

MOHAWKS OF THE BAY OF QUINTE KENHTÈ:KE KANYEN'KEHÁ:KA



ISSUE 04/23
Onerahtókha
(April)

Owenna'shòn:'a tewateweyénstha ón:wa tsi niwenhni:tes
(the words we are learning this month)

Kanonhtonnyónkwas tsi Nahò:ten Enkyenthóhseron
See page 3 for more information

ORÍ:WASE *(news)*

Mohawks of the Bay of Quinte

Kenhteke nene kanyen'kehá:ka kanakerahserà:kon, nène rontathà:wi ne kanekarahsera. Tsi niyonkwarihò:tens tahnnon niyakwawennò:ten nahò:ten yonkwateryèn:tare ne tsi nitsyonkwè:non. Yakwatstha nahò:ten ne yonkwateryèn:tare tahnnon nahò:ten yonkwateryihwayèn:ni ne ayakwaten'nikòn:raren tahnnon ayakhikwennyenste ne onkyonkwè:ta, onkyonhwentsya nahoténhshon yonkwà:yen tahnnon 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 10 calls from February 17 to March 22, 2023:



- 1 Alarm: Commercial/Industrial
- 1 Alarm: Residential
- 1 Fire/Smoke: Non-Structural: Vehicle
- 2 Fire/Smoke: Structural: Residential
- 1 Leak/Spill: Natural Gas/Propane
- 1 Medical: Assistance
- 2 Public Service: Odour Investigation
- 1 Vehicle Accident: Extrication

This brings the total calls to 20 for 2023.



COMMUNITY MESSAGES *and* ANNOUNCEMENTS

NOTICE: OFFICE CLOSURE

All MBQ offices will be closed Friday, April 7 and Monday, April 10 for Easter.

Happy Birthday!

Happy 75th Birthday to Madeline Froman
- April 17th
Love, Your Family

Happy Birthday Linda - April 5th
Love Rick & Marilyn

Happy 60th Birthday Mary - April 6th
Love Rick & Marilyn

Happy 40th Birthday Kassy - April 14th
Love Aunt Marilyn & Uncle Rick

Happy 18th Birthday to our handsome,
loving, caring grandson Wyatt - April 16th
Lots of Love Grandma & Papa

Happy Birthday Bill - April 20th
Love Marilyn & Rick

Happy 7th Birthday Roan - April 29th
Lots of Love, Aunt Marilyn & Uncle Rick

Happy Anniversary Tracey & John - April 29th
Love Marilyn & Rick



The Claims Period
has been extended to
March 7, 2024

Submit your claim at
FirstNationsDrinkingWater.ca

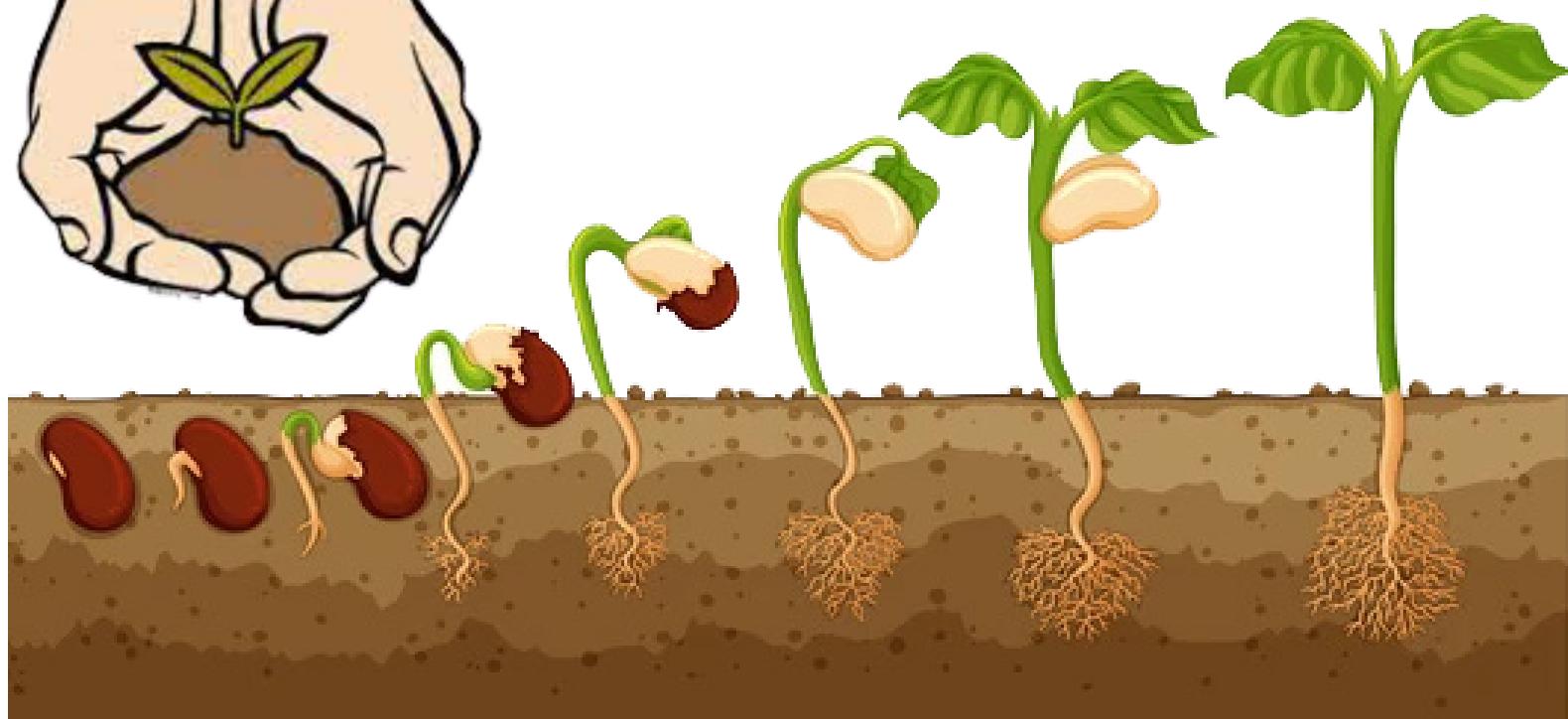
Deadline for May: April 19 at 12 p.m.

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

(the words we are learning this month)

Kanonhtonnyónkwas tsi Nahò:ten Enkyenthóhseron

I am thinking about what I will plant, sow



Orí:wase Owenna'shón:'a – April 2023

Seed Starting

Kanonhtonnyónkwas tsi nahò:ten enkyenthóhseron – I am thinking about what I will
plant, sow
Ká:nen – seed
Kanen'shón:'a – seeds, various types
O'ón:wara – starter plant, seedling
Tayohnyótye – its growing

Tsi Ratitsyókwas – Spearing Season

Awèn:ke tkontinakerényon – they live in the waters
Skakahráksen – pickerel, walleye
Tsonon'warí:yo – sucker
Ohyé:karon – rainbow trout
Tsikónhses – pike
Kanótsot – muskalonge
Wa'katè:skohwe' – I got in the water
Wa'kate'skò:ko – I got out of the water
Tekitsyóya'ks – I fish with a spear, I spear a fish
Wa'tkitsyóya'ke' – I fished with a spear
Tewakitsyóyen' – I have fished with a spear
Tewakitsyoyénhne – I had/used to fish with a spear
Wa'kathahserontà:ne' – I am going fishing with a light
Wakathahserontanónhne – I had gone fishing with a light (and since returned)
Kata'á:rohs – I fish with a net (lit. I put a net in water)
Wa'kata'á:rohwe' – I did fish with a net
Wakata'aróhonh – I have fished with a net, I am fishing with a net
Wakata'arohónhne – I was out fishing with a net
Wa'kitsyayé:na – I caught some fish
Kitsyahserón:nis – I clean fish
Wa'kitsyahserón:ni' – I cleaned fish
Kitsyahkerì:ta's – I fry fish
Wa'kitsahkerì:ta' – I fried fish
Kitsyanòn:waks – I crave fish

TYENDINAGA MOHAWK COUNCIL MINUTES
FEBRUARY 15, 2023

A meeting of the Tyendinaga Mohawk Council was held on Wednesday, February 15, 2023 at 9:30 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle

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

Staff: David Souliere, CAO, joined by Teams; Shelley Bowden, Executive Administrative Assistant and Recording Secretary to Council; Lisa Maracle, Director of Community Services and Todd Kring, Director of Community Infrastructure attended during the discussion regarding Forrester's Island.

Regrets: Angela Maracle, Senior Director of Operations attending a conference

Absent: Amsey Maracle, Executive Assistant to the Chief;

MOTION #: Moved by Stacia L. Loft, seconded by Carl E. (Ted) Maracle that this meeting go into private. (9:45 a.m.)

Carried.

Council returned to regular at 3:15 p.m.

MOTION #11: Moved by Josh Hill, seconded by Carl E. (Ted) Maracle that the Tyendinaga Mohawk Council Minutes of February 3, 2023 be approved as corrected.

Carried.

Council confirmed the following scheduled meetings:

- February 22, 2023 – 7:00 p.m. – Tyendinaga Mohawk Council Local Business
- March 9, 2023 – Tyendinaga Mohawk Council Regular
- March 15, 2023 – 7:00 p.m. Tyendinaga Mohawk Council Local Business
- March 22, 2023 – Tyendinaga Mohawk Council Regular
- March 29, 2023 – 7:00 p.m. Tyendinaga Mohawk Council Local Business
- April 5, 2023 – Tyendinaga Mohawk Council Regular
- April 12, 2023 – 7:00 p.m. Tyendinaga Mohawk Council Local Business
- April 19, 2023 – Tyendinaga Mohawk Council Regular
- April 26, 2023 – 7:00 p.m. Tyendinaga Mohawk Council Local Business

In efforts to recognize volunteers in the Community, TMC will hold an annual Volunteer Appreciation event in April to coincide with National Volunteer Appreciation week.

As volunteers from 2022 have been celebrated, the first annual event will take place in 2024 during National Volunteer Week (April 14-20, 2024), to celebrate Community Members who volunteered in 2023.

The Executive Team will outline the process for signing up and who will be the lead for this event.

MOTION #13: Moved by Stacia L. Loft, seconded by Carl E. (Ted) Maracle to approve a volunteer appreciation event in 2024 for MBQ volunteers in 2023.

Carried.

Council discussed the 5-year Kenhte':ke Strategic Plan for Kanyen'ke'ha.

MOTION #12: Moved by Josh Hill, seconded by Stacia L. Loft that the Tyendinaga Mohawk Council approve to adopt the 2023-2028 Kenhte':ke 5-year Strategic Plan for Kanyen'ke'ha and that it will be reviewed annually.

M.C.R. #2022/23-064

Carried.

MOTION #13:Moved by Josh Hill, seconded by Carl E. (Ted) Maracle to approve to pay the Alan Pratt invoice #6149 in the amount of \$1,916.00 regarding Culbertson Tract Land Partial Settlement.

Carried.

MOTION #14:Moved by Josh Hill, seconded by Carl E. (Ted) Maracle to approve to pay the Hicks Morley invoices #621958 in the amount of \$2,346.00; #621959 in the amount of \$2,283.50; #635982 in the amount of \$3,514.50; and #635983 in the amount of \$396.00 all regarding Human Resources.

Carried.

MOTION #15:Moved by Stacia L. Loft, seconded by Josh Hill to approve to pay the Miller Thomson invoice #3837302 in the amount of \$4,756.62 regarding Forester's Island.

Carried.

MOTION #16:Moved by Josh Hill, seconded by Stacia L. Loft to approve to pay the Derick Wong invoice #842 in the amount of \$4,555.00 regarding Economic Development Ventures.

Carried.

MOTION #17:Moved by Chris Maracle, seconded by Stacia L. Loft to approve Chief Maracle, David Souliere, Todd Kring and possibly Carl E. (Ted) Maracle attend a meeting with the Town of Deseronto regarding the Water Relations Board on March 7, 2023 at 3:00 p.m.

Carried.

Council discussed the cost estimate received from Greer Galloway on February 14, 2023 in the amount of \$14,400. The proposed work includes an assessment regarding the lots on Queen Street, to determine if the location is viable to move 3 of the 5 homes originally approved to be built on the Slash Road (TMC Meeting, June 22, 2022, Motion #20). The 5-home residential development is to be built by October 2023.

Council was advised that the assessment would take 4-6 weeks. Council was also informed that there are concerns at the Queen Street site of the potential presence of karst which may impact the viability of the proposed septic system(s). The funding terms for this project require MBQ to complete site clearing by March 31, 2023, in order to comply with the Migratory Birds Act.

MOTION # Moved by Chris Maracle, to approve to proceed with engaging Greer Galloway to complete the assessment on Queen Street to determine if the location is viable for residential development.

NO SECONDER.

MOTION #18:Moved by Josh Hill, seconded by Carl E. (Ted) Maracle to approve to explore the possibility of turning the lots on Queen Street into green space.

Carried.

MOTION #19:Moved by Stacia L. Loft, seconded by Chris Maracle that this meeting go into private. (4:30 p.m.)

Carried.

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

Original Signed by: Chief R. Donald Maracle

Order for Graduation: Ribbon Dresses, Skirts and Shirts!



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

DARLENE E. MARACLE
CELL: (416) 938-4157
(613) 396-3458
EMAIL: TYENDINAGA11@YAHOO.COM

• Specializing in Indigenous Fabrics • Ribbon Skirt Kits • Gift Certificates •



Tyendinaga Mohawk Council is going **LIVE!**

AS OF MARCH 9, 2023, ALL
REGULAR MEETINGS OF
TYENDINAGA MOHAWK COUNCIL
WILL BE LIVE STREAMED ON THE
MBQ YOUTUBE CHANNEL!
TO MAKE SURE YOU DON'T MISS A
MEETING, SUBSCRIBE TO OUR
CHANNEL AT:

**[YOUTUBE.COM/@MOHAWKS
OFTEBAYOFQUINTE2971](https://www.youtube.com/@MOHAWKSOFTEBAYOFQUINTE2971)**

TMC AGENDAS WILL BE MADE
AVAILABLE THE DAY BEFORE
EACH MEETING AT:
[MBQ-TMT.ORG/COUNCIL-AGENDAS](https://mbq-tmt.org/council-agendas)

**DISCLAIMER: COMMENTS OF INDIVIDUAL
MEMBERS MAY NOT NECESSARILY REFLECT
THE OPINION OF THE WHOLE COUNCIL.**

Save the Date

Sunday, May 21, 2023

2023 Mohawk Landing



Keep your eyes peeled for more information in early May!

**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.**



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

Haldimand's Promise and the Simcoe Deed

Sir Frederick Haldimand, Governor of the Province of Quebec, promised in April 1779, during the hostilities of the American Revolution, that the Mohawk communities that had been "ruined" by the American Rebels would be "restored at the expense of Government to the state they were in before" the war. However, when the war ended with the 1783 Treaty of Paris, Britain gave up the Mohawk homelands to the Americans. In recompense for the loss of the homelands and in recognition for their faithful military alliance with the British Crown, the Fort Hunter Mohawks and their allies were to select any of the unsettled lands on the North Shore of Lake Ontario.

Captain John Deser-ton-yon and his followers, about 20 families, arrived on the north shore of the Bay of Kenté (now Quinte) on May 22, 1784. Even before the Landing, while still at Lachine, Captain John had requested a Deed for the land. He knew, without the protection and affirmation of a Deed, the new village would be under threat. The wait for the Deed was 9 more years.

As of April 1, 2023, the Simcoe Deed turns 230 years old.

Please see below a transcribed copy of the Simcoe Deed (Treaty 3 1/2):

The Simcoe Deed (Treaty 3 ½)
1793

Reference: *LAC RG10 Volume 1850 IT 006 Indian Affairs*
(Grants land to the Chiefs, Warriors, Women & People of the Six Nations, specifically land on the Bay of Quinte)

George the Third by the Grace of God of Great Britain, France and Ireland King, Defender of the Faith and so forth. Know ye that Whereas the Attachment and Fidelity of the Chief Warriors and People of the Six Nations to Us and Our Government, have been made manifest on divers occasions by their spirited and zealous exertions and by the bravery of their conduct and We being desirous of shewing Our approbation of the same, and in recompense of the losses they may have sustained, of providing a convenient Tract of Land under Our protection for a safe and comfortable retreat for them and their posterity Have of Our special Grace, certain knowledge and mere motion Given and by these presents Do give and grant unto the Chiefs Warriors Women and People of the said Six Nations and their Heirs for ever all that District or Territory of Land being parcel of a certain District lately purchased by Us of the Mississague Nation lying and being and limited and bounded

as follows (that is to say) the Tract will then be bounded in front by the Bay of Quinte between the Mouths of the River Shannon and Bowens' Creek about Twelve Miles Westerly by a line running North Sixteen Degrees West from the West side of the Mouth of the River Shannon, and Easterly by a Line running North Sixteen Degrees West from the Mouth of Bowens' Creek, and Northerly by a Line running East Sixteen Degrees North, and West Sixteen Degrees South at the distance of about Thirteen Miles back from the Bay of Quinte, measured on the Western Boundary aforesaid, to the North East Angle of the Township of Thurlow: To Have and to Hold the said District or Territory of Land of Us Our Heirs and Successors to them the Chiefs Warriors Women and People of the said Six Nations and to and for the sole use and behoof of them and their Heirs for ever freely and clearly of and from all and all manner of Rents, Fines or Services whatsoever to be rendered by them the said Chiefs Warriors Women and People of the said Six Nations to Us or Our Successors for the same And of and from all Conditions Stipulations and Agreements whatever except as hereinafter by Us expressed and declared. Giving and Granting and by these presents confirming to the said Chiefs Warriors Women and People of the said Six Nations and their Heirs the full and entire possession Use benefit and advantage of the said District or Territory of Land to be held and enjoyed by them in the most free and ample manner and according to the several Customs and usages by them the said Chiefs, Warriors, Women and People of the said Six Nations Provided always and be it understood to be the true intent and meaning of these Presents that for the purpose of assuring the said Lands as aforesaid to the said Chiefs Warriors Women and People of the Six Nations and their Heirs and of securing to them that free and undisturbed possession and enjoyment of the same. It is Our Royal Will and Pleasure that no Transfer Alienation Conveyance Sale Gift Exchange Lease Property or Possession shall at any time be had made or given of the said District or Territory or any part or parcel thereof by any of the said Chiefs Warriors Women and People of the said Six Nations to any other Nation or Body of People Person or persons whatsoever other than among themselves the said Chiefs Warriors Women and People of the said Six Nations but that any such Transfer Alienation Conveyance Sale Gift Exchange Lease or Possession shall be null and void and of no effect whatever. And that no Person or Persons shall possess or occupy the said District or Territory or any part or parcel thereof by or under pretence of any such Alienation or Conveyance as aforesaid or by or under any pretence whatever under pain of Our severe displeasure. And that in case any Person or Persons other than the said Chiefs Warriors Women and People of the said Six Nations shall under pretence of any such Title as aforesaid presume to possess or occupy the said District or Territory or any part or parcel thereof that it shall and may be lawful of Us our Heirs and Successors at any time hereafter to enter upon the Lands occupied and possessed by any other Person or Persons other than that said Chiefs Warriors Women and People of the said Six Nations

and them the said Intruders thereof and therefrom wholly to dispossess and evict and to resume the same to Ourselves Our Heirs and Successors. Provided always nevertheless that if at any time the said Chiefs Warriors Women and People of the said Six Nations should be inclined to dispose of and Surrender their Use and Interest in the said District or Territory, that same shall be purchased only for Us in Our Name at some Public Meeting or Assembly of the Chiefs Warriors and People of the said Six Nations to be held for that purpose by the Governor Lieutenant Governor or Person Administering Our Government in Our Province of Upper Canada. In Testimony whereof We have caused these Our Letters to be made Patent and the Great Seal of Our said Province to be hereunto affixed. Witness His Excellency John Graves Simcoe Esquire Lieutenant Governor and Colonel Commanding Our Forces in Our said Province. Given at Our Government House at Navy Hall this First Day of April in the Year of Our Lord One Thousand and Seven Hundred and Ninety Three in the Thirty Third Year of Our Reign.

/signed/ Wm Jarvis Secy

/signed/JGS

(a true copy taken from the original
29th December 1809)

John Small

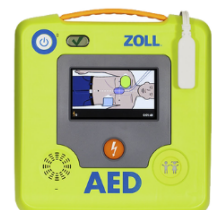
C.Reg.

Community Health PADs Program

Protecting Your Heart, And Our Community



**Join Community Health Pads Team
to learn about the PADs program
and how you can help and become a
community partner**



Monday April 3
5-7pm

Community Centre
1807 York Road

Light refreshments available



Questions? Please submit them in advance to nic@mbq-tmt.org

Community Health PADs Program



Protecting Your Heart, And Our Community

CALLING ALL LOCAL BUSINESSES!



We need your help to make Tyendinaga the first
SaveStation - Heart Safe Community.



Every 12 min. in
Canada the heart of
somebody's loved
one stops



AEDs save lives!
When used quickly they
can increase the chances of
survival by **50%** or more.
AEDs are also known as
defibrillators



With only 10 minutes to
save a life, finding an
AED quickly is critical



SaveStations bring
AEDs **closer to you**,
make them **easier to
find**, and help keep
everyone safe

HOW YOU CAN HELP

Become a Community Partner

Sponsor A SaveStation



The average ambulance response time to
Tyendinaga Mohawk Territory in 2022 was 15
minutes and 52 seconds, **more than double**
the provincial average.



We are looking for businesses who want to
display their brand on a SaveStation, in one of
several high traffic locations.

**Multiple sponsorship levels
to choose from.**

Platinum / Gold / Silver / Bronze

Included with sponsorship:

- Advertising during Heart Safe campaign
- Your permanent logo on a public SaveStation
- Ribbon cutting ceremony & *media coverage

**Scan the QR code to see
sponsorship levels and apply**

pushforlife.ca/tmt-heart-safe



Community Health PADs Program



Protecting Your Heart, And Our Community



We need your help to make Tyendinaga the first
SaveStation - Heart Safe Community.

Become a Community Partner

Purchase A SaveStation & AED

For your business, home or cottage

With just minutes to save a life we are dependent on our members to respond when an emergency happens. Making a SaveStation available to your customers and neighbourhood could save someone's life.

Join the SaveStation Heart Safe Community Campaign and receive support to install, maintain and learn how to use the AED you purchase.

SaveStations can be dedicated with a plaque and ceremony for someone who has passed

visit: pushforlife.ca/tmt-heart-safe



Become a Community Partner



Sign Up for a FREE CPR Class

Learn how to use an AED

Free CPR classes will be held monthly during the Community Health PAD program campaign, including a family fun and games night.

Scan the QR code to learn more

visit: pushforlife.ca/tmt-heart-safe

SCAN ME
WITH YOUR CAMERA



Community Health PADs Program

Protecting Your Heart, And Our Community



You're Invited to a **RIBBON CUTTING CELEBRATION**



Join the Community Health PADs Program in
celebrating the launch of the very first updated
SaveStation and AED in our Heart Safe Community

Friday April 7th, 2023
8:30 am before Sadie's walk
at the Community Wellbeing Centre
50 Meadow Dr

<https://mbq-tmt.org/heartsafe/>

 **SAVESTATION**





Braeden Bryson Maracle Smith of the Tyendinaga Mohawk Territory has been playing both field and box lacrosse for various teams at all different levels for many years, in Canada and in the USA. He continues to enjoy playing Senior Lacrosse both in the Arena Lacrosse League for the Peterborough Timbermen and the Senior B Box Lacrosse League out of Ottawa. Recently, this past summer with the Ottawa Axemen, they managed to clinch a spot in the 2022 President's Cup National Lacrosse Tournament. This is the largest indoor lacrosse tournament in North America, and the team had less than two weeks to prepare to head to Edmonton, Alberta. It was a once in a lifetime experience, and Braeden, along with his teammates, were tasked with raising the money to be able to make the trip. With the help of sponsors, friends, family and his home Community stepping up to the plate donating money and lacrosse gear for his whirlwind trip, he was able to attend. It had been almost three years of lost lacrosse due to the pandemic, so 2022 was a whirlwind season.

"I would just like to say a huge thank you to the Mohawks of the Bay of Quinte and the Tyendinaga Community Development Fund, my family and my friends for giving me the support to get to Alberta this past summer. I could not have done it without you all. It is truly an honour."
Nyá:wen, Braeden

BRIAR FOX 2023 MEMBERSHIP

**SALES TAX EXEMPTIONS ON
2023 BRIAR FOX
MEMBERSHIPS, FOR THOSE
WHO QUALIFY, WILL BE
AVAILABLE FOR
MEMBERSHIPS PURCHASED
AT THE MOHAWKS OF THE
BAY OF QUINTE
ADMINISTRATION OFFICE.
PLEASE VISIT THE FRONT
DESK 9 A.M. - 4 P.M. MONDAY
THROUGH FRIDAY AND THEY
WILL ASSIST YOU WITH
YOUR MEMBERSHIP
PURCHASE.**



MOHAWK FAMILY SERVICES AND FAMILY
WELLBEING PRESENT

EASTER

• EGG HUNT •



FRIDAY, APRIL 7, 2023

ARRIVE AT 12:00PM, EVENT WILL BEGIN AT 12:30PM

TIME IS SUBJECT TO CHANGE

SNACKS AND DRINKS PROVIDED

AGES 0-10

OPEN TO MBQ MEMBERS AND THEIR FAMILIES

LIMITED SPACE AVAILABLE

REGISTRATION DEADLINE: FRIDAY, MARCH 31, 2023

REGISTER USING QR CODE OR LINK IN DESCRIPTION



May 5th, 2023

Join a candle light
vigil in honor of our
sisters whom have
been lost and those
that are still
missing.

"This issue around
missing and
murdered
Indigenous women
and girls didn't just
crop up a couple of
years ago when it
got all [this] media
attention, This has
actually been a
problem since
contact"

Pam
Palmater

TIME: 7:00pm - 9:00pm
LOCATION: Market Square,
Belleville ON

NATIONAL
AWARENESS
DAY FOR
MISSING &
MURDERED
INDIGENOUS
WOMEN AND
GIRLS



Red Dress Walk

When: Saturday, May 6, 2023
• please meet at City Hall for 8 a.m. •

*Where: Belleville City Hall to
Mohawk Community Centre*

*Why: To honour all of our
MMIWG2S+*

*A Facebook page will be created a little closer
to the event to share additional information.*

Enyonkwa'nikonhriyohake'

Good Minds Program

April Beading Challenge

Bead a kitkit owira

(Chick)

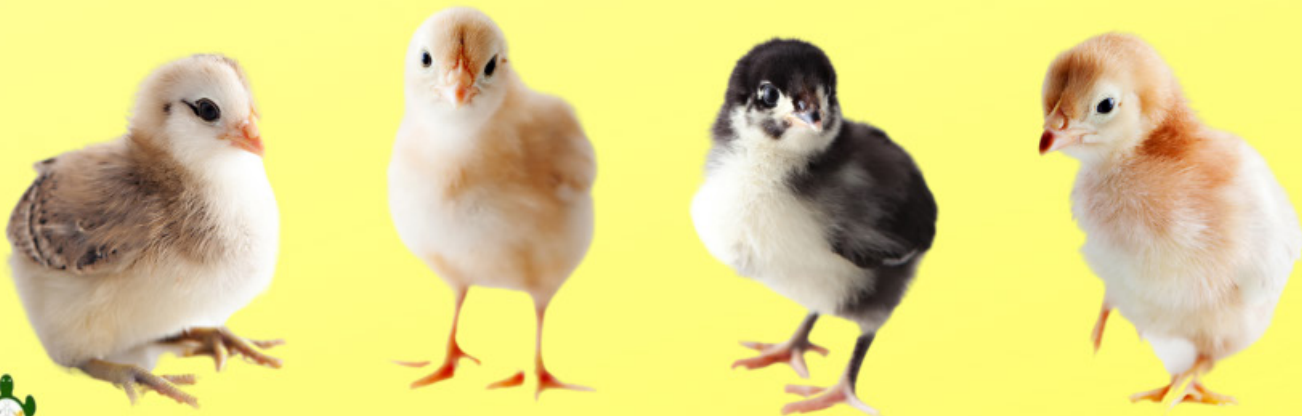
Submissions due April 30

Prize for all participants

Please send Submissions to

Vyvian Mitchell

icww@mbq-tmt.org



ABORIGINAL HEALING AND
WELLNESS STRATEGY



Indigenous
Services Canada



Tyendinaga Fitness Resource Centre

"Discovering the Balance" 613.962.2822

APRIL 2023

Prices:

Adults: \$30.00

Students: \$25.00

Seniors: \$20.00

Hours:

Monday - Friday

6:30 am - 8:00 pm

Saturday

8:00 am - 1:30 pm

Watch our Facebook and Inatagram for more programs and events!



Happy
Easter



Sign Up Today!!

Yoga Every Thursday! \$10

Drop-In Or Pay Monthly



SENIOR
CHAIR
YOGA

11am-12pm



KIDS
YOGA

4:45pm-5:45pm



Gentle
Yoga

6pm-7pm

All Classes Located at Tyendinaga Fitness
Resource Centre

Text 613-970-2095 OR Email shoshanah.perron@gmail.com

COMING
SOON

Easter
Egg Hunt

Fundraiser



TYFITNESSRES@MBO-TMT.ORG | (613) 962-2822

14 YORK ROAD, UNIT 1, TYENDINAGA MOHAWK TERRITORY, ON

It's time for hiking

Come join the Tyendinaga Fitness
Resource Centre & the Diabetes
Education Program for weekly hikes
together!

Starting May 2nd @ 5:30pm

Will continue every Tuesdays @ 5:30pm

New hiking location every week!

We are open to trail suggestions.

Meeting at each location, no transportation
provided.

**FOR MORE
INFO CONTACT
SARAH:**



Community Wellbeing Centre



613-967-3603 ext 122



www.diabetespaw@mbq-tmt.org



Monthly updates will be provided with expected trails

MEDICAL TRANSPORTATION (MT)

SOMETHING NEW



We are going DIGITAL!
Over the next few months we will be asking your patience as we input & update data into our brand new EMR Program. Your privacy and the security of your health information is still our top priority. **STAY TUNED** for some new ways that will make reporting and claiming your trips easier.

<https://mbq-tmt.org/health/medical-transportation/>

Office: 613-967-3603 Ext 171

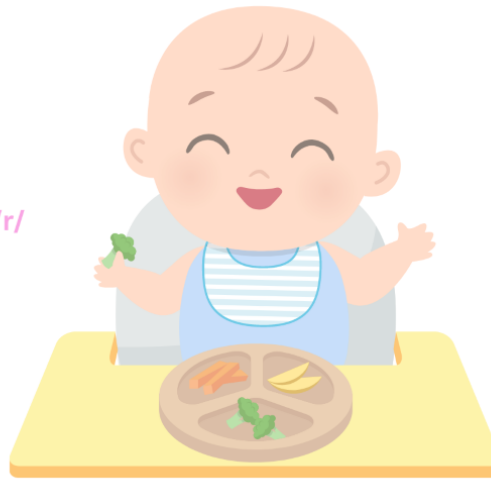
transportationclerk@tmbq-tmt.org

Make Your Own Baby Food

› Register visit:

[ps://forms.office.com/r/
FdmxdFvPuL](https://forms.office.com/r/FdmxdFvPuL)

Or Scan Here:



April
18
1-3pm

Learn how to make
and store nutritious
food for your infant

Registration closes April 14 at 430pm

For community members with infants up to 1 year

Questions? Call 613-967-3603 ext 144

Prenatal Classes

To Register visit:

[https://forms.office.com/r/
NSMGB23gRZ](https://forms.office.com/r/NSMGB23gRZ)

Or Scan



Spring
2023

MAY

Thursday 11th
Thursday 18th
Thursday 25th

JUNE

Thursday 1st

Join our Community Health Nurse along
with special guests to learn about

Stages of Pregnancy and Nutrition
Labour and Delivery
Post partum and newborn care
Baby feeding (breastfeeding & formula)

Questions? Call 613-967-3603 ext 144

Intended for MBQ members
and anyone in their
household who is expecting.

TYENDINAGA
PRIDE LOADING...



SAVE THE DATE
JUNE 3, 2023

LEGION BRANCH 280
MAIN STREET DESERONTO
EVERY TUESDAY NIGHT
DOORS OPEN AT 5:30
BINGO STARTS AT 7:00
CANTEEN AVAILABLE



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Dave's cell

613-661-2209

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Floors, Patios, Sidewalks,
Etc. Free Estimates

• Your Quality Foundation Experts •

tewahsen ya:ya'k 26



Spring CLEANING



Spring has finally sprung! Mohawk Family Services wants to give you some tips to have a productive spring cleaning!

MAKE A PLAN

- Look around, what spaces are you unhappy with?
- Make a checklist of tasks to be done in each room.
- Music is motivating! Find the perfect cleaning playlist & start!

DE-CLUTTER

- De-clutter one room at a time!
- Create Piles - Donations, Recycle/Repurpose, Trash and Put Away.
- Once de-cluttering is done you can move onto cleaning!



DEEP CLEAN

- Work from the top to the bottom! Get rid of cobwebs, wash the walls and windows, then the floor!
- Wipe down cabinets and frequently touched surfaces.
- Clean out the pantry and fridge.
- Wash all the linens!

PRO TIPS

- No swiffer? Dust window blinds with an old sock.
- Use a fresh mop head to clean walls and showers!
- Spring clean your phone by removing old apps and contacts that no longer serve you!



SPRING CLEANING CHECKLIST

HERE'S A
SAMPLE LIST
TO GET YOU
STARTED!

KITCHEN

- ☐ Clean Stove
- ☐ Clean Oven
- ☐ Clean Microwave
- ☐ Clean Dishwasher
- ☐ Clean Fridge
- ☐ Clean Kitchen Counters
- ☐ Clean Kitchen Cupboards
- ☐ Clean Kitchen Drawers
- ☐ Clean Pantry
- ☐ Clean Windows
- ☐ Clean Light Fixtures

BATHROOM

- ☐ Clean Bathtub
- ☐ Clean Sink
- ☐ Clean Toilet
- ☐ Clean Vanity
- ☐ Replace Shower Curtain Liner
- ☐ Clean Windows
- ☐ Clean Light Fixtures
- ☐ Wash Baseboards, Wall, and Floor

BEDROOMS

- ☐ Dust Dressers
- ☐ Clean and Organize Closet
- ☐ Flip Mattress
- ☐ Clean Windows
- ☐ Clean Light Fixtures
- ☐ Wash Baseboards and Walls
- ☐ Vacuum Floor

LIVING ROOM

- ☐ Vacuum Furniture
- ☐ Wash Throws and Pillows
- ☐ Dust Furniture and Electronics
- ☐ Clean Windows
- ☐ Clean Light Fixtures
- ☐ Wash Baseboards and Walls
- ☐ Wash or Vacuum Floor

FAMILY ROOM

- ☐ Vacuum Furniture
- ☐ Wash Throws and Pillows
- ☐ Dust Furniture and Electronics
- ☐ Clean Windows
- ☐ Clean Light Fixtures
- ☐ Wash Baseboards and Walls
- ☐ Wash or Vacuum Floor

LAUNDRY ROOM

- ☐ Clean Washing Machine
- ☐ Clean Dryer
- ☐ Organize Laundry Supplies
- ☐ Clean Windows
- ☐ Clean Light Fixtures
- ☐ Wash Baseboards and Walls
- ☐ Wash Floor

OTHER TASKS

- ☐ Clean and Organize Linen Closet
- ☐ Wash Trash Cans
- ☐ Clean Mirrors
- ☐ Dust Computers and Printers

Alternative Family



WORDSEARCH

M	T	F	A	M	I	L	Y	A	S	A	M	G
O	Y	A	E	R	B	R	O	T	H	E	R	R
T	I	T	I	K	J	L	A	B	S	Y	R	A
H	S	H	W	G	N	S	D	T	W	E	N	N
E	K	E	F	S	W	E	A	T	S	R	I	D
R	E	R	D	U	L	O	U	H	I	U	C	M
P	G	R	E	E	H	Y	G	R	S	E	O	O
S	O	N	K	R	E	F	H	J	T	R	U	T
M	Y	M	I	Y	J	V	T	G	E	E	S	H
A	U	N	T	S	K	E	E	E	R	O	I	E
K	U	N	C	L	E	A	R	K	Y	A	N	R
G	R	A	N	D	F	A	T	H	E	R	T	H

- sister
- son
- grandmother
- brother
- father
- aunt
- daughter
- grandfather
- family
- uncle
- mother
- cousin

Find and circle the words.

Please contact Becky Lloyd at 613-813-9227 for more information on becoming an Alternative Care Home





MOHAWK FAMILY
SERVICES

WOMEN'S CIRCLE

JOIN US THE FIRST THURSDAY
OF EVERY MONTH!

5:30-7:30PM

1935 YORK ROAD DESERONTO, ON

SHARE • EMPOWER • GROW

DINNER & REFRESHMENTS PROVIDED

FOR MORE INFORMATION CONTACT ALYSSA:
PREVENTIONSUPPORT1@MBQ-TMT.ORG

MOHAWK COMMUNITY CENTRE

Upper Level

CAPACITY: 289
KITCHEN INCLUDED
COSTS:

REGULAR - \$300
GOVERNMENT - \$400

Lower Level

CAPACITY: 305
COSTS:

REGULAR - \$300
GOVERNMENT - \$400
KITCHEN USE = \$50

FAQ

- \$100 DEPOSIT
REQUIRED
- TABLES & CHAIRS
AVAILABLE
 - SETUP IS THE
RESPONSIBILITY OF
THE RENTER



TO BOOK THE COMMUNITY
CENTRE, PLEASE CONTACT
TINA BRANT:
HOUSING@MBQ-TMT.ORG
613-396-3424 EXT. 104

Anglican Parish of Tyendinaga

We'd love you to join us at All Saints Anglican Church - 1295 Ridge Road, TMT - as we celebrate Holy Week and Easter 2023

April 2nd ~ Palm Sunday Celebration 9:30 a.m. followed by food and fellowship

April 4th ~ Tuesday in Holy Week Ending the day in Prayer at 5:00 p.m.

April 5th ~ Wednesday in Holy Week Ending the day in Prayer at 5:00 p.m.

April 6th ~ Maundy/Holy Thursday Shared Supper and Communion around the supper table at 5:00 p.m.

April 7th ~ Good Friday Celebration at 12:00 p.m.

April 9th ~ Easter Morning Baptism and Communion Celebration followed by a shared breakfast 9:30 a.m.

To learn more about us check out our website
parishoftyendinaga.com

To join our online worship community check out our Facebook page
Anglican Parish of Tyendinaga

TYENDINAGA TEE TIME



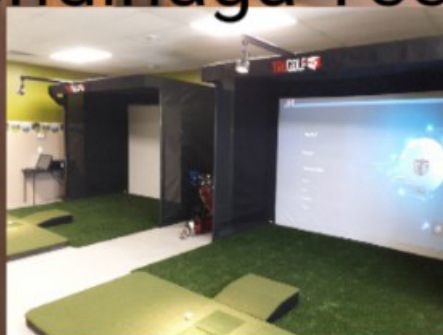
Welcome to our new Tru Golf Simulators
Simulator # 1 has 27 International courses
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Bring your clubs or rent ours and play indoor golf on a 12 ft screen.
We also have Bowling, Hockey, Soccer and many more.

Come and play at 283 HWY 49

Call 613-319-6646 or tytt@tytt.ca

RAIN OR SHINE PLAY
Tyendinaga Tee Time



KEEP MBQ UP-TO-DATE



**IF YOUR CONTACT INFORMATION CHANGES,
PLEASE CONTACT MEMBERSHIP TO MAKE THE
NECESSARY UPDATES**

Bonnie Maracle
E: bonniem@mbq-tmt
P: 613-396-3424 x 110

Bonny 'Bear' Maracle
E: bonnym@mbq-tmt
P: 613-396-3424 x 132

REMINDERS

- By appointment only, Monday-Friday, 8:30 a.m. to 4:30 p.m.
- You will need TWO pieces of photo I.D. for renewals

APRIL 10TH IS

National Siblings Day

THINGS TO DO WITH YOUR SIBLINGS:

FREE OF COST:

- Go for a hike
- Make a scavenger hunt for each other
- Do an online escape room
- Host a family game night - organized by the siblings
- Build a fort
 - Have a movie night in the fort!

COST A BIT OF MONEY:

- Start a family book club - each sibling takes turns choosing a book
 - Tip: go to the thrift store to find new books!
- Make dinner for the family



Build All CONTRACTORS

We're Hiring General Construction Labourer

- Load, unload and transport construction materials
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- Flagging for trucks
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- Valid drivers licence preferred

TO APPLY:

email a resume to:

office@buildallcontractors.ca

or drop it off at:

5427 Highway 2, Shannonville

Good Food Box



Calendar For 2023

Note: Time Change-Location For Pickup-Canteen Baseball Diamond

Order & Paid By 4:30pm	Order Arrives Pick-up 2-4pm
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



For more info call
Vanessa, at CWC
613-967-3603
Ext#161

Veggie Bag \$10.00

Fruit Bag \$5.00

COMMUNITY HEALTH

Family Box

2023 Calendar

Order By: 4:30 pm	Pick Up: 4-6PM
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 K0K 3A0

• All size of Delicas and Seed Beads

• Dreamcatcher supplies

• Leather: Cord & Lacing

• Charms and Findings



• Ceremonial Leaf Tobacco, Sage, and Sweetgrass

Lisa Martin ~ martin_family_crafts@hotmail.com



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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.



Improve Memory



Reduce Stress



Regulate Emotions



Sleep Better



Peak Performance



Reduce Anxiety



Improve Mood

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.

Lily Doll's Farm

122 AIRPORT ROAD • TYENDINAGA, ON • K0K 1X0 • 613-885-4732



Airport Rd.

Seros Rd.

Hwy 49 to Picton
↓

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@foreveryoungchiropractic





info@lafc.ca

613-354-2726

(fax) 613-354-3585

35 Dundas Street East, Napanee

VOICES FROM THE SHADOWS: Homeless in a Rural Community

The “unhomed” face unique challenges, especially in a rural community.

Learn more, as 99.3 County FM shines a light on homelessness in Hastings Prince Edward.

Listen to your radio or stream us at 993countyfm.ca

Join us for our 8-part series “Voices from the Shadows: Homeless in a Rural Community.”

April 6th through May 25th

Every Thursday at noon during “The Grapevine” we broadcast one 30-minute episode.

Hear the voices of our homeless community and service providers.

Stories that are uplifting, and gut-wrenching.

Funded by the Community Radio Fund of Canada



Community
Radio Fund
of Canada





NON-INSURED HEALTH BENEFITS (NIHB)

IMPORTANT NIHB CLIENT INFORMATION

When you call or see a health care service provider, please self-identify as a federally registered First Nations member. You need to make sure you are eligible for provincial or federal benefit coverage for the health program, service, or product you need. You do not want to end up with out-of-pocket expenses for something that was provided to you by one of the NIHB service providers that was never an eligible client benefit. You need to be aware of what your health benefits are.

PLEASE ASK THE SERVICE PROVIDER IF:

1. The proposed service/item/treatment is OHIP funded as well as an eligible benefit within the NIHB Program; and
2. He/she bills directly to the NIHB Program.

IF YOU HAVE ANY CONCERNS OR QUESTIONS ABOUT YOUR ELIGIBILITY FOR A MEDICAL ITEM, SUPPLY, SERVICE, AND/OR TRAVEL PROVIDED UNDER THE NIHB PROGRAM, PLEASE CALL OR CONTACT ANY OF THE FOLLOWING:

1. Your local community health worker who works with the NIHB Program;
2. NIHB Client Information Line at 1-800-640-0642; this number is for questions for all benefit areas except dental benefits; and
3. For all dental benefit questions, please call the NIHB Dental Client Information Line at 1-855-618-6291.

**For LOCAL Non-Insured Health
Benefits support, please contact:
Scott Lindsay-Maracle
scottm@mbq-tmt.org
613-967-3603 ext. 120**

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 4-5 bedroom, 2 bathroom house to buy. 1/2 acre - 1 acre of land for a tiny home - willing to pay fair value, plus a bit extra.

Contact Paige Boomhour at 613-970-4049 or paigeboomhour@gmail.com

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 \$50.

For more information, please call 613-962-4675.

Just Listed

0 North Street
Tyendinaga, ON



Contact Kelly Percival:
613 583 1859

43 ACRES OF PRIME LAND!

HOBBY FARM FOR SALE

251 York Road

- 5 bedroom, 3,000 square foot brick house on 5 acres with a 4 car garage and inground pool
- 40x40 newer barn
- 24x28 older barn
- Tri-plex rental unit, providing \$3,000 monthly income

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

WATERFRONT PROPERTY FOR SALE

This beautiful location on the Bay of Quinte overlooks the Skyway Bridge on Telegraph Narrows.

This property has several seasonal cottages. \$475,000

If you are interested, please contact Wendy Hay, Broker of Record

KB Realty Inc. 613-217-9488



FOR SALE

Honda Rear Tine tiller - used less than 10 hours
\$500 or very best offer.

For more information, please call 613-962-4675.



N&C FAMILY CLEANING BUSINESS

Nancy & Colin Carr-Braint

House & Airbnb Cleaners

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Years of experience, WHMIS, first-aid & CPR certifications and clear vulnerable sector check.

CONTACT:

gram_1carr-braint@hotmail.com

613-970-0336

Important information Indigenous members from Canada need to know before visiting the United States (USA)

Your federally registered status card does not provide you with any type of health care coverage when you travel outside of Canada. If you, or you have friends and family, that are visiting the USA for any reason or any length of time including day trips, you should all understand the following facts before visiting the USA.

1. USA medical costs are very expensive

The USA and Canada have the highest costs for medical care around the globe. A single trip to the emergency room for a few stitches and some antibiotics can cost hundreds of dollars. Foreign visitors without travel health insurance will have to pay out of pocket for their medical treatment. While there are a few welfare hospitals in the USA, most have gone bankrupt and those who remain have very long wait times for non-emergency treatment so you cannot expect to get prompt, top-notch treatment if you do not have travel health insurance.

2. Foreign visitors do not receive free medical care

The USA health care system is not 'free healthcare' – not for visitors or for citizens of the USA. This can be the most confusing fact of all for those coming from countries where healthcare is free (or, more accurately, paid for by taxes). Further, foreign visitors on short-term visas as tourists, i.e., not students or temporary foreign workers, do **not** have access to buy their own health insurance from the healthcare marketplaces in the country they are visiting.

3. Emergency Room visits are not free either

Even if your treatment is considered an emergency, the hospital will expect payment for treatment costs, including surgeries, medicines, medical supplies, ambulance transportation, and anything else used to treat you and make you well again. If you are a foreigner and need emergency medical treatment, it's likely that you will be transported to a welfare-based hospital soon after they discover you have no insurance.

4. Students and temporary foreign workers are not exempt

Foreign students and temporary foreign workers are not exempt from the Affordable Care Act requirements to obtain qualified health insurance. If you are a student studying in the USA or a foreign worker, you will have to get health insurance in the USA either through the university or through your employer. If neither, your university or employer can provide you access to health insurance you can buy. You'll need to log in to the government's health care site, choose your state, and start researching a plan you can buy. You should have travel health insurance prior to leaving to cover the trip from your homeland to the USA and ensure coverage is valid for the period of time it takes you to buy and receive health insurance out of country. If you are hospitalized for dehydration due to a flu bug you picked up soon after arrival, for example, and you do not have travel health insurance and your health insurance is not yet in effect, you will be paying for your medical treatment on your own. An overnight stay in the hospital can run into the thousands of dollars (USD); medical treatment for a car accident can bankrupt an individual from which they may never financially recover.

5. An evacuation out of the USA may be necessary

Little known fact: emergency medical evacuations are not usually covered under any USA based health insurance plan. **No kidding!** If you're a foreign visitor, however, getting an evacuation back to your home country where you can be with family and friends and back in your own health care system is sometimes the only way to control costs if you have an accident in the USA. Nearly all travel health insurance plans have coverage for evacuations back to your home country. The cost of an evacuation depends largely on how far you must travel, so an evacuation from the USA to Canada will cost a lot less than one to Australia but you get the idea. Get coverage for at least \$100,000 - \$300,000 and you should be fine.

6. Pre-existing conditions may cause you trouble

While the Affordable Care Act addresses pre-existing conditions for those living in or citizens of the USA, many travelers are surprised when a travel insurance provider denies their claims due to a pre-existing medical condition. In some cases, the condition is one that the traveler didn't even recognize as a medical condition that could disqualify their coverage. This is especially true of conditions that:

- a doctor diagnosed but did not explain to you
- are controlled by medication you take regularly
- have not yet been diagnosed but symptoms were treated

****Travel Insurance is about more than Travel Medical****

While having travel medical protection covers the biggest concern that foreign visitors have when going to the USA, travel insurance is not only about travel medical. There are many other travel disasters that can affect your trip in the USA and cause you to incur unexpected costs.

- Trip cancellation and interruption coverage can protect you from big losses if you have to cancel your trip or end it early and return home. There are also different kinds of cancellation coverage to cover specialized instances, including having to cancel for work reasons or cancelling for any reason at all.
- Baggage loss and delay protection means you'll have some – not a lot, but some – reimbursement for lost or stolen bags no matter where you are on your trip.
- Coverage for missed connections (when you miss a cruise departure, for example) and travel delays (when they cancel all flights due to a hurricane or blizzard, for example).
- Package travel insurance plans combine lots of benefits into a full-featured plan that gives a foreign visitor to the USA a lot of protection. See a local travel agent/guide for more details on coverage options you can choose for your visit to the United States.
- Travel insurance can be purchased in a variety of ways – at your personal financial institution, local travel agencies and on-line just to name a few options. If you are a valid credit card holder, you may want to check with your card provider as many credit cards may already cover you for different types of travel. If they do, make sure that you understand the specific policy criteria, length of time and conditions as it may differ depending on where and when you travel and your travel reason.

**For LOCAL Non-Insured Health
Benefits support, please contact:
Scott Lindsay-Maracle
scottm@mbq-tmt.org
613-967-3603 ext. 120**

Outgoing call
to
All Community Members...

**ENYONKWA'NIKONHRIYOHAK',
MOHAWK FAMILY SERVICES,
INDIGENOUS VICTIM SERVICES
AND RED CEDARS ARE SEEKING
SINGERS, DANCERS OR
DRUMMERS FOR AN UPCOMING
EVENT IN MAY. IF YOU ARE
INTERESTED IN PARTICIPATING
OR WOULD LIKE MORE
INFORMATION PLEASE CONTACT
BRANDON ARNOLD BY EMAIL AT
ICWSW@MBQ-TMT.ORG**



Decline



Accept

THE NORTHUMBERLAND PLAYERS



CASTING CALL

Cottagers and Indians

THE NORTHUMBERLAND PLAYERS, A COMMUNITY THEATRE GROUP IN COBOURG, IS LOOKING FOR AN INDIGENOUS MAN TO PLAY THE LEAD ROLE IN DREW HAYDEN-TAYLOR'S PLAY, "COTTAGERS AND INDIANS". THE ACTOR SHOULD BE IN HIS EARLY 30S, AND NO PREVIOUS ACTING EXPERIENCE IS REQUIRED. WE ARE HOPING TO PRODUCE THE PLAY IN SEPTEMBER 2023. COMMUNITY THEATRE IS AMATEUR AND THEREFORE UNPAID. HOWEVER, WE WOULD PAY TRAVEL EXPENSES FOR REHEARSALS AND PERFORMANCES. ANYONE INTERESTED SHOULD CONTACT JACKIE TINSON AT JACKIETINSON@GMAIL.COM.

LOCATION: COBOURG, ONTARIO

CONTACT INFO:

JACKIE TINSON
JACKIETINSON@GMAIL.COM

Mobile Office



Shelby Kramp-Neuman
MP, HASTINGS—LENNOX
AND ADDINGTON

THIRD WEDNESDAY OF
EVERY MONTH
MBQ ADMIN OFFICE
24 MEADOW DRIVE
TYENDINAGA MOHAWK
TERRITORY

DURING THESE MOBILE OFFICE SESSIONS, ERIC LORENZEN, CONSTITUENCY ASSISTANT FOR MP KRAMP-NEUMAN CAN OFFER SUPPORT FOR:

- PASSPORT APPLICATION REVIEW
 - SERVICE CANADA
 - CANADA PENSION PLAN
 - DISABILITY PENSION PLAN
 - CANADA REVENUE AGENCY
 - VETERANS AFFAIRS
 - EMPLOYMENT INSURANCE
 - OLD AGE SECURITY
 - PHOENIX PAY ISSUES
 - FEDERAL SMALL BUSINESS PROGRAMS
- MUCH MORE!

WEDNESDAY
APRIL 19

CALL 613-473-0649, TOLL FREE AT
1-866-471-3800 OR EMAIL
ERIC.LORENZEN.439@PARL.GC.CA
TO BOOK AN APPOINTMENT.
WALK-INS WELCOMED.



Register for Kindergarten



TYENDINAGA PUBLIC SCHOOL IS NOW ACCEPTING NEW STUDENT REGISTRATIONS FOR SEPTEMBER, 2023. STARTING KINDERGARTEN IS AN EXCITING TIME FOR EVERYONE, AND WE ARE READY TO WELCOME YOUR CHILD TO A WONDERFUL NEW WORLD OF LEARNING AND GROWING. REGISTERING EARLY NOT ONLY ALLOWS US TO WELCOME YOU AND YOUR CHILD INTO OUR SCHOOL COMMUNITY AND ANSWER ANY QUESTIONS YOU HAVE IN ADVANCE, IT ALSO ALLOWS FOR YOUR CHILD TO BE COUNTED IN OUR PROJECTED ENROLMENT NUMBERS TO ENSURE ADEQUATE STAFFING FOR THE FALL. GIVE US A CALL AT 613-962-4447 TO START THE PROCESS!

Kakwitè:ne Nikahá:wi

The Kenhtè:ke Seed Sanctuary and Learning Centre is getting ready for another seed growing season, and we need some help!

A volunteer work bee will take place in the gardens on Saturday April 15 from 10 am till noon. Please bring your water bottle and dress according to the weather.



We are located at 1462 York Rd, please park at the band office and use the trail to get onsite.

Follow our social medias @kenhtekeseeds for updates about our events and activities.

We Look forward to seeing you at the gardens this coming season!

KICK THE HABIT



Kenhtè:ke Smoking Cessation Program

For more
information,
please contact
Community
Health:
613-967-3603



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/pastorstoughts

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

The ultimate wisdom which deals with beginnings, remains locked in a seed. There it lies, the simplest fact of the universe and at the same time the one which calls faith rather than reason.

Hal Borland

HALL FOR RENT!

1295 Ridge Road, TMT

Meetings - Birthdays - Anniversaries - etc.

Book online at:
www.parishoftyendinaga.com

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

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out about your
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Want to advertise to
the community?

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Email
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for details!

January

M	T	W	T	F	S
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27
29	30	31			2023

APRIL

S	M	T	W	T	F	S
2023						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/ 30	24	25	26	27	28	29

WASTE EAST

WASTE WEST

February

S	M	T	W	T	F	S
2023			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MAY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			2023

WASTE & RECYCLING
SCHEDULE

HOLIDAY

March

S	M	T	W	T	F	S
2023			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE

S	M	T	W	T	F	S
2023				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

RECYCLE EAST

RECYCLE WEST

