

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



ISSUE 03/24

Enníhskó:wa

(March)



For more information please see pages
9-16 as our region is facing an overdose crisis

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

Kakwitè:ne tá:we

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 yonkwateryhwayèn: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 3 calls from January 29 to February 26, 2024:



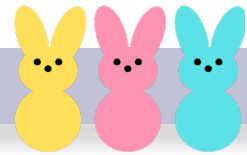
- 1 Medical: Emergency
- 1 Mutual Aid
- 1 Vehicle Collision

This brings the total calls to 8 for 2024.



COMMUNITY MESSAGES and ANNOUNCEMENTS

NOTICE: OFFICE CLOSURE



All MBQ offices will be closed Friday, March 29 and Monday, April 1 for Easter.

Happy Birthday!

Happy Birthday Dan – March 1st
Love Aunt Marilyn & Uncle Rick

Happy 19th Birthday Daniel – March 3rd
Love Aunt Marilyn & Uncle Rick

Happy 90th Birthday Dad (Bruce) – March 10th
Love Rick & Marilyn

Happy Birthday Chris – March 13th
Love Marilyn & Rick

Happy 12th Birthday to our beautiful,
loving, caring granddaughter Layla – March 23rd

Lots of Love, Grandma & Papa

Happy Birthday Nancy – March 27th
Love Rick & Marilyn

Happy Birthday Warren – March 28th
Hope it's a good one. Marilyn

Happy 14th Birthday Talen – March 29th
Love Aunt Marilyn & Uncle Rick

Happy 19th Birthday Rhyder – March 30th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Angie – March 30th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Gail on March 9.
Love Wendy and Glenn.

Happy Birthday Beans
Love Auntie, Jeffy and Curly

**A big thank you to all
who made my 90th
Birthday such a
wonderful day!
Love you all,
Shirley Maracle.**

**90th Birthday celebration
for Bruce Loft!
Sunday, March 10 1-3 p.m.
at 592 Norways Road.
Drop in for cake and bring
well wishes.**

In Memoriam



In loving memory of our amazing, loving mom, mother in law, nanny, aunt and cousin, Jean (Winnie) Carr-Braint nee Hill

September 17, 1925 – March 11, 2004

Not a day passes by Mom that you don't cross our minds,

Not all of you departed when you left Earth behind,

For in our hearts, there is a place that only you can hold,

Filled with our loving memories we care more than gold,

We know that you still hear us Mom, so please know this is true,

That everything we are today is all because of you.

We love you Mom.

Forever loved, never forgotten. We miss you so much.

Carol, Harry, Betty, Billy, MJ, Marilyn, Mike, Tracey & families.

Deadline for April: March 20 at 12 p.m.

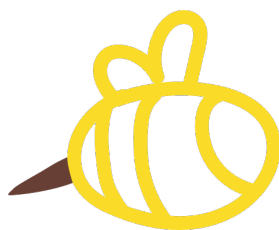
Owenna'shòn:'a tewateweyénstha ón:wa tsi niwenhnì:tes

(the words we are learning this month)

Kakwitè:ne tá:we

Spring is coming

HELLO
SPRING





March Vocabulary

KAKWITÈ:NE TÁ:WE – SPRING IS COMING

WÁHTA – HARD MAPLE, SUGAR MAPLE TREE

ORONTÁKERI – MAPLE WATER, MAPLE SAP

WÁHTA ÓHSEHS – MAPLE SYRUP TSI

THATIHSEHSTONNYÁ:THA – THE PLACE
WHERE THEY MAKE SYRUP, SUGAR SHACK

É:SO TSI WAKÉ:KAS NE WÁHTA ÓHSEHS – I
REALLY LIKE (THE TASTE OF) MAPLE SYRUP

YORONTOKHÁ:'ON – SAP IS RUNNING FROM
THE TREE

WA'HATIRÓ:ROKE NE ORONTÁKERI – THEY
COLLECTED MAPLE WATER

TENHATIHNEKÓNTYETE – THEY WILL BOIL IT
ENHATHSHEHSTAKERÍHTE – THEY WILL BOIL
DOWN THE SAP

KANA'TSYOWÁ:NEN – A BIG POT SEED
STARTING

KANONHTONNYÓNKWAS TSI NAHÒ:TEN
ENKYENTHÓHSERON – I AM THINKING ABOUT
WHAT I WILL PLANT, SOW

YONYEHTANAWENTÁTYE – SNOW IS MELTING

OHSHÉ:WA – A BUD (NEW GROWTH OR A
LEAF OR FLOWER)

YOHSEYÓN:TON NE KARONTÀ:KE – THERE
ARE BUDS ON THE TREE

KAKWITÈ:NE TENTKONTÍ:TEN – THEY WILL
COME BACK IN THE SPRING (BIRDS)

KAKWITÈ:NE TÁ:WE – SPRING IS COMING

Community Meetings

UPDATES REGARDING THE CULBERTSON TRACT LAND CLAIM PARTIAL SETTLEMENT CONSULTATION FINDINGS

FRIDAY, MARCH 22 - 7-9 P.M.
SATURDAY, MARCH 23 - 2-4 P.M.

Join Tyendinaga Mohawk Council and Dan Brant & Associates for details that came out of community surveys and various focus groups.

Both meetings will be held in the lower level of the Mohawk Community Centre (1807 York Road, Tyendinaga Mohawk Territory) and will be LiveStreamed on our YouTube channel. Visit mbq-tmt.org for more information.





MARCH MEETINGS OF TYENDINAGA MOHAWK COUNCIL

REGULAR

Monday, March 4 - 9:30 a.m.

Wednesday, March 20 - 9:30 a.m.

LOCAL BUSINESS

Wednesday, March 13 - 7 p.m.

Wednesday, March 27 - 7 p.m.

AGENDA DEADLINES FOR LOCAL BUSINESS MEETINGS

Wednesday, March 6 - 12 p.m.

Wednesday, March 20 - 12 p.m.

Requests to meet with council can be sent to Shelley
Bowden, Recording Secretary to Council at
shelleyb@mbq-tmt.org

TYENDINAGA MOHAWK COUNCIL

PORTFOLIOS FOR 2023-2025

Maracle, Chief R. Donald 24 Meadow Drive Tyendinaga Mohawk Territory, ON K0K 1X0 Cell Phone: (613) 391-9249 E-Mail: rdonm@mbq-tmt.org	<ul style="list-style-type: none"> ➤ All Portfolios ➤ Media Relations – Council Spokesperson ➤ AIAI Chiefs Rep – COO Liaison ➤ External Government Relations – Lobby/Funding ➤ Fed/Pro Legislative Initiatives ➤ Chiefs Committee on Health ➤ Seniors Issues ➤ Major Capital Projects
Ferrante, Erin 24 Meadow Drive Tyendinaga Mohawk Territory, ON K0K 1X0 Cell Phone: (613) 813-5798 E-Mail: erinf@mbq-tmt.org	<ul style="list-style-type: none"> ➤ EDUCATION, CULTURE & LANGUAGE <ul style="list-style-type: none"> - Post Secondary Education - Daycare - Headstart - Quinte Mohawk School – Operations - Elementary k-8 - Secondary Education - Busing - Library - Before & After School Program - Ohahase - Hope
Leween, Lynda 24 Meadow Drive Tyendinaga Mohawk Territory, ON K0K 1X0 Cell Phone: (613) 813-7353 E-Mail: lyndal@mbq-tmt.org	<ul style="list-style-type: none"> ➤ COMMUNITY WELLBEING – HEALTH & SOCIAL <ul style="list-style-type: none"> - Health Services - Home Support - Red Cedars - Ontario Works - Mohawk Family Services - QHC Diabetes - Income Support - Home & Community Care - Youth Issues - Fitness Centre - Recreation Program - Good Minds
Brant, Kurtis 24 Meadow Drive Tyendinaga Mohawk Territory, ON K0K 1X0 Cell Phone: (613) 813-5801 E-Mail: kurtisb@mbq-tmt.org	<ul style="list-style-type: none"> ➤ INFRASTRUCTURE <ul style="list-style-type: none"> - Roads - Water & Sewer - Sanitation - Environment - Technical Services - Utilities - Major Capital Projects
Maracle, Chris 24 Meadow Drive Tyendinaga Mohawk Territory, ON K0K 1X0 Cell Phone: (613) 827-7895 E-Mail: chrism@mbq-tmt.org	<ul style="list-style-type: none"> ➤ HOUSING <ul style="list-style-type: none"> - New Construction - Renovations - RRAP – CMHC - HASI – CMHC - Band Rentals - Elders Lodge – Maintenance - Band Property Maintenance - Recreation Complex – Future Maintenance

<p>Brant, Chase Ogwari 24 Meadow Drive Tyendinaga Mohawk Territory, ON K0K 1X0 Cell Phone: (613) 813-5799 E-Mail: ogwarib@mbq-tmt.org</p>	<p>➤ COMMUNITY SAFETY</p> <ul style="list-style-type: none"> - Fire - Emergency Preparedness - Ambulance - Police - Justice
<p>Brant, Chris B. 24 Meadow Drive Tyendinaga Mohawk Territory, ON K0K 1X0 Cell Phone: (613) 813-6305 E-Mail: chrisb@mbq-tmt.org</p>	<p>➤ Economic Development ➤ Lands ➤ Parks ➤ Cemeteries ➤ Harvesting ➤ Membership</p>
<p>Council as a whole</p>	<p>➤ Lands Research & Claims ➤ Treaty Rights ➤ Iroquois Caucus ➤ Police Relations ➤ Community Safety ➤ Nation Building ➤ Communications ➤ OFNLP2008 Funding ➤ Finance / Administration / Human Resources ➤ Budgets ➤ MBQ Organizational Structure ➤ Legal Matters ➤ Consultation ➤ Intergovernmental Relations ➤ Employment & Training ➤ Cannabis Regulations</p>



Tune in to Tyendinaga Mohawk Council 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/@MOHAWKSOF
THEBAYOFQUINTE2971**

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.

Introducing The Enyonkwa'nikonhroyohake' Program's **Substance Use Series.**

Part 1 and 2, Exploring substance use,
opioids, overdose and naloxone.

Once you've read through Part 1 and part 2, follow the QR
Code to complete the challenge quiz!! Complete the quiz to
enter in a draw to win fabulous prizes!



" Addiction cannot be understood from an isolated perspective. It is a complex human condition, a condition rooted in the individual experience of the sufferer and also in the multi-generational history of his or her family and —not least—also in the cultural and historical context in which that family has existed. —Gabor Maté, *Fundamentals of Addiction*, " 2014, p. xvixvi

Substance Use

PART 1 IN THE
ENYONKWA'NIKONHRIYOHAKÉ'
SUBSTANCE USE SERIES,

What is Substance Use

Substance Use is the continued use of a psychoactive substance with negative consequences

A psychoactive substance is any substance that changes the way you feel

Psychoactive substances include alcohol, cannabis, illegal drugs, and prescription or over the counter medications that are not taken as directed

Substance Use does not necessarily mean addiction.

Addiction is a more severe condition characterized by compulsive use despite harmful consequences.

Substance Use can range in severity, some people are able to control their use while others have more pronounced negative impacts.

Factors for Substance Use

1. Social

Socializing in environments where alcohol, cannabis and substance use is normalized.

2. Environmental

Easy access to substances in the environment.
Availability in social settings or within communities.

3. Personal

Using substances as a way to cope with stress, trauma or negative emotions.
Self-medicating for mental health concerns.

Different Ways to Help

1. Raise Awareness

Educational programs to raise awareness about the risks and consequences of substance use

Providing accurate and accessible information about substances, their effects, and the signs of addiction equips individuals to make informed choices and identify potential problems.



2. Community, Connection and Understanding

Nurture supportive environments within community, family, clan and nation

Substance use can lead to feelings of isolation and loneliness. A strong and non judgemental support system provides individuals with a sense of belonging and connection.

3. Stress Coping Skills Development

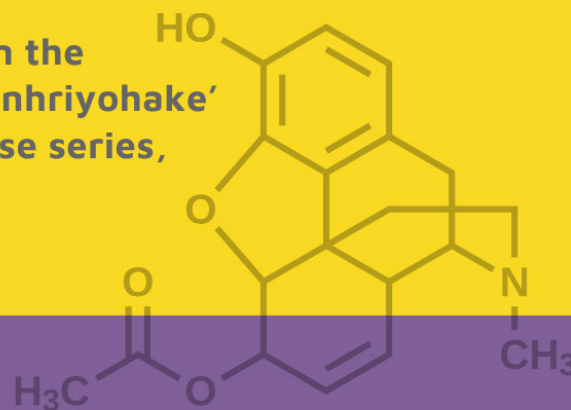
Substance use often becomes a coping mechanism for dealing with negative emotions.

By developing healthier coping skills, individuals learn ways to manage these emotions without using substances. This takes time and support.



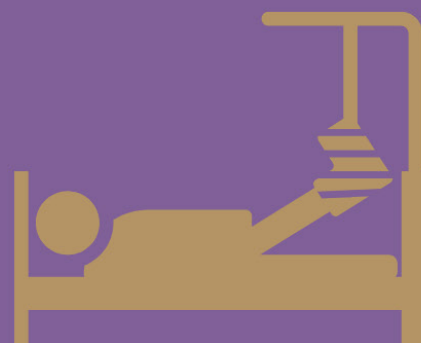
OPIOIDS

Part 2 in the
Enyonkwa'nikonhriyohake'
Substance Use series,



Some example of OPIOIDS or medications that contain OPIOIDS are: morphine, codeine, fentanyl, percocet, dilaudid, hydromorphone, heroin, methadone, tylenol 1,2, and 3, kadian, buprenorphine, tramadol, and meperidine.

Opioids are prescribed to reduce pain, but they can also change the way that you feel, producing feelings of intense happiness and calm. This is called a 'side effect'.



There are both
LEGAL and
ILLEGAL types
of OPIOIDS



OPIOIDS VS OPIATES

OPIOIDS refer to all semi-synthetic, synthetic and natural opioids including fentanyl , which is made in a lab.

OPIATES refer to natural opioids such as heroin, morphine, and codeine, and come from the opium poppy plant.

OPIOIDS continued...



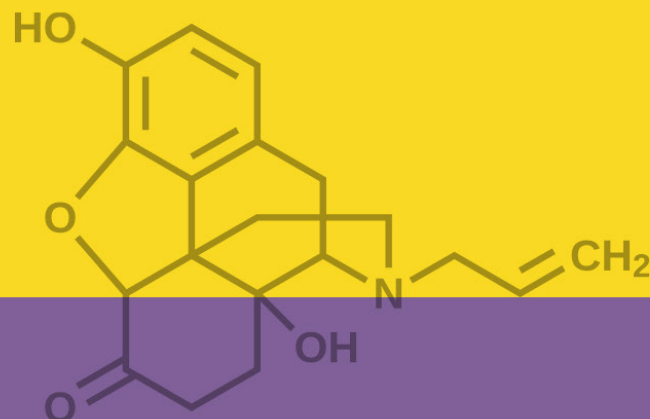
Prescription OPIOIDS come in a range of strengths. Kept under lock and key, doctors prescribe them for for pain management and opioid dependence. They are carefully regulated. Fentanyl is one of the strongest opioids, often used for surgical or cancer pain.

Street OPIOIDS are like a mystery box - you never know what you're getting. Illegal fentanyl is very strong, and there is no way of knowing its exact potency. This unpredictability poses a serious risk of overdose or fatality to the person using the drug.



Street drugs are a whole different ballgame than they used to be. Today - street OPIOIDS like fentanyl are very scary - more like POISON than drugs.

NALOXONE



Naloxone is a fast-acting drug used to temporarily reverse the effects of opioid overdoses

Naloxone only works if you have opioids in your system, such as:
fentanyl, heroin,
morphine, codeine etc.

Naloxone is safe for all ages. It only works if you have opioids in your system. You cannot use naloxone improperly and does not create dependence. **It is safe to keep a naloxone kit on hand.**

Naloxone only works temporarily

Naloxone is only active in the body for 20 to 90 minutes. The effects of most opioids last longer. If the effects of naloxone wear off before the opioids are gone from the body, breathing could stop again.

1.



2.



If you see an overdose, call 911 and use Naloxone



My first aid kit includes Naloxone!



3 If you need a naloxone kit or if your current kit has expired, please contact 613-967-0122 extension 184, to book a time with a member of the Good Minds team. Learn to spot the signs of an overdose and how to administer naloxone.

Overdose



Opioids affect the part of your brain that controls your breathing. When you overdose (take more opioids than your body can handle), your breathing slows. This can lead to unconsciousness and even death.



Reduce the Risk

If using opioids, reduce the risk of overdose or death by:

- **not using alone**
- knowing your tolerance (how much you can take)
- having a naloxone kit
- using a small amount of an opioid first to check the strength
- not taking opioids with alcohol or other drugs

Anyone taking opioids, either prescribed or from the street, can have an overdose.

Some risk factors include:

- Taking higher doses or more often than prescribed
- Mixing opioids with alcohol or sedatives
- Injecting
- Trying stronger opioids
- Using opioids of unknown strength

Always call 911

Sometimes fentanyl from the street can be mixed with other drugs that have similar sedating effects. These other substances are **NOT** always opioids. This means that **Naloxone, MAY NOT WORK** to reverse the overdose. It is **always safer to call 911.**





Resources



Where I can go for support:

A person can seek treatment at any time and does not have to “hit rock bottom” first. In fact, the earlier a person seeks treatment, the better the outcome.

Indigenous Crisis Services

Indigenous Crisis Services provides confidential support to the community of Tyendinaga, and MBQ members or self identifying Indigenous people in the surrounding area who are experiencing a crisis or faced with a sudden tragedy.

Callers will be asked to complete a brief screening to qualify.

Available 24 hours a day 7 days a week by phone or text 613-813-9667.

Enyonkwa’nikonhriyohake’ Central Intake Line (Pod Coverage)

Available Monday through Friday, (excluding holidays) from 8:30am to 4:30pm, for program referrals, walk in support, naloxone kits and training, harm reduction supplies, and general program information.

Call the CWC at 613 967 0122 extension 184 and talk to the team member on Pod Coverage.

9-8-8: Suicide Crisis Helpline

If you or someone you know is thinking about suicide, **call or text 9-8-8**. Help is available 24 hours a day, 7 days a week, across Canada.

Hope for Wellness Help Line

Available 24 hours a day, 7 days a week to Indigenous people across Canada seeking emotional support, crisis intervention, or referrals to community-based services.

Call 1-855-242-3310 (toll-free) or connect to the online Hope for Wellness Chat

To learn more:

Opioid Resource Hub at CAMH provides resources on opioid awareness, treatment and education for a wide variety of audiences. <https://www.porticonetwork.ca/web/opioid-resource-hub>

This resource was developed by the Enyonkwa’nikonhriyohake Program manager and staff, in 2024, and is intended for use in Tyendinaga Mohawk Territory. It was developed using lived and professional experience, and the following online sources: <https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html#a3>, <https://www.canada.ca/en/health-canada/services/opioids.html>, <https://www.canada.ca/en/health-canada/services/opioids/naloxone.html>, and https://www.camh.ca/-/media/files/5217-opdsaddic_primer-pdf.pdf.



NEW MBQ RENTAL HOUSING APPLICATION PROCESS

The Mohawks of the Bay of Quinte are launching a brand new application process for on-territory rental housing.

Through the new form (link below or QR code above) applications are received digitally with a time stamp, and once the application has been reviewed and accepted, applicants will be added to the housing waitlist in the order the applications have been received. Please note that those who have previously applied **DO NOT** need to re-apply. They are encouraged to update their information annually to avoid any potential delays in placement.

Applicants and co-applicants **must** be registered members of the Mohawks of the Bay of Quinte.

For any additional information or if you have questions, please contact Karen Brant-Jones:
e: housingsw@mbq-tmt.org
p: 613-396-3424 ext. 101



mbq-tmt.org/rental-housing-application

Community Health Presents:

Walk in
**Blood pressure and
weight checks
for MBQ community
members**

Wednesday

**mornings
8:30-11**

**at the Community
Wellbeing Centre**

**YOU WILL BE
ENTERED INTO A
MONTHLY DRAW
FOR A PC GIFT
CARD**



Community health presents:

How long do I wait
before I get my next
COVID vaccine?

6 months after your
last COVID-19 vaccine
and infection



Covid -19 & Flu

Vaccine

**March 5th
& April 4th
9am til 11am**

**At the Community
Wellbeing
Centre**

**All MBQ members and their family
living in KFLA & HPE may attend**





PROTECT YOUR SELF AGAINST RSV LET'S GET VACCINATED

Who is eligible?

Individuals who are 60 years and older and:

- Indigenous
- on dialysis
- transplant recipients

Reasons to wait before getting the RSV vaccine are:

- if you have a fever
- if you have had a vaccine within 2 weeks

**Continue to be available
by appointment only**

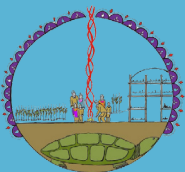
contact:

Suzanne Maracle-Dye R.N.

613-967-3603 ext 118

or by email

chn@mbq-tmt.org



at the Community Wellbeing Centre, 50 Meadow Drive

Colorectal Cancer Awareness Month



What is colorectal cancer?

The colon and rectum make up the last part of the gastrointestinal (digestive) system. Colorectal cancer is cancer that affects either the colon or rectum, or both. It may also be referred to as colon cancer or rectal cancer, depending on where the cancer originates

WORLD TUBERCULOSIS DAY

MARCH 24TH, 2024

TB is a bacterial lung disease caused by germs spread between person to person through the air

Symptoms: weakness, night sweats, fever, weight loss, chest pain, or cough

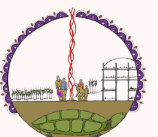
At risk: conditions causing weakened immune systems, household contacts, alcohol/ drug use, diabetes, cancer, HIV, and those working in high risk jobs (e.g. nursing)

Facts:

- One third of the world's population is infected with tuberculosis (TB)
- In 2020, 1772 cases of active TB in Canada
- Most cases are seen in Indigenous individuals related to crowded environments, quality of living, and barrier to accessing healthcare



TESTING IS AVAILABLE FOR HIGH RISK INDIVIDUALS, CALL
SUZANNE MARACLE-DYE AT 613-967-3603 EXT 118 FOR MORE
INFORMATION!



IMPORTANT PUBLIC HEALTH ALERT:

AVIAN INFLUENZA & HUNTING BIRDS



There has been a recent media report in Kingston of geese testing positive for Avian influenza (bird flu) infection.

This is an extremely rare event, but it reminds us that there are some important things to think about when hunting and handling birds.

Avian Influenza "Bird flu" is a viral infection highly contagious amongst birds. The highest risk of exposure to the virus is when migratory birds are travelling south for the winter or returning home in the spring. Some strains of the virus can cause extreme illness to birds and possibly make humans sick.

What you need to know

The risk of humans getting Avian influenza viruses is low, and there is no evidence to suggest that the Avian influenza virus can be transmitted to humans when eating fully cooked game birds or eggs. While the recent news stories of Avian influenza infections should not affect plans for hunting birds this spring

Precautions for Hunters or others who handle birds/collect eggs

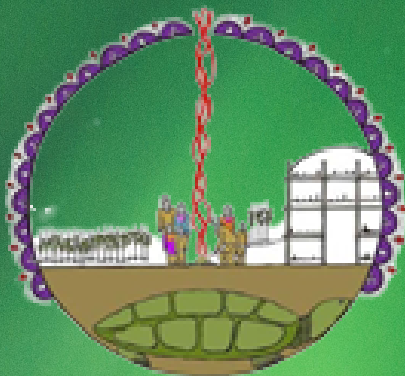
- wash hands often (or use hand sanitizer) when handling birds or eggs, and before eating or smoking;
- wear protective clothing such as boots when walking into nesting sites and disposable gloves when handling birds and when picking up and brushing off eggs;
- limit contact with blood, feces or secretions of harvested birds and when finished, clean work surfaces thoroughly with soap and water followed by diluted household bleach;
- ensure that birds and eggs are fully cooked before eating;
- if you become ill after handling wild birds or eggs, seek medical attention and let your health care provider know that you were handling wild birds.

Community Health Team

Community Wellbeing Centre
50 Meadow Dr, Deseronto, ON
K0K 1X0

Community Health@mbq-tmt.org
613-967-3603





Poison Control Centre Contact Information

Have you inhaled, swallowed, injected or touched
a poisonous substance?

Do you have any questions regarding poison or a
poisonous substance?

Are you looking for help to identify if an item is
poisonous?

Call the Ontario Poison Centre below:



1 800 268 9017
416 813 5900

Ontario Centre
Poison Anti-Poison
Centre de l'Ontario

Liver Health Month

If your liver breaks down then so does the rest of your body. Remember the liver is your filter!

there are over 100 different kinds of liver disease and ONLY 1 is caused by alcohol

Ways to keep your liver healthy!



proper
nutrition
*reduce your
sugar and fatty
foods*

Physical
activity

*the goal of physical
activity is do anything
you can that gets you
moving and can be
physically demanding*



proper
sleep

protect it
from hazards



*Get immunized against
hepatitis A and hepatitis B,
practice safe sex, never
share razors, toothbrushes
and needles, and make sure
tattooing and body piercing
equipment are properly
sterilized*



*Many Canadians do not get
enough sleep, and the impact
can be seen on their liver
health*

Watch for
warning signs



*Prevention is
the best way to
ensure your
liver is
functioning*

Good Food Box



Calendar For 2024

New Fire Hall (39 Meadow Drive, TMT)

Order By 4:30pm	Order Arrives Pick-up 1-3pm
Tuesday. Jan.16, 2024	Tuesday. Jan 23, 2024
Tuesday. Feb 20, 2024	Tuesday Feb 27, 2024
Tuesday. March 19, 2024	Tuesday, Mar 26, 2022
Tuesday. April 16, 2024	Tuesday. April 23, 2024
Tuesday. May 21, 2024	Tuesday. May 28, 2024
Tuesday. June 18, 2024	Tuesday. June 25, 2024
Tuesday. July 16, 2024	Tuesday. July 23, 2024
Tuesday. Aug 20, 2024	Tuesday. August 27 2024
Tuesday. Sept 17, 2024	Tuesday Sept 24 2024
Tuesday. Oct 15, 2024	Tuesday October 22 2024
Tuesday. Nov 19, 2024	Tuesday Nov 26, 2024
Tuesday. Dec 10, 2024	Tuesday Dec 17, 2024



Veggie Bag \$10.00

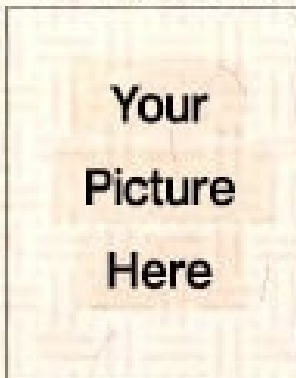
Fruit Bag \$5.00

COMMUNITY HEALTH

Government
of CanadaGouvernement
du Canada

3529030

CERTIFICATE OF INDIAN STATUS - CERTIFICAT DE STATUT D'INDIEN



This is to certify that / Le présent atteste que

Family Name / Nom de famille

JONES

Given Names / Prénoms

JOHN CARL

Alias / Nom d'emprunt

JOHNNY

Registry No. / N° de registre

4360000000

is an Indian within the meaning of the Indian Act, chapter 27, Statutes of Canada (1985),
est un Indien au sens de la Loi sur les Indiens, chapitre 27 des Lois du Canada (1985)

IF YOUR CONTACT INFORMATION OR MARITAL STATUS CHANGES OR IF THERE'S A DEATH IN THE FAMILY, PLEASE CONTACT MEMBERSHIP TO MAKE THE NECESSARY UPDATES

Bonnie Maracle

E: bonniemembq-tmt.org

P: 613-396-3424 x 110

Bonny 'Bear' Maracle

E: bonnymembq-tmt.org

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



MEMBERS WITH A SECURE CERTIFICATE OF INDIAN STATUS (SCIS) CAN RENEW THEIR CURRENT SECURE STATUS CARD UP TO 1 YEAR BEFORE THE "RENEW BEFORE" DATE ON YOUR CARD. VISIT THE INDIGENOUS SERVICES CANADA WEBSITE OR CONTACT MEMBERSHIP DEPARTMENT FOR MORE INFORMATION.

Mobile Office



Shelby Kramp-Neuman
MP, HASTINGS—LENNOX
AND ADDINGTON

THIRD WEDNESDAY
OF EVERY MONTH,
10 A.M.-3 P.M.
MBQ ADMIN OFFICE
24 MEADOW DRIVE
TYENDINAGA
MOHAWK
TERRITORY

DURING THESE MOBILE OFFICE SESSIONS, REBECCA WILKINSON, 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
MARCH 20

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



From the Research Department...

Leween/Lewis/Lewie/Louis: Why do these names change over time or stay the same? The Research Department will dive deep into the records to find some answers.

The records available to us today indicate two main sources for these surnames among the Mohawks of the Bay of Quinte.

A community man named “Adam Leween” married Ann or Hannah Claus in 1831 and they had a large family. Their children were baptized as “Leween”.

Another man, named William Lewis, who was an American and who was not Indigenous, married a woman of the community, Widow Jemima (Green) Crawford, in 1832. They had 3 children. Although their father was a “Lewis”, the children, James, Samuel & Catherine were called “Leween” in official documents.

In a document listing MBQ families from 1851, Hannah Leween had 6 children and Jemima “Leween”, a widow, had 3 children. [LAC RG10 Vol. 193 pp. 112631-2 Reel C-11514]

The Missionaries to MBQ and the Visting Superintendents of Indian Affairs, of the 19th century referred to them all as “Leween” in official documents.

However, 2 sons of Samuel “Leween”, Perry & Levi, they called themselves “Louis” when they married. Perry was married in 1894 and Levi was married in 1898. It could be this is more reflective of what they called themselves.

Another son of Samuel & Catherine (Hill) Leween, Norman was put on the Band List under “Lewie” or “Louis” in 1896.

The first official “Lewis” was Clarence Lewis who was put on the Band List under his own name in the 20th century. He was the son of Peter “Leween” who was a descendent of William Lewis. Clarence was returning his surname to its origins.

In the 1901 census, Samuel was recorded as Samuel “Lewis” even though officials still called him Samuel “Leween”.

So it appears that descendants of Adam and Hannah Leween continued to use “Leween” consistently through the decades. The descendants of William “Lewis” were assigned the surname “Leween” but over the decades have been moving back towards, Louis, Lewie or Lewis.

**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.**





Coming soon!!!



"Honouring Women's Day"

~For women 16 and up

Ladies!! Mark your calendars for March 9, 2024

10 a.m. – 4 p.m. @ Community Centre

First 200 ladies in will receive a bag

First come first served - **no pre-registration**

Nails



\$10 per person gets you:

Make-up

**Haircut and/or
style !!**



Massages!!



There will be door prizes, a light lunch and much more

Hosted by Red Cedars Shelter, IVS,
MFS, Good Minds, Community
Health & Family Wellbeing



ENYONKWA'NIKONHRIYOHAKÉ'

PRESENTS



STAND-UP

COMEDY WORKSHOP & SHOW

THINK YOU ARE FUNNY?

**HAVE YOU EVER THOUGHT ABOUT TRYING
STAND UP COMEDY?
ARE YOU 16 OR OLDER?**

**SIGN UP FOR THE FREE COMEDY WORKSHOP AND LEARN
SOME OF WHAT IT TAKES TO FILL A ROOM WITH LAUGHTER**

**SATURDAY MARCH 16, 2024
MOHAWK COMMUNITY CENTRE**

**WORKSHOP
12:00-5:00**

**FOLLOWED BY
SPACE IS LIMITED**

**PUBLIC SHOW
7:00**

**E-MAIL BRANDON ARNOLD AT ICWSW@MBQ-TMT.ORG
TO REGISTER FOR THE WORKSHOP. SHOW IS OPEN TO THE PUBLIC
AND NO REGISTRATION IS REQUIRED.**

**FACILITATED &
HOSTED BY**

JANELLE NILES
FOUNDER AND PRODUCER OF
GOT LAND? INDIGENOUS COMICS

&

JENN HAYWARD
COMEDIAN



BUILDING YOUR BUSINESS IDEAS

FREE ONE DAY SESSION

Learn key foundations of business planning to help you grow and expand your business idea(s)!



When: March 25th 9:00 to 4:00

Where: The Canteen, Mohawk Skate Park, 1935 York Rd.

Learning Outcomes:

By completing this session, you will be able to answer the following questions and have a plan to support and remove obstacles:

- **What are my Goals & Motivation?**
 - **How do I want to Operate my Business?**
 - **Who is my Client/Audience?**
 - **What is my Financial Health?**
-

Registration needs to be completed by March 20 @ 2 pm.

Loyalist College must collect your personal information to set up a student ID and academic record. To complete your registration, please use the link below, and copy and paste the course code (below) into the form when requested. This form will take less than 2 min. to complete. If you prefer, you may call me and provide your information over the phone. Tiffeny Dyck 613-969-1913, ext. 2294

- **Course Code: 202401 MBQ**
- **<http://goo.gl/forms/GRnfqAiu5H>**

Coffee, Tea, Snacks & Lunch will be provided

MOHAWK LANGUAGE AND CULTURE CERTIFICATE

Starts in September 2024

This certificate is for citizens of the Mohawks of the Bay of Quinte, Mohawk Nation, and others seeking to learn Mohawk language through culturally rich learning experiences that include exploring the traditions, history, and worldview of the Mohawk people.

**Visit the link below
to learn more**



For more details please visit
www.tto-kenhteke.org

Queen's University Mohawk Language and Culture Certificate Program will be accepting applications for the upcoming September start date!

This certificate is for citizens of the Mohawks of the Bay of Quinte, the Mohawk Nation, and others seeking to learn the Mohawk language through culturally rich learning experiences that include exploring the traditions, history and worldview of the Mohawk people.

- Storytelling
- Conversations
- Grammar and Oral Presentation

The Certificate in Mohawk Language and Culture is offered by the Department of Languages, Literatures and Cultures in partnership with Tsi Tyónnheht Onkwawén:na (TTO) Language and Cultural Centre in Tyendinaga, Mohawk Territory. The Certificate is delivered in the TTO Language and Cultural Centre in Tyendinaga.

Deadline Application is June 10, 2024

For more information, contact Rebecca Hill at TTO Language and Cultural Centre in Tyendinaga at programs@kenhteke.org or 613-970-3045.



Tyendinaga Fitness Resource Centre

"Discovering the Balance" 613.962.2822

CLOSED

Mar 29th

JOIN OUR FITNESS CLASSES

- Remove Tension with Foam Rolling*(NEW!)
- Soothe Stress With Stretching
- Circuit Training*(NEW!)
- Drums Alive*(NEW!)
- Toning Class*(NEW!)

Classes are now free with your membership
to the gym!

MARCH HEALTH CHALLENGE



More Protein March

- Get 0.7 gram of protein per pound
of body weight ($\text{Bodyweight} / 0.7 =$
Total amount)
- Protein snacks will be provided at
the TFRC for March
- Get your protein in!

MARCH 2024

Prices:

Adults: \$30.00

Students: \$25.00

Seniors: \$20.00

Hours:

Monday-Friday
6:30am-8:00pm

Saturday
8:00am-1:30pm

Watch our Facebook and
Instagram for more programs



and events!



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

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

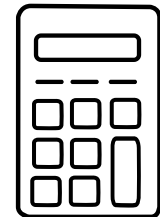
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Tyendinaga Fitness
Resource Centre
"Discovering the Balance" 613.962.2822



MARCH



HEALTH CHALLENGE

More Protein March

- Get 0.7 gram of protein per pound of body weight ($\text{Bodyweight} / 0.7 = \text{Total amount}$)
- Protein snacks will be provided at the TFRC for March
- List of high protein foods will be posted on the TFRC social media

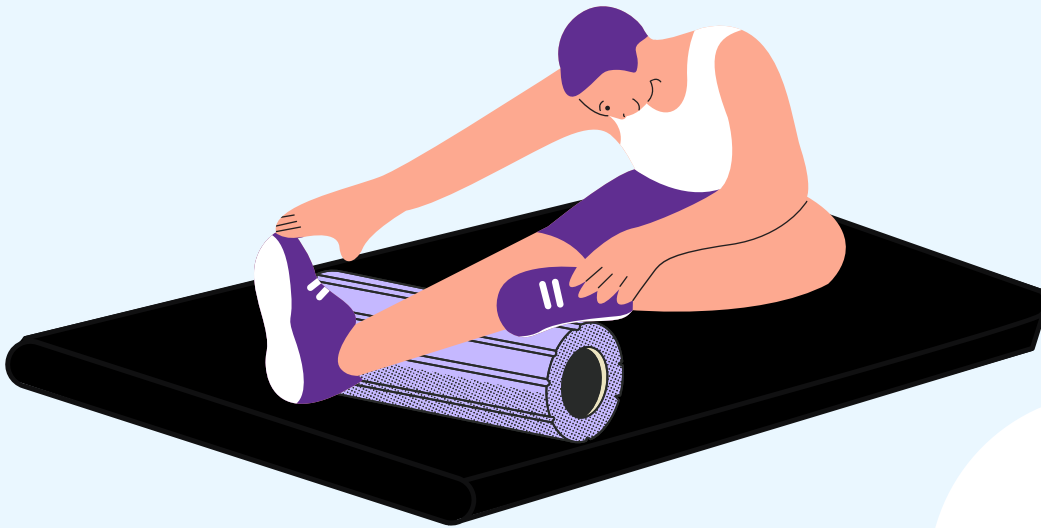
TYFITNESSRES@MBQ-TMT.ORG | (613) 962-2822

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

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TFRC Presents

Remove Tension With Foam Rolling



**New!
Starting
March!**

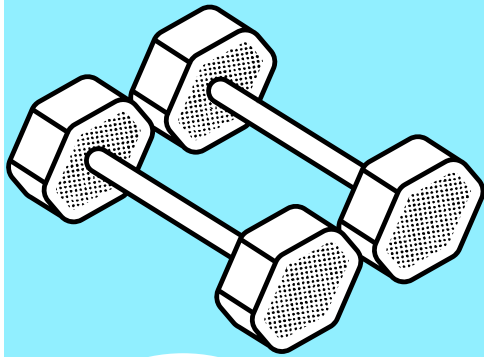
Monday and
Wednesday
12:15pm-1:00pm
At Tyendinaga Fitness
Resource Centre

*For more info, call us at 613-962-2822 or Email us
@TYFITNESSRES@MBQ-TMT.ORG*

VISIT THE TYENDINAGA FITNESS RESOURCE CENTRE



CIRCUIT TRAINING

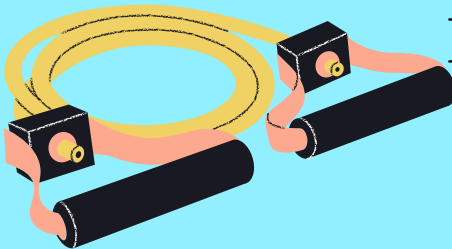


**New!
Starting
March!**

**Mondays &
Wednesdays**

7:15am-8:00am

**@ Tyendinaga Fitness
Resource Centre**



**For registration and
inquiries:**

(613) 962-2822

**TYFITNESSRES@MBQ-
TMT.ORG**



**Tyendinaga Fitness
Resource Centre**

"Discovering the Balance" 613.962.2822



DRUMS ALIVE

**New!
Starting
March!**



**TUESDAYS & THURSDAYS
7:15AM-8:00AM
@TYENDINAGA FITNESS
RESOURCE CENTRE**

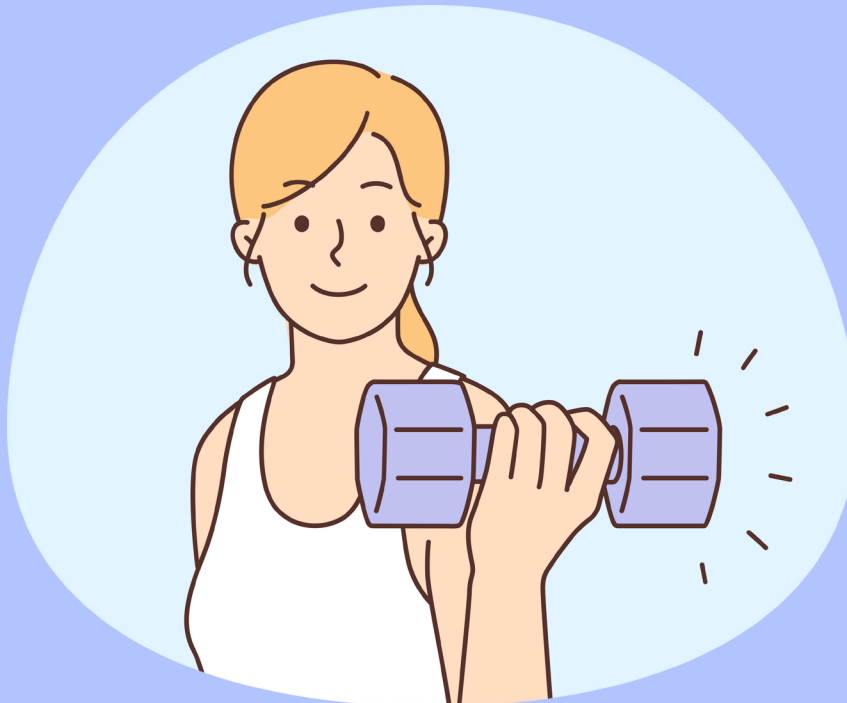


**Tyendinaga Fitness
Resource Centre**
"Discovering the Balance" 613.962.2822

**FOR REGISTRATION AND INQUIRIES:
(613) 962-2822
TYFITNESSRES@MBQ-TMT.ORG**



Toning Class



Fridays

7:15am-8:00am

@ Tyendinaga Fitness

Resource Centre

**For registration and
inquiries:**

(613) 962-2822

TYFITNESSRES@MBQ-TMT.ORG

**New!
Starting
March!**



DIABETES EDUCATION PROGRAM

QUICK TIPS

WEEK 1
WEIGHT LOSS

WHERE: Tyendinaga Fitness Resource
Centre

WHEN: March 19 | 830-9 AM
March 20 | 11-11:30 AM
March 21 | 4-4:30 PM

Drop In

Mini sessions, same topic offered at different times each
week to meet your schedule!

Lets talk about KIDNEYS series

Diabetes
Education Program



April 9

- Explore the role of your kidneys and how diabetes can affect them
- Recognizing early signs of kidney issues
- Discuss proactive ways to manage diabetes that support kidney health
- Uncover the vital connection between diabetes and kidney health

April 16

- Learn the significance of nutrition in maintaining kidney health
- Discuss dietary strategies to prevent kidney damage
- Manage kidney disease during the different stages
- Understanding sodium intake and balancing protein and fluid levels

WHERE:
Firehall
39 Meadow
Drive, TMT

WHEN: April
9,16,23
3 Part Series

TIME: 6-7:30 PM



April 23

- Practical tips and lifestyle adjustments
- Meal planning and grocery shopping
- Managing stress and staying active
- Importance of community supports



DINNER
WITH
EACH
SESSION

RESESRVE YOUR SPOT TODAY!

Registration Opens: March 4th & Closes: April 4th



DEP is thrilled to be working in collaboration with **Tara Abu-Klam, RD, MHSc., CDE from Kingston Health Sciences Center Renal Program** to bring you this mini-series on Kidney Wellness. Family event. Join us as we empower ourselves to prioritize kidney health as an essential component of our holistic well-being.

diabetespaw@mbq-tmt.org **CONTACT KAYLA** 613-967-3603 x. 122

Diabetes Education Program
Presents

SAVOR & SOCILIZE

FAMILIES WELCOME

DINNER & CHAT | OPEN TO ALL
WE WANT TO HEAR FROM YOU! HOW
CAN WE HELP? WHAT DO YOU WANT
TO LEARN? BRING AN APPETITE &
SHARE IN THIS SAFE SPACE.

WHEN: MARCH 19 | 5:30-7 PM

REGISTRATION REQUIRED FOR
CATERING PURPOSES

OPENS: MARCH 1ST | CLOSES:
MARCH 16

WHERE: AT THE FIREHALL | 39 MEADOW
DRIVE, TYENDINAGA MOHAWK
TERRITORY



REGISTER NOW

Call Kayla to register @ 613-967-3603 x. 122
or email diabetespaw@mbq-tmt.org



BINGO TRIVIA NIGHT

With Enyonkwa'nikonhriyohake
Good Minds Program

Save the Date

MARCH 22ND, 2024

LOCATION TBD

Please keep an eye out on
the MBQ Facebook page for
further details!

Some of the exciting prizes for
Bingo Trivia night will include
Maple tapping kits and car
detailing packages.



BROUGHT TO YOU BY FAMILY HEALTH AND CHILD DEVELOPMENT

BABY CIRCLE

Every Wednesday

Location: 1935 York rd at
the Canteen

Time: 10:00am-11:00am

Who: Parents and Babies

Babies aged: 0-18month

DISCOVER WHAT WE DO AND WHAT WE HAVE TO OFFER!

Our focus is on the developmental tasks of your baby and the health and wellbeing of you and your family.

- Teaching what to expect as your baby grows and develops
- Developmental Screening
- Fun ways to help your child develop new skills
- Bonding with your baby
- Feeding your baby-breastfeeding and when to start solids.
- Access to a lactation consultant
- A scale to record your babies weights as they grow
- Talks about healthy eating habits for you and your family
- Sleep challenges
- The opportunity to learn and engage with other families and babies.



FOR MORE INFORMATION PLEASE CONTACT:

The Family Health and Child
Development Team
FHCDProgramming@mbq-tmt.org

BROUGHT TO YOU BY FAMILY HEALTH AND CHILD DEVELOPMENT

YOU'RE INVITED TO JOIN THE

Kahwá:tsire (Family) Playgroup

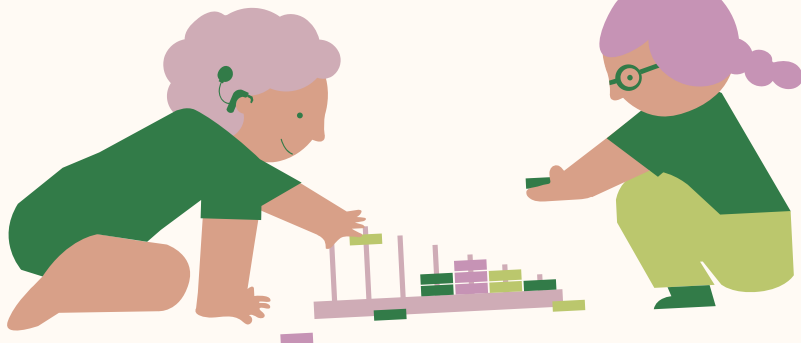
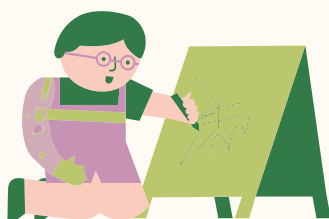
Every Wednesday

Location: 1935 York rd at the Canteen

Time: 11:00am-1:00pm

Who: Parents/Caregivers and
Children 18 months to 4 years

HELP YOUR CHILD
LEARN AND GROW
WHILE INCORPORATING
MOHAWK LANGUAGE
AND CULTURE.



THINGS TO NOTE:

It's all about friendship and development!

Enjoy a range of fun activities.

A light snack will be provided. You are
welcome to BYO Lunch if needed.

WHY PLAY?

As a parent being a part
of a community, activity
can help you feel less
alone as you are amongst
peers. Children will have
fun, make friends and
grow in their social skills.



MARCH 2024

BABY CIRCLE & FAMILY PLAYGROUP CALENDAR

Every Wednesday

Location: 1935 York rd at the Canteen

Baby Circle Time: 10:00am-11:00am

Family Playgroup Time: 11:00 - 1:00

Who: Parents/Caregivers and their children

Babies aged: 0-18month Family Playgroup age: 18m - 4years

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Creative Play	6 Sensory Play	7	8	9
10	11	12	13	14	15	16
17	18	19	20 Music and Movement	21 St. Patrick's Day	22	23
24	25	26	27 Balance: Core Building Skills	28	29	30
31						

Siblings who are not yet in school are also welcome to attend baby circle!



MEDICAL TRANSPORTATION PROGRAM

HAND IN YOUR FORMS TODAY

COMPLETED forms for
medical trips dated:

APRIL 1, 2023 - MARCH 30, 2024

need to be into the CWC office for
processing by:

APRIL 5th, 2024.

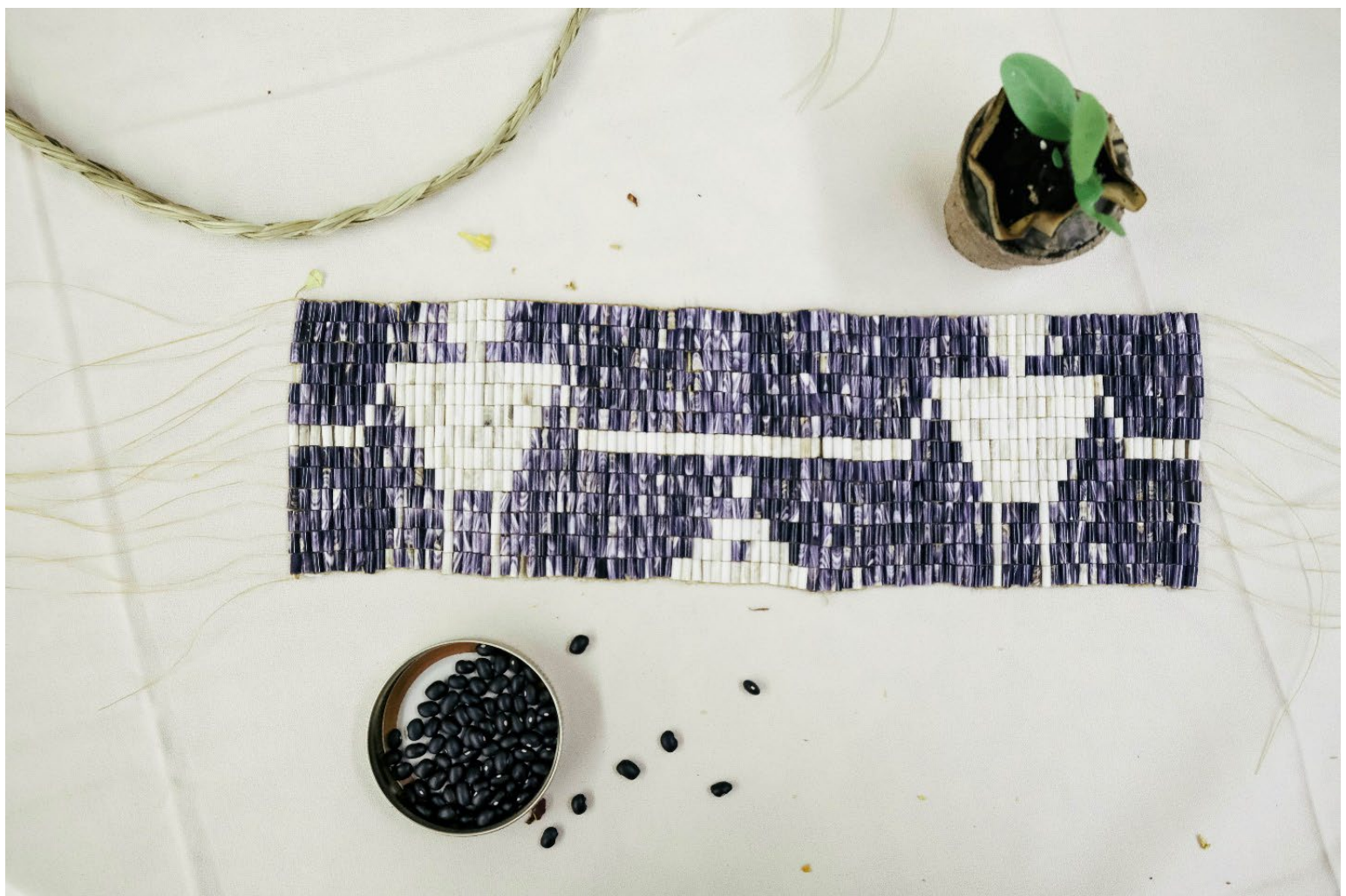
**If you have any questions please call
or email and we will do our best to
help.**

Medical Transportation Program

Community Wellbeing Centre

613-967-3603 Ext 171

transportationclerk@mbq-tmt.org



Greetings! Ratinenhayénthos and the Kenhté:ke Seed Sanctuary and Learning Centre are gearing up for a year full of seed security and food sovereignty events in 2024, and we are now making regular SeedKeeping posts to our blog, at <https://kenhtekeseedsanctuary.com/> First up of our events will be our annual Seed Share event, when community members will be able to choose seeds from our posted list for pick-up in mid-late March. Watch for the list to be posted in early March, and grow locally-adapted heirloom and Indigenous plants in your garden this year! We will also be participating in Kingston Seedy Saturday with our sister organization KASSI, on Saturday March 9 at Cooke's Portsmouth United Church in Kingston.

Look for us at the Earth Day event and join us in celebrating the fourth anniversary of the making of a modern Wampum belt and our commitment to the seeds in our care. The seeds were Rematriated in ceremony on April 22, 2019.

We will be bringing on more youth (age 29 or under) interns this year, so if you, or a youth you know, are interested in learning to save and grow seeds please reach out to us. Our mission is to cultivate a sacred space to grow, preserve, and protect heirloom and Indigenous seeds in accordance with Rotinonhsyon:ni cosmology, to ensure the availability of healthy, viable seeds for our collective future generations.

Volunteer workbees will continue this year on the second **Sunday of each month** beginning in April. On Sunday, April 14 at 10 am, we hope you can join us by the fire to work together to clear brush and other tasks. As usual, please dress for the weather and bring a water bottle. Youth under 30 are particularly encouraged to come out, and we are happy to sign off on High School volunteer hours for helpers who need those!

Cultural Arts Night

Ages 10-16



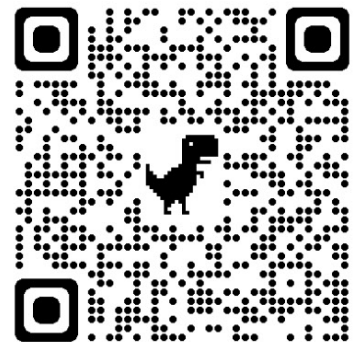
Funded by MFS



Facilitated by Melissa Brant

Registration Required.

*Starting March 5th to May 30th
Tuesday Evenings 4:30-5:30
1935 York Rd. (Canteen)
Scan QR Code to register
LIMITED SPACES AVAILABLE*





info@lafc.ca

613-354-2726

(fax) 613-354-3585

35 Dundas Street East, Napanee

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

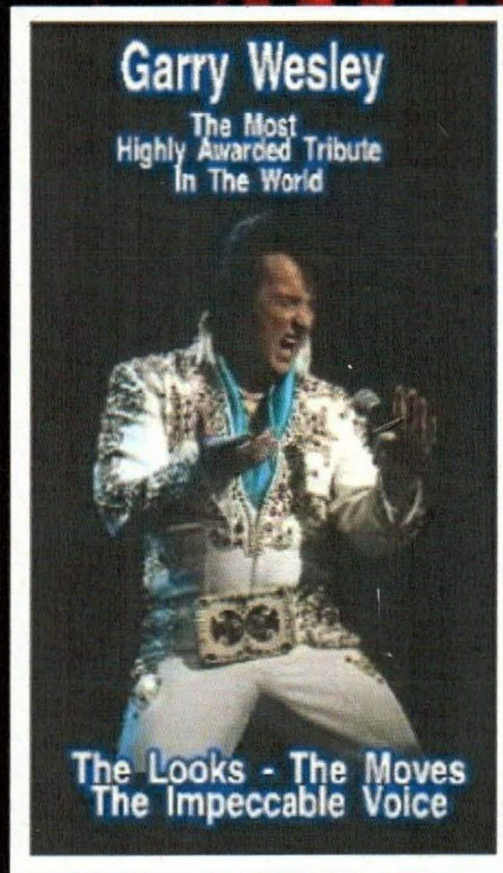


GRACE UNITED CHURCH NAPANEE PRESENTS:

ELVIS

IN CONCERT!

WED.
APR. 17
2024



*ALL THE
GREATEST HITS.
PLUS YOUR
FAVOURITE
GOSPEL SONGS!*

7:00 PM

TICKETS \$25.00

TICKETS AVAILABLE AT THE DOOR

ALSO AVAILABLE AT:

MARIE'S PLACE, 62 DUNDAS ST. W., NAPANEE
GRAY'S IDA DRUG STORE, 346 MAIN ST., DESERONTO
OR BY CALLING MARGARET WAGAR, 613-396-5222

150 ROBERT ST., NAPANEE, ON K7R 2M7 (CORNER OF BRIDGE ST. W.)

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.

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

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@MBO-TMT.ORG
613-396-3424 EXT. 104

Belleville

Bakery

5379 Hwy #2 Shannonville

*613.966.9490

Fresh Buns and Breads Made Daily From Scratch

- No Artificial Preservatives
- Exceptional Nutritional Value

PLUS...

Melt In Your Mouth SWEET TREATS!



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

Build-All **CONTRACTORS**

5427 HWY #2. TYENDINAGA TERRITORY
SHANNONVILLE, ONTARIO
K0K 3A0
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**

Join us as we walk through the territory
in honor of all of our lost or stolen sisters



Saturday May 4th, 2024
10:00am - 1:00pm

The walk to begin from the Karonhiak'takie Sportsplex
concluding at the Band Office



A light lunch to follow at the Mohawk Fire Hall
Feast Baskets appreciated.

May 5th, 2024

Join a walk
downtown Belleville
followed by a
candlelight vigil to
honor all of our
sisters whom have
been lost and those
that are still
missing.

TIME 6:00pm-9:00pm

LOCATION Empire Square to
Market Square
Belleville, ON

NATIONAL
AWARENESS
DAY FOR
MISSING &
MURDERED
INDIGENOUS
WOMEN AND
GIRLS



FIRST NATIONS DRINKING WATER SETTLEMENT DEADLINE APPROACHING

**THE FNDWS DEADLINE IS MARCH 7, 2024!
HAVE YOU SUBMITTED YOUR CLAIM?
HAVE YOUR CHILDREN AND FAMILY SUBMITTED
THEIR CLAIMS?**

**THE SETTLEMENT INCLUDES CHILDREN, THOSE
UNDER DISABILITIES AND LOVED ONES WHO
PASSED AWAY ON OR AFTER NOVEMBER 20, 2017.**

**FOR MORE INFORMATION OR TO MAKE AN
APPOINTMENT CONTACT GRANT BARBERSTOCK AT
THE ADMINISTRATION BUILDING BY PHONE AT 613-
438-6177 OR BY EMAIL AT
WATERCLAIM@MBQ-TMT.ORG.**

**DUE TO THE LIMITED SPACE AND TIME AVAILABLE
MARCH WILL BE BY APPOINTMENT ONLY.**





CONSTRUCTION HOTLINE 613-969-7174

PLEASE LET US KNOW IF YOU
NOTICE

- EROSION
- LEAKING
- ISSUES/CONCERNS
- THE NEED FOR REMEDIATION
WORK

AS PART OF THE CONSTRUCTION
OF NEW WATERMAIN, SANITARY
SEWER AND ROAD WORK
PROJECTS. THIS WAY OUR
INFRASTRUCTURE DEPARTMENT
IS AWARE OF ANY ISSUES AND
CAN TAKE THE NECESSARY NEXT
STEPS. NYÁ:WEN!



613-969-7174



www.mbq-tmt.org

Anglican Parish of Tyendinaga

1295 Ridge Road

Friday March 1st ~ World Day of Prayer ~ 1 p.m. at Deseronto Pentecostal Church. All are welcome to join us for worship, story and prayer prepared by the Christian Women of Palestine. Food and fellowship following the service.

Lent 3 Sunday March 3rd ~ 9:30 a.m. Holy Communion followed by Food and Fellowship

Tuesday March 5th ~ 2:30 p.m. Bible Study at the church

Wednesday March 6th ~ 12 p.m. Holy Communion

Lent 4 Sunday March 10th ~ 9:30 a.m. Morning Worship followed by Food and Fellowship

Tuesday March 12th ~ 2:30 p.m. Bible Study at the church

Wednesday March 13th ~ 12 p.m. Holy Communion

Lent 4 Sunday March 17th ~ 9:30 a.m. Holy Communion followed by Food and Fellowship

Tuesday March 19th ~ 2:30 p.m. Bible Study at the church

Wednesday March 20th ~ 12:00 p.m. Holy Communion

Palm Sunday March 24th ~ 9:30 a.m. Holy Communion followed by food and fellowship

Monday in Holy Week March 25th ~ 5:30 p.m. Evening candlelight Prayer Circle

Tuesday in Holy Week March 26th ~ 9 a.m. - 2:00 p.m. Prayer Quilting

Tuesday in Holy Week March 26th ~ 2:30 p.m. Bible Study at the church

Tuesday in Holy Week March 26th ~ 5:30 p.m. Evening candlelight Prayer Circle

Wednesday in Holy Week March 27th ~ 5:30 p.m. Evening candlelight Prayer Circle

Maundy Thursday March 28th ~ 5:30 p.m. Shared Supper and Communion in the hall

Good Friday March 29th ~ 10:30 a.m. Morning Worship

Easter Sunday March 31st ~ 9:30 a.m. Communion Celebration followed by Easter Brunch

You are welcome to join us for any or all of these events. We'd love to see you!

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 0.5-1 acre land to buy or a 4-5 bedroom, 2 bathroom house to buy.
Contact Paige Boomhour at
613-970-4049 or
paigeboomhour@gmail.com

HOBBY FARM FOR SALE

251 York Road

- 5 bedroom, 3,000 square foot brick house on 5 acres with a 4 car garage 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

FOR SALE

263 Gordons Road - Waterfront double lot
180 ft x 255 ft.
1257 square foot, 2 bedroom, 1 bathroom house with 25x25 detached garage and brand new 10x20 shed.

INCLUDES:

- new septic system,
- new metal gazebo
- newly renovated bathroom with in-floor heating
- new siding, eavestroughs, fascia & soffit
- new garage, side & patio doors
- newer roof, furnace, central air, spray foamed basement, water tank, windows & doors
- custom mudroom cabinets
- all stainless steel appliances

ASKING \$500,000, open to reasonable offers.

To view or ask questions, call 613-305-2230 or email dpringle1969@gmail.com.

CLASSIFIEDS

WANTED

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

WANTED

1/2 acre - 1 acre of land for a tiny home - willing to pay fair value, plus a bit extra.

Contact Matthew at
matthew.roberts3@dcmail.ca

WANTED

We are currently looking for 2 or more acres on the TMT to build a family home. If you have available land, please contact Ashley or Michael McGuinness
613-438-9097
mcguinnessak@gmail.com

WANTED

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

Call Melinda, 613-813-1748

WANTED

Seeking waterfront property for a new build.

Please contact Kristine John at kd-john001@outlook.com



WATERFRONT PROPERTY FOR SALE. GORDON ROAD. 3.45 ACRE LOT WITH HYDRO POLE AND DRILLED WELL. \$200,000 OBO PLEASE CONTACT JOANNE AT 613-885-3518 OR MEGERA18@YAHOO.COM

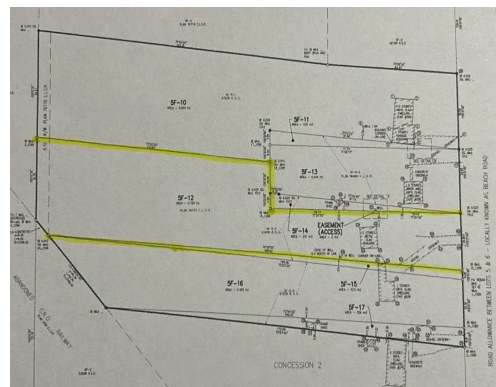
FOR SALE

LAND FOR SALE

Offering a two (2) acre lot on Wyman Road. Approximately 141.6 ft wide and 648.62 feet deep. The land survey will be completed in the spring of 2024. Asking \$140,000. Please call 613-396-5931 to make an offer or discuss the property.

LAND FOR SALE

366 Beach Road - 1.8 Acres
1 acre wooded lot
22'x 26' steel building
100' driveway
Close to shoreline
TEXT Bill - 647-984-7336



FOR SALE

Olhausen Pool Table
4'x8'
1' slate small pockets
Both sets of balls and cues plus accessories - \$4,200 value
\$1,700 YOU MOVE
613-962-4675



N&C FAMILY CLEANING BUSINESS

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
613-970-0396



MOHAWK PENTECOSTAL CHURCH

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

Mar 24, 2024 Palm Sunday 10:30am
Mar 29, 2024 Good Friday Service 9:30am
Mar 31, 2024 Easter Sunday Service 10:30am

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

Therefore, if anyone is in Christ, the
new creation has come: The old has
gone, the new is here

2 Corinthians 5:17

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

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!

FEBRUARY

MARCH

APRIL

S	M	T	W	T	F	S
2024				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		

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/ 31	25	26	27	28	29	30

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				

MAY

June

July

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	

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/ 30	24	25	26	27	28	29

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				

Mid Winter Holiday is observed by MBQ February 23, 2024

WASTE EAST



WASTE & RECYCLING SCHEDULE

RECYCLE EAST



WASTE WEST



RECYCLE WEST



HOLIDAY



