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



ISSUE 06/28 Ohyamha (June)



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

Yotsi:tsyonte
See page 8 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 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 **11** calls from April 24 to



- 3 Alarm: Commercial/Industrial
- 3 Alarm: Residential

May 23, 2023:

- 1 Fire/Smoke: Non-Structural: Grass/Brush
- 1 Medical: Emergency 1 Medical: Lift Assist
- 2 Vehicle Accident: Extrication

This brings the total calls to 45 for 2023.



community messages and announcements

NOTICE: OFFICE CLOSURE

All MBQ offices will be closed Wednesday, June 21 for Indigenous Peoples Day & Friday, June 30 for Canada Day.

Happy Bisthday!

Happy Birthday Corey - June 3rd Love Aunt Marilyn & Uncle Rick

Happy Birthday Billy - June 4th Love Marilyn & Rick

Happy Birthday Mom (Mary) - June 5th Love Rick & Marilyn

Happy 9th Birthday Harper - June 14th Lots of Love Aunt Marilyn & Uncle Rick

Happy Birthday Tracey - June 18th Love Marilyn & Rick Happy Birthday Sam - June 26th Lots of Love, Mom & Dad

Happy Birthday Sam (Mom) - June 26th Love Phill, Emmett & Hayden

Happy 40th Birthday Suzie-Lynn – June 29th

Love Aunt Marilyn & Uncle Rick

Happy 50th Birthday Dan - June 29th Love Marilyn & Rick Happy Anniversary Mary & Keven - June 3rd

Love Marilyn & Rick

Happy Anniversary Brad & Maria - June 91st

Lots of Love, Mom & Dad

Happy Anniversary Bill & Sandy - June

Love Marilyn & Rick

Happy Birthday Sissy! Love Auntie, Jeffy & Curly



The Claims Period has been extended to

March 7, 2024

Submit your claim at **FirstNationsDrinkingWater.ca**

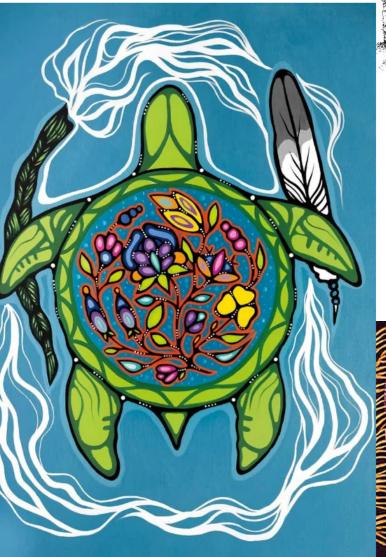
مصمم

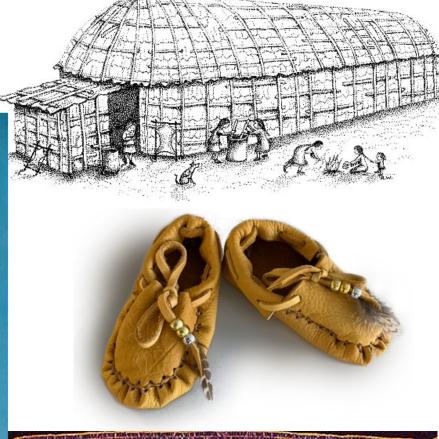
Owenna'shòn:'a tewateweyénstha ón:wa tsi niwenhnì:tes

(the words we are learning this month)

Onkwehón:we niwenhniserò:ten

National Indigenous Peoples Day





and the same of th	VICTOR OF STREET	CHEST OF REAL PROPERTY.	THE RESERVE TO SERVE THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED	100
STATE OF THE PARTY OF THE PARTY OF		STREET STREET,		N/ / Hitte
	The state of the s			127 100
	MARIA COMPANION CONTRACTOR (A) A MARIA CONTRACTOR (A) A CONTRACTOR (A) A		A STATE OF THE PARTY OF THE PAR	of made
AND DESCRIPTION OF THE PARTY AND PARTY AND PARTY AND PARTY.	THE RESIDENCE OF THE PARTY OF T	CHARGE A CHARGE BY STREET PARTY.	THE RESERVE AND A PROPERTY OF	OFF REAL
THE RESERVE AND PERSONS ASSESSMENT OF THE PERSONS ASSESSMENT ASSES	THE PARTY AND TH	DESCRIPTION OF THE PROPERTY OF THE PERSON NAMED IN COLUMN 2 IN COL	DESCRIPTION OF REAL PROPERTY AND ADDRESS OF THE PARTY AND ADDRESS OF TH	DESCRIPTION OF THE PROPERTY OF
AND ADDRESS OF THE PARTY ADDRESS OF THE PARTY AND ADDRESS OF THE PARTY	The second secon	THE REAL PROPERTY AND ADDRESS OF THE PARTY AND ADDRESS.	Manual Crancon St. O. P. Co.	THE PARTY OF
THE RESIDENCE OF THE PARTY OF T				I COUNTY
SECOND STREET,		STATEMENT AND ST	OR STREET, N. SHIEF AND STREET	TOTAL VECTOR
MANAGEMENT BY	CONTRACT OFFICE STATE	SOUR BOOKS, MICH NOS LYDYS	C-SACR RESERVE	OR I DE PORT
COLUMN TOTAL PROPERTY STREET,	TARREST REPORT AND ADDRESS AND	MANAGEMENT D. N. S.	ALTOLOGIC CHATTER AND	10 m 1 m
	DESCRIPTION OF CONTRACT OF	BI GARDIN BY WARREN IN	MARRIE MATERIOLS	00000
BETTER SATORS I STATE OF THE SAID	NAMES OF TAXABLE PARTIES.	I'M IN THE PARTORS BUILDING	U. Maria En.	
	CHARLES AND A CONTRACTOR	TOTAL STREET,	CONTINUES CONTINUES OF THE PERSON NAMED AND POST OFFICE AND PARTY OF THE PERSON NAMED AND PARTY OF T	DUMPLE
ENDS MENDORNE PROGRAMM C	THE PARTY NAMED IN	MARIO MININAMENTALIA	DESTRUCTION OF THE PARTY OF	EMPLEASE.
CONTROL BOOK PARTIES.	DESCRIPTION OF THE PARTY OF THE PARTY.	time (1)	NA VALUE AND AND ADDRESS OF THE PARTY OF THE	THE PARTY NAMED IN
TANKSTON COUNTY OF STATE OF	AND MARKET	STREET STREET	CONTRACTOR BY MAN AND AND AND AND AND AND AND AND AND A	Remark to
CALIFORNIA SERVICE CONTROL SER	IN SECURITIES BY	POSTER THE NEW YORK AND ADDRESS.	THE RESIDENCE THE PARTY OF THE	N (V AME)
CONTRACTOR OF THE PARTY OF THE	WINDSHIP TO THE PERSON OF THE	STREET, IN SQUARE, SALES, SALE	THE PARTY NAMED IN COLUMN TWO IS NOT	MINUTED AND ADDRESS OF THE PARTY OF THE PART
CO COURT HOUSE BEAUTIFUL BY SHOULD CO	PARTY OF THE PARTY	TOTAL STORES OF STREET	VIEW TANK PAPER AND PROPERTY OF	A SELECT
CONTRACTOR OF THE PROPERTY OF THE PARTY OF T	CONTRACTOR OF THE PERSON NAMED IN COLUMN 2 IS NOT THE	A RESIDENCE AND THE PARTY NAMED AND THE	ARE IN THE PARTY AND LOSS OF STREET	PERSONAL PROPERTY.
THE RESIDENCE AND PROPERTY OF PERSONS ASSESSMENT AND PARTY.	AND THE ADDRESS OF TAXABLE PARTY OF TAXABLE PARTY.	THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER, THE PERSON NAMED IN COLUMN 2 IS NOT THE OWNER,	NAMES OF PERSONS ASSESSED.	1121
	VARIABLE RANGE OF THE PARTY OF			
THE RESERVE OF THE PARTY OF THE	TOTAL PROPERTY OF THE PARTY.	DESCRIPTION OF THE PARTY.	THE PERSON NAMED IN COLUMN 2 I	CA CATA
THE PARTY OF THE P				

Ohyaríha Owenna'shón:'a

Tsiktsinón:nawen – butterfly Tsiktsinòn:wara – dragonfly Tsítha – sparrow Otsi'nahkontahkwà:ne – bee Otskwà:rhe - frog A'nó:wara – turtle Tsiskó:ko – robin

kahyà:ri – ripe fruit Skanekwenhtara:nen – raspberry niyohontéhsha – strawberry

kahyákwas – I pick berries, I am picking berries wakahyákwenh – I have picked berries

niyohontéhsha tekahyahríhtha – I am mashing strawberries niyohontéhsha wahyákeri – strawberry drink

tekatekhahahkwà:ne' ne átste – I go for a walk outside yoráhkote ne átste – its sunny outside tenyokenhnhón:ti – it will be summer Akenhnhà:ke – summer Akenhnhà:ke nikahá:wi – summer time

Onkwehón:we niwenhniserò:ten – National Indigenous Peoples Day



JOHN GAZLEY MARCH 13, 1966-APRIL 13, 2023

AS I WRITE THIS, I CAN HARDLY BELIEVE THAT WHEN THIS NEWSLETTER COMES OUT, IT WILL BE 2 MONTHS SINCE OUR WORLD TURNED UPSIDE DOWN. WE MISS JOHN SO VERY, VERY MUCH AND EVERY DAY IS SO HARD WITHOUT HIM. GONE SO SUDDENLY AND TOO YOUNG TO BE GONE SO SOON.

WE WILL BE FOREVER GRATEFUL TO OUR FAMILIES AND FRIENDS WHO WERE BY OUR SIDE THROUGH EVERYTHING. JOHN ENTERED THE HOSPITAL ON APRIL 1ST AND WITH THE ASSISTANCE OF MEDICAL INTERVENTIONS, HE LIVED FOR 13 DAYS. JOHN LEFT THE PHYSICAL REALM ON APRIL 13TH SURROUNDED BY FAMILY AND SO MUCH LOVE NEAR AND FAR.

I KNOW WE WOULDN'T HAVE BEEN ABLE TO GET THROUGH THE FUNERAL PLANNING, PREPARATIONS AND DAY TO DAY FUNCTIONING DURING THIS TRAUMATIC TIME, WITHOUT THE SUPPORT AND KINDNESS OF SO MANY. WE WANT TO SAY THANK YOU TO EACH AND EVERY PERSON WHO PUT UP PRAYERS, PUT DOWN TOBACCO AND SENT HEALING VIBES FOR JOHN.

I WOULD LIKE TO ACKNOWLEDGE THE GREAT CARE THAT JOHN RECEIVED FROM ALL OF THE MEDICAL AND SUPPORT TEAMS AT KINGSTON GENERAL HOSPITAL INTENSIVE CARE UNIT (ICU).

BIG THANK YOU TO THOSE WHO VISITED, HELPED IN SO MANY WAYS, GETTING THINGS READY FOR THE FUNERAL, TAKING CARE OF ELI, CHECKING IN, BRINGING FOOD, PICKING THINGS UP FOR US AND SURROUNDING US WITH SO MUCH KINDNESS AND LOVE.

THANK YOU TO THOSE WHO CAME TO THE WAKE AND FUNERAL TO PAY YOUR RESPECTS TO JOHN AND TO SUPPORT US THROUGH THIS DIFFICULT TIME. THANK YOU TO THOSE WHO SENT FLOWERS, CARDS, GIFTS AND LOVE. MUCH APPRECIATION TO THOSE WHO ASSISTED ON THE DAY OF THE FUNERAL BY LEADING, SPEAKING, SINGING, SHARING AND BEING PRESENT AND SUPPORTIVE.

WE HAVE VERY MUCH APPRECIATE COMMUNITY AND THE WILLINGNESS OF SO MANY TO ASSIST OUR FAMILY BY SENDING FOOD AND MONETARY DONATIONS FOR THE MEAL FOLLOWING THE FUNERAL ON APRIL 19TH.

PLEASE KNOW IF WE HAVE FORGOTTEN TO LIST SOMETHING HERE, IT IS NOT BECAUSE WE DON'T APPRECIATE IT, SIMPLY PUT THERE IS STILL MUCH ON OUR MINDS AND THE SHOCKING TRUTH HAS NOT COMPLETELY SUNK IN.

MUCH LOVE AND RESPECT.

NYÁ:WEN.

TRACEY, ELI, COOPER AND CALEB GAZLEY



VALERIE (BONNY) HILL

VAL PASSED AWAY ON MAY 20, 2023 IN HER 79TH YEAR.

LOVING MOTHER OF JOSEPH, KENNETH AND TAMMY.

CHERISHED GRANDMOTHER OF JASMINE, DAVID AND JESSICA.

SERVICE HAS BEEN ENTRUSTED TO M.J. SMITH & SON FUNERAL HOME

• LIVE



Tyendinaga Mohawk Council is going LIVE!

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 OFTHEBAYOFQUINTE2971

TMC AGENDAS WILL BE MADE AVAILABLE THE DAY BEFORE EACH MEETING AT: MBQ-TMT.ORG/COUNCIL-AGENDAS

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



Tyendinaga Mohawk Nation Education Bursary

Awarded annually to undergraduate students in demonstrated financial need entering or continuing in any full-time program of study at Carleton University. Application is required. Eligible recipients must be a registered member of the Mohawks of the Bay of Quinte and preference will be given to students residing on the Territory at the time of application. Endowed in 2020, this Bursary respects traditional values passed on through the language, culture, knowledge and love for the Mohawk people, our land, and the environment.

To learn more about this bursary or to apply, please visit:

carleton.ca/awards/awards-for-indigenous-students/



Samantha and her father Garnett Maracle.

From the Research Department...

Historical Council Minutes

The following are transcriptions of the earliest recorded elected council meetings of the Mohawks of the Bay of Quine. These minutes are from meetings of the Chiefs in Council, and from the general council meetings that involved the whole community. The meetings were irregular, and in some cases they were adjourned until the Chiefs were notified to return.

Note: The council minutes reprinted here have been modified (in format only ie; spelling corrected, punctuation adjusted, lines adjusted, put in chronological order) for the ease of reading.

Mohawk Reserve 63

Tyendinaga March 11th 1872

Mohawk Chiefs met in Council

Preasant[sic] Thomas Green, Samson Green, John Loft, WJW Hill, Cornelius Maricle, Seth W Hill & John Claus

It was moved by Samson Green and seconded by Cornelius Maricle that John Loft be appointed Chairman at this meeting for Council

Carried

The proceedings of the Lasting meeting of this council was read and approved

The consideration of the application of James Brant for an exchange of Land was resumed

On the application of James Brant it was moved by WJW Hill and seconded by Cornelius Maricle that the application be not entertained Carried

On the application of Mrs Mary Mullany to obtain a Lease of the N.E ¼ of lot No 11 A Con. The Chiefs in Council consented that she should have a Lease of the said lot for three years from the 1st of February 1872 to the 1st of February 1875 at \$50.00[?] per annum payable a the usual dates the Rent to be for the benefit of Abram P. Brant. Reserving the House and one acre of land adjoining for the use of Abram P. Brant

Moved by John Claus and seconded by Samson Green that a grant of ten Dollars be made to assist Peter Moses an invalid who has a large family. And that this amount be included in the first Requisition sent to the Secretary of State

Carried

Moved by Cornelius Maricle and seconded by Seth W Hill that this Council agrees to lend Samson Green Fifty Dollars until the first day of June next to be paid with interest

Moved by Samson Green and seconded by Cornelius Maricle that this Council adjourn until the 25th inst

Carried

signed

John Loft Chairman

W Frizzell Secretary

65

Mohawk Council House Tyendinaga March 25th 1872 Chiefs met in Council

Preasant[sic] Samson Green, Seth W Hill, Archd Culbertson, Cornelius Maricle & John Claus

Moved by Seth W Hill and seconded by Cornelius Maricle that Archibald Culbertson be appointed Chairman at this meeting of Council

Carried

The minutes of the last Council was Read and approved Moved by Cornelius Maricle and seconded by Samson Green that Fifty cent be paid Isaac Green for shovelling snow from the Road having been ordered to do so by the Road Master. The said sum to be refunded should the Chiefs in council decline to made provision to pay hereafter for opening roads in the winter

Carried

50 cent was paid by Archd Culbertson on the above Resolution as Treasurer of Road funds Ordered that the account as follows of Archd Culbertson be paid

viz To Thos Loft	\$1.00
to glass putty & cutting glass	60
Lumber for seats	60
nails for seats & Repairs	<u>30</u>
on Center School House	\$2.50

Continued

John Crawford and Phillip Crawford agreed in preasance[sic] of the Council to settle about their land the W½ of lot No 11 Con A – John Crawford to have the south half of the said west half and Phillip the north half Phillip to have the House formerly occupied by his father on Johns part of the lot for one of two years as he may require it Ordered by this Council that the names of the Teachers for the Center and Western schools be communicated to our Superintendant[sic] Bartlett so that checks for salaries my be changed accordingly Viz for Center School Wm P Deroche & for Western School Sarah Green

Moved and seconded that this Council adjourn until the 8th of April next at 1 oclock P.M

Carried

signed Archibald Culbertson Chairman W Frizzell Clerk

S. CLAUS PAINTING (343-889-2071

CONTACT SHAWN FOR ALL YOUR PAINTING NEEDS!



· licensed & insured ·



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 • Pow Wow season is here!! Order your Ribbon Skirts and Shirts!!

ENVONKWA'NIKONHRIYOHAKE TRADITIONAL MENS CIRCLE

Join the Enyonkwa'nikonhriyohake' Program on Tuesday evenings, as we come together around the fire to share experiences and support one another. Explore both traditional and current men's roles and responsibilities in the community of Tyendinaga

Tuesdays 6PM-8PM 1644 York Road

Materials + Light Refreshments
Provided

Intended for Tyendinaga community members who identify in the male role age 16+

Drop-in at 1644 York Road (Little House)
For more information please contact
613 967 0122 ex 167





JOIN US FOR

ONKWEHON:WE NIWENHNISERO:TEN

NATIONAL INDIGENOUS PEOPLE'S DAY







JUNE 21ST | 10AM - 3PM

TSI TKERHETOTON PARK 275 BAYSHORE ROAD - TYENDINAGA

PARADE | FUN RUN | LIVE ENTERTAINMENT | FASHION SHOW | FOOD | ACTIVITIES SOCIAL SONGS | CANOE RACES | OLD-FASHIONED GAMES | AND MORE!

THOSE PARTICIPATING IN THE PARADE, PLEASE BE AT THE DESERONTO PARK NO LATER THAN 9:45AM.

IF YOU ARE INTERESTED IN VOLUNTEERING, PLEASE CONTACT 613-970-3045 OR EMAIL EVENTS@KENHTEKE.ORG

NO COST TO ATTEND

EVERYONE WELCOME!

TSI TYÓNNHEHT ONKWAWÉN:NA



YOU'RE INVITED

ON BEHALF OF THE BOARD AND STAFF OF TSI TYÓNNHEHT ONKWAWÉN:NA, YOU ARE INVITED TO JOIN US FOR AN OPEN HOUSE AND ANNOUNCEMENT

MONDAY, JUNE 5TH 9:00AM

ON SITE OF THE FUTURE BUILDING 39 SALMON RIVER RD TYENDINAGA MOHAWK TERRITORY

LIGHT REFRESHMENTS **AVAILABLE**

PLEASE RSVP

613-970-3045 **EVENTS@KENHTEKE.ORG**

THIS EVENT WILL BE OUTDOORS AND WILL PROCEED RAIN OR SHINE, SO PLEASE DRESS ACCORDINGLY. A TENT AND SEATING WILL BE AVAILABLE AS WELL AS ROAD SIGNS WITH DIRECTIONS TO THE SITE

WWW.TTO-KENHTEKE.ORG



NATIONAL LIFEGUARD 8 DAY CONDENSED MULTI-COURSE

PHYSICAL REQUIREMENTS

- Endurance Challenge: Swim 400 metres within 10 minutes (400 yd. within 9:10 minutes)
- Sprint Challenge: Starting in the water, swim 50 metres within 60 seconds (50yd. within 55 seconds)
- Rescue Drill: Starting in water, swim to recover a submerged manikin located 20 metres away; carry manikin 20 metres.

WHY CHOOSE US

Course Costs to Included:

- Lifesaving Society Manual
- Bronze Medallion & Bronze Cross Workbooks
- Pocket Mask & Wrist Whistle
- Bronze Medallion, Bronze Cross & National Lifeguard Certificates - transferable Nation Wide

Accommodations:

- Continental Breakfast, Full Lunch, Full Dinner
- Outdoor Camping Bring Your Own Gear
- Use of beautiful Rainbow Lodge equipped with Wifi, dining hall, fireplace, BBQ and oversized deck!

PROGRAM PREREQUISITES

- Must be Canadian resident.
- Must be at least 16 years old.
- Must have Standard First-Aid/CPR-C Certification (or be able to obtain prior to training date).

CONTACT

- Website www.3-Fires.com
- Email: admin@3-fires.com
- Phone number: 519-472-5586
- Fax: 519-472-5996

Certified National Lifeguards are in high demand throughout Canada! Employment opportunities within your region. Some Employers pay up to \$21 an hour with your NL certification!







ATTENTION ALL RESIDENTS AND BUSINESSES IN THE CURRENT WATER MAIN CONSTRUCTION AREAS!

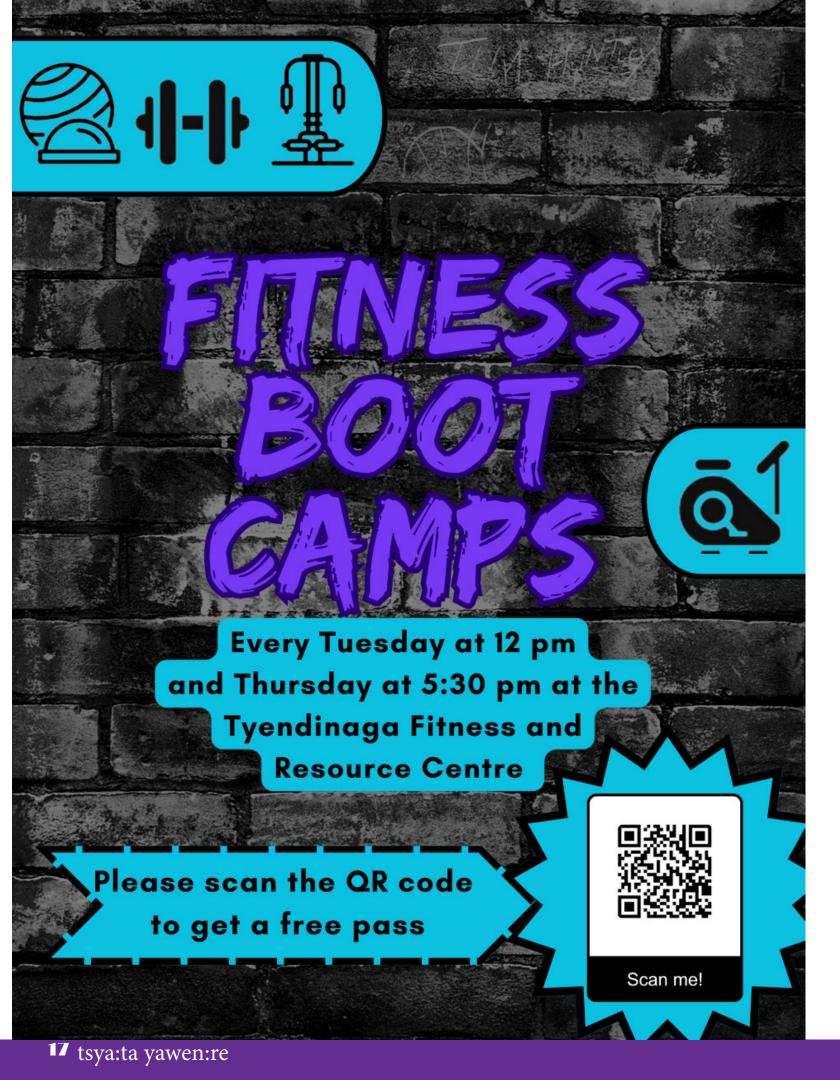
THE CURRENT WATER MAIN PROJECT HAS BEEN FUNDED BY THE DMAF PROGRAM TO PROVIDE CLEAN DRINKING WATER TO EXISTING HOMES ALONG THE FOLLOWING ROADS:

- YORK RD EAST OF OLD YORK RD TO HWY #49
- WYMANS RD TO L.SLASH RD
- L. SLASH RD/HOMELAND DRIVE TO HWY #49
- BEACH RD
- RIDGE RD
- NORWAYS/MARKS RD
- UPPER SLASH RD
- MILLTOWN RD

IF YOU ARE PLANNING TO BUILD A HOUSE IN THESE AREAS WITHIN THE NEXT YEAR, DUE TO PROJECT BUDGET IMPACTS, WE NEED TO DETERMINE THE ADDITIONAL CONNECTIONS REQUIRED IN THE SHORT TERM. ADDITIONAL WATER SERVICE CONNECTIONS ARE SUBJECT TO TMC AUTHORIZATION, DUE TO FUNDING LIMITATIONS. BUSINESSES INTERESTED IN CONNECTING WILL BE RESPONSIBLE FOR THEIR SERVICE COSTS FROM THE CURBSTOP AT THE PROPERTY LINE TO THE BUILDING UNLESS THE BUSINESS PROVIDES HOUSING. THEREFORE, IF YOU HAVE PLANS TO BUILD OR PLACE A NEW HOME IN THE VERY NEAR FUTURE ALONG THE CURRENT CONSTRUCTION AREAS, WE ENCOURAGE YOU TO FORWARD YOUR REQUEST TO GREG BRANT, DMAF COMMUNITY COORDINATOR. GREG CAN BE REACHED AT 613-396-3424 EXT-159 OR VIA EMAIL AT GREGBRANT@MBQ-TMT.ORG.

FOR THOSE WHO REQUIRE CONNECTION TO THE EXISTING WATER MAIN ALREADY CONSTRUCTED, MICHAEL BRANT, OUR DEDICATED REPRESENTATIVE, WILL BE AVAILABLE TO ASSIST YOU THROUGHOUT THE APPLICATION PROCESS. MICHAEL CAN BE REACHED AT 613-396-3424 EXT 109 OR VIA EMAIL AT MICHAELBRANT@MBQ-TMT.ORG.

THIS IS AN INCREDIBLE OPPORTUNITY TO ENSURE ACCESS TO CLEAN AND SAFE DRINKING WATER FOR YOUR HOUSEHOLD OR BUSINESS. DON'T MISS OUT ON THIS CHANCE TO UPGRADE YOUR HOME TO CLEAN DRINKING WATER! [1]





Located at Tyendinaga Fitness Resource Center

Text 613-970-2095 or Email shoshanah.perron@gmail.com for more information

Let's Community Better, together

Join us in making Tyendinaga the most active Community in Canada



What is the Community Better Challenge?

The ParticipACTION Community Better Challenge is a national physical activity initiative that encourages Canadians to get active in search of Canada's Most Active Community.

Who can participate in the challenge?

It is open to everyone and all minutes tracked on the app and website from June 1 – 30 count toward a community's total score. After June 30, 50 finalist communities will be invited to submit an application explaining why they deserve to be Canada's Most Active Community.

What prizes are available?

One community will earn the top prize of \$100,000 and title of being Canada's most active.

There will also be prizing for the most active community in each province and territory.

Now, more than ever, physical activity and sport participation need to be prioritized to help

Canadians stay healthy in mind, body, and community spirit.

Make sure Postal Code is set to KOK 3AO

Track your personal physical activity minutes on the **ParticipACTION app** to help your community win! You also have the chance to win great prizes for yourself when you use the app. Check out the **Apple App Store** or **Google Play** and **download the ParticipACTION app** today.





Save the Date: June 27th 5-7pm @ QMS
Track for a Walk-a-thon event



Join Community Health & Tsi Kanonhkhwatsheriyo IIPCT for the ParticipACTION Community Challenge

June 1-30, 2023

Help our Community win \$100,000

Did you know that everything gets better when you get active? Even communities! Participate in the challenge this June to get moving, connect with others and help Tyendinaga Mohawk Territory get crowned Canada's Most Active Community!

Use this as a guide. Track your hours into the ParticipACTION app or submit a picture to sarah.kring@iipct.com by Tuesday June 27, 2023 to help our community win \$100,000.

This Wheel can be used to track your activity over the course of the year. Each space equals 1 hour of activity. Activities can include walking, gardening, swimming, housework, playing at the park, playing sports etc. When you have completed 1 hour of activity, you can color in a space. There are 1000 spaces on the wheel.

Join us on Tuesday June 27th from 5-7pm at the Quinte Mohawk School Track for the end of the month Walkathon. We will have games, challenges and prizes to win!

For questions and concerns, please contact: Sarah.King@iipct.com

Support of ParticipACTION Challenge



Join WALKATHON IN SUPPORT OF THE COMMUNITY CHALLENGE

LOCATION: QUINTE MOHAWK SCHOOL TRACK DATE: TUESDAY JUNE 27, 2023 TIME: 5:00pm - 7:00pm

EVERYONE WELCOME TO PARTICIPATE
PLEASE ENTER AND PARK AT QUINTE MOHAWK SCHOOL

WELCOME TABLE WILL BE LOCATED AT THE FRONT OF THE SCHOOL

JOIN US FOR OUTDOOR ACTIVITIES AND A CHANCE TO WIN PRIZES!

CHALLENGES: Shooting Basket Ball, Ladder Challenge,

Dancing, Lacrosse, Lawn Games etc!!

or Walk the Track

Come have fun while supporting Community ParticipACTION!



Community Health & The Indigenous Interprofessional Primary Care Team
Challenge you



QUINTE CONSERVATION **PARKING PASS**



DIABETES EDUCATION PROGRAM NOW HAS A

PARKING PASS AVAILABLE FOR

→DEEROCK LAKE CONSERVATION AREA (\$12)

→LITTLE BLUFF CONSERVATION AREA (\$15)

\$5 DEPOSIT REQUIRED

REIMBURSTMENT UPON RETURN OF PASS

FOR FURTHER INFORMATION PLEASE CONTACT SARAH @ 613-967-3603 EXT 122 DIABETESPAW@MBQ-TMT.ORG



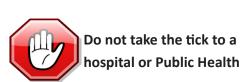
BITTEN BY A TICK?

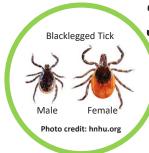
Photo credit: cdc.gov

Remove the tick with fine tipped tweezers by slowly pulling it straight out.



Wash area around the bite with soap and water.



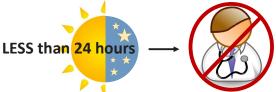


Want to identify the tick? Submit a picture at etick.ca

4 If tick was attached for...



Speak with a doctor or pharmacist within three days of removing the tick



Watch for signs/ symptoms for 30 days

If signs/symptoms develop at any time



Speak with a doctor

Possible Early Signs/Symptoms of Lyme Disease:

- rash (sometimes shaped like a bull's eye)
- fatigue
- aching muscles and joints
- headache
- fever/chills
- stiff neck
- decreased appetite

To request this document in an alternate format call 613-966-5500; TTY: 711 or visit hpePublicHealth.ca



hpePublicHealth.ca

FOOD HANDLING COURSE

THURSDAY JUNE 22, 2022 9:00AM-4:30PM

LOCATION TO BE ANNOUNCED

Food Handler's Certification provided by Indigenous Services Canada.

The certification is recognized by the Ministry of Health and Long-Term Care.

Come spend a day learning about how to properly prepare, cook, cool, reheat and store food safely. It provides you and your family with a piece of mind when it comes to meal preparation, and also great for a resume (as any food handler in the province of Ontario is required to have the certification).

Certificate is valid for 5 years.

Delivered by Lindsay MacDonald, Env. Health Officer, Indigenous Service Canada.

"Snacks and Light Lunch will be provided"

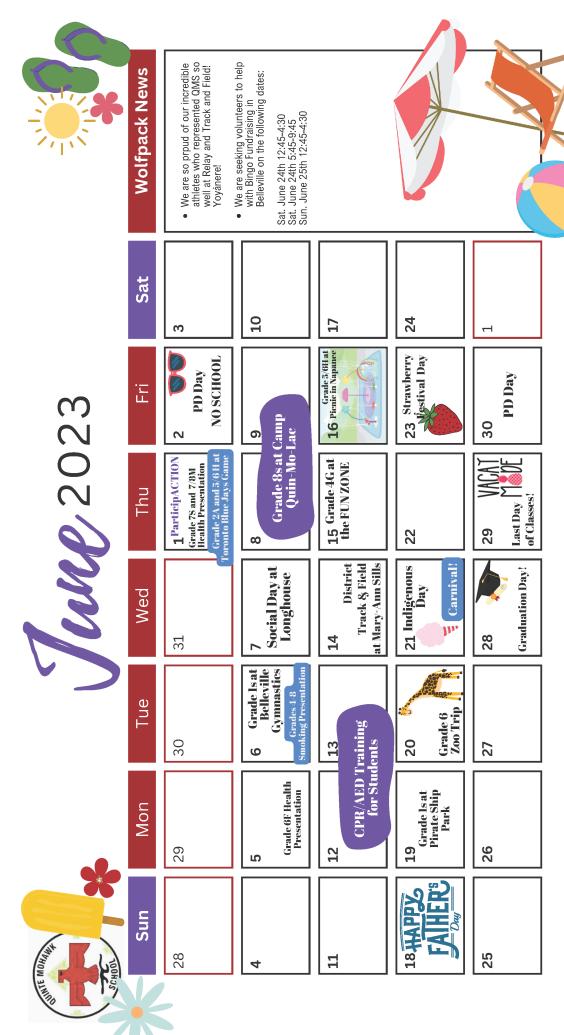


"This course is free of charge"

This course will be offered depending on # of participants registered

To register contact: Crystal Maracle, CHR, Community WellBeing Centre 613-967-3603

Deadline to register: June 16, 2023



QMS Staff wishes all of our students a great summer break! Have fun, stay safe and make awesome memories.



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

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



PREMIER

CONCRETE FORMING INC.

1 Colonial Dr. Trenton, ON K8V 5P4 613-965-5802 Dave's cell

613-661-2209

Poured Walls, Footings, Floors, Patios, Sidewalks, Etc. Free Estimates

Your Quality Foundation Experts

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





Dental Screenings Fluoride Application Sealants

When: June 20th, 2023

Where: Community Wellbeing Centre

Time: 1-3:00pm

Open to on Territory Residents ONLY



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



AlzheimerSociety

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.

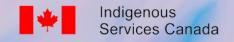
> When: June 29th Time: 1-3:00pm

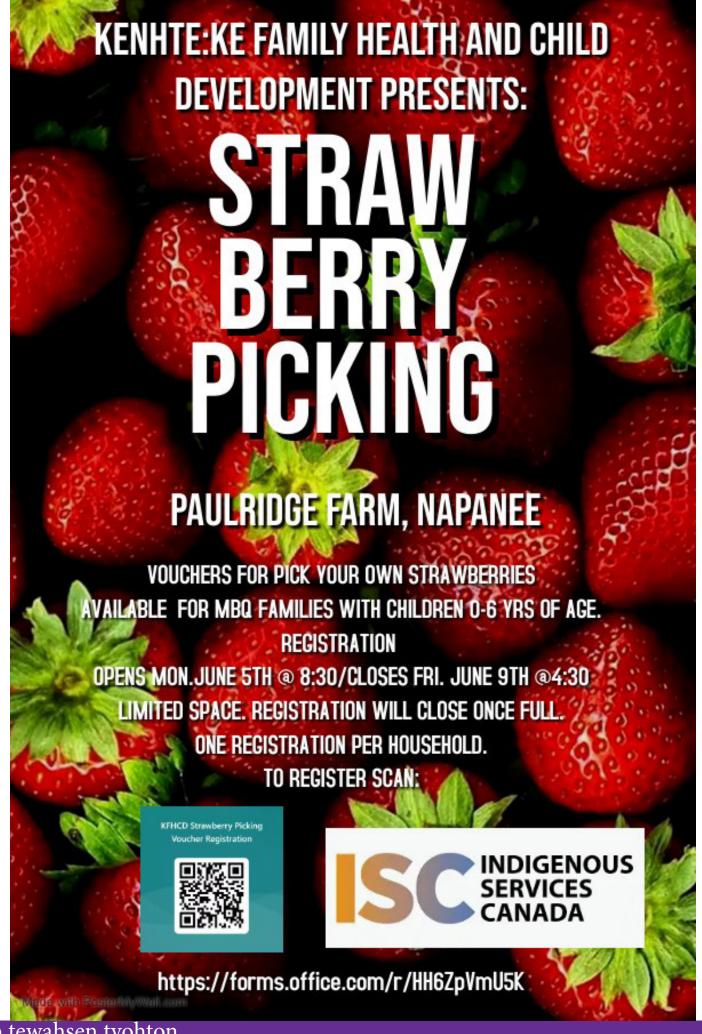
Where: Elder's Lodge

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







STRAWBERRY ORNAMENT WORKSHOP

Join Joy Brant as she leads this workshop to make a beautiful strawberry ornament!



KEN'NIYOHONTÉSHA strawberries





JUNE 07 | WEDNESDAY | 6:00PM-8:00PM 1658 YORK ROAD (LOWER LEVEL)

TYENDINAGA MOHAWK TERRITORY

PLEASE REGISTER BY JUNE 2ND BY EMAILING EVENTS@KENHTEKE.ORG OR CALL 613-970-3045

*This workshop is intended for ages 18+. Priority given to Kenhtekehró:non (people with ancestral ties to Tyendinaga.)













TSI KANONHKHWATSHERIYO

Indigenous Interprofessional Primary Care Team

NEWSLETTER

June **Programming**

Indigenous Language & Craft Playgroup - Kingston

In partnership with Kahwà:tsire

Thursday June 1st and 15th from 9:30-11:30am at 263 Weller Ave., Kingston

Moon Ceremony - Tyendinaga

Monday, June 5th at 8:30pm at 1145 York Road, Tyendinaga Mohawk Territory

A Walk to Remember -Tyendinaga

In partnership with the PAIL Network

Saturday, June 4th from 9:30-11:30am at Community Wellbeing Centre, 50 Meadow Drive, Tyendinaga Mohawk Territory

Fathers Day Kastowa Workshop

Wednesday, June 14th from 4-8pm at Briar Fox, 7415 Old Highway 2, Marysville

Summer Education Packs

Registration opens Monday, June 5th Pick up from 9am-4pm on Monday, June 26th at 1145 York Road, Tyendinaga Mohawk **Territory**

NEW! KINGSTON CLINIC OPENING

New Kingston IIPCT Clinic will be opening soon. 730 Front Road, Kingston, Ontario See flyer for more details!



ParticipACTION Month & Walkathon

In partnership with Community Health

Follow our social media for weekly challenges and ParticipACTION Walkathon Event Tuesday, June 27th from 5-7pm at the QMS Track 1624 York Road, Tyendinaga Mohawk Territory

Strawberry Lunch & Learn

Friday, June 16th from 12-1pm at 1145 York Road, Tyendinaga Mohawk Territory

Strawberry Social

Wednesday, June 23rd Indigenous Makers Market opens at 4:00pm and the Social starts at 6:00pm at 1807 York Road, Tyendinaga Mohawk Territory

All IIPCT offices will be closed on Wednesday June 21st. We will reopen on Thursday June 22nd.



NDIGENOUS WHOLISTIC HEALTH FAIR

Community Health, Diabetes Education Program and the Indigenous Interprofessional Primary Care Team are looking for local service providers, programs and organizations that relate to the four quadrants of health: emotional, mental, cultural, physical.

We are hosting an Indigenous Wholistic Health Fair that will give a time for community members to connect with you about your programs/services to help with overall wellness.

Fair Date: Saturday October 14, 2023 | 9am-2pm Expected Time for service provider set up: 8am No-cost to attend.

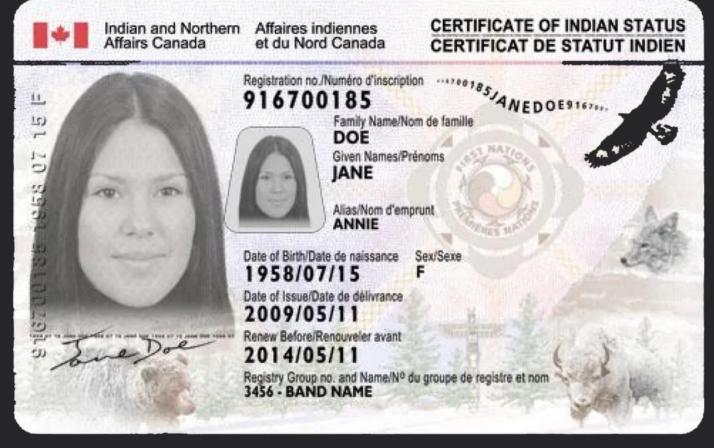
SERVICE PROVIDER APPLICATIONS OPEN MAY 1

Services based within the area of Tyendinaga/Deseronto/Shannonville.

For Service Provider Application or for more information, please contact:

Sarah Kring, Community Development Worker, Tsi Kanonhkhwatsheri:yo IIPCT sarah.kring@iipct.com | 613-813-4236

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

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

FAO

- \$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



Good Food Box





Calendar For 2023

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

Order & Paid By	Order Arrives
4:30pm	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



Veggie Bag \$10.00 Fruit Bag \$5.00

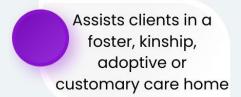
COMMUNITY HEALTH

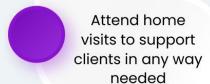


FAMILY RESOURCE WORKER

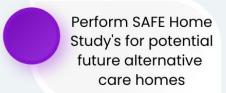


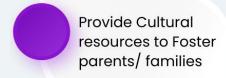
What does a Family Resource Worker do?













For more information on the role, Alternative Care Homes and/or how to become one, please contact Becky Lloyd, Family Resource Worker at 613-813-9227 or mfsfamilyresource@mbq-tmt.org

Martins

Beads & Craft Supplies

613-242-9130 613-242-9339

Tvendinaga Mohawk Territory

5731 Old Highway 2, Shannonville, ON KOK 3A0

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!



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











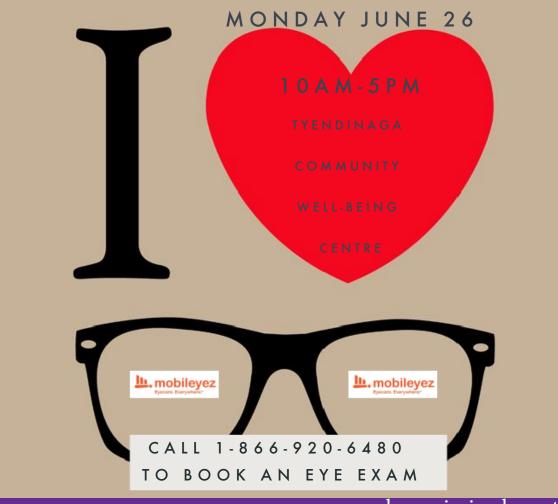




Tim Reynolds - CFP, CHS Tasha Howe - B. Comm Bob Vrooman - CFP, CLU, CHFC



35 Dundas Street East, Napanee





THE WASHROOMS AND
SHOWERS AT
TSI TKERHETOTEN PARK
(275 BAYSHORE ROAD)
WILL BE OPEN 7 A.M. TO 7 P.M.
DAILY FROM FRIDAY, MAY 19
UNTIL MONDAY, OCTOBER 9.

PLEASE BE RESPECTFUL AND DO YOUR PART TO KEEP THESE PUBLIC WASHROOMS CLEAN AND IN GOOD WORKING ORDER.

IF YOU NOTICE ANY DAMAGES OR THINGS IN NEED OF REPAIR, PLEASE CONTACT HOUSING & BAND PROPERTY MANAGEMENT:

MON - FRI, 8:30 A.M. TO 4:30 P.M.:

613-396-3424

AFTER HOURS:

613-969-7140



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. 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

1/2 acre - 1 acre of land for a tiny home -

Contact Matthew at matthew.roberts3@dcmail.ca

0 North Street Tyendinaga, ON

FOR SALE

Krystal Clear Saltwater System for

and it's been used for two seasons.

For more information, please call

above-ground pools. Paid \$300

Asking \$50.

613-962-4675.

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





Nancy & Colin Carr-Braint

House & Airbnb Cleaners

Deseronto, ON

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

CONTACT:

gram_1carr-braint@hotmail.com 613-970-0336



A Home & Community

Care Client says..

Not often am I driven to write a diatribe. This one got started by me thinking of motto I have been trying to follow since the new year began.

"Just because I HAVE a pain does not mean that I have to BE one!"

I have found out the hard way that this statement is FALSE. I call this diatribe:

PAIN SUCKS

Pain truly does suck. Especially when it goes on 24/7 for days, weeks and months at a time. It sucks away all of the energy you may have had and any you may have tried to "store up" for emergencies. Pain takes everything you've got to fight it.

Pain sucks away any sleep that may have happened in this new world that you find yourself in. A world of Doctors, Nurses and more drugs as they try to help but cannot. Still, the problem that sent you in to them has been taken care of. Your toes have been amputated and can no longer bother you. Now comes the pain of healing but at least that can be done at home. Going home. The only bright spot in your new world. They send you off with a pile of new drugs which you try to take according to their instructions. Once home, the drugs eat away at your stomach lining, causing yet more pain. When you pass out from the internal bleeding you are sent back to the hospital yet again while they try to find out where the source of the bleeding is and how to stop it, thus causing yet more pain. After a week and a half, they are finally successful and back home again you go. Now you have the pain of the stomach healing along with the pain of the toes healing and that pain sucks.

Pain will suck up all feelings of happiness. You'll no longer be able to smile and laughter becomes a foreign language.

Pain will also suck away the person you thought you were. Your whole personality changes. Any aspect of yourself that you took pride in will be gone. All of the patience and understanding that you have worked so hard at building are now nothing more than ashes. Your head and your heart know that violence is never the right solution but pain sucks away all rational thought and feelings until you lash out in violence.

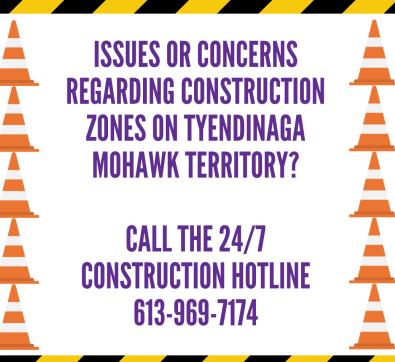
Pain will also suck away at any feelings of respect for anyone or anything. There is no such thing as respect in your pain-filled world. You no longer even know or care what the word means.

BUT

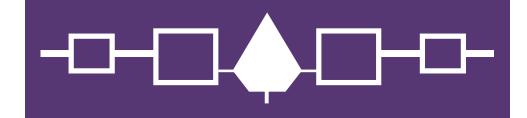
There is one emotion that pain tries to suck away but cannot. LOVE. You think of those who love you and you hold on through the pain and all the "stinkin' thinkin" that pain causes. That stinkin' thinkin will try to make you believe that you would be doing all those people a favour if you were no longer around but you know how much they would be hurt and so you hold on even tighter through all of the pain.

Finally, the right drugs are found for you and the pain becomes less. Then slowly, oh how very slowly, you return to your normal self. I'm not quite there yet but every day brings an incrovement and you can see that Life is Good.











Kanatsiohareke Mohawk Community Annual Strawberry Festival







Saturday, June 24, 2023 • 10 am – 6 pm

Welcome Everyone!

Join the Kanatsiohareke Mohawk Community as the community re-opens its doors to the public with a Strawberry Festival celebration. A day to enjoy traditional & modern music, dance, storytelling, silent auction, craft fair, good food. See old friends and make new ones while supporting the Kanatsiohareke Community.

Health Safety Warning:

Covid is still a threat to many, and we appreciate public support in keeping the community safe. Please stay home if you have a fever, are feeling sick, or if you have been recently exposed to the COVID virus. Masks are encouraged, but optional.

Volunteers needed!

To volunteer, please contact the Community at kanatsiohareke@gmail.com

Admission:

Adults: \$5 • Seniors and Children under 12: \$3 • Children under 5: Free!

Location:

Kanatsiohareke Mohawk Community 4934 State Highway 5, Fonda, NY 12068 (Exits 28 & 29 off I-90) 518-673-4197 • Kanatsiohareke@gmail.com



Kanatsiohareke Mohawk Community

Mail: 4934 State Hwy #5 Fonda NY, 12068

E-mail: kanatsiohareke@gmail.com Website: www.mohawkcommunity.org

INDIGENOUS WRITER'S RETREAT

Being hosted virtually via Zoom as a fundraising event **Kanatsiohareke Mohawk Community** Fonda, NY

June 12 - 16, 2023

Registration open to Indigenous Graduate Students & Writers!

Kanatsiohareke is offering a week-long opportunity to work on that dissertation, thesis, academic paper, report, proposal, article, journal, course outlines, or other literary works. Registration in this Retreat will provide each writer an opportunity for daily quality writing time: 9:30 am - 12:30 pm from Monday to Friday. Register for all 5 or just 1 or 2 days.

This 5-day event will provide an opportunity for writers to meet virtually to:

- * complete writing on academic papers, journals, thesis, dissertation...
- * network and share information on writing projects with other Indigenous scholars
- * listen to personal stories of navigating academia from guest Indigenous PhDs'
- * enjoy writing space with others in a virtual Indigenous 'community'

Deadline for Registration: Saturday, June 10, 2023

FEE: **DONATION of (US) \$50 - \$75 - \$100 - \$150+** All \$\$ goes directly to Community. Donate online using Donate button at www.mohawkcommunity.org/donate

Register ASAP! -- Space is limited

For more information or to Register, contact: lehnhotonkwas Bonnie Jane Maracle at bjm@kos.net



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

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

"Every father should remember one day his son will follow his example, not his advice."

Charles F. Kettering

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!

2023

		Z	ŀ
		ł	
3	1000	j	
			ł
			(

r 1				
8	5	20	27	23
F 5	12	19	26	20
T 4		18	25	
_ ∞	10	17	24	3
_ ~	G	16	23	30
™	∞	15	22	29
S	7	4	21	28

<u>C</u>

%

9

S

4

 \mathfrak{C}

 \mathbb{C}^{\prime}

0

22

21

19

 ∞

29

28

26 27

25

24

16 23/ 30

	,		. 5	, W	000	
20	° 2023	>	A		F 2	S CO
4	C	9	7	∞	6	1(
=	12	13	7	15	16	17
18	19	20	21	22	23	2
25	26	27	28	29	30	

~ ~ ~	%	15	22	29
4	7	1	21	28
` 	9	13	20	27
M	Ŋ	12	19	26
, -	4		18	25
23°	က	10	17	24/
20	2	G	16	23/

Juguest.

റ്റ	12	10	26	
T 4	<u></u>	18	25	
⊢ က	10	17	24	3
_™ CV	Ö	16	23	30
⊢	∞	15	22	99
_∞ 2	7	14	21	28
20	9	13	20	27

September

s N

<u> </u>	∞	15	22	29
` `	7	4	21	28
M	9	13	20	27
, —	က	12	13	26
S _≥	4	$\stackrel{\sim}{=}$	18	25
200	က	10	17	24
လိုက်	12	19	26	
⁷ 4	=	<u>8</u>	25	
ြက	10	17	24	31
M C7	0	16	23	30
, -	∞	15	22	29

16

0

WASTE & RECYCLING SCHEDULE

RECYLE EAST

30

23

RECYLE WEST

HOLIDAY

WASTE EAST

WASTE WEST

