chest) at least 2 inches deep at a rate of 100-120/minute
- 6. Give 2 breaths
- 7. Repeat until emergency responders arrive and use an AED as soon as one is available.

Want to learn more?

Push for Life is facilitating
First Aid training on Feb 23 & 24.
Cost is \$145 - Contact Denise Leafe,
CHR to find out more.



pushforlife.ca/tmt-firstaid



Presented by Community Health



WAYS TO ENTER



Option One:

Watch a video and answer 3 questions. visit mbq-tmt.org/heartsafe

Option Two:

Help us find all of the AEDs within the Community Send us a selfie of you with an AED you found in TMT along with the address

Option Two:

Tell us a story about someone you know who is a survivor of CPR or cardiac Arrest
*note: We may reach out for permission to share your story

Each participant will receive a personal CPR mask AND for every original submission, we will enter your name into a draw to win 1 of 3 grand prizes

1st Prize- \$200 Amazon Gift card and a First Aid Kit 2nd Prize- \$100 Amazon gift card and a First Aid Kit 3rd Prize- \$50 Amazon gift card and a First Aid Kit

Contest Submissions:

www.mbq-tmt.org/heartsafe

Deadline: February 28th at 4:30pm

Contest by Community Health - CWC

- SELF LOVE do something to make yourself happy, buy yourself something special, treat yourself to a bath or massage, enjoy a cup of tea, compliment yourself, paint a picture, etc.
- DONATE SOMETHING such as old cell phone, clothes or toys
- BRING SOMEONE FLOWERS or draw a picture of flowers 18
- DRAW DAY please submit your calendar with the days of kindness 21 that you have completed by 8:30am on Feb 21st for a chance to win a pink shirt day prize!

20 DAYS OF KINDNESS

	SUN	MON	TUE	WED	тни	FRI	SAT
				Buy or make someone a coffee or tea	2 Give a Compliment	Smile at someone that looks sad	4 Call a friend or family member and say I love you
p n	eave a ositive ote for omeone	6 Bring a surprise gift or lunch for a friend or co- worker	7 Help a friend or family member in need	8 Self Love	Make a dinner for someone that just had a baby, surgery or is sick	10 Forgive someone that has wronged you	¹¹ Make someone laugh
so	Donate mething no longer use	13 Pick up litter and throw it out	Tell someone one thing that you love about them	Do chores for a friend or family member	16 Hold the door for someone	17 Make a list of 10 things your thankful for	¹⁸ Bring someone flowers
	lug a ed one	20 Deliver homemade cookies to a friend, family member or neighbour	DRAW DAY!	Pink Shirt Day	23	24	25
26		27	28	Jamie Kri	ng at 613	-885-561	6
					kring@iip		
1		Tsi Kanonhkhwatsheri:yo Primary Care Team 🥍					



Enyonkwa'nikonhriyohake' Good Minds Program February Monthly Beading Challenge

Bead something that represents Awé:ri Awenhnisera (Valentines)

Submissions due on January 31, 2023

Prize for all participants

Please send Submissions by Jan 31, 2023

Vyvian Mitchell

icww@mbq-tmt.org





ENYONKWA'NIKONHRIYOHAKE'

GOOD MINDS

PRESENTS

CREATION STORY

WITH ARONHIAIES HERNE



TEACHING DATES

FEBRUARY 20, 21, 27, 28 & MARCH 6 AND 7
VIA ZOOM FROM 12:00PM - 3:00PM (LIVE)
VIA ZOOM FROM 6:00PM - 9:00PM (RECORDED)

TO REGISTER, PLEASE E-MAIL VYVIAN MITCHELL ICWW@MBQ-TMT.ORG

PLEASE NOTE

CREATION STORY IS 20+ HOURS

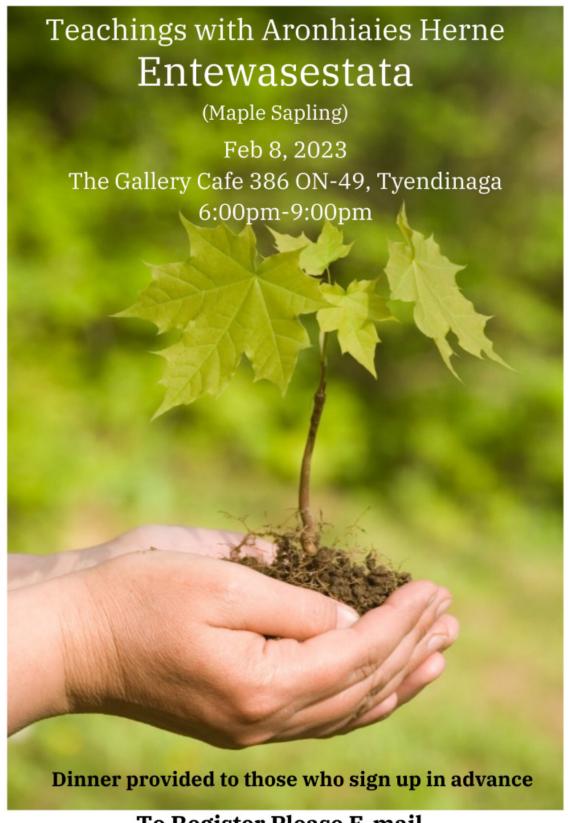
PROGRAM IS DESIGNED FOR PARTICIPANTS TO ATTEND ALL TEACHING DATES OFFERED DELIVERED OVER 7 CONTINUOUS INDIVIDUAL SESSIONS

PRESENTED LIVE VIA ZOOM
RECORDINGS WILL TIME OUT AT 9:00PM





Enyonkwa'nikonhriyohake' Good Minds Program





Vyvian Mitchell icww@mbq-tmt.org



Health Canada







Influenza Walk In Clinic



*For anyone 6 months and older

COVID-19 Vaccine Walk In Clinic

*For anyone 12 older

Upcoming Clinics

Tuesday January 31st

130pm-330pm

Wednesday February 22nd

130pm-330pm

Masks Mandatory

Location: Community Wellbeing Centre



Tyendinaga Tee Time

Jim McMurter | Owner ttt@tytt.ca | 283 Hwy 49 613-319-6646 | tytt.ca

2 Indoor Golf Simulators

Bowling | Hockey | Soccer | Baseball | Arcade Games







Serving on the Quinte Health Board has been an extraordinary experience. Our hospitals play a critical role in the overall wellbeing of our communities. Every day we impact the lives of hundreds of people and families.

The work of the board is not simple nor easy, but the opportunity to contribute so significantly is profoundly meaningful and fulfilling.



- Nancy Evans, Board Chairperson

Apply to join the volunteer Quinte Health Board of Directors!

There has never been a more interesting or more significant time to be involved in local health care governance. With a new, shared purpose of "Creating healthier communities. Together" Quinte Health is building a strong future based on our strengths: our people, excellent care, compassion and strong connections. As a Quinte Health Board Member, you can have a meaningful role in this journey.

More information about the role, and the application form, is available at

qhc.on.ca

At Quinte Health we value everyone's unique journey. We are committed to equity, diversity and inclusion, and welcome applications from all qualified persons. We encourage women; First Nations, Métis and Inuit persons; members of visible minority groups; persons with disabilities; persons of any sexual orientation or gender identity and expression; and all those who may contribute to the further diversification of ideas at Quinte Health to apply.

Application deadline: Friday, March 17 at 4 pm



communities. Together.

Shakoti'nikonhraketskwas presents

Enniska (February) Monthly Drop-ins

February 9th

Learning Self-Love

Create a list of activities for body positivity & self love, bead a heart pin or earrings

February 16th

Self-Care Planning

Create a self-care plan & learn grounding techniques



February 23rd

Human Trafficking Awareness

Watch a documentary, learn about Human Trafficking, paint or bead a red dress



Transportation available for those on territory. MBQ members only

We can also help with:

- Assistance filling out forms
- Court support & advocacy
- Referrals to other programs
- Need someone to talk to? Mental health counsellors will be on-site
- & much more

When: February 9, 16, & 23 9AM to 4PM

Where: 1644 York Road, Tyendinaga Mohawk Territory

For more information, please email Cedar at ivsc@mbq-tmt.org or text/call 613-813-7894



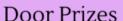


Honouring Women's Day

March 11, 2023 10:00am - 4:00pm Located at the Community Centre

Event is for MBQ Members Only \$10.00 per person entry Light Lunch provided





Nails

Massages

Haircuts

Hair styles

Make-up

Traditional seers

& MORE!

Women are

encouraged to wear

their ribbon skirts

Please bring your own

feast basket

Hosted By

Red Cedars Shelter, Enyonkwa'nikonhriyohake' - Good Minds & Indigenous Victims Services, Community Health, and Mohawk Family Services



16+ event 200 Spots Available





Wind & Water Writing Contest



The Prince Edward County Arts Council (aka County Arts) is pleased to announce the 5th edition of our annual Wind & Water Writing Contest! This year's theme is Connection. We are asking entrants from the Quinte and Prince Edward County regions to interpret the theme in unique, exciting and creative ways for a host of prizes, recognition and celebration. The submission deadline is March 31st, 2023. You can find all of the details and a list of past winners - including seasoned and emerging writers - here: https://countyarts.ca/wind-water-writing-contest/

Join Haley, Trish and Steven for "Kahwa'tsire" Mohawk Family Genealogy

Every 2nd Tuesday of the month from 6:30 pm – 8:00 pm Limited space: 12 people

Via Zoom

Hosted by Kanhiote Library
Brought to you by MBQ Research Department

If you would like to be part of the zoom session please email Haley at kanhiotelibrary@gmail.com and she will send you a zoom invitation. Please let her know what information and or people you are researching.

CANCELLED

As the second Tuesday of the month falls on Valentines Day, the February Kahwa'tsire session has been cancelled. We will begin meeting again on March 14, 2023.

From the Research Department

Mohawk Aerodrome Post World War 2

As we have learned from the past articles on the Airport lands and buildings, there is a rich history to this area. Before we bring this series of articles to a close let us look at what happened to the lands and buildings and their uses after WW2.

In December 1954 there was a plan for a 5-year lease, however, this did not happen. The Department of National Defence (DND) switched to a year-to-year occupation. However, DND started to declare buildings as "Surplus "in November 1957.

In the summer of 1958, the military stopped using the buildings. In September 1958 DND stopped leasing the land at the aerodrome. Hangars 1 and 2 and some other buildings, were reported as being "surplus"

In early 1959, Mohawk Council passed a motion to agree to the rental of Hangar No. 2 to Strathcona Paper for storage of paper. The company used Hangar No. 2 for many years. After Strathcona the building was used by several different companies up until the 1980's.

From 1959-1963, Hangar 1 and runway areas were rented by the Prince Edward Flying Club.

In November 1959, there was a permit drafted for the use by the "Peaceful Pacers" We do not know that much about the "Peaceful Pacers." If anyone has any stories or photos, please share with the Research Department.

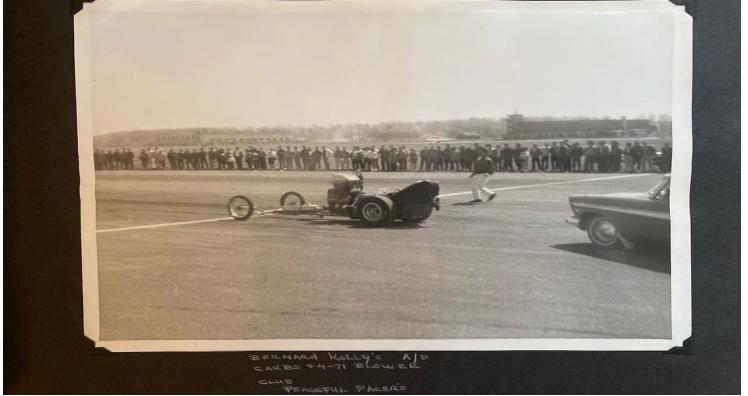


Photo donated by Joseph Darling circa 1964

In the early 1980's part of the lands were leased by the Mohawk Dragway (Quinte) Limited.

In 1989, the First Nations Technical institute was in the process of developing an Aviation Technology Program including the use of Hangar No. 2. The Aviation Flight School stated in 1990.

As we reach February 2023, we remember what happened a year ago:

"On the evening of February 24, 2022, the Hangar at the Aviation Campus became involved in a massive structural fire. Unfortunately, the hangar structure and all the equipment stored inside (FNTI's entire aircraft fleet and the Aircraft Maintenance Operations equipment and office) were lost." [source: FNTI.net]

Do you have a memory of Hangar No.2 or of the Mohawk Aerodrome lands please contact the Research Department at: research@mbq-tmt.org or by phone 613-396-3424 ext. 115.

Sources: MBQ Files





Resource Centre "Discovering the Balance" 613.962.2822

FEBRUARY 2023

Prices:

Adults: \$30.00

Students: \$25.00

Seniors: \$20.00

Hours:

Monday - Friday

6:30 am - 7:00 pm

KIDS YOGA

This program is run monthly for only \$40 per child per month! SIGN UP for my 1-hour class of mindfulness activities, movement, and discussions!

AGES 4-11

EVERY THURSDAY 4:45pm-5:45pm

LOCATED AT TYENDINAGA FITNESS RESOURCE CENTRE



\$40/MONTH

TO REGISTER

TEXT:613-970-2095

EMAIL: shoshanah.perron@gmail.com

PERSONAL TRAIN

SINGLES:

1/2 Hour Session -\$25.00

1 Hour Session -\$35.00

PACKAGES:

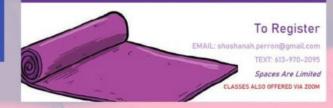
-\$200.00 10 - 30 minute Sessions

-\$300.00 10 - 1 Hour Sessions

Partner Training (2 people) -\$400.00

Gentle movements, breath work and beginning stages of meditation

- Every Thursday Evening 6pm-7pm
- \$30/Month OR \$10 Drop In
- Adults or 12+ With Adult
 - At Tyendinaga Mohawk Fitness Centre



TYFITNESSRES@MBQ-TMT.ORG | (613) 962-2822 14 YORK ROAD, UNIT 1, TYENDINAGA MOHAWK TERRITORY, ON Brought to you by Community Wellbeing Programs

Family Day "FUN" Competition 2023 In order to compete you will need to sign up!

The list will be emailed to participants prior to the "Family Day Weekend" Friday, February 17, 2023

The minimum number of tasks to completed to enter is FIVE!

Registration link https://forms.office.com/r/wsnrdUanrf



The more you complete, the better your prize category!

Picture Proof will needed to be sent in for each completed task!

This event is intended for Families who reside on Territory, as well as MBQ MEMBERS (families) who currently reside within driving distance for prize pick up.

JOIN THE WELLINGTON DUKES **SUNDAY FEBRUARY 19TH 2:30 PM DUKES VERSUS CALEDON ADMIRALS**



Join us in Honouring and Remembering Our Children of Canada's Residential Schools



GAME WORN MEMORIAL JERSEY AUCTION & FUNDRAISER

Sponsored By Sager Pallets & Recycling

Dukes photo By Ed McPherson

TO SPONSOR THIS EVENT PLEASE CONTACT:

Kelly Martin - OJHL Dukes - 905-914-7454

Email: BOQTotalsports@gmail.com

Richard Sager - 613-403-4558

Email: sagerrecycling@gmail.com



Welcome to our new Tru Golf Simulators
Simulator # 1 has 27 International courses
Simulator #2 has 40 International courses

Bring your clubs or rent ours and play indoor golf on a 12 ft screen.

We also have Bowling, Hockey, Soccer and many more.

Come and play at 283 HWY 49

Call 613-319-6646 or ttt@tytt.ca RAIN OR SHINE PLAY Tyendinaga Tee Time



JORDAN'S PRINCIPLE INFORMATION SHEET

HISTORY OF JORDAN'S PRINCIPLE

Jordan's Principle is named after Jordan River Anderson, who was born with complex medical needs and remained in the hospital until he passed away at age 5. When he was 2, the family was told he could move home with at-home care. The Province of Manitoba and the Federal Government could not agree on who would pay for his at-home care, so he stayed in the hospital unnecessarily and never had the opportunity to return to his family home. In 2007 a complaint was made to the Canadian Human Rights Tribunal (CHRT) regarding the underfunding of First Nations child and family services by the Government of Canada and the narrow application of Jordan's Principle. After almost 10 years, the CHRT ordered Canada to fully implement Jordan's Principle resulting in the federal government announcing it would comply with the ruling so First Nations children receive necessary care first, and then governments/departments involved will figure out who pays for it.

01

WHAT IS JORDAN'S PRINCIPLE?

Jordan's Principle is a child-first, need-based legal principle designed to address and eliminate gaps in publicly-funded health, social, and education programs for First Nations children.

02

WHAT IS COVERED?

Jordan's Principle covers all public services such as mental health, education, dental, physical therapy, medical equipment, etc.

03

WHO IS ELIGIBLE & CAN APPLY?

First Nations children aged 0-18. Children non-status, on-reserve are being considered eligible for coverage.

Parents/guardians, First Nations child above the age of 16, an authorized representative of the child, parent, or guardian can apply.



FOR MORE INFORMATION OR FOR HELP WITH AN APPLICATION CONTACT SHANLEIGH MARACLE

call: (613) 967-0122 ext. 143 text: (613) 438-0122 email: familywellbeing@mbq-tmt.org



RANDOM ACTS OF KINDNESS DAY

FEBRUARY 17, 2023

"MAKE KINDNESS THE NORM"

Random acts of kindness to try this month:

- 1. GIVE A COMPLIMENT TO A STRANGER
- 2. BUY A MEAL FOR SOMEONE IN NEED
- 3. HELP CARRY SOMEONE'S GROCERIES WHO IS STRUGGLING
- 4. DONATE FLOWERS TO A NURSING HOME
- 5. PASS ALONG A COMPLIMENT TO A SERVICE WORKER'S BOSS
- 6. SEND A CARE PACKAGE TO A LOVED ONE
- 7. DELIVER COFFEE TO A COWORKER OR PAY FOR THE PERSON BEHIND YOU
- 8. WRITE AN ENCOURAGING LETTER TO SOMEONE YOU CARE FOR

Kindness Challenge:

AS A FAMILY OR FRIEND GROUP FOR YOUR CHANCE TO WIN A PRIZE!

RULES:

- ALL SPACES MUST BE FILLED IN
- PHOTOS/VIDEOS MUST BE TAKEN AND SUBMITTED WITH THE BINGO CARD
- 3 PRIZES AVAILABLE TO BE WON EACH SUBMISSION WILL BE ENTERED INTO A DRAW
- SUBMISSIONS WILL NOT BE ACCEPTED ANY LATER THAN MARCH 1ST AT 12:00 PM - DRAW WILL TAKE PLACE MARCH 2ND

SEE NEXT PAGE FOR BINGO CARD & SUBMISSION INFORMATION!

FOR MORE INFORMATION ON RANDOM ACTS OF KINDNESS DAY, HOW TO IMPLEMENT KINDNESS INTO YOUR DAILY LIFE, AND FOR RANDOM ACTS OF KINDNESS CHALLENGES - VISIT RANDOMACTSOFKINDNESS.ORG



Random Acts of Kindness BINGO!

Help cook a meal leave a
positive note
for someone to
find

Make a gratitude board

Buy a loved one flowers or a treat

Fill in your own act of kindness

Donate
supplies to
a shelter
can be an animal shelter

Help a neighbour

Read to someone

Help clean the house

FAMILY EDITION



Send submissions to Shanleigh Maracle familywellbeing@mbq-tmt.org



Good Food Box





Calendar For 2023

Order & Paid By	Order Arrives
4:30pm	Pick-up 1-3pm
	_
Wed. January 18 2023	Tuesday. January 24. 2023
Wed. February 22, 2023	Tuesday. February 28, 2023
Wed. March 22, 2023	Tuesday, March 28, 2023
Wed. April 19, 2023	Tuesday, April 25, 2023
Wed. May 17, 2023	Tuesday, May 23, 2023
Wed. June 21, 2023	Tuesday, June 27 2023
Wed July 19, 2023	Tuesday, July 25, 2023
Wed Aug 16, 2023	Tuesday, August 22, 2023
Wed. September 20, 2023	Tuesday, September 26, 2023
Wed. Oct 18, 2023	Tuesday, October 24, 2023
Wed. Nov 22, 2023	Tuesday, November 28, 2023
Wed. December 13, 2023	Tuesday, December 19, 2023



Veggie Bag \$10.00 Fruit Bag \$5.00

COMMUNITY HEALTH

Family Box

2023 Calendar

Order By:	Pick Up: 4-6PM
4:30 pm	4 01 111
Wed. Jan 4, 2023	Tuesday January 10, 2023
Wed. Feb 8, 2023	Tuesday February 14, 2023
Wed. March 1, 2023	Tuesday March 14, 2023
Wed. April 5, 2023	Tuesday April 11, 2023

Cost: \$25.00

Questions Please call:

Vanessa-613-967-3603 Ext# 161

Community Health

Martin's

Beads & Craft Supplies

613-242-9130 613-242-9339

Tyendinaga Mohawk Territory

5731 Old Highway 2, Shannonville, ON KOK 3AO

All size of Delicas and Seed Beads

Dreamcatcher supplies

Leather: Cord & Lacing

Charms and Findings



_isa Martin ~ martin_family_crafts@hotmail.com



follow us

Now accepting new clients!

525A Dundas St. East, Belleville ON, K8N 1G4
613-779-7757 • evolveneurofeedback.com



Address your stress, today!

Life gets overwhelming and it becomes difficult to see the forest for the trees.

With **Neurofeedback and Psychotherapy** we can help by addressing a number of issues including emotional, behavioural, physical and cognitive issues.

Feel your optimal best.











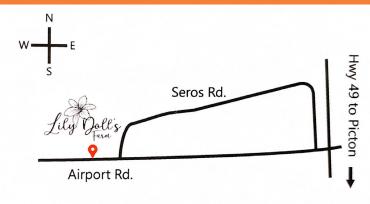






Non-Insured Health Benefits (NIHB): First Nations individuals (with Status) are eligible for up to 22 hours of Psychotherapy every 12 months with a registered Service Provider (Evolve Psychotherapist). NIHB Program operates as part of the mental wellness programs of Health Canada.





MEAT & VEGGIE MARKET

Belleville Bakery

5379 Hwy #2 Shannonville

*613.966.9490

Fresh Buns and Breads Made Daily From Scratch

- No Artificial Preservatives
- Exceptional Nutritional Value

PLUS...

Meit In Your Mouth SWEET TREATS!







DON'T SETTLE FOR ANYTHING LESS THAN BELLEVILLE BAKERY FRESH!

Build-All

CONTRACTORS

5427 HWY #2. TYENDINAGA TERRITORY SHANNONVILLE, ONTARIO

KOK 3AO

PHONE: 613.969.1315 FAX: 613.969.9806

E-MAIL: office@buildallcontractors.ca



GENERAL CONTRACTORS



~QUALITY WORK AND COMPETITIVE PRICES~

- 30 years experience
- **New home construction**
- **Residential and Commercial construction**
- **Driveways**
- **Brushing and Tree removal**





ForeverYoung

A wellness centre dedicated to motherhood, children and families.

Our Services: Family Chiropractic Cold Laser Therapy Shockwave Therapy

ForeverYoung 14 York Road Shannonville 613-966-5855

www.foreveryoungchiro.ca @foreveryoungchiropractic















Tim Reynolds - CFP, CHS Tasha Howe - B. Comm Bob Vrooman - CFP, CLU, CHFC



35 Dundas Street East, Napanee



Angel Tree Program & Christmas Food Hamper Program Express their sincere thanks!

The Angel Tree and Christmas Food Hamper Programs would like to send out a sincere Thank You to all who have generously donated to both programs this year.

These wonderful people, businesses and organizations have donated which has been used to purchase warm winter clothing for 50 Angels and provide 180 Christmas Food Hampers to families within our community.

The Angel Tree and the Christmas Food Hamper Programs operate on donations alone. We are very grateful for the support of our community to come together to ensure that our Angels have warm winter clothing and food to prepare a Christmas dinner.

Generous donators are:

Anglican Parish of Tyendinaga
Anonymous
Brenda Brant c/o- Deseronto Royal Legion
Bob Vrooman c/o- Lennox & Addington Financial Centre
Tri Board
Bayview Variety
Lisa Maracle
Stacia Loft
Marlene & Vincent Castellano
Terri Maracle
Pam & Wayne Sager
Tracey Gazley
Leslie Macfabe
Jessica Hogan

Rustic Spirit Plumbing Tiffany Brant Susanna Kennelly Jean Veronneau Catherine Galbraith Bonny Bear Maracle Lynda Leween Jessica Brant Christina Cyr Karen Weed Bev Hill Robert Lacavera Wendy Maracle Malory Maracle Deb Maracle Maria Loft

MORE HERBS LESS SALT!

DIABETES EDUCATION PROGRAM PRESENTS:

CREATE YOUR OWN

MACRAME HERB

GARDEN

FLAVOR

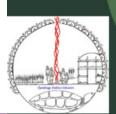
FUN

AROMA

COLORS

WHEN: FEBRUARY 24, 2023@ 1-3PM WHERE: KARONHIAK'TAKIE SPORTS COMPLEX [CANTEEN] REGISTER WITH SARAH CALL: [613]967-3603 EXT 122 EMAIL: DIABETESPAW@MBQ-TMT.ORG

LIMITED SPACES AVAILABLE



CLASSIFIEDS

PROPERTY FOR SALE

Waterfront acres connects Bay with Sucker Creek on Gordon's **Point**

Contact: 613-969-0239 or 716-264-4410, Basil & Pat Miller

WANTED

Looking for 2-3 bedroom house, Hwy. 49 or east of.

Call Melinda, 613-813-1748

WANTED

Looking for 0.5-1 acre land to buy or a 1/2 acre - 1 acre of land for a tiny home -4-5 bedroom, 2 bathroom house to buy. willing to pay fair value, plus a bit extra. Contact Paige Boomhour at 613-970-4049 or paigeboomhour@gmail.com

HOBBY FARM FOR SALE 251 York Road 5 bedroom, 3,000 square foot brick house on 5 acres with a 4 car garage

Tri-plex rental unit, providing \$3,000

and inground pool

40x40 newer barn 24x28 older barn

monthly income

Call 613-962-9187 or 613-438-4898

WANTED

Two MBQ members seeking 2-3 bedroom house in TMT, rent or rent-to-own. Contact Cathy at tootsmc@hotmail.com.

HELP WANTED

Seeking part-time help in a food truck. For details, call Mustang Sally at 613-661-4176.

WANTED

Contact Matthew at matthew.roberts3@dcmail.ca

FOR SALE

Krystal Clear Saltwater System for above-ground pools. Paid \$300 and it's been used for two seasons. Asking \$100.

15' trampoline. Asking \$50.

For more information on either listing, please call 613-962-4675.





Curtis Cleaning Services

Over 10 Years of Professional Local Cleaning Experience

REASONABLE RATES, RELIABLE AND FRIENDLY

OUR SERVICES INCLUDE:

ON-GOING RESIDENTIAL AND COMMERCIAL **CLEANING:**

- · Weekly or bi-weekly cleaning
- · Full clean of the bathroom and kitchen
- · Dish washing
- · Cleaning of floors; sweeping, mopping and vacuuming
- · Dusting of all surfaces



SHORT TERM **RENTALS AND** AIRBNB CLEANING:

- · Full clean of the bathroom and kitchen
- Dish washing
- Dusting of surfaces
- · Cleaning of floors; sweeping, mopping and vacuuming
- Wash and fold linen for bedrooms and bathrooms(if available)



MOVE-IN, MOVE-**OUT CLÉANING:**

- Thorough clean of the bathroom and kitchen, all appliances
- Full clean of kitchen cabinets
- Cleaning of floors; sweeping, mopping and vacuuming
- Dusting of baseboard, pictures, lamp shades, window sills and furniture
- Spot cleaning walls, door frames and baseboards



EXTRA SERVICES AVAILABLE UPON REQUEST!

CONTACT US TODAY FOR A FREE QUOTE!

Call: 613-813-6433 Email: curtiscleaninginfo@gmail.com



KINDNESS BEGINS AT HOME



CHILDREN ARE EAGER TO COPY THE BEHAVIOUR OF THE ADULTS AROUND THEM! THIS IS WHY BEING KIND, THOUGHTFUL AND RESPECTFUL WITH YOUR INTERACTIONS IS SO IMPORTANT. HERE ARE SOME WAYS TO MODEL KINDNESS AT HOME!



USE KIND WORDS

Research shows that practicing kindness changes the brain and provides mental health benefits that can have lasting positive effects on children. Speaking respectfully to one another is a great way to practice kindness.

INSPIRE EMPATHY WITH IMAGINATION

Using imagination and pretend play to practice empathy is great for young kids!
Try saying, "Imagine your doll fell down the stairs and bumped her head. What could we do to make her feel better?"





REWARD KIND BEHAVIOUR

Acknowledging a child's positive behaviour with a reward is great way to encourage kindness! Try letting them choose dinner for the family, or let them pick the game to play on family night!

PRACTICE RANDOM ACTS OF KINDNESS

Take a neighbour some baked goods, hold the door for others, give a stranger a compliment! Kids who see adults doing nice things are far more likely to practice this skill on their own!





* Mohawk Family Services Presents

Lunch & Learn

February 23rd, 2023 12:00pm - 1:00pm

Attend this session to learn about alternative care home options & how to become an alternative care home

Attendees will receive a lunch voucher for United Restaurant

Please register by **February 13th, 2023** by contacting Becky Lloyd at MFSfamilyresource@mbq-tmt-org or 613-813-9227

STAY TUNED FOR DETAILS ABOUT CULTURAL **AWARENESS** MONTH April 2023

- LANGUAGE
 STORYTELLING
- MUSIC
 & MORE



613-970-3045 tto@kenhteke.org 1658 York Road, lower level, Tyendinaga Mohawk Territory





Car Detailing Includes

- Cars
- Trucks
- · ATV/ Side By Sides
- Motorcycles

Contact and More Information

- Call or text me at 613-849-4948
- Cash only Tax free
- prices may vary depending on condition of vehicle
- I will be taking bookings Wednesdays-Saturdays
- · Contact for service details



HASTINGS - PRINCE EDWARD

MBQ Community Health and Home Support Programs, in partnership with the Alzheimers Society of Hastings Prince Edward offer:

Memory Cafe

Are you worried about your memory and eager to learn ways to boost your brain.

Do you have early stage dementia?

Join us while we discuss brain health, practise brain boost strategies and gentle movement.

When: February 23rd Time: 1-3:00pm

Where: Elder's Lodge

Covid Protocols will be in place

To register contact: Hannah Hill 613-967-3603, ext. #166 or email chrcwb@mbq-tmt.org

Open to MBQ members or anyone living on territory





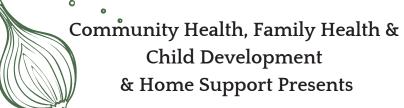
Provided by Mohawk Family Services

Every Sunday 12-1PM & Every Friday 7-8PM

All Ages Welcome!
Community Recreation Centre
51 Mechanic St. Deseronto
Open to MBQ Members and their families









COOKING WITH JODI

Fish Tacos

February 22nd

5:30-6:30pm

Via Zoom





~%

Registration opens February 7th @ 8:30am

communityhealth@mbq-tmt.org 613-967-3603

Pick up supplies on Social side of CWC Feb 21st from 1-4pm



00

Funded by the Government of Canada \$ AIAI



Community Health in partnership with Belleville Public Health and Children's Oral Health Initiative



Dental Screenings Fluoride Application **Sealants**

When: Tuesday February 21st, 2023 Where: Community Wellbeing Centre

Time: 1-3:30pm

Open to on Territory Residents ONLY



To Book an appointment call Hannah Hill 613-967-3603 ext. 166 chrcwb@mbq-tmt.org



WHEN WE MEET

1984 York Road Tyendinaga Mohawk Territory Ontario Canada K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325
www.tmpc.ca
www.tmpc.ca/pastorsthoughts

COMING EVENTS

Apr 7, 2023 Good Friday

Apr 9, 2023 Easter Sunday 11AM

May 14, 2023 Mother's Day Service 11AM

Jun 18, 2023 Father's Day Service 11AM

Stop in for Adult Sunday school 10 AM Sunday Service is 11AM Sunday Night Service 6:30 PM Wednesday Bible Study 7 PM

Congratulations to Earl Colton of Picton who held the winning ticket We would like to thank all who participated in this fundraiser for new Church Building.

Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.

HALL FOR RENT!

1295 Ridge Road, TMT

Meetings - Birthdays - Anniversaries - etc.

Book online at: www.parishoftyendinaga.com

or contact us by Email of Phone at: parishoftyendinaga@gmail.com 613-962-2787

Want to get the word out about your business?

Want to advertise to the community?

Advertise With Us!

Email communications@mbq-tmt.org for details!

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WASTE & RECYCLING SCHEDULE

RECYLE WEST

RECYLE EAST

HOLIDAY

WASTE WEST

WASTE EAST

