

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



ISSUE 06/26

Ohyaníha

(June)



Owenna'shón:'a tewaweyentéhta's ón:wa kenh wenhmiste
(words we are learning this month)

See page 8 for more information

ORÍ:WASE *(news)*

Mohawks of the Bay of Quinte

Kenhtè:ke nè:ne kanyen'kehá:ka kanakerahserà:kon, nè:ne rontathà:wi ne kanekaráhsera. Tsi niyonkwarihò:tens táhnon niyakwawennò:ten nahò:ten yonkwateryèn:tare ne tsi nitsyonkwè:non. Yakwátstha nahò:ten ne yonkwateryèn:tare táhnon nahò:ten yonkwateryhwayèn:ni ne ayakwaten'nikòn:raren táhnon ayakhikwénnyenste ne onkyonkwè:ta, onkyonhwentsya nahoténhshon yonkwà:yen táhnon 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: 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 notify us 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 e-mail (preferred), mail, fax or deliver policy renewals once you've received them.

The Mohawk Firefighters responded to 13 calls from April 22 to May 24, 2026:



- 1 Detector Activation
- 1 Emergency Assistance
- 1 Fire of an Unknown Origin
- 2 Grass/Tree/Brush Fire
- 1 Motor Vehicle Collision - Unknown Extrication
- 1 Preliminary Response
- 3 Remote Security Alarm
- 2 Structure Fire
- 1 Vital Signs Absent/Unconscious

This brings the total calls to 51 for 2026.



COMMUNITY MESSAGES and ANNOUNCEMENTS

NOTICE: OFFICE CLOSURE

All MBQ offices will be closed Monday, June 22 in honour of National Indigenous Peoples Day and Wednesday, July 1 for Canada Day.

Happy Birthday!

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

Happy Birthday Billy - June 4th
Love Marilyn & Rick

Happy 90th Birthday Mom (Mary) -
June 5th
Love Rick & Marilyn

Happy 12th 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 Birthday Suzie Lynn - June
29th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Dan - June 29th
Love Marilyn & Rick

Happy Anniversary!

Happy Anniversary Mary & Keven -
June 3rd
Love Marilyn & Rick

Happy Anniversary Brad & Maria -
June 21st
Lots of Love, Mom & Dad

Happy Anniversary Sandy & Bill -
June 23rd
Love Marilyn & Rick



FREE QUOTES
Call Today!

"Restoring the Beauty of Their Memory..."

R.V. PRESTIGE MONUMENT CARE

Fully Licensed & Insured

**Professional Monument Cleaning
& Memorial Maintenance**

Upright Monuments • Flat Markers •
Memorial Benches • Columbariums, etc.

Ryan Vankoughnet (Owner)

(613) 483-6127

ryanvank@live.ca

Deadline for July: June 17 at 12 p.m.

tékeni 2

Scan this code
to hear the words
on this page.



This month's recordings
done by:
Yenonhkwa'tsherí:yo
Raven Tabobandung

Ohyaríha

June

Akenha'kè:ne Nikahá:wi

Summertime

ONKWEHÓN:WE NIWENHNISERÒ:TEN

Indigenous Peoples Day

KENHTÈ:KE
KANYEN'KEHÁ:KA
Mohawks of the Bay of Quinte



ROTINONHSYÓN:NI
People of the longhouse
Haudenosaunee



Satonnhá:ren
tsi Ka'nihsera
Rawén:tawen

Happy Father's Day

**Tekhenonhwerá:tons ne
otsi'nonwahshón:'a táhnon
otsiten'okón:'a.**

I offer thanks to the bugs and birds.

tsiskó:ko
robin



Scan this code
to hear the words
on this page.



katsikhe'tón:nis
bee



teríteri
bluejay

tsiktsinón:nawen
butterfly





Tyendinaga Police Service

Community Police Blotter

April 2026

Throughout April 2026, Tyendinaga Police Service officers were actively engaged in 502 calls for service, reflecting a combination of reactive responses and proactive community policing efforts across the territory.

As part of public safety and prevention initiatives, officers laid 75 charges, including:

- 19 Criminal Code charges
- 53 Highway Traffic Act charges
- 3 Liquor Licence Act charges

Officers also issued 39 formal traffic warnings, focusing on education and voluntary compliance to improve road safety.

To support impaired driving prevention and community safety, members conducted:

- 9 RIDE (Reduce Impaired Driving Everywhere) programs
- Over 565 hours of directed patrol, aimed at traffic safety, crime prevention, and maintaining a visible police presence

Thank you to community members for your continued cooperation, support, and partnership in helping keep Tyendinaga Mohawk Territory a safe place for everyone.

Contacting Tyendinaga Police Service

For administrative inquiries, please contact the Tyendinaga Police Service at 613-968-3888, then press 8 once the automated system begins.

Administrative hours are Monday to Friday, 8:00 a.m. to 4:00 p.m., excluding statutory holidays.

To make a **non-emergency** police report, please contact our dispatch centre at 1-888-310-1122.

Anonymous tips can be submitted through Crime Stoppers at 1-800-222-8477 (TIPS) or online at www.crimestoppers.ca.

For **all emergencies**, dial **911**.

The Tyendinaga Police Service remains committed to working collaboratively with the community to promote safety, prevent harm, and build trust.



JUNE MEETINGS OF TYENDINAGA MOHAWK COUNCIL

REGULAR

June 3 – 9:30 a.m.

June 15 – 9:30 a.m.

LOCAL BUSINESS

June 10 – 7 p.m.

June 23 – 7 p.m.

AGENDA DEADLINES FOR LOCAL BUSINESS MEETINGS

June 3 – 12 p.m.

June 16 – 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 MINUTES

APRIL 22, 2026

A meeting of the Tyendinaga Mohawk Council was held on Wednesday, April 22, 2026 at 2:00 p.m. in the Council Chambers.

Present: Chief R. Donald Maracle
Councillors: Chase Ogwari Brant, Chris B. Brant, Kurtis Brant, Erin Ferrante, Lynda Leween and Kristen Sara Loft
Staff: Angela Maracle, A/CAO; Shelley Bowden, Executive Administrative Assistant and Recording Secretary to Council; Charles Maracle, Executive Assistant to the Chief;

Chief Maracle opened the meeting with a prayer in Mohawk

MOTION #1: Moved by Chase Ogwari Brant, seconded by Lynda Leween to call the meeting to order. Carried.

MOTION #2: Moved by Erin Ferrante, seconded by Chase Ogwari Brant to adopt the Agenda. Carried.

MOTION #3: Moved by Lynda Leween, seconded by Erin Ferrante that the Tyendinaga Mohawk Council Minutes of April 1, 2026 be approved. Carried.

MOTION #4: Moved by Erin Ferrante, seconded by Chase Ogwari Brant to approve the following meeting outside the Territory:
Chief & Kurtis: attending the Iroquois Caucus on May 6 & 7, 2026 in Ottawa;
Lynda: attending the AIAI H/SAB meeting on May 12, 2026 in Niagara Falls; Carried.

MOTION #5: Moved by Erin Ferrante, seconded by Chris B. Brant to approve the MBQ Work From Home Policy revisions - adding remote work options for inclement weather and emergency circumstances - adding 2 days/16 hours per month remote work max for identified special circumstances. To be reviewed quarterly. Carried.

MOTION #6: Moved by Chris B. Brant, seconded by Kurtis Brant to approve payment of \$30,281.00 to Aon Insurance due to the increase in the statement of values of the residential units. Carried.

MOTION #7: Moved by Kurtis Brant, seconded by Chris B. Brant to approve payment of \$155,546.00 to Aon Insurance for the Long-Term Care Facility. Carried.

MOTION #8: Moved by Erin Ferrante, seconded by Lynda Leween to approve to contract Jay Hebert, Falls Law Group to draft an MBQ Trespass By-law total budget of \$50,000.00. Carried.

MOTION #9: Moved by Erin Ferrante, seconded by Chris B. Brant to approve the survey questions and flyer provided by Makayla Roy to complete her research on Health Equity Impact Assessment. Carried.

MOTION #10: Moved by Erin Ferrante, seconded by Kurtis Brant to approve signing the Ontario Clean Water Agency Contract Renewal (OCWA) in the amount of \$178,477.00 annually for the next three (3) years Carried.

MOTION #11: Moved by Chris B. Brant, seconded by Erin Ferrante to approve the following names for the unopened roads being constructed:

1. Eli's South now Orchard Road
2. Mark's Road West now Muskrat Lane
3. Milltown South now Whitetail Lane
4. Homeland Drive remains Homeland Drive
5. Hickory Road remains Hickory Road
6. 1991 York Road now Wilbert's Lane
7. 1935 York Road in Mohawk for "Victory Lane"
8. King Street Cook's Road (ask Peter Cook if he is okay with the name)
9. Salmon River Road (ask the kids at TTO to come up with a Mohawk name)

Carried.

MOTION #12: Moved by Chase Ogwari Brant, seconded by Chris B. Brant to approve the Business Registration Renewal for Arrowhead Excavating, owner John Baptiste.

Carried.

MOTION #13: Moved by Chris B. Brant, seconded by Kurtis Brant to approve signing the letter of permission to harvest in our traditional harvesting area for Eric Innes.

Carried.

MOTION #14: Moved by Chris B. Brant, seconded by Kurtis Brant to approve signing the letter of permission to harvest in our traditional harvesting area for Wayne Kapashesit.

Carried.

MOTION #15: Moved by Erin Ferrante, seconded by Kurtis Brant to approve the following Land Transfer:

1. from Wesley James Bardy and Mark Allen Bardy to Wesley James Bardy for the LOT 30A-1-1 CONCESSION 2 AS SHOWN ON PLAN NO RSO 2666 SAVE & EXCEPT LOT 30A-12 CONCESSION 2, CLSR 111434
2. from Wesley James Bardy and Mark Allen Bardy to Mark Allen Bardy for the LOT 30A-12 CONCESSION 2, CLSR 111434
3. from Suzanne Joyce Maracle-Dye to Kelly Doreen Maracle for LOT 24J-3 CONCESSION 2, CLSR 74977
4. from Evelyn Mae Wheeler to Evelyn Mae Wheeler, Adam Michael Wheeler and Benjamin David Wheeler as Joint Tenants for LOT 7H-1 CONCESSION 2, RSO 1206
5. from Michael Christian Brant to Dianna Marie Brant-Winkler for LOT 27A-5 CONCESSION 2, CLSR 111209
6. from Thomas Joseph Maracle to Joshua James Doxtator for LOT 35D-1 CONCESSION 2, RSO 5793R
7. from James Earl Brant to Mitchell Bruce Adam Brant for LOT 9F-4 CONCESSION 1, CLSR 11245 and LOT 68-6 CONCESSION 1, CLSR 11245.

Carried.

MOTION #16: Moved by Chris B. Brant, seconded by Erin Ferrante to decline the request from Bill Hinchey to lease the land at 1141 Upper Slash Road.

Carried.

MOTION #17: Moved by Erin Ferrante, seconded by Kurtis Brant to approve signing the Funding Agreement with the Solicitor General for the Justice Program in the amount of \$20,000.00.

Carried.

MOTION #18: Moved by Chris B. Brant, seconded by Erin Ferrante to approve the Housing Cash Flow for the MBQ

Mortgage Allocation Funding in the amount of \$2,400,000.00 and \$600,000.00 for MBQ Renovations.

Carried.

MOTION #19: Moved by Chris B. Brant, seconded by Erin Ferrante to approve signing the Term Loan Renewal at fixed rate of 4.25% for 5 year term for the MBQ Golf Course.

Carried.

MOTION #20: Moved by Erin Ferrante, seconded by Kurtis Brant to approve to pay the Hicks Morley invoice #853382 in the amount of \$3,247.00 for Human Resources Matters.

Carried.

MOTION #21: Moved by Erin Ferrante, seconded by Chris B. Brant to approve to pay the JFK Law invoices #406556 in the amount of \$2,708.00 for the EFT Transfer Issue; #406564 in the amount of \$388.50 for General Matters.

Carried.

MOTION #22: Moved by Erin Ferrante, seconded by Chase Ogwari Brant that the Tyendinaga Mohawk Council authorizes an increase of \$5,000,000.00 for the Bank of Montreal Housing Loan Program Guarantee to now be capped at \$28,000,000.00. M.C.R. #2026/27-004.

Carried.

MOTION #23: Moved by Kurtis Brant, seconded by Chase Ogwari Brant that Be it Resolved That We, the Council of TYENDINAGA MOHAWK TERRITORY #38, representing the MOHAWKS OF THE BAY OF QUINTE (the “First Nation”), at a duly convened meeting of Council held on April 22, 2026 and having reviewed the sketch provided by Hydro One Networks Inc. attached hereto as Schedule “A” (“Sketch”) in respect of the recloser replacement on Depot Road approve the location on the TYENDINAGA MOHAWK TERRITORY #38 of the poles, anchors, conductors and equipment identified in the Sketch.

M.C.R. #2026/27-005.

Carried.

MOTION #24: Moved by Kurtis Brant, seconded by Chris B. Brant that Be it Resolved That We, the Council of TYENDINAGA MOHAWK TERRITORY #38, representing the MOHAWKS OF THE BAY OF QUINTE (the “First Nation”), at a duly convened meeting of Council held on April 22, 2026 and having reviewed the sketch provided by Hydro One Networks Inc. attached hereto as Schedule “A” (“Sketch”) in respect of the recloser replacement on Depot Road approve the location on the TYENDINAGA MOHAWK TERRITORY #38 of the poles, anchors, conductors and equipment identified in the Sketch.

M.C.R. #2026/27-006.

Carried.

Council confirmed the following scheduled meetings:

- May 8, 2026 - Tyendinaga Mohawk Council Regular
- May 13, 2026 - Tyendinaga Mohawk Council Local Business
- May 20, 2026 - Tyendinaga Mohawk Council Regular
- May 27, 2026 - Tyendinaga Mohawk Council Local Business
- June 3, 2026 - Tyendinaga Mohawk Council Regular
- June 10, 2026 - Tyendinaga Mohawk Council Local Business
- June 18, 2026 - Tyendinaga Mohawk Council Regular
- June 23, 2026 - Tyendinaga Mohawk Council Local Business

MOTION #25: Moved by Chase Ogwari Brant, seconded by Erin Ferrante that this meeting go into private. (4:50 p.m.)

Carried.

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

Original Signed by: Chief R. Donald Maracle

TYENDINAGA MOHAWK COUNCIL MINUTES
MAY 8, 2026

A meeting of the Tyendinaga Mohawk Council was held on Friday, May 8, 2026 at 1:40 p.m. in the Council Chambers.

Present: Chief R. Donald Maracle
Councillors: Chris B. Brant, Kurtis Brant, Erin Ferrante, Lynda Leween and Kristen Sara Loft
Regrets: Chase Ogwari Brant, Personal Matter
Staff: Angela Maracle, A/CAO; Shelley Bowden, Executive Administrative Assistant and Recording Secretary to Council; Charles Maracle, Executive Assistant to the Chief;

MOTION #1: Moved by Chris B. Brant, seconded by Lynda Leween to adopt the Agenda.

Carried.

MOTION #2: Moved by Lynda Leween, seconded by Kurtis Brant that the Tyendinaga Mohawk Council Minutes of April 22, 2026 be approved.

Carried.

MOTION #3: Moved by Chris B. Brant, seconded by Lynda Leween to approve the following meeting outside the Territory:

Chief: attending the Chiefs of Ontario Metis Rights Assertion meeting on May 12, 2026 in Toronto; attending the OFNLP Annual General Meeting & Ontario FN Sovereign Wealth on June 11, 2026 in Toronto;
Chief, Kurtis & Sara: attending the Chiefs of Ontario Annual Chiefs Assembly on June 16-18, 2026 in Rama.

Carried.

MOTION #4: Moved by Chris B. Brant, seconded by Kurtis Brant that the Tyendinaga Mohawk Council hereby approve to nominate Stacia L. Loft for the Deputy Grand Chief position at the Association of Iroquois and Allied Indians Annual General Assembly being held on July 21-23, 2026 hosted by the Mohawks of the Bay of Quinte Tyendinaga First Nation. M.C.R. #2026/27-007.

Carried.

MOTION #5: Moved by Lynda Leween, seconded by Erin Ferrante to schedule a meeting to continue to review the MBQ Governance Manual on June 8, 2026 at 9:00 a.m. - 12:00 p.m.

Carried.

MOTION #6: Moved by Chris B. Brant, seconded by Lynda Leween to approve the Business Registration Name Change from Arnie's Frozen Foods to Arnie's Freezer Foods & Pallets, owner Arnold Sager.

Carried.

MOTION #7: Moved by Chris B. Brant, seconded by Erin Ferrante to approve the Business Registration Name Change from Arnie's Appliances & Variety to Arnie's Furniture, Appliance & Variety, owner Arnold Sager.

Carried.

MOTION #8: Moved by Erin Ferrante, seconded by Kurtis Brant to approve the Business Registration for Spiritual Dreams owner Donald Culbertson.

Carried.

MOTION #9: Moved by Lynda Leween, seconded by Kurtis Brant to approve the Business Registration for Sue's Miracles owner Susannah Maracle.

Carried.

- MOTION #10: Moved by Chris B. Brant, seconded by Lynda Leween to approve the Business Registration for Theresa Brant Studio owner Theresa Brant.
- Carried.
- MOTION #11: Moved by Chris B. Brant, seconded by Erin Ferrante to approve signing the letter of permission to harvest in our traditional harvesting area for Debbra Thompson.
- Carried.
- MOTION #12: Moved by Chris B. Brant, seconded by Kurtis Brant to approve signing the letter of permission to harvest in our traditional harvesting area for Rachael Burns.
- Carried.
- MOTION #13: Moved by Chris B. Brant, seconded by Erin Ferrante to approve signing the letter of permission to harvest in our traditional harvesting area for Tara Williams.
- Carried.
- MOTION #14: Moved by Kurtis Brant, seconded by Erin Ferrante to approve signing the Indigenous Services Canada Agreement #2122-ON-000027, Amendment #0128 in the amount of \$70,562.93 for Administration; \$213,491.00 for Lands Management;
Amendment #0129 in the amount \$384,211.00 for Indigenous Health Equity Fund and Amendment #0130 in the amount of \$70,000.00 for Capacity Building.
- Carried.
- MOTION #15: Moved by Erin Ferrante, seconded by Lynda Leween to approve to pay the Hicks Morley Invoice #856250 in the amount of \$6,117.50 for Human Resources.
- Carried.
- MOTION #16: Moved by Lynda Leween, seconded by Chris B. Brant to approve to pay the Derick Wong invoices #908 in the amount of \$18,200.00; #909 in the amount of \$6,300.00; #910 in the amount of \$7,875.00; #911 in the amount of \$2,100.00 all for Economic Development.
- Carried.
- MOTION #17: Moved by Chris B. Brant, seconded by Kurtis Brant to approve to pay the Jordan Sewell invoices #10 in the amount of \$360.00 for Culbertson Tract ATR; #11 in the amount of \$600.00 for Culbertson Tract; #12 in the amount of \$1,240.00 for Turton Penn Loss of Use.
- Carried.
- MOTION #18: Moved by Kristen Sara Loft, seconded by Erin Ferrante to approve awarding the contract to Build All Contractors in the amount of \$58,666.00 for the demolition of the old fire hall and the total budget of \$84,857.00.
- Carried.
- MOTION #19: Moved by Kristen Sara Loft, seconded by Chris B. Brant that Tom Kring contact MBQ insurance to see if there is a standard rate that should be applied to tenders for liability.
- Carried.
- MOTION #20: Moved by Chris B. Brant, seconded by Erin Ferrante to approve the spending plan for the First Nations Children's Housing Funding in the amount of \$5,349,368.00.
- Carried.
- MOTION #21: Moved by Chris B. Brant, seconded by Erin Ferrante to approve the revisions to the On-Reserve Residential Rehabilitation Assistance Program Policy (RRAP).
- Carried.

Council confirmed the following scheduled meetings:

- May 13, 2026 - Tyendinaga Mohawk Council Local Business
- May 20, 2026 - Tyendinaga Mohawk Council Regular
- May 27, 2026 - Tyendinaga Mohawk Council Local Business
- June 3, 2026 - Tyendinaga Mohawk Council Regular
- June 10, 2026 - Tyendinaga Mohawk Council Local Business
- June 18, 2026 - Tyendinaga Mohawk Council Regular
- June 23, 2026 - Tyendinaga Mohawk Council Local Business

MOTION #22: Moved by Kurtis Brant, seconded by Lynda Leween that this meeting go into private. (3:33 p.m.)

Carried.

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

Original Signed by: Chief R. Donald Maracle



TAHATIKONHSOTONTIE HEAD START

PRESCHOOL WAITING LIST

If you would like to add your child to our waiting list, we'd love to hear from you! Spaces are limited and fill quickly. Please call, text or email for details about the programs we offer.

✓ Mohawk Language & Culture

✓ School Readiness

✓ Nutrition & more!!

PLEASE CONTACT US

📞 613-885-1844 ✉️ THSfamilyresource@mbq-tmt.org

BEWARE

OF DOOR TO DOOR SCAMS

COMMON SCAMS:

- **HOME IMPROVEMENT & PAVING:** They will knock on your door unannounced, claiming they have "leftover" materials from a nearby job and offer a cheap deal on paving your driveway or repairing your roof.
- **FAKE GOVERNMENT REBATES:** Fraudsters pose as government officials or utility representatives claiming you qualify for "free" or subsidized home upgrades.
- **EQUIPMENT RENTAL TRAPS:** Scammers ask to inspect your current water heater or furnace, claim it is dangerous or outdated, and pressure you into signing a new, expensive rental contract on the spot.

HOW TO PROTECT YOURSELF:

- **SHUT THE DOOR:** You have the right to tell a salesperson to leave. If they refuse, call 9-1-1.
- **ASK FOR PHOTO ID:** Get the name of the person and the organization they represent
- **NEVER SHARE PERSONAL INFORMATION:** This includes copies of bills or financial statements.
- **NEVER PAY CASH UPFRONT:** Reputable contractors do not demand cash on the spot before work begins. Wait until the job is completed to your satisfaction.
- **IGNORE HIGH-PRESSURE SALES TACTICS:** Scammers rely on "time-limited" offers to force you into a rushed decision. Legitimate companies will give you time to read and review a contract. Take time to do some research on the seller and products first.
- **KNOW YOUR RIGHTS:** In Ontario, it is illegal for companies to approach you unsolicited to sell or lease air conditioners, air cleaners, and air purifiers, furnaces, water heaters, water filters, and water softeners and duct cleaning services

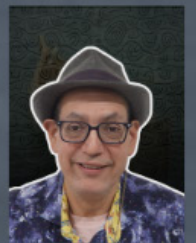
SEWATOKWÀ:TSHERA' THEATRE PRESENTS

COTTAGERS AND INDIANS

by Drew Hayden Taylor

COTTAGERS AND INDIANS
FOLLOWS AN INDIGENOUS MAN
RESTORING WILD RICE, KNOWN AS
MANOOMIN, TO LOCAL LAKES,
SPARKING CONFLICT WITH NEARBY
COTTAGERS WHO SEE IT AS A
THREAT TO RECREATION AND
PROPERTY VALUES. THROUGH
HUMOUR AND TENSION, THE PLAY
EXPLORES LAND, ENVIRONMENT,
AND BELONGING.

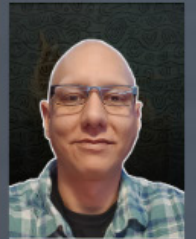
Wihse Green:
Arthur Copper



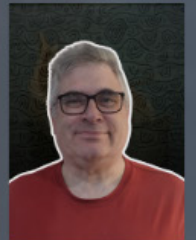
Janet Reyes:
Maureen Poole



Sha'tekayenton:
Director



David York:
Stage Manager



June 10-13 and 17-20, 2026

Tyendinga Mohawk Community Centre
Tyendinga Mohawk Territory

Showtimes: 7:00PM, Saturday, June 20: 3:00 Matinee

PURCHASE TICKETS AT
ONEDISHPROJECT.COM/COTTAGERSANDINDIANS



Kenhtè:ke Mohawk Language and Culture Centre

Kenhtè:ke Language and Cultural Centre June 2026 Project Update

We were so excited to welcome the community to celebrate our Grand Opening on May 23rd. We look forward to moving into the building this month and welcoming Totáhne, Kawenna'ón:we and Shatiwennakarats in September.

The Kenhtè:ke Language and Cultural Centre has been made possible by the Government of Canada's Green and Inclusive Community Buildings program, the Mohawks of the Bay of Quinte, the Ontario government's Indigenous Community Capital Grants Program, the Ontario Trillium Foundation, and support from generous community partners and donors. TTO is a registered non-profit and donations are tax receiptable. Thank you for your support! If you're interested in learning more or contributing, download our brochure.





Kenhtè:ke Mohawk Language and Cultural Centre Land Restoration Project

Kenhtè:ke Language and Cultural Centre Land Restoration Project Update From June 2026

"Tsi Tyónnheht Onkwawén:na, along with our partner for the Land Restoration Project, Wintergreen Studios, would like to send out a nyawen'kó:wa to all of the volunteers from the last two Community Planting Events (April 25th and May 16th), as well as our families at Kawenna'ón:we, for the gift of your time and care in planting with us.

We have now placed hundreds of plants and many trees into the soil around the Kenhtè:ke Language & Cultural Centre, and work will continue with more plantings between now and our next community planting event scheduled on June 13th. Some species planted to date include: eastern redbud, Michigan lily, Shellbark and Shagbark hickory, black walnut, flowering raspberry, wild strawberry, black and American elderberry, red mulberry, Joe Pyweed, New York Ironweed, Wild blue phlox, the list goes on.

We also have hired a Lead Gardener, who has begun work on planning and planting for our greenhouses and garden beds, teyethinonhwerá:tons Kayenté:ri LeFort! Stay tuned via newsletter or our socials for more updates on the progress of our Land Restoration Project.

Our third community planting day is coming up on June 13th, from 9-2 and we hope to see you all there!"
If you are interested in our community planting events, please reach out to programs@kenhteke.org for more information.



ENTEWATE'NIKONHRÓ:RI TAETEWARÁHTATE FAMILY FUN RUN

Run with your family or on your own

June 21,
2026

Centennial
Park to Tsi
Tkerhetoton
Park

9:00am-
10:00am

On June 21st run as a family or on your own, there is a 1 km and a 2 km option. Come out and run for fun. If you want help preparing for the run Tyendingaga Fitness can help with free passes and support.



To register or get more
information contact Brandy at
tyfitnessres@mbq-tmt.org or
call 613-962-2822





MBQ LONG-TERM CARE HOME

EMBRACING CULTURE, COMMUNITY, AND HOLISTIC CARE

Tsi Thonwatihnsnye's Long Term Care is located in the heart of Tyendinaga Mohawk Territory, offering 128 beds surrounded by beautifully landscaped grounds just minutes from Belleville. Our commitment is to provide Elders and community members with a place of comfort, dignity, and belonging, close to family, community, culture and on the land.

OUR COMMITMENT

- Respecting each resident's individuality and spirit
- Following the Long-Term Care Resident Bill of Rights
- Providing compassionate, person-centered care
- provide Elders and community members with a place of comfort

Residents enjoy beautiful, well-lit rooms designed for comfort and peace of mind, featuring:

- Television
- Comfortable bed
- Armoire
- Side table

At MBQ Long-Term Care Home, we believe every resident deserves:

- Respect and dignity
- Safety and comfort
- Cultural connection and belonging
- A caring and supportive community

**Where tradition, care, and community
come together.**



Kenhtè:ke Seed Sanctuary & Learning Centre Ohyariha Update



Volunteer Work Bee

Saturday June 6

9 am - 11 am



Bring water, hat, gloves & sunscreen!

Nyawenkó:wa to all Volunteers!

Parking Information

MBQ Administration Building, North Lot
24 Meadow Drive, Tyendinaga Mohawk
Territory

Follow the sign at the treeline and enjoy
the wooded trail and meadow walk!

Please consider making a donation to support KSSLC in our work of preserving and sharing knowledge about seed saving.

We are working to build a temperature controlled seed room and office.

If you can support this development near the MBQ Administrative Centre, email:

cao@ksslc.ca



To Donate Scan the QR Code or contact us for other ways to donate:
cao@ksslc.ca

Nyawen'kó:wa to everyone who joined us at the MBQ Earth Day event as we celebrated the 7 year anniversary of KSSLC! We had a great day visiting and sharing updates from the last growing season with our community and partners.



OHAHASE EDUCATION CENTER



OPEN HOUSE

Learn about our Fully Accredited
First Nations Private High School

GRADES
9-12

Thursday, June 4, 2026

4:30pm - 7:30pm



Tyendingaga Mohawk Territory

1825 York Road





**Tyendinaga Native
Women's Association**

Annual General Meeting

Saturday, June 6, 2026

9am - 4pm

61 Bayshore Rd, TMT



- A Report on Activities & Finances •
- Elect Board Members & Clerks •
- Teaching from Katsitsiase (Betty) Maracle •
- Lunch Included •

Please RSVP to
tyendinaganativewomen@gmail.com



GRADUATION CAP



Beading



TAYA SHOWING HER BEAUTIFUL WORK TO JOY!



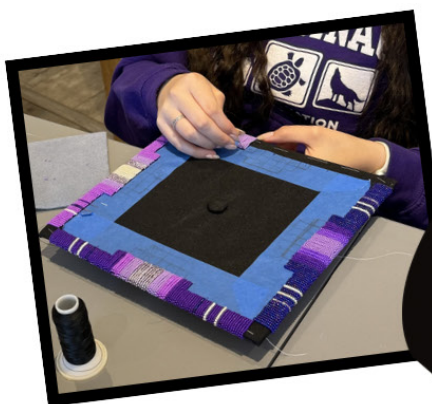
Free • All Are Welcome • Space Limited
Instruction & Materials Provided (Except Cap)
Register at beadingwithjoy@gmail.com

SAT JUNE 13 @ 12-3PM

61 Bayshore Road, Deseronto



BRING YOUR OWN CAP!



JUNE PREVENTION: PRIDE

Since 2016 the month of June has nationally been known as Pride Month.

Pride Month is NOT just parties and parades. Pride began as a protest and continues to carry deep political and social significance. Pride looks different for everyone and can be celebrated in a number of ways – from large events like parades and marches, to smaller at-home gatherings, and everything in between!

The First Pride on Tyendinaga was recognized in 2020 and kicks off May 31st, 2026 with the annual Pride Parade!

The first officially recognized Pride Celebration took place in Vancouver in 1981.

You can celebrate and honor Pride month in whatever way you want to – from education and advocacy to art and community. There are numerous ways to take part.

Pride is only for the LGBTQ2S+ Community? MYTH! Allies play a vital role in supporting and uplifting LGBTQ2S+ voices!



June – Prevention: Pride

Please complete the June Survey on “Prevention – Pride” to be entered into the monthly draw

Note: Must complete ALL Questions CORRECTLY to be eligible to enter the draw

Deadline to enter Draw: June 30, 2026

LIMIT: 1 ENTRY PER HOUSEHOLD PER MONTH



Grand Prize Family Activity Includes:

- **Gift Card for Briar Fox – including entry & Golf.**
- **Gift Card for Mini-putt**
- **Prepaid Visa for Food & incidentals**
- **Gift Card for Gas**

To be eligible for the “Grand Prize” Family Activity

- ✓ 1 Person in the Household must be a **MBQ Member**(on or off territory)
- ✓ 1 Person in the Household must be between the ages of **0-18** years
- ✓ The Household cannot have won the Grand Prize in the previous 12 months

Alternative Participation Prize Includes:

- **10 Draws for \$100 Grocery Gift Card**

To be eligible for the Alternative Participation Prize

- ✓ 1 Person in the Household must be a MBQ Member (on or off territory)



Monthly Prevention Prizes provided by:

Info prepared by Family Wellbeing

Questions? Contact: familywellbeing@mbq-tmt.org



GRAND PRIZES **CANNOT** BE SUBSTITUTED FOR A DIFFERENT PRIZE

You may waive your right to enter the grand prize and enter the alternative participation prize.



SUMMER CAMP KIT

WHISK & WIGGLE

MOVEMENT & FOOD SKILLS FOR KIDS

Ahead of summer camp, we are offering families the chance to meal prep & make their own snackbox! Whether you're headed to camp or with family & friends, have snacks already prepped for when the morning comes!

An information session will be held during your pick-up time to help parents and guardians with in-person support and to go over the kit! Each kit focuses on simple, kid-approved snack options that builds confidence, independence, and real-life food skills. Along with nutrition, we added a little bit of movement to-go to get kids active!

GRADES K+

Please note: those that have registered for a Whisk & Wiggle session previously will have first priority.

INFORMATION SESSION & KIT PICK-UP

MONDAY JUNE 15

PICK-UP FROM 2:00-6:00

14 YORK RD., UNIT 4, SHANNONVILLE

Scan QR code to Register



For more information, please contact chrcwb@mbq-tmt.org

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

FREE DENTAL SCREENINGS AGES 0-17



NEW MOMS

If your dentist won't
screen your babies
before a certain age
come see us!!!!

Dental Screenings Fluoride Application Sealants

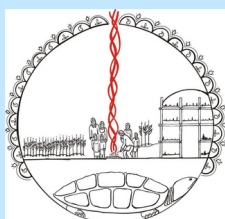
FREE
**ELECTRIC
TOOTHBRUSH**

When: Tuesday June 16th, 2026

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

**Mark your
Calendars**

Brought to you by Community Health & MFS

Large Family Food Box

**\$25.00
Per Box**

UPCOMING DATE FOR THE FAMILY BOX

Deadline to order

Pick Up Date

Wednesday June 3, 2026-----Wednesday June 10, 2026



**Community Wellbeing Centre
50 Meadow Drive, TMT, ON
“Follow the signs for drive thru”**

**DEADLINE to
order is
4:00pm!**

MUST BE MBQ MEMBERS STATUS ON AND OFF TERRITORY

Items MAY change monthly

3 Peppers, 3 Tomatoes, Lettuce, Broccoli, Cauliflower, Celery, Cabbage, 2 bundles of green onions, 3 White Onions, 1 Red Onion, 5 pears, 3 Oranges, Blueberries, Strawberries, Raspberries, Bananas, Bundle of Grapes, 1- 5lb Bag of Potato's

**To order and make a payment for the Family box or Good Food Box
E-Transfer to: finance@mbq-tmt.org & Include a note in the transfer indicating what the payment and order is for**

FAMILY BOX \$25.00 or GOOD FOOD BOX \$15.00

INCLUDE: Number of Family Boxes or number of Good Food Boxes, e.g. 1 Veggie , 1 fruit etc.

**Your NAME, Your Text Number/Contact Number, What Month you are ordering for
OR Drop into the Administration Office to directly make a payment at the Accounts Receivable Desk with Debt or Cash**



Good Food Box



Calendar For 2026

****PICK UP INSTRUCTIONS will be sent out before pick up date****

Order By 4:30pm	Order Arrives Pick-up 1-3pm
Tuesday, June 16, 2026	Tuesday, June 23, 2026
Tuesday, July 21, 2026	Tuesday, July 28, 2026
Tuesday, August 18, 2026	Tuesday, August 25, 2026
Tuesday, September 15, 2026	Tuesday, September 22, 2026
Tuesday, October 20, 2026	Tuesday, October 27, 2026
Tuesday, November 17, 2026	Tuesday, Nov 24, 2026
Tuesday, December 15, 2026	Tuesday, Dec 22, 2026



Veggie Bag \$10.00
Fruit Bag \$5.00

COMMUNITY HEALTH

Blood Pressure Checks



Walk in

Blood pressure and weight checks
for MBQ community members

Tuesday

mornings from

8:30-11am

WHERE?
the Community
Wellbeing
Centre Health
Side

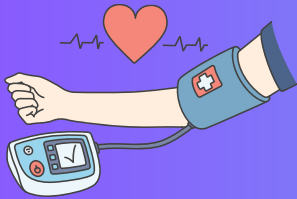
Presented by Community Health



COMMUNITY HEALTH CLINIC



BLOOD PRESSURE CHECKS



PREGNANCY TESTING AND COUNSELLING

PAP TEST

STI TESTING AND COUNSELLING

BIRTH CONTROL

COUNSELLING

IUD INSERTIONS

PRESCRIPTIONS

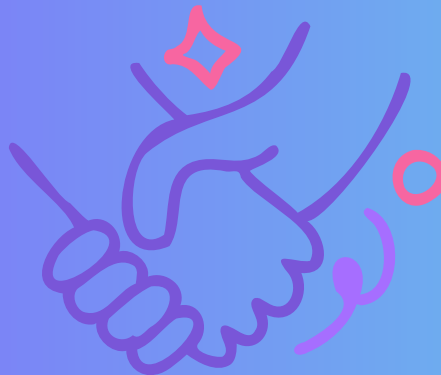
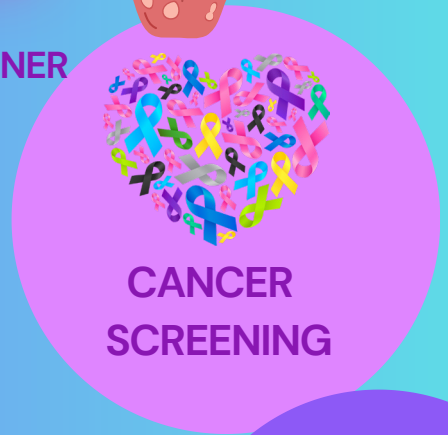
CONDOMS

MEN'S HEALTH



PREVENTATIVE CLINIC

WITH MAGGIE MCNABB NURSE PRACTITIONER
SUZANNE MARACLE-DYE REG.N.
SARAH BERNHARDT RPN



COMMUNITY WELLBEING CENTRE HEALTH SIDE

WEDNESDAY JUNE 16, 2026

4 PM TO 6 PM

WALK IN CLINIC OR BOOK AN APPT @

[HTTPS://OCEAN.COGNISANTMD.COM/ONLINE-BOOKING/FF17A29A-2914-4895-BE2D-10BE5B0BB01D](https://ocean.cognisantmd.com/online-booking/ff17a29a-2914-4895-be2d-10be5b0bb01d)

THE PING PONG THEORY

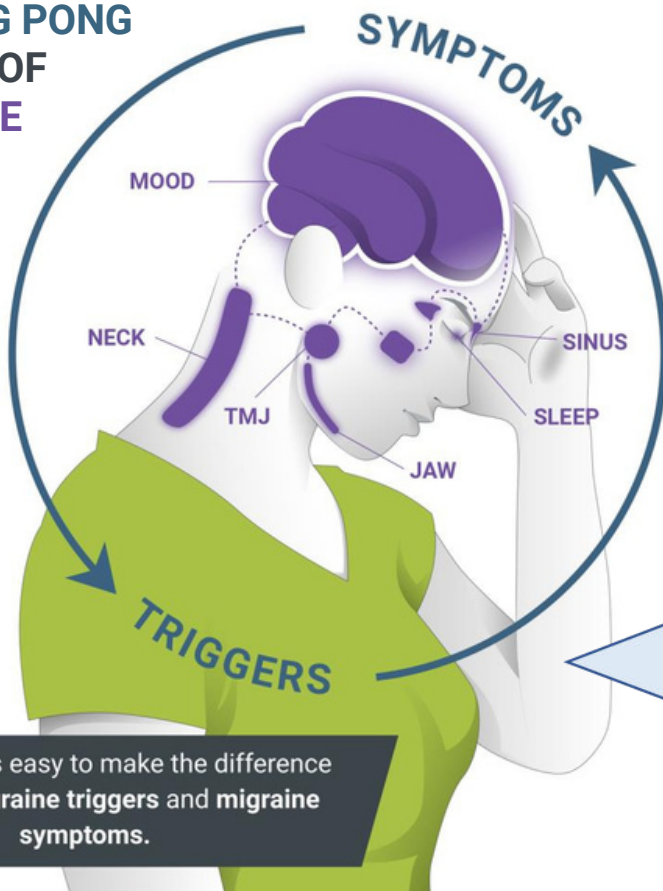
How the migraine brain interacts with the environment, the body, and how triggers can also be symptoms

Neck pain, inflamed sinuses, disrupted sleep, crappy mood.... are they causes or consequences of migraine? Well...probably they can be both.

My doctor says my anxiety causes my migraine...but I think it's the opposite! Just get rid of the migraine and I won't be anxious!

Neck tensions always trigger a migraine...but sometimes a migraine starts in my eye and then goes to my neck? What is this mess?

THE PING PONG THEORY OF MIGRAINE



I crave sweet foods (OK...chocolate) before an attack. But I read online that cravings could be part of my attack.

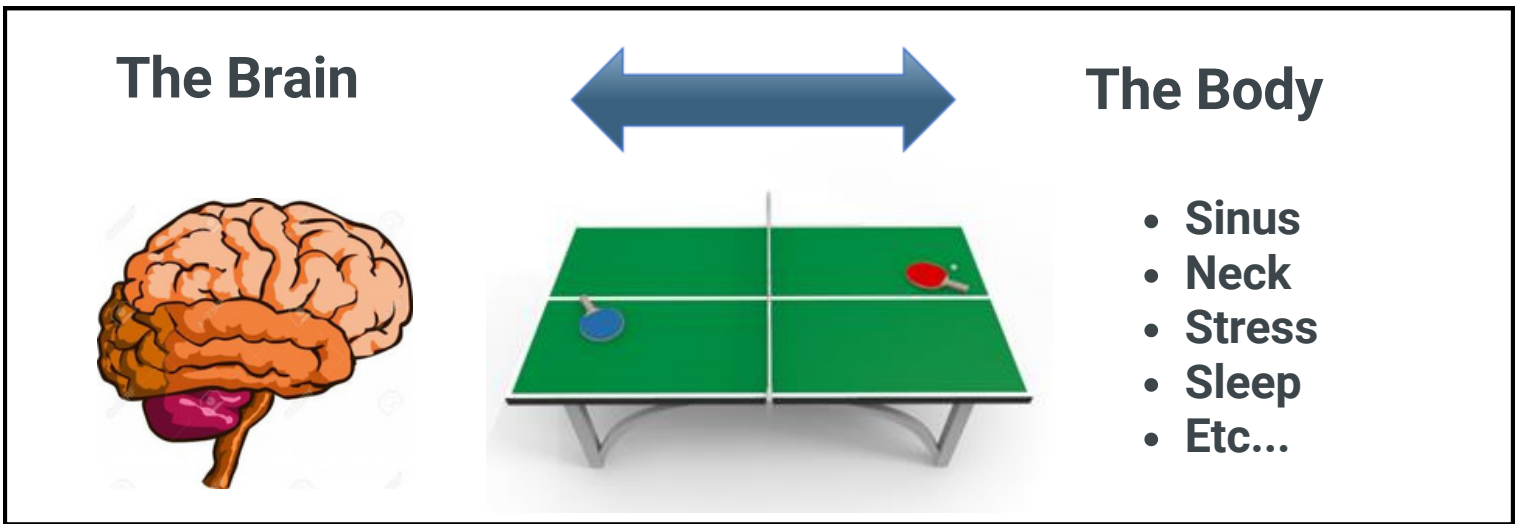
I thought I was prone to sinusitis, but my doc told me migraine could cause sinus inflammation. Still... allergy season is hell for me!

It's not always easy to make the difference between **migraine triggers** and **migraine symptoms**.

Two approaches to treat migraine

Increase brain stability/resistance

Decrease the trigger load



Raise the tolerance of the brain

- SEEDS Stabilizing lifestyle
- Medications/preventives to improve brain chemistry
- Neuromodulation modifies the brain's electrical systems

Decrease the trigger load

- SEEDS stabilizing lifestyle
- Avoid triggers when feasible
- Treat medical and psychological health issues

SEEDS: Sleep, Exercise, Eat, Drink, Stress management

Find your own balance


Keep trying new options

Discuss available options with your healthcare provider. Remember that migraine is a disease of the brain that will evolve over life. Do not hesitate to combine approaches for optimal control.

MEN'S HEALTH

What You Need to Know

Small steps today lead to a stronger tomorrow.


YOUR HEALTH.
YOUR FUTURE.
YOUR CHOICE.

IMPORTANT HEALTH SCREENINGS BY AGE

AT 18 YRS



Annual health exams should start.

This includes blood pressure, weight, cholesterol and diabetes as all are risk factors for cardiovascular disease.

AT 35 YRS



Along with annual exams at thyroid function (every 5 yrs).

Note this should start earlier with risk factors like smoking or diabetes.

AT 45 YRS



Add colorectal cancer screening to the above (every 2 yrs).

Also earlier if family history.

AT 50 YRS



Now add prostate cancer screening.

If high risk (men with African or Caribbean ancestry or a family history) consider testing at 45 yrs.

AT 65 YRS



At this point a bone density scan should be added into the above.

Earlier if increased risk (smoking, high alcohol use, low weight and more).



KNOW YOUR RISK

Family history, lifestyle and other risk factors can affect your health. Talk with your family practitioner about what's right for you.

HEALTHY HABITS. STRONGER YOU.



EAT NATURAL FOODS

Packaged and processed foods are often full of sugar, salt, unhealthy fats, artificial additives and calories.



GET MOVING

Regular exercise is great for overall health from mental health to heart health and everything in between! Be active for at least 2.5 hours a week with moderate to vigorous activity.



MAINTAIN A HEALTHY WAIST

Men with large waists are at higher risk of type 2 diabetes, heart disease and stroke. Maintain a waist of around 40 inches.



GET YOUR VITAMINS

Eating a well balanced diet is important to get all the different vitamins and minerals that are needed. Some people may also benefit from taking a daily multivitamin.



BREAK UNHEALTHY HABITS

Smoking, drinking too much alcohol or using illicit drugs increase the risk of many health conditions. An example is anabolic steroids used to increase muscle mass can lead to sterility, heart disease, skin disease and behavioural problems.



PROTECT YOUR SKIN

Spend time in the shade, cover up with protective clothing, use sunscreen with a SPF of 30 or higher and reapply every 2 hours or more frequently if sweating or swimming.



DID YOU KNOW?

Preventive care and early detection can help you live longer, feel better and stay strong for the people who count on you.



TAKE CHARGE OF YOUR HEALTH TODAY!

- ✓ Book regular checkups
- ✓ Eat balanced meals
- ✓ Talk openly with your healthcare provider
- ✓ Stay active
- ✓ Know your family history



YOU'VE GOT ONE BODY. TAKE CARE OF IT.



Presented by
COMMUNITY HEALTH
Building Healthier Communities Together



Questions? Talk to your family practitioner today.



ODSP CASEWORKER- TANYA NICHOLS

Tanya brings a wealth of experience from the Belleville ODSP office.

She will be at the Community Wellbeing Centre on the social side, ***every Tuesday from 8am-4pm.***

If you have a question or concern with regards to your ODSP file please feel free to call the office and speak to the Customer Service Representative to book an appointment. The phone number is 613-967-0122.

Currently Tanya will be available by appointment only.



KENHTÉ:KE DIABETES EDUCATION PROGRAM IN PARTNERSHIP WITH TYENDINAGA FITNESS RESOURCE CENTRE



JUNE *Hiking*



Every Tuesday @ 5:30 PM



- 02 JUNE** HR Frink Conservation area
381 Thrasher Rd. Plainfield K0K 2V0
- 09 JUNE** Lower Trent Trail
70 Lock Rd, Trenton, ON K8V 5P6
- 16 JUNE** Beaver Meadow East Lookout Trail
158 County Rd 11, Picton look closely for sign
- 23 JUNE** Menzel Centennial Nature Reserve
Roblin Rd. Roblin K0K 2W0
- 30 JUNE** Potters Creek Loop Trail
North Potters Creek Trail- 935 Moira St W,
Belleville ON



KENHTÉ:KE DIABETES EDUCATION AND
COMMUNITY HEALTH PRESENT

URBAN POLING

GET FIT IN A NEW WAY

POLES WILL BE
PROVIDED!



DATES: EVERY MONDAY IN MAY AND JUNE

TIME: 6PM

LOCATION: COMMUNITY WELLBEING CENTRE - HEALTH SIDE

REGISTRATION:

WENDY-JOY @DIABETESDPW@MBQ-TMT.ORG
OR CALL 613-967-3603 EXT 180



Your paragraph text



COOKING WITH KIDS

Kenhte:ke Diabetes Education and Community Health are offering a series of cooking classes geared for kids age 10-13. Kids will learn safety, nutrition, food handling and more. Must be able to attend all four classes.

Tuesday July 7, Thursday July 9
Tuesday July 14, Thursday July 16

TIME: 2:30pm-4:30pm

CWC - Teaching Lodge 50 Meadow Drive Tyendinaga



Ontario 

SCAN THE QR CODE TO REGISTER.
FOR MORE INFORMATION CALL
WENDY-JOY AT
613-967-3603 X 180



Kenhté:ke Diabetes Education Program

2026 MONTHLY PICKLEBALL PASSES



PICKLEPLEX Social Club
Bell Front Shopping Center
366 North Front Street Unit 250a

Whether you are a seasoned athlete or new to the game, pickleball offers fun and excitement for players of all ages and skill levels.

OPEN TO MBQ MEMBERS & THEIR HOUSEHOLD MEMBERS
10 pack per month - per family



- ✓ Private Court Rentals
- ✓ Can book 'open play' for individuals
- ✓ Rackets can be provided
- ✗ Balls **NOT** provided



Call Us: 613-967-3603

OR

Email: healthreception@mbq-tmt.org

P



Funded by



Indigenous
Services Canada

áhsen niwáhsen sha'té:kon 38



Thinking of

Selling?

Call an agent who lives & works on the Reserve!

I am actively looking for homes on the reserve for a number of clients wanting to come home again to the Tyendinaga Mohawk Territory!

If you are looking to sell, contact Kelly Percival-Green!

613-583-1659

kellyp@exitnapanee.ca

Not intended to solicit franchisees or property already under contract.



Ohya'riha (June) Activity Calendar

For Families with Children Ages 0-6

Yawentatokéhhti	Yawententá'on	Tekeníhaton	Ahsénhaton	Kayeríhaton	Wískhaton	Locations
31	1	2	3	4	5	Baby Circle & Play Group: Teaching Lodge
7	8	9	10	11	12	Drop-In: Head Start Make Your Own Baby Food: Teaching Lodge
14	15	16	17	18	19	Father's Day Event: Canteen
21	22	23	24	25	26	Email Hannah Maracle for more information about the programs: hannahm@mbq-tmt.org
28	29	30	1	2	3	

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

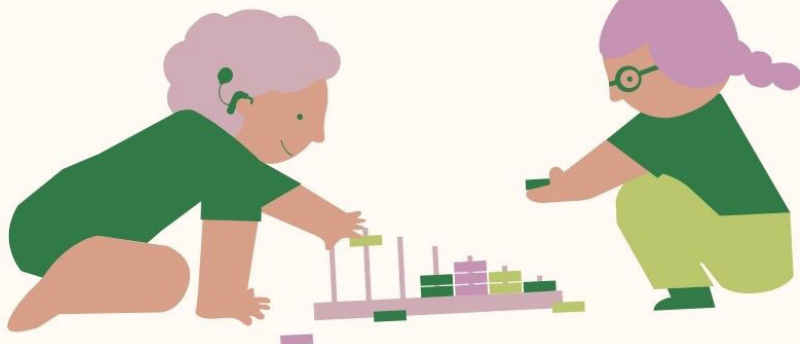
Every Wednesday

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.



CALL FOR ARTISTS

The Maker's Hand

FINE CRAFT SHOW



2ND APPLICATION ROUND OPEN

NOV 6-8, 2026

THE ARMOURY

PICTON, PRINCE EDWARD COUNTY

APPLY BY JUNE 15

Kyle McCrea

"We meet with families with an education approach so at least we equip them with the knowledge to avoid misleading information within the industry."



- Life Insurance
- Investment Strategies
- Debt Solutions
- Mortgages*
- Home & Auto Insurance*
- & more*

* Assisted Referral Options

Mobile: 613-403-1195

Email: Kylemccrea@primerica.com

ALCOHOLICS & NARCOTICS ANONYMOUS

IF YOU ARE STRUGGLING WITH ADDICTION OR ARE IN RECOVERY, PLEASE REACH OUT.

LORNA – 613-847-5607

DALE – 613-921-8015

Wednesdays at 8:00 p.m.

Basement of Holy Name of Mary Church
7288 Old Highway 2, Marysville, ON K0K 1X0

From Axe to Grinner

OUR SERVICES

- Tree Removal
- Stump Grinding
- Bush Hogging
- Gravel Driveway
- Chipping Service
- Trenching
- Grading
- Tractor Service

CALL US: 343-645-6647
EMAIL: tee.p.creeper@gmail.com

Your Land, Perfectly Managed





Light Dinner and
Refreshments Available
Prize Draws

Community Energy Planning June 30, 2026, 6 PM

Open House

As MBQ updates their Community Energy Plan, come and learn what the future energy landscape will look like in Tyendinaga and voice your opinion to help guide our efforts.

Topics of Interest

- ✓ What is Net-Zero?
- ✓ Project Investments
- ✓ Energy Independence
- ✓ Healthier Communities
- ✓ Energy Efficient Programs

Learn About Renewable Energies



Solar Energy

Harnessing the power of the sun to generate electricity efficiently and sustainably.



Hydropower

Using water flow to generate energy, providing a reliable and eco-friendly power source.



Wind Energy

Utilizing wind turbines to convert wind power into clean, renewable electricity.

USE NATURAL GAS, OIL OR ELECTRIC HEAT IN YOUR HOME?



ENBRIDGE

SAVE ON ENERGY
POWER WHAT'S NEXT

You could be eligible for insulation upgrades to your home to help lower your heating bills and make your home more comfortable in the colder months.



To sign up scan code above, provide address and contact information, and a representative will be reach out to set up an appointment.

Enbridge Program has limited intake window. Energy Affordability Program (Hydro One) ongoing intake.

Members with Enbridge Account can sign up for both programs, Enbridge applications available at the MBQ Administration Office, 24 Meadow Dr.. Band owned rentals are already registered.

All Homes Located On Reserve Are Eligible

For more info

Questions or concerns can be directed to
Jamie Brant at Administration Office
613-396-3424 Ext 158 or email jamiieb@mbq-tmt.org



You Could Be Eligible For Monthly Credits On Your Hydro Bill!!



ONTARIO ELECTRICITY SUPPORT PROGRAM

In need of support with your electricity bill?



Level of Household Income (\$)	Number of People Living In Home						
	1	2	3	4	5	6	7
38,000 or less	\$45	\$45	\$51	\$57	\$63	\$75	\$75
38,001 - 54,000		\$40	\$45	\$51	\$57	\$63	\$75
54,001 - 65,000			\$35	\$40	\$45	\$51	\$57
65,001 - 71,000					\$35	\$40	\$45

To Apply or Renew Your Status in the OESP program please contact Tammy Brant or Jamie Brant at the Administration Office

613-396-3424 or email housingsupport@mbq-tmt.org or jamieb@mbq-tmt.org



RECRUITING COMMITTEE MEMBERS



MOTIVATION

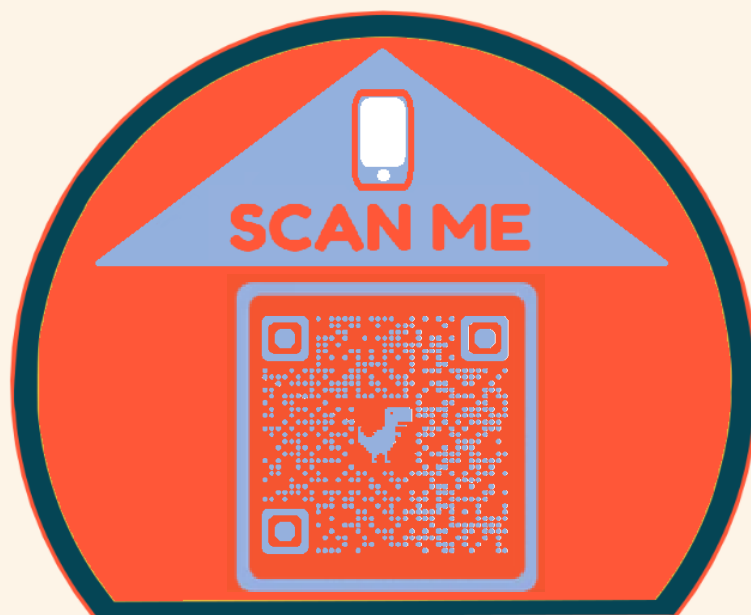
Retrofitting Homes in Tyendinaga

MBQ's Community Energy Champion, Jamie Brant, is looking for 3-4 motivated community members to help with the design of a community wide residential retrofit program to help Tyendinaga's homeowners. Retrofitting homes with better insulation and air sealing will help create more comfortable, affordable, and safer living spaces. The committee will be tasked with creating scope of the retrofits to take place, as well as creating a selection policy for eligible homes and members.

EXPERIENCE

Seeking individuals to advocate for all members of MBQ; elders, youth, parents, health workers, contractors. Scan code to learn more about Retrofitting and what measures can be added to a home.

2 -3 hours committment per month.



If interested, please contact Jamie Brant, provide a short summary including motivation for joining and any skills or experience that will benefit the committee, or for more information reach out to:

jamieb@mbq-tmt.org

613-396-3424 Ext 158

New Self-Paced Micro-Credentials Now Open for Enrolment (ONLINE)

Community Development

Course Begins - June 1, 2026

Course Ends - July 3, 2026

*This online, self-paced micro-credential will take
approximately 15 hours to complete in full*

Cost: \$100 per micro-credential

Registration Open Now!

Visit WWW.FNTI.NET to register



New Self-Paced Micro-Credentials Now Open for Enrolment (ONLINE)

Critical Thinking

Course Begins - June 22, 2026

Course Ends - July 24, 2026

*This online, self-paced micro-credential will take
approximately 15 hours to complete in full*

Cost: \$100 per micro-credential

Registration Open Now!

Visit WWW.FNTI.NET to register



FNTI, ALFDC & MBQ Present



Personal Support Worker

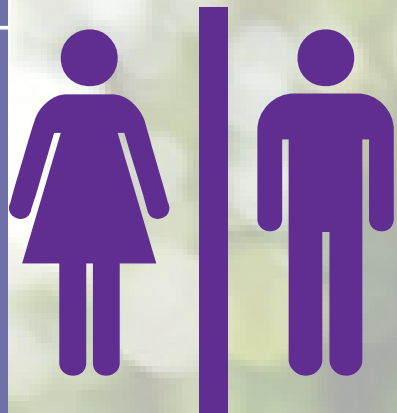
Accelerated Ontario College Certificate

Starting September 2026 in Tyendinaga

NOTE: Eligible candidates must identify as FNMI. Sponsorship for eligible applicants is available through our partners.

**For more information please
visit WWW.FNTI.NET
or email recruitment@fnti.net**





TSI TKERHETOTON WASHROOM UPDATE



**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 15
UNTIL MONDAY, OCTOBER 12.**

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



From the Research Department...

The following are transcriptions of the earliest recorded elected council minutes of the Mohawks of the Bay of Quinte. 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, (i.e. lines adjusted and put in chronological order) for the ease of reading.

Legend:

[sic] = this is the spelling that is used in the document

[?] = words we have not been able to transcribe or if the [?] appears immediately at the end of the word, it is an educated guess of what we believe the word to be.

This article is presented courtesy of the MBQ Research Department. The way the article is presented belongs to the Mohawks of the Bay of Quinte. Duplicates of this article must not be posted on any family tree sites or social media. Please respect this request.

If you have any questions or concerns, please contact the Research Department at 613-936-3424 ext. 115, or by email: research@mbq-tmt.org

Council House April 21/74

General Council met for the dispatch[sic] of business. Seth Powles is called to the Chair.

N.S. Appleby & Thomas Deasy who are deputized to go to Ottawa to interview[sic] the Government on the subject of having this Indian Lands released & sold – Sent in a letter on the subject to ask this Council Their views in this matter. Which was read & taken up for consideration.

Moved by James P Brant & Seconded by Aaron Green that there shall be no More Leases giving[sic] on this Reserve – or any Land sold at present unanimously Carried

Having learnt[?] that Peter Martin otherwise Dr. Oronhyatekha has gone to Ottawa to prevail with the Indian department to have certain account he Claim against certain Indians (which is not all together correct) to have it paid out of the General fund of the band –

Moved by Aaron Green & Seconded by John D. Hill that the Indian department be requested not to pay Peter Martin any of those accounts until he is willing to pay him what they rightly owe him. umously[sic][?] Carried

Moved by Chief Solomon Loft & Seconded by Chief Jacob B Brant that the Government be requested to reenfile[?] reenroll[?] those who were excluded from the prevelige[sic] of own Band - Carried

Moved by John Claus & Seconded by Nelson Martin that Chief Sampson Green & Archibald Culbertson be is herby appointed delegate[sic] to go to Ottawa to Lay this our minut[sic] before the Government. Carried

Moved by Chief W^m Green & Seconded by Jacob B Brant that we in this Council authorize our delegates (viz) Chiefs S. Green & A Culbertson to call on M^c Kenzie Bowell to enquire[sic] with the Clergy Reserve matter with a view of finding out it[sic] progress & to request Mr Bowell to accompany the delegates to interview[sic] Mr Land[?] on this matter. Carried.

Moved by Jacob B Brant & Seconded by W^m Green that the Indian Department be requested to give our delegates sufficient sum from our fund to pay their expenses to & from Ottawa ----- Carried

Council moved adjurn[sic] until[?]
the return of the delegates
fr.. Otta
S Green Seth Powles
Secretary Chairman

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

**Every 3rd 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.**

Call for Mohawks of the Bay of Quinte Military Veterans

As part of an on-going project to identify and honour community members who have served in the military, the Research Department is looking for information regarding members of the community of the Mohawks of the Bay of Quinte that served in the following wars:

Korea – 1950 to 1953

Vietnam – 1954 to 1975

The Persian Gulf – 1990 to 1991

Somali Civil War & Bosnian War 1992 to 1995

Afghanistan - 2001 to 2014

Please fill in the form below with as much information as you can provide and send to the Research Department by email at research@mbq-tmt.org or in person at the Administration Office 24 Meadow Dr. If you can share photos and service records, it would be greatly appreciated.

Veteran's Name: _____ Date of Birth: _____

Address: _____ Date of Death: _____

Service Number: _____ Branch of Service: _____

Rank: _____ For which Country: Canada USA

Date of Enlistment: _____ Date of Discharge: _____

Theatre of Service:

Medals or Decorations:

Spouse(s) Name(s): _____

Names of Dependents:

Karonhiatakie Sports Complex

1935 York Road
Tyendinaga Mohawk Territory, ON

LACROSSE BOX RENTALS

Looking to book for events?

Pricing

\$100 – 8 a.m.-11 p.m.

Bookings are **mandatory** for events and tournaments. When the lacrosse box is not rented out, it will remain

open for community drop-in to play ball hockey or lacrosse. Friendly reminder to be respectful in sharing the space.



To book, email Maddie Brant:
maddieb@mbq-tmt.org





THE ANGLICAN PARISH OF TYENDINAGA

*To be a Spirit-filled and life giving place where strangers
become friends and friends become disciples.*

1295 Ridge Road Tyendinaga Mohawk Territory, ON K0K 1X0

PH: 613-962-2787

All Saints Church June Services

- June 7 9:30 am Morning Prayer
- June 14 9:30 am Holy Communion – Say YES! to Kids Sunday
- June 21 9:30 am Morning Prayer, National Indigenous Peoples Day
- June 28 9:30 am Holy Communion

NOTE: Saturday, June 27th, Strawberry Social & Silent Auction
Mohawk Community Centre, 1 pm – 4 pm





PLEASE JOIN
THE ANGLICAN PARISH
OF TYENDINAGA FOR A
**STRAWBERRY
SOCIAL**

WITH
STORYTELLING BY NIKKI AUTEN
MUSIC BY RICHARD CROUSE

JUNE 27, 2026

1:00PM - 4:00PM

MOHAWK COMMUNITY CENTRE
1807 YORK ROAD, TMT

STRAWBERRIES, CAKE, ICE CREAM
\$10 ADULTS
\$5 CHILDREN 10 & UNDER

DONATIONS FOR SILENT AUCTION
GREATLY APPRECIATED!
CONTACT VINDEBRA@GMAIL.COM


**PROCEEDS GOING TO THE QUEEN ANNE
PARISH CENTRE KITCHEN RENOVATIONS**




CONSTRUCTION HOTLINE

613-969-7174

**PLEASE LET US KNOW IF
YOU NOTICE ANY ISSUES
OR HAZARDS AS PART OF
THE YORK ROAD
RECONSTRUCTION
PROJECT. 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

Mobile Office



Shelby Kramp-Neuman
MP, HASTINGS—LENNOX AND
ADDINGTON—TYENDINAGA

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:

- SERVICE CANADA
- CANADA PENSION PLAN
- DISABILITY PENSION PLAN
- CANADA REVENUE AGENCY
- VETERANS AFFAIRS
- EMPLOYMENT INSURANCE
- OLD AGE SECURITY
- PHOENIX PAY ISSUES

WEDNESDAY
JUNE 17

FEDERAL SMALL BUSINESS PROGRAMS MUCH MORE!

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.

THE NAPANEE CONSTITUENCY OFFICE IS OPEN
WEEKDAYS BETWEEN 9 A.M. AND 4 P.M., AND
YOU'RE WELCOMED TO DROP BY IN PERSON,
OR CALL TO MAKE AN APPOINTMENT AT
613-354-6886.



yà:yak niwáhsen 60

KEEP US UP-TO-DATE

THE MOHAWKS OF THE BAY OF
QUINTE IS RESPONSIBLE FOR
KEEPING OUR MEMBERSHIP LIST
UP-TO-DATE WITH ACCURATE
INFORMATION.

Members, please:

- Ensure your membership information (address and phone number) is up-to-date
- If a loved one has passed away, please inform membership

OUR MEMBERSHIP TEAM CAN BE REACHED AT:

Bonnie Maracle

E: bonniem@mbq-tmt.org

P: 613-396-3424 x 110

Bonny 'Bear' Maracle

E: bonnym@mbq-tmt.org

P: 613-396-3424 x 132

**PLEASE SHARE THIS IMPORTANT INFORMATION
WITH ALL MOHAWKS OF THE BAY OF QUINTE
MEMBERS LIVING NEAR AND FAR! NYÁ:WEN!**

mbq-tmt.org/community-services/membership

There's an easier way to renew your Secure Certificate of Indian Status (SCIS)!

Simplified Renewal is an option if:

1. You were 16 or older when you last applied for your SCIS
2. Your family name(s), given name(s), date of birth, First Nation affiliation and registration number have not changed
3. Your last SCIS was not revoked or reported lost, stolen or damaged
4. You are applying no more than one year before and no later than the renewal date on the front of your SCIS

Need to take your SCIS photo? There's an app for that!!

You can download the "SCIS Photo" app from the Google Play or Apple App Store.

The app allows you to take and submit a photo straight from your smartphone, free of charge.

IF YOU HAVE ANY QUESTIONS, NEED SUPPORT OR YOUR CARD HAS EXPIRED, PLEASE CONTACT:

Bonnie Maracle

E: bonniem@mbq-tmt.org

P: 613-396-3424 x 110

Bonny 'Bear' Maracle

E: bonnym@mbq-tmt.org

P: 613-396-3424 x 132

EMERGENCY HOME REPAIR INCENTIVE

Please read carefully as the structure to this program has changed as of March 1, 2026.

All new applications will cover fifty percent (50%) of the total repair costs up to a maximum of five thousand dollars (\$5,000) to low-income homeowners to address emergency repairs and health and safety issues.

ELIGIBILITY

- Must own the home.
- Must be primary residence.
- Must be a member of the Mohawks of the Bay of Quinte.
- Must reside on Tyendinaga Mohawk Territory.
- Must be in good standing with MBQ.
- Must complete an application.

ELIGIBLE REPAIRS

- Repair or replace a broken heating system. Ventilation and AC will only be considered for the promissory note component of this program.
- Repair structural damage to your foundation, roof or exterior walls.
- Repair or replace windows and exterior doors.
- Repair plumbing problems to address health and safety hazards, including hot water tanks and failing septic systems.
- Repair wiring and electrical systems to address health and safety hazards and to meet code.
- Mold remediation and abatement.
- Replace or repairs of leaky or damaged roof.
- Accessibility ramps and interior modifications.



APPLICATION PACKAGES WILL BE AVAILABLE BY REQUEST OR BY HARD COPY AT THE ADMINISTRATION BUILDING (24 MEADOW DRIVE, TYENDINAGA MOHAWK TERRITORY, K0K 1X0).

QUESTIONS OR APPLICATION PACKAGE REQUESTS CAN BE DIRECTED TO AMBER WILSON AT E: AMBER.WILSON@MBQ-TMT.ORG OR P: 613-396-3424 EXT. 142.



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, if you have questions, or to make arrangements to complete the application if you do not have access to internet, please contact:

Tammy Brant:

e: housingsupport@mbq-tmt.org

p: 613-396-3424 ext. 101



mbq-tmt.org/rental-housing-application

MOHAWK COMMUNITY CENTRE

Upper Level

CAPACITY: 289

KITCHEN INCLUDED

COSTS:

DEPOSIT REQUIRED - \$300

REGULAR - \$300

GOVERNMENT - \$400

Lower Level

CAPACITY: 305

COSTS:

DEPOSIT REQUIRED - \$300

REGULAR - \$300

INCLUDING KITCHEN - \$450

GOVERNMENT - \$400

KITCHEN USE ONLY - \$250

FAQ

- TABLES & CHAIRS AVAILABLE
- SETUP & TEAR DOWN IS THE RESPONSIBILITY OF THE RENTER
- LIQUOR LICENSE REQUIRED WHEN SERVING ALCOHOL



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



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



HARVEST REQUEST LETTERS: PROTOCOLS FOR STATUS FIRST NATIONS HARVESTERS

FIRST NATIONS MEMBERS FROM OTHER TREATY AREAS PLANNING TO HARVEST WITHIN THE TYENDINAGA MOHAWK TERRITORY, INCLUDING OUR TRADITIONAL TERRITORY, MUST REQUEST A WRITTEN HARVEST LETTER.
THE LETTER MUST INCLUDE:

1. YOUR NAME AND STATUS NUMBER;
2. YOUR ADDRESS AND FIRST NATION;
3. THE SPECIES AND QUANTITY OF FISH OR GAME AUTHORIZED;
4. THE GEOGRAPHICAL AREA WHERE PERMISSION IS GRANTED;
5. THE TIMEFRAME IN WHICH IT MAY BE HARVESTED;

TO REQUEST A HARVESTING LETTER, PLEASE FIND THE APPLICATION FORM AT:
[HTTPS://MBQ-TMT.ORG/HISTORY/HARVESTING/](https://mbq-tmt.org/history/harvesting/)
TO SUBMIT YOUR APPLICATION FORM, OR IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT STEVEN LINDSAY-MARACLE AT
RESEARCH@MBQ-TMT.ORG OR 613-396-3424 EXT. 115.

REQUESTS ARE SUBMITTED TO THE TYENDINAGA MOHAWK COUNCIL REGULAR MEETINGS FOR CONSIDERATION AND APPROVAL. THESE MEETINGS ARE HELD TWICE MONTHLY.

!!IMPORTANT NOTE: TURNAROUND TIME MAY VARY BASED ON TYENDINAGA MOHAWK COUNCIL'S MEETING SCHEDULE. PLEASE GIVE AT LEAST ONE MONTH BETWEEN WHEN YOU SUBMIT YOUR REQUEST AND WHEN YOU PLAN TO HARVEST.!!

****PLEASE NOTE THAT YOU ARE ALSO REQUIRED TO HAVE A VALID POSSESSION AND ACQUISITIONS LICENSE IF USING A FIREARM OR CROSSBOW****

WHEN APPLYING FOR HUNTING, PLEASE SEND A PHOTOCOPY OF BOTH SIDES OF YOUR PAL AND YOUR VALID STATUS CARD AS PART OF YOUR APPLICATION.

WHEN APPLYING FOR FISHING, PLEASE SEND A PHOTOCOPY OF BOTH SIDES OF YOUR VALID STATUS CARD AS PART OF YOUR APPLICATION.

YOU MUST CARRY THE LETTER AND YOUR VALID STATUS CARD WITH YOU AND PRODUCE IT, IF REQUESTED, TO A CONSERVATION OFFICER.

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**



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: VACANT LAND

Please email Chris with details: maraclechris@yahoo.com

FOR SALE

2011 International Bus
MaxxForce DT Engine
191,00kms

24 seats/70 passenger
Asking \$5,000.00 O.B.O AS IS
Contact Jason
613-961-9357

CLASSIFIEDS

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

Maid For You Cleaning Service

Looking for cleaning services? We do residential and deep cleaning. All supplies provided at affordable prices. Serving the Belleville, PEC, Napanee and TMT areas.

Contact Andrea at 613-243-4061

FOR SALE

40' Hughes North Star
Masthead ketch 80/20 • Shoal draft maximum 4'9" • LWL 31' • Beam 12'~ • Registered weight 13.43 short tons • Solar electric drive • 30hp Tohatsu outboard (2yrs. Old) • Hank on foresails
Asking \$39,500 – will consider trade plus cash of 4wd small pickup truck or Jeep
Contact Jon – 613 827 4427
RIB and dinghy included
SERIOUS INQUIRIES ONLY PLEASE



WANTED

Seeking waterfront property for a new build.

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

LAND FOR SALE

2 acres of partially cleared land with a woodlot at the back end
141 feet wide x 645 feet deep
Water hook-up is across the road

Contact to discuss: 613-396-5931

FOR SALE

TV stand with plenty of storage.
Contact Lori to make an offer
lquenville65@yahoo.com or
343-543-4983

WANTED: HOUSE

Serious buyer looking for a home on MBQ territory. Ready to buy ASAP. Please call, text or email Nathan with information:

519-365-0252

nathan.partridg3@gmail.com

BUSINESS FOR SALE

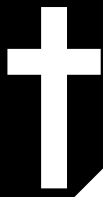
Retail business opportunity.
Conveniently located on Highway 49.
For additional details, please call:
613-827-2832

STOREFRONT FOR RENT

Unit for rent: 5965 old Highway 2 unit C
600 sq. ft. in front room, 240 sq. ft. in back room, plus washroom.
Call Jeff for details: 613-919-8775

FOR SALE

Small Pellet Stove – \$800 (barely used)
Black & Silver 30' Stove Range – \$600
25 foot round pool cover (new, in box) – \$50
Call Cindy – 613-743-3053



MOHAWK PENTECOSTAL CHURCH

WHEN WE MEET

1984 York Road
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325

COMING EVENTS

June 21, 2026 Celebrate Dad this Fathersday, 11AM
Service

Sunday 10am Prayer 11am Service
Wednesday Bible Study 7PM

Please follow the Blogs and videos we are providing for
you to read, watch and listen.

If you are in need of spiritual guidance
please contact phone # above or
email us
mohawkpentecostal@gmail.com

Spring being a tough act to follow,
God created June.

Al Bernstein

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!

JANUARY

S	M	T	W	T	F	S
2026					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


FEBRUARY

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

MARCH

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				

APRIL

S	M	T	W	T	F	S
				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

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

JUNE

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 occurs in the New Year, date TBD. For schedule changes, please visit MBQ website/social media

WASTE EAST



WASTE & RECYCLING SCHEDULE

RECYCLE EAST



WASTE WEST

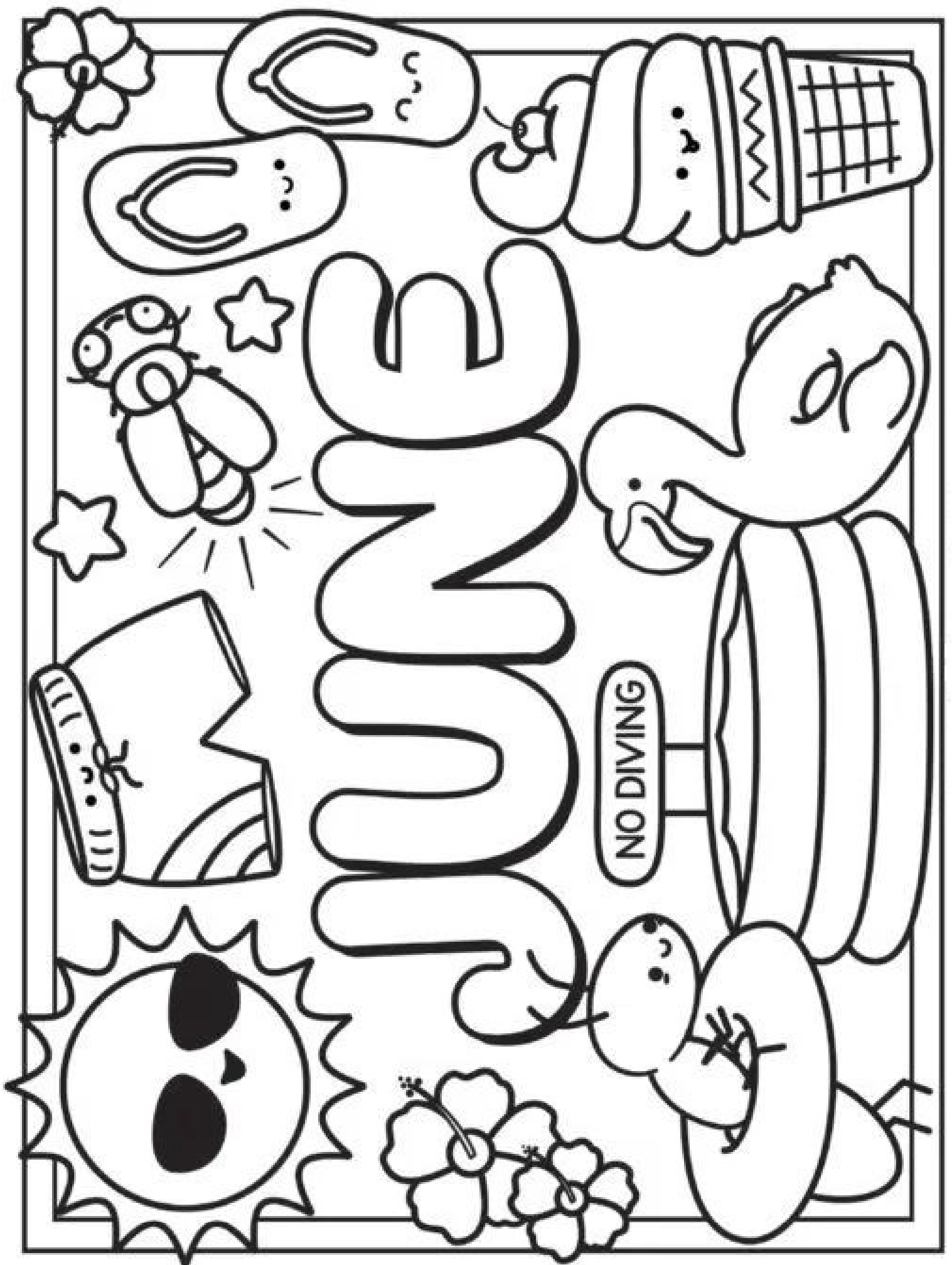


RECYCLE WEST



HOLIDAY





NO DIVING