

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



ISSUE 09/26

Sehske'kó:wa

(September)



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

See page 8 for more information

ORÍ:WASE

**See pages 11 & 12
for upcoming
events**

**September 23rd
Virtual tour of the
(former) Mohawk Institute**

**September 30th
Every Child Matters walk
and monument unveiling**

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 yonkwateryihwayèn: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 11 calls from July 22 to August 23, 2026:



- | | |
|---|----------------------------------|
| 1 | CO Alarm: Non-Symptomatic |
| 2 | Commercial/Multi-Unit Fire Alarm |
| 1 | Fire: Grass/Wildland/Vegetation |
| 2 | Odour Investigation |
| 2 | Medical Emergency |
| 1 | Mutual Aid |
| 2 | Residential Fire Alarm |

This brings the total calls to **91** for 2026.



COMMUNITY MESSAGES and ANNOUNCEMENTS

NOTICE: OFFICE CLOSURE

All MBQ offices will be closed Monday, September 7 for Labour Day and Wednesday, September 30 for National Day for Truth and Reconciliation.

Happy Birthday!

Happy Birthday Reyna - September 3rd
Love Aunt Marilyn & Uncle Rick

Happy Birthday Donna - September 7th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Leah - September 8th
Love Rick & Marilyn

Happy 15th Birthday Shyla - September 16th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Hayden - September 17th
Love Marilyn & Rick

Happy Birthday Hayden - September 17th
Love Sam, Dad & Emmett

Happy Birthday MJ - September 17th
Love Marilyn & Rick

Happy Birthday Colin - September 25th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Mike - September 26th
Love Marilyn & Rick

Happy Anniversary!

Happy 50th Anniversary MJ & Bill - Congrats on this milestone! - September 25th
Love Marilyn & Rick

In Memoriam



**IN LOVING MEMORY OF JEFFERY GORDON HILL
MAY 26, 1981 – SEPTEMBER 20, 2014**

UNTIL WE MEET AGAIN

WE THINK ABOUT YOU ALWAYS,
WE TALK ABOUT YOU STILL,
YOU HAVE NEVER BEEN FORGOTTEN,
AND YOU NEVER WILL.
WE HOLD YOU CLOSE WITHIN OUR HEARTS
AND THERE YOU WILL REMAIN,
TO WALK AND GUIDE US THROUGH OUR LIVES,
UNTIL WE MEET AGAIN.

FOREVER IN OUR HEARTS, LOTS OF LOVE,
MOM, DAD & FAMILY

Deadline for October: September 16 at 12 p.m.

tékeni 2

Sehske'kó:wa
September

This month's
recordings done by:
Karonhyakén:re

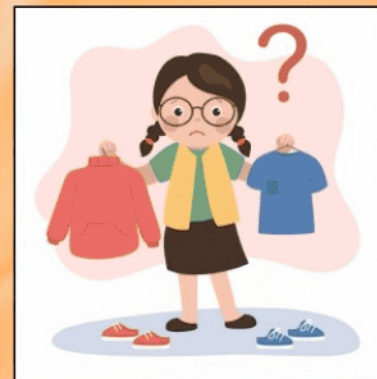
Scan this code to
listen to the phrases.



Ó:nen yeyóhe ahsatkétsko'.
It is time for you to get up.



Satateweyennenta'ónhak!
Get ready!



Yakoya'takarénnye's tá:we.
The bus is coming.



Senhniseriyóhsten.
Have a good day.



Tó: Tetewahthá:ren!

Let's Chat!



- | | |
|-------------|-------------------|
| 1. sit | 4. fetch |
| 2. stand up | 5. let go (of it) |
| 3. lie down | 6. good ☺ |

Scan this code to hear
the commands.





Tyendinaga Police Service Community Police Blotter, July 2026

Throughout July 2026, Tyendinaga Police Service officers were actively engaged in 462 calls for service, reflecting a combination of reactive responses and proactive community policing efforts across the territory.

On July 30th, four new officers graduated from the Ontario Police College and the O.P.P. Provincial Police Academy.

Please welcome First Nations Constables (FNC) de Wal, Stomphorst, Chapelle and Sexsmith to our Service. They will serve our community with Professionalism, Honesty, Integrity and Culturally Sensitive Policing that aligns with our community needs.



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

- 6 RIDE (Reduce Impaired Driving Everywhere) programs

We love attending community events! If you are planning any events and would like to see the police their please reach out and let us know.

Contacting Tyendinaga Police Service

For all emergencies, dial 911.

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

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



SEPTEMBER MEETINGS OF TYENDINAGA MOHAWK COUNCIL

REGULAR

September 2 – 9:30 a.m.

September 16 – 9:30 a.m.

LOCAL BUSINESS

September 9 – 7 p.m.

September 23 – 7 p.m.

AGENDA DEADLINES FOR LOCAL BUSINESS MEETINGS

September 2 – 12 p.m.

September 16 – 12 p.m.

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



OCTOBER MEETINGS OF TYENDINAGA MOHAWK COUNCIL REGULAR

October 7 – 9:30 a.m.

October 21 – 9:30 a.m.

LOCAL BUSINESS

October 14 – 7 p.m.

October 28 – 7 p.m.

AGENDA DEADLINES FOR LOCAL BUSINESS MEETINGS

October 7 – 12 p.m.

October 21 – 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

JULY 20, 2026

A meeting of the Tyendinaga Mohawk Council was held on Monday, July 20, 2026 at 11:00 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle
Councillors: Chris B. Brant, Kurtis Brant, Lynda Leween and Kristen Sara Loft
Chase Ogwari Brant, joined by Teams
Regrets: Erin Ferrante, on vacation
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 call this meeting to order.

Carried.

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

Carried.

MOTION #3: Moved by Kurtis Brant, seconded by Lynda Leween that the Tyendinaga Mohawk Council Minutes of July 8, 2026 be approved.

Carried.

MOTION #4: Moved by Kristen Sara Loft, seconded by Kurtis Brant to approve the following meeting outside the Territory:

Chief: attending a follow-up meeting with Dr. Brown regarding water, date to be determined;

Chief: attending the Jay Treaty Meeting on October 27, 2026 in Calgary;

Lynda: attending a Skills Trade show in Six Nations date to be determined.

Carried.

MOTION #5: Moved by Chris B. Brant, seconded by Kurtis Brant that WHEREAS, there are approximately 30kms of un-serviced roads remaining without access to dependable potable water supply, WHEREAS, the Honourable Gregor Robertson Minister of Housing and Infrastructure and Minister responsible for Pacific Economic Development Canada confirmed funding approval in principal under the Build Canada Stronger Fund in a letter dated March 23, 2026;

THEREFORE, BE IT RESOLVED that the Tyendinaga Mohawk Council authorizes to enter into an agreement with the Building Canada Stronger Fund for the Mohawks of the Bay of Quinte Watermain Distribution Project, Tyendinaga Mohawk Territory, Ontario in the amount of \$66,435,875 to extend watermain distribution servicing to the remaining homes relying on groundwater wells or trucked delivery. M.C.R. #2026/27-019.

Carried.

MOTION #6: Moved by Kristen Sara Loft, seconded by Chris B. Brant to approve to submit the application for the Tourism Cultural Welcome Centre to the Building Committees Strong Fund in the amount of \$7,740,193.

Carried.

MOTION #7: Moved by Chris B. Brant, seconded by Chase Ogwari Brant to approve the Land Transfers

1. from Myles Orville Wesly Adam Green to Tammy Dawn Green
LOT 25B-11-2 CONCESSION A AS SHOWN ON PLAN NO. RSO 4326R and
LOT 25G CONCESSION A AS SHOWN ON PLAN NO. CLSR 67531
2. from Mary Elizabeth Loft-Cook to Mary Elizabeth Loft-Cook and Mathew Allen Daniel Weldon as Joint Tenants

3. LOT 6A-2 CONCESSION A AS SHOWN ON PLAN NO. CLSR 76771
from Mark Allen Bardy to Tammy Dawn Green
 4. LOT 30A-12 CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 111434
from Tanya Joy Bardy to Terry Allen Maracle
 5. LOT 31C-1-2 CONCESSION 1 AS SHOWN ON PLAN NO. RSO 4053R
LOT 31C-3 CONCESSION 1 AS SHOWN ON PLAN NO. CLSR 76638
LOT 31C-4 CONCESSION 1 AS SHOWN ON PLAN NO. RSO 5563R
from Tonya Lynn Maracle to Jaylyn Anndee Jane Maracle
 6. LOT 32E-3 CONCESSION A AS SHOWN ON PLAN NO. RSO 3307
from Amzy Edward Doreen, Daniel John Doreen, Gabrielle Louise Doreen and Amzy Donald Doreen to Amy Dawn Doreen
 7. LOT 35A-19 CONCESSION 1 AS SHOWN ON PLAN NO. CLSR 112498
from Sarah Courtney Bernhardt to Sarah Willamena Brant
- LOT 32K-6 CONCESSION A CLSR 114856 SAVE AND EXCEPT LOT 32K-5 CONCESSION A AS SHOWN ON PLAN NO. CLSR 11595

Carried.

MOTION #8: Moved by Kurtis Brant, seconded by Lynda Leween to recess until 1:30 p.m. to attend the funeral for the late Chief Donald Brant.

Carried.

The Council Reconvened at 1:30 p.m.

1:37 p.m. Angela Maracle left and joined by Teams

MOTION #9: Moved by Kristen Sara Loft, seconded by Chris B. Brant that WHEREAS the Chief and Council of the Mohawks of the Bay of Quinte have the inherent legal authority and responsibility to protect the health, safety, and well-being of our community members and to advance healthcare sovereignty; and

WHEREAS the Non-Insured Health Benefits (NIHB) Medical Transportation program is currently administered through a centralized, rigid federal model that results in service fragmentation, access barriers for off-reserve and on-reserve members, and undue ride denials due to vehicle capacity restrictions; and

WHEREAS the Mohawks of the Bay of Quinte Health Department already manages a heavy, unfunded day-to-day administrative and coordination workload for these programs, processing over \$231,000 in annual medical transport claims without dedicated infrastructure support or administrative tariff allocations from the federal government; and

WHEREAS Indigenous Services Canada (ISC) has indicated support for transitioning health program funding into more adaptable delivery mechanisms that allow for local fleet expansion and enhanced operational flexibility;

THEREFORE BE IT RESOLVED that the Chief and Council of the Mohawks of the Bay of Quinte hereby formally authorize the MBQ Health Director and departmental staff to initiate official discussions and enter into the Strategic Policy and Planning (SPA) process with Indigenous Services Canada (ISC) regarding the formal assumption of administrative control over the NIHB portion of medical transportation; and

BE IT FURTHER RESOLVED that this authorization is strictly limited to exploratory talks, data sharing, and funding model negotiations, and carries no immediate financial obligations or operational commitments for the Mohawks of the Bay of Quinte; and

BE IT FINALLY RESOLVED that any and all final decisions, multi-year funding agreements, human resource staffing structures, and fleet procurement models resulting from these discussions must be brought back before Chief and Council for formal presentation, review, and final approval before execution. M.C.R. #2026/27-020.

Carried.

MOTION #10: Moved by Chase Ogwari Brant, seconded by Chris B. Brant to approve to pay the Miller Thomson invoices #4271136 in the amount of \$696.20; #4271139 in the amount of \$1,232.50; #4271145 in the amount of \$2,755.00 all for Corporate Matters.

Carried.

MOTION #11: Moved by Chris B. Brant, seconded by Kristen Sara Loft to approve to pay the JFK Law invoices #406704 in the amount of \$6,421.06 for EFT Supplier Fraud; #406717 in the amount of \$1,598.50 for General Advice; #407279 in the amount of \$1,284.50 for EFT Supplier Fraud; #407289 in the amount of \$368.50 for General Advice; #407761 in the amount of \$465.00 for General Advice.

Carried.

MOTION #12: Moved by Chris B. Brant, seconded by Chase Ogwari Brant to approve to pay the Hicks Morley invoice #861899 in the amount of \$9,126.00 for Human Resource Matters.

Carried.

MOTION #13: Moved by Lynda Leween, seconded by Kurtis Brant to approve to pay the Blaney McMurtry invoices #840916 in the amount of \$680.00; #843240 in the amount of \$1,087.50 both for the Maracle (Miracle) Judgment.

Carried.

MOTION #14: Moved by Chris B. Brant, seconded by Kurtis Brant to approve to submit the application for the new emergency shelter to the Building Communities Strong Fund for a total amount of \$11,289,071.00. and a total budget of \$11,289,071.00

Carried.

MOTION #15: Moved by Kristen Sara Loft, seconded by Kurtis Brant to approve submitting the application for the new Recreation Facility to the Building Communities Strong Fund for a total amount of \$24,030,929.00. and a total budget of \$26,030,033.00 until Council can have a discussion with Tom Kring, Director of Housing and BPM.

Carried.

Councillor Lynda Leween – Negative Vote

MOTION #16: Moved by Chase Ogwari Brant, seconded by Kristen Sara Loft to approve to submit the application for an Apartment Building to the Building Communities Strong Fund for a total amount of \$11,447,011.00 and MBQ contribution \$1,275,234.00.

Carried.

MOTION #17: Moved by Chase Ogwari Brant, seconded by Kurtis Brant to approve signing the Indigenous Services Canada (ISC) Agreement #2122-ON-000027, Amendment #0136 in the amount of \$56,340.80 for Summer Work Experience; in the amount of \$86,509.88 for Skill Link Program; in the amount of \$65,000.00 for Housing Management Subsidy.

Carried.

MOTION #18: Moved by Chase Ogwari Brant, seconded by Chris B. Brant to approve signing the Ministry of Long-Term Care Confirmation of Admission of First Resident form as at July 14, 2026.

Carried.

Council confirmed the following scheduled meetings:

- July 29, 2026 – Tyendinaga Mohawk Council Local Business
- August 5, 2026 – Tyendinaga Mohawk Council Regular
- August 12, 2026 – Tyendinaga Mohawk Council Local Business
- August 19, 2026 – Tyendinaga Mohawk Council Regular
- August 26, 2026 – Tyendinaga Mohawk Council Local Business

MOTION #19: Moved by Lynda Leween, seconded by Kurtis Brant that this meeting go into private. (2:43 p.m.)

Carried.

Recorded by: Shelley Bowden, Executive Administrative Assistant and Recording Secretary to Council
Original Signed by: Chief R. Donald Maracle

(FORMER) MOHAWK INSTITUTE VIRTUAL TOUR

**September 23rd: Community Centre
Dinner 5-6pm Virtual Tour 6-7:30pm**

Join us as we virtually tour the (former) Mohawk Institute.

With interviews of former survivors, we will be guided through the building learning about its 140-year history.

**"Save the Evidence"
orange shirts will
be available for
purchase 1-6pm**

With special presentation by Callie Hill of Tsi Tyónnheht Onkwawén:na on the **Healing Through Storytelling** project. A book and short video honouring residential school survivors and their families in our community. Books will be available for purchase.



**For more information, contact Jessica Brant KanyenkehaCoordinator@mbq-tmt.org
613-396-3424, Ext. 154**



**For senior transportation, contact Melanie Gray
melanieg@mbq-tmt.org 613-967-0122 Ext. 174**

Funded by: MBQ, Enyónkwa'nikonhriyohake and  Canada



ORANGE SHIRT DAY EVENTS

September 30th



GATHERING AT 11AM

The Tyendinaga Native Women's Association hosts their 6th Annual Every Child matters walk. This year, the walk will begin at the MBQ admin office, ending at the Lacrosse box.

GATHERING AT 12PM

Upon arrival from the walk, we will unveil a monument honouring those affected by Residential Schools.

Followed by refreshments.

Transportation will be provided back to MBQ.



Join us as we gather to reflect, acknowledge and honour the children who returned, the ones who didn't, and those left waiting in silence.



For information, contact Jessica Brant
KanyenkehaCoordinator@mbq-tmt.org
613-396-3424, Ext. 154

For senior transportation, contact Melanie Gray
melanieg@mbq-tmt.org 613-967-0122 Ext. 174



Funded by: MBQ, Enyonkwa'nikonhriyohake and Canada

tékeni yawén:re 12



Arrow,
Iron Feather &
Echoes

*Poems, Songs, Stories &
Quiet Thoughts Between
Generations*

CARLENE MARACLE SMART



AUTHOR SIGNING

Kanhote Library

Tuesday, September 15, 2026
5 – 7 p.m.

Deseronto Public Library

Tuesday, September 29, 2026
6 – 7 p.m.

Books will be available for purchase – cash only.

Calling all
VENDORS



Christmas Craft Sale

SATURDAY, NOVEMBER 21, 2026
9 A.M. - 4 P.M.
MOHAWK COMMUNITY CENTRE

**\$20 PER TABLE,
MAX 2 TABLES PER VENDOR**

**TO RESERVE A SPOT, CONTACT:
DIANNA BRANT-WINKLER
BUSINESSDEVELOPMENT@MBQ-TMT.ORG
613-396-3424 EXT. 138**





CULBERTSON DISBURSEMENT

Saturday, September 19, 2026

**APPLICATION
DEADLINE:
December 16,
2026**

9 a.m. to 5 p.m.

MOHAWK FAIR

1807 YORK ROAD, TMT

**THE CULBERTSON DISBURSEMENT TEAM WILL BE
AT THE MOHAWK FAIR TO ASSIST MEMBERS IN
COMPLETING THEIR DISTRIBUTION APPLICATION.**

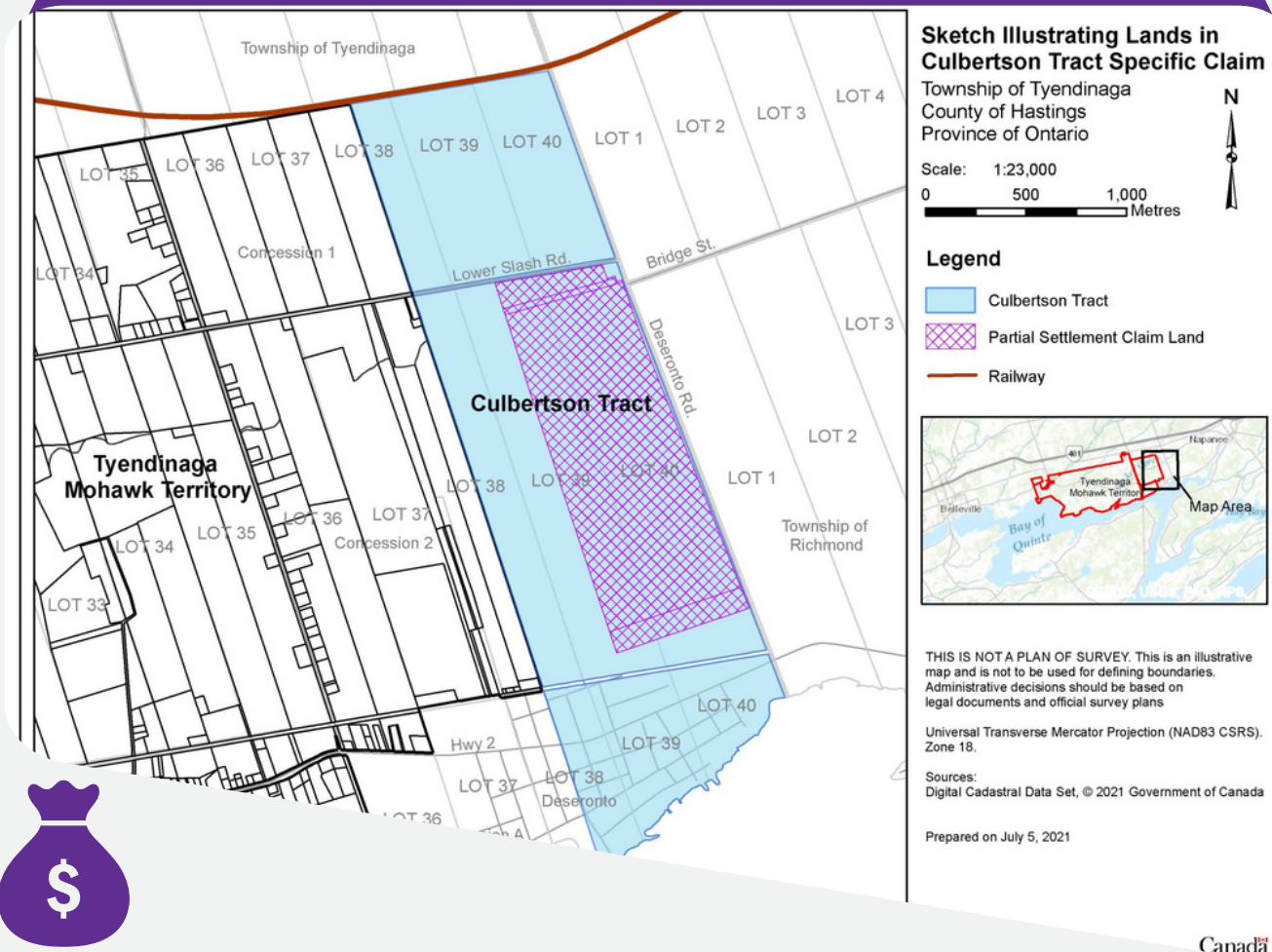


**What you need to bring to
complete an application:**

- Two pieces of government issued photo identification
- Status Card associated with the Mohawks of the Bay of Quinte



**For more information on the Culbertson Tract Partial
Settlement, please visit: mbq-tmt.org/culbertson-tract**



Culbertson Tract Per Capita Distribution

Apply by:
December
16, 2026

The deadline to apply for Culbertston Tract Partial Settlement Per Capita Distribution is fast approaching. Please find important details below ↓

Eligibility

- Must be a registered member of the Mohawks of the Bay of Quinte or were entitled to register as of December 17, 2025. **Please note, payment will not be issued until membership registration has been confirmed by ISC.**
- Must complete the application and submit two pieces of government issued photo identification by 11:59 p.m. on December 16, 2026.

For full eligibility criteria, information on how to apply and to find the application, please visit: www.mbq-tmt.org/culbertson-tract

HASTINGS AND PRINCE EDWARD DISTRICT SCHOOL BOARD HAS AN OPPORTUNITY FOR A TRUSTEE FROM TMT

We are seeking someone that is passionate about education and who is able to provide leadership on strengthening Indigenous student supports, education and opportunities.



VISION: INSPIRING AND INNOVATING FOR A BRIGHT FUTURE.

MISSION: WE EDUCATE AND EMPOWER STUDENTS WITH SKILLS FOR SUCCESS.



THINGS TO NOTE

- NEW TERM OF OFFICE STARTS NOVEMBER 15, 2026
- THE BOARD MEETS AT 6 P.M. ON THE FOURTH MONDAY OF EACH MONTH AT 156 ANN STREET, BELLEVILLE
- ALL APPLICANTS MUST BE A MEMBER OF THE MOHAWKS OF THE BAY OF QUINTE
- MORE INFORMATION CAN BE FOUND BY VISITING:
WWW.HPEDSB.ON.CA/BOARD

HOW TO APPLY

Please send a letter of interest and your resume to Sandra Maracle, Acting Director of Education for the Mohawks of the Bay of Quinte at:

educationdirector@mbq-tmt.org

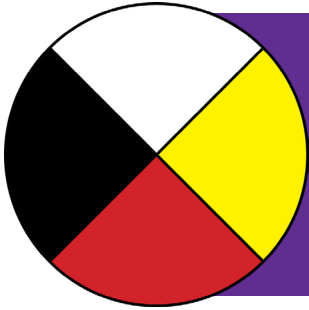
or

Attn: Sandra Maracle
24 Meadow Drive
Tyendinaga Mohawk Territory, ON
K0K 1X0



Limestone Indigenous Trustee

DISTRICT SCHOOL BOARD



The Limestone District School Board, with the assistance of the Mohawks of the Bay of Quinte, are issuing a call out for interested individuals to apply for this position.

AT A GLANCE THINGS TO NOTE

- New term of office starts November 15, 2026
- Regular board meetings are held the second Wednesday of each month at 220 Portsmouth Avenue, Kingston
- Education, Policy and Operations Committee meetings once a month
- Successful applicant will be required to complete a vulnerable sector check
- More information on the roles and responsibilities can be found by visiting:
www.limestone.on.ca/become-a-limestone-district-school-board-trustee

HOW TO APPLY

Please send a letter of interest and your resume to Sandra Maracle, Acting Director of Education for the Mohawks of the Bay of Quinte at:

educationdirector@mbq-tmt.org

or

Attn: Sandra Maracle
24 Meadow Drive
Tyendinaga Mohawk Territory, ON
K0K 1X0

TRUSTEE ROLES & RESPONSIBILITIES

- promote student achievement and well-being;
- deliver effective and appropriate educational programs;
- develop, maintain and monitor effectiveness of Board Policies;
- develop, communicate and review annually a Multi-Year Plan;
- monitor the performance of the Director of Education; and
- practice responsible stewardship of Board resources

ROLE OF THE INDIGENOUS TRUSTEE

- the selected candidate would have a voice when it comes to anything and everything relating to the experience of Indigenous students within the LDSB (this role is not specific to just Kenhtè:ke Kanyen'kehá:ka)



PLEASE NOTE: the applicant must be a member of the Mohawks of the Bay of Quinte



sha'té:kon yawén:re 18

From the Research Department...

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

School Days on Tyendinaga Mohawk Territory

For most of the 20th century, our community had four Day Schools:

Eastern or “Brick” School, Mission or “Northern” School, Central School or “Upper” School, the Western or “Swamp” School and in 1955, the “New School.”



The Eastern School

The Eastern or “Brick” School building is located on Hwy 2. The building has been used as the 59’s Club, the Food Bank and most recently, for the Immersion School of the Tsi Tyónnheht Onkwawén:na Program.

The Mission School

The Mission or “Northern” School, located on the Slash Road, was a school and also a “Church building” where baptisms and weddings were held. This building closed in 1955.



The Central School

The Central School known as the “Upper” School was located on Ridge Road. This building closed in 1974 when the new Quinte Mohawk School opened.



The Western School

The Western or “Swamp” school was located in many places on the Territory over the years. This is the only picture we have that names a Day School . The plaque says, “Tyendinaga Western Indian Day School.”



The New School

Built in 1955, the “new School” was how it was known by community members. The Federal Government named it “The Deseronto Indian Day School.” In February 1960, it was formally named by the Mohawk Council, “Quinte Mohawk School.”

In June 1974, the school closed when the New Quinte Mohawk School was built. The building then became the Administration building for the Mohawks of the Bay of Quinte. The building was torn down in July 2020.



When September rolled around it was time to head back to school and September always offered a mixed bag of weather and activities for MBQ Day Schools.

The following notes that highlight September and October events were gathered from MBQ records:

Eastern School

In September 1939 Miss Stoddart (later Mrs. Rathbun) reported:

On the 8th - "Severe hail Storm and terrific wind."

On the 26th - "First Snow"

In September 1943

On the 8th - "Fair Day"

In September 1944

On the 13th - "Agricultural & School Fair"

Mission School

In September 1947 L. M. Elliot reported:

On the 19th - "Mohawk Fair"

On the 16th - "6 students with "Chickenpox"

Central School

In September 1931 - Lena Bell reported:

On the 9th - "Small attendance Shannonville Fair Day"

On the 11th - "School Fair Day"

On the 16th - "Mohawk Fair Day"

In September 1939 Jean E. Schell reported:

On the 8th - "Severe wind and hailstorm. Blowing down trees and barns."

On the 26th - "first snow fall - early in the morning"

Western School

In September 1936 Leslie Claus reported:

On the 16th - "School Fair"

On the 24th - "Rain Storm"

In September 1937 Leslie Claus reported:

On the 1st - "School re-opened after Summer vacation"

On the 15th - Mohawk and School Fair

In September 1938 Leslie Claus reported:

On the 22nd - "Heavy rain"

In September 1939 Leslie Claus reported:

On the 8th - "Terrific windstorm with hail, wrecking barns, small buildings, fences and uprooting trees. Hailstones measured 1 ½ inches in diameter.

In October 1941- Leslie Claus reported;

On the 1st - School reopened with two pupils present."

The Research Department Needs Your Help!!!

Please help us identify the people in this photo from the Central School 1960-1961



Please help us build a “Class Picture” collection of photos. Do you have “class pictures” in your photograph collection? If you are willing to share, you can bring your photos to the Administration Office, and we will scan them, or, you can e-mail them to the Research Department at research@mbq-tmt.org

September – Prevention: Fetal Alcohol Spectrum Disorder (FASD)

Please complete the September Survey on “Prevention – Fetal Alcohol Spectrum Disorder (FASD)” to be entered into the monthly draw

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

Deadline to enter Draw: September 30 2026

LIMIT: 1 ENTRY PER HOUSEHOLD PER MONTH

Grand Prize Family Activity Includes:

- ***Gift Certificate for Blue Mountain Resort***
- ***Gift Certificate 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**
- ✓ 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



Monthly Prevention Prizes provided by:

Info prepared by Community Health Program

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.



September Prevention:

Fetal Alcohol Spectrum Disorder (FASD)

The safest choice during pregnancy is to **not** drink alcohol.

What is FASD?

- ✓ **FASD** stands for **Fetal Alcohol Spectrum Disorder**.
- ✓ It happens when alcohol passes to a developing baby during pregnancy.
- ✓ Alcohol can affect a baby's **brain and body** as they grow.



Important Facts

-  **No known safe amount** of alcohol during pregnancy.
-  **No type of alcohol** is safer than another.
-  Alcohol can affect a developing baby **at any stage** of pregnancy.

If you drink alcohol before you knew you were pregnant...

Don't panic.

- Stop drinking as soon as you know you're pregnant.
- Talk with your healthcare provider.
- It is never too late to ask questions or get support.



Every healthy choice you make during pregnancy helps support your baby's development.



Questions?

Contact Family Health & Child Development
mchc@mbq-tmt.org

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:

Back To SCHOOL SEASON



Children's vision can change from year to year due to many factors. That's why Ontario health pays for a yearly eye exam for children until they turn 20.

MOBILEYEZ has teamed up with HOYA, the foremost innovator in lens technology, with a program called Eye-M-Growing.

NEXT CLINIC DATES

September 10TH
October 2ND
October 19th

WHAT IS EYE-M-GROWING?

- It's a Buy One, Get One offer, whereby a child purchases a complete set of lenses and frames and is entitled to a FREE set of lenses for any reason within 16 months.
- Eye-M-Growing lenses can be any type of lens, from single vision, MiYO Smart (myopia control), anti-fatigue, sunglasses, and even progressives.
- A child can use the free pair immediately to purchase a second pair for back-up.
- The free pair can also be used to replace lenses that are badly damaged or lost within the 16 month period.
- Or parents can decide to wait for their child's next yearly appointment and then utilize the free set for the new prescription.

MOBILEYEZ is a mobile vision clinic that provides comprehensive eye exams and prescription glasses. We set up at the Community Well-Being Center approximately every 3 weeks from March to December, since 2016.

TO BOOK AN EYE EXAM
☎ 1.866.920.6480

**Mark your
Calendars**

Brought to you by Community Health & MFS

Large Family Food Box

UPCOMING DATE FOR THE FAMILY BOX

**\$25.00
Per Box**

Deadline to order

Pick Up Date

Thursday September 3, 2026 -----Wednesday September 9, 2026

Wednesday October 7, 2026 -----Wednesday October 14, 2026



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

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

"MUST BE REGISTERED MBQ MEMBERS 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 SPECIFIC NOTES in the transfer indicating what the payment and order is for!

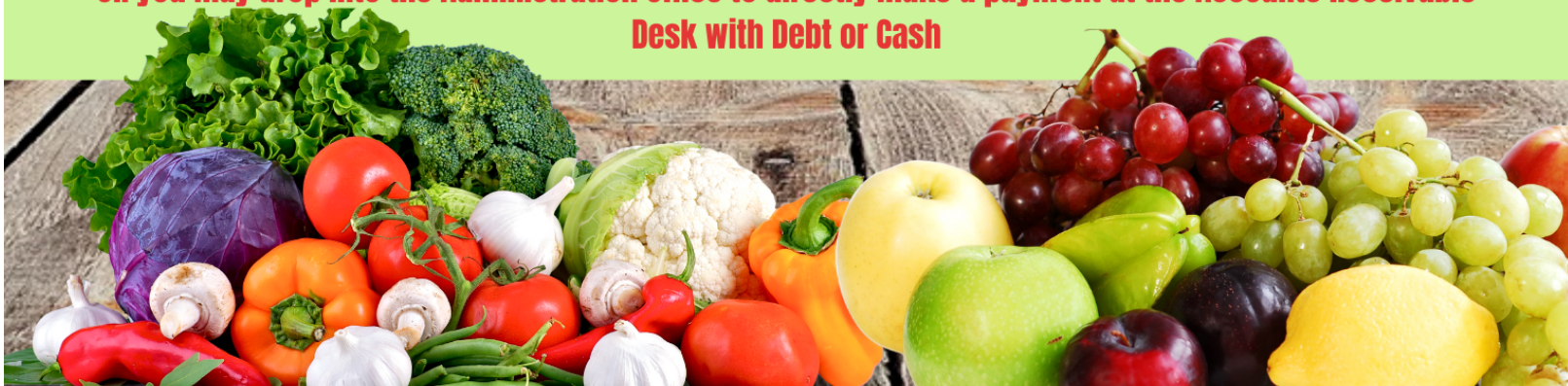
FAMILY BOX \$25.00 or GOOD FOOD BOX \$15.00

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

Your NAME, Your Text Number/Contact Number

What Month you are ordering for

OR you may 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, 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

Abby's Out On A Limb Tree Service

TREE & STUMP REMOVAL • TREE TRIMMING • LOT CLEARING & MORE
FREE ESTIMATES & FULLY INSURED

*Serving Areas: Brighton, Quinte West, PEC, Northumberland County,
Tyendinaga, Napanee*

613-392-4858 abbysoutonalimb@hotmail.com

PROUDLY OWNED & OPERATED BY AN MBQ MEMBER!

**MESA
THREADS**



**PREMIUM
POLAR
FLEECE**

60" x 80"
50" x 60"

Canadian Owned
& Operated



OPEN DAILY
Mon-Sun | 10am-8pm

Call us for Bulk Orders
We Ship to reservation addresses!



604-715-1640

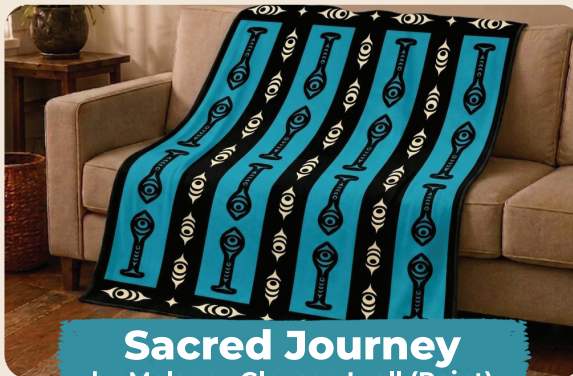


www.MesaThreads.com

DESIGNED BY

FIRST NATIONS ARTISTS

Made for Moments that Matter: Ceremonies, Milestones & Giveaways



Sacred Journey

by Melaney Gleeson Lyall (Point)
Coast Salish



Ancient Horizons

by Melaney Gleeson Lyall (Point)
Coast Salish



SPIRIT STAR



EYE IN THE SKY

29 tewáhsen tyóhton



Kenhtè:ke Seed Sanctuary & Learning Centre

S e s k e h k ó : w a



Taking a trip to
Kingston Area Seed
System Initiative)



Lending helping hands at the Three
Sister garden, located at TaraLee Farms!



Meet the 2026 KSSLC Garden team



Garlic harvest!

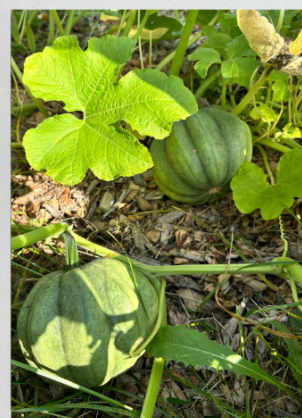


Table Queen Acorn
Squash



Our next **Work
Bee** is Saturday,
September 5th
from 9-11am.
We hope to see
you there.



Mayflower Bean



To donate, scan the QR Code or
contact us at cao@ksslc.ca for other
ways to donate. Funds will go
directly to our work of preserving
and sharing knowledge about seed
saving.

Hosted by Community Health + MFS

Wild Game Dinner

"A time to gather with
friends and family"

OCTOBER 28, 2026

**MOHAWK COMMUNITY CENTRE
1807 YORK ROAD, TMT, ON**

DOORS OPEN: 4:45PM

SUPPER: 6:00PM

**Feast Baskets Welcome
Wear your regalia**

**MC: Dustin Brant
Drumming songs,
sharing cultural stories**

Menu

Spaghetti & Bison Meatballs/ Sauce

Youth & Children Choice: Spaghetti and a vegetarian Sauce

Choice of Caesar Salad or Garden Salad

Garlic Bread

Assorted Desserts

Strawberry Drink, Coffee, Tea, Water

**"MFS will be providing their
famous Sundae Bar"**



Registration Opens: September 16, 2026 & Closes: October 16, 2026

Limited Seats Available

To register:

Call the Health Reception at the Community Wellbeing Centre at 613-967-3603

Open to Registered MBQ Members and their household

"Transportation can be provided for 55+ on Territory if required"

*Bringing Community together to Enjoy, Socialize + hear Cultural
Story Telling + Drumming!*

For more information: Call CWC @ 613-967-3603



Community Health Invites you to a presentation all about;

STROKE PREVENTION INFORMATION SESSION



OCTOBER 29, 2026



MOHAWK COMMUNITY CENTRE

1807 YORK ROAD

TYENDINAGA MOHAWK TERRITORY

DOORS OPEN AT 4:30PM

SUPPER WILL BE AT 5:15PM

"REMEMBER YOUR FEAST BASKETS"



GUEST SPEAKER: DR. ANDREW SAMIS

DR. SAMIS HAS A BACHELOR'S DEGREE, MASTER'S AND PHD FROM QUEEN'S UNIVERSITY, AS WELL AS AN MD, GENERAL SURGERY FELLOWSHIP, AND CRITICAL CARE MEDICINE FELLOWSHIP. THIS WAS THE RESULT OF 30 CONTINUOUS YEARS OF UNIVERSITY STUDY, AND GIVES DR. SAMIS THE HONOUR OF BEING THE LONGEST CONTINUOUS STUDENT IN QUEEN'S UNIVERSITY HISTORY. HE IS A FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS AND SURGEONS OF CANADA, THE AMERICAN COLLEGE OF SURGEONS, AND THE AMERICAN COLLEGE OF CHEST PHYSICIANS, AND IS AN INTENSIVIST, GENERAL SURGEON, AND PHYSICIAN STROKE CHAMPION AT QUINTE HEALTH CARE IN BELLEVILLE.

DR. SAMIS PRESENTATION WILL BE AT 6:00PM

DR. SAMIS, HAS INTERESTING INFORMATION TO SHARE THAT WILL EMPOWER YOU AND YOUR FAMILY IN REGARDS TO STROKE PREVENTION
HE WILL HAVE A QUESTION PERIOD AFTER HIS PRESENTATION

PRIZES TO BE WON



Open to Registered MBQ Members & Families on and off
Territory

GIFT CARDS



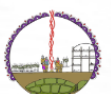
TO BE WON

"ALL AGES WELCOME"

Registration Opens: September 9, 2026 & Closes October 23, 2026

Register by calling Health Reception at the Community Wellbeing Centre at 613-967-3603

A stroke can happen at any age and at any time! Know the Signs and & Know what it looks like!



ACNE AWARENESS MONTH

ACNE IS COMMON- IT'S NOT YOUR FAULT!

Facts

- Acne affects most teens and young adults.
- Around 85% of 12 – 24 years old have acne.
- Acne affects people of all ethnic groups.
- In Canada, acne affects more than 5 million Canadians or nearly 20% of the population.
- Studies show it is prevalent in adults too, particularly women. Up to 22% of women or 1 in 5 – suffer from acne

Did you know?

1. Acne isn't caused by dirt or not washing enough
2. Take care of your skin by gently cleansing with a non-comedogenic moisturizer, use sunscreen, and avoid picking or squeezing irritated areas
3. You can seek medical opinions-see a health care provider if acne is painful/severe, causing scarring, is affecting your confidence or well-being, or isn't improving with appropriate self-care
4. Your mental health matters too! Feeling embarrassed, anxious, or distressed about acne is worth talking about! **Reach out for support!**

Look for Cleansers that are;

Soap-free, alcohol-free, oil-free, free of abrasive materials (such as exfoliant chips)

May contain:

- Salicylic acid, glycolic acid or benzoyl peroxide

Sun Screens are important

- use non-comedogenic sunscreens they are formulated to feel light

Look for sunscreens that are:

- oil-free, & non-comedogenic

Added benefit; help protect the skin against adverse reactions caused by some acne medications

Moisturizers

Look for Moisturizers that are:

• Oil-free, non-comedogenic, fragrance-free

May contain:

- Ceramides, sunscreen

Cosmetics

There is a common myth that all these products will make acne worse. This is NOT the case!

Look for Non-comedogenic, oil-free cosmetics:

- apply cosmetics lightly
- consider mineral-based cosmetics
- choose products with sunscreen
- gently remove all makeup at night



Community Health

PINKTOBER

GET ON THE PARTY BUS WITH COMMUNITY HEALTH!

Bring your partner for an evening of fun! Swag Bag Giveaways,
Prizes to be WON!

Information and socialization with peers
Snacks & Meal Provided, Bring your Feast Baskets

OCTOBER 7TH 2026

DETAILS

THE PARTY BUS LEAVES
COMMUNITY WELLBEING
CENTRE AT 4:00PM AND
WILL RETURNS TO CWB
AT 8:30PM

DESTINATION

THE HAMPTON INN
125 INNOVATION DRIVE
KINGSTON ON

MAMAOGRAMS WILL

TAKE PLACE AT

THE BREAST IMAGING
KINGSTON
820 JOHN MARKS AVE
KINGSTON ONTARIO
BEGINNING AT 5:00PM

LADIES IF YOU ARE BETWEEN 40 & 50 YEARS OF AGE PLEASE CALL TO
REGISTER FOR A MAMMOGRAM APPOINTMENT

IF YOU ARE ABOVE THAT AGE WE WANT TO HEAR FROM YOU AS WE WILL BE
REGISTERING YOU ON OUR WAITING LIST!

WE WILL BE PROVIDING EDUCATION FOR OUR GENTS WHO ATTEND & ENTERING
THEM INTO OUR PRIZE DRAWS AS WELL FOR ATTENDING!

REGISTRATION OPENS SEPTEMBER 9, 2026 UNTIL APPOINTMENTS ARE FILLED

EMAIL: COMMUNITYHEALTH@MBQ-TMT.ORG OR CALL HEALTH RECEPTION AT 613-967-3603
LEAVE YOUR NAME, CONTACT NUMBER AND WE WILL CONTACT YOU!

CALL THE CWC AT 613-967-3603 TO BOOK TRANSPORTATION TO CWC

"PRIORTY GIVEN TO REGISTERED MBQ MEMBERS ON TERRITORY"

"EARLY DETECTION SAVES LIVES"



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

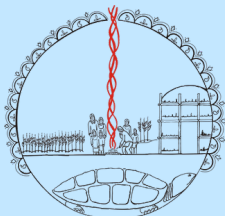
FREE
**ELECTRIC
TOOTHBRUSH**

When: Tuesday September 15th, 2026

Where: Community Wellbeing Centre

Time: 1:00-3:00pm

Open to on Territory Residents ONLY



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



Blood Pressure Checks



Walk in
Blood pressure and weight checks
for MBQ community members

Tuesday

WHERE?
Community
Wellbeing
Centre Health
Side

mornings from
8:30-11am

Monthly
draw for
gift card



What you need to know about prostate cancer



Canadian
Cancer
Society



Did you know?

- Prostate cancer is the most commonly diagnosed cancer among Canadian men.
- The risk of developing prostate cancer increases with age. Most of the time it happens after age 50
- Increased risk Black ethnicity and having a family member with prostate Cancer, esp. father or brother

Symptoms of prostate cancer

There are often no symptoms of prostate cancer, especially in its early stages. As the cancer grows, some people may:

- have problems peeing
- experience painful ejaculation
- find blood in the pee or semen

The bottom line is that **anyone with a prostate** can develop prostate cancer.



The good news is that there are simple tests that can help detect prostate cancer early, even without symptoms.

1. Prostate-specific antigen test (PSA) bloodwork
2. Digital rectal exam (DRE)

Using these test together is better than using either test alone. If the PSA and DRE suggest there might be prostate cancer, your doctor may recommend a follow up PSA or other tests.

The only way to know that it's prostate cancer is with a biopsy

When prostate cancer is caught early, 5-year survival is close to 100%.

**What
should
you do
next?**

- If you have a prostate, speak to your doctor about your prostate health and early detection.
- Spread the message about the importance of early detection. It could save someone's life.
- For more information, support or resources go to cancer.ca or call 1-888-939-3333.





THE DESERONTO & DISTRICT
HISTORICAL SOCIETY PRESENTS...

SHANNON KYLES

Wednesday

September 9

7:00 pm

THE STORY OF ONTARIO ARCHITECTURE

What We Built And Why We Built It

CHURCH OF THE REDEEMER

155 St. George Street, Deseronto



Shannon will share
some of her 400
page book covering
architecture from all
across Ontario!
She will also have
copies available for
sale.

REFRESHMENTS TO FOLLOW
THE PRESENTATION

**\$5 FOR
NON-
MEMBERS**

SEHSKE'KÓ:WA (SEPTEMBER) ACTIVITY CALENDAR

FOR FAMILIES WITH CHILDREN AGES 0-6

Yawentatokénhti	Yawententá:'on	Tekeníhaton	Ahsénhaton	Kayeríhaton	Wískhaton	Tsi Yenaktóhares	Locations
30	31	1	2 Baby Circle 0-18 Months 10:00 AM - 11:00 AM Play Group 18 Months to 4 Years 11:00 AM - 1:00 PM	3 	4	5	Baby Circle & Play Group: Teaching Lodge
6	7 Labour Day CLOSED	8	9 SLEEP AWARENESS at Baby Circle 0-18 Months 10:00 AM - 11:00 AM Play Group 18 Months to 4 Years 11:00 AM - 1:00 PM 	10 Drop-In Mocktail Taste Testing Competition 3:00 PM - 6:00 PM 	11 	12	Mocktail Taste Testing: Workshop Room @ CWC
13 Grandparents & Youth Day 11:00 AM - 2:00 PM 	14	15 	16 Baby Circle 0-18 Months 10:00 AM - 11:00 AM Play Group 18 Months to 4 Years 11:00 AM - 1:00 PM	17	18	19	Grandparents Day: Sports Complex Kinder Gym: Lacrosse Box
20	21	22 	23 Baby Circle 0-18 Months 10:00 AM - 11:00 AM Play Group 18 Months to 4 Years 11:00 AM - 1:00 PM	24 Kinder Gym: Truth & Reconciliation 4:30 PM - 6:30 PM 	25	26	Email Hannah Maracle for more information about the programs: hannahm@mbq-tmt.org 
27	28	29	30 National Day for Truth & Reconciliation CLOSED				

Family Health & Child Development Presents

TÓ: YONKWATA'KARÍ:TEK!

(Kinder Gym)

MBQ Members Only (On or Off Territory)
Intended for Families with Walking-6 Year Olds

**JOIN US FOR AN EVENING OF PLAY,
EXPLORATION IN THE LACROSSE BOX, AND
A TRUTH & RECONCILIATION CRAFT!
SNACK TIME WILL BE PROVIDED.**

When: Thursday, September 24 from 4:30 pm - 6:30 pm

Where: Lacrosse Box - 1935 York Road

SCAN THE QR CODE TO REGISTER!

Registration closes Sept.18 @ 4:30 pm



For more information,
contact Hannah:
hannahm@mbq-tmt.org
613-961-9762



BROUGHT TO YOU BY FAMILY HEALTH AND CHILD DEVELOPMENT

BABY CIRCLE

Every Wednesday

Location: 50 Meadow Dr

Teaching Lodge

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
fhcdfamilysupport@mbq-tmt.org

BROUGHT TO YOU BY FAMILY HEALTH AND CHILD DEVELOPMENT

YOU'RE INVITED TO JOIN THE

Family Playgroup

Every Wednesday

Location: 50 Meadow Dr

Teaching Lodge

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.



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

Brought to you by Family Health
and Child Development



Join us at

Baby Circle Playgroup

SEPTEMBER 9, 2026

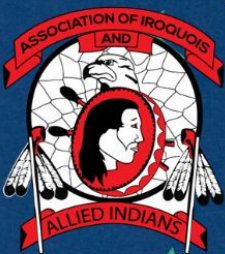
Sleep Safety Tips

AT: TEACHING LODGE 50 MEADOW DRIVE

BABY CIRCLE: 10:00 – 11:00AM

PLAYGROUP: 11:00 – 1:00PM

PLEASE SEE BABY CIRCLE AND PLAYGROUP FLYER FOR MORE
INFORMATION OR EMAIL JESSICA AT
FHCDFAMILYSUPPORT@MBQ-TMT.ORG





Good Baby Box



What does it include?

Diapers and Wipes and/or Formula

Community members living on territory with children under 3 can pre order and pay for a Good Baby box and/or Formula. Payment accepted by E-transfer, cash or debit. Order deadlines and pick up dates are listed.

To Order email Jessica at fhcdfamilysupport@mbq-tmt.org. Upon arrival of the orders, you will be texted to confirm where and when pick up will be located.

Diapers and Wipes and the cost

1 Baby Box/child/week
20 diapers of required size and
1 package of wipes per week
(no guarantee of brands)

\$6.50/week
up to 4 weeks/month= Total\$26.00



Formula

1 can/week/child under the age of 3
to a max of 4 cans a month

Type of formula

Enfamil, Good Start and/or
Kirkland: Contact for pricing

To make payment with cash or debit, drop into the Band Office to directly make payments at the Accounts Receivable Desk.

To make payment by E-Transfer, send it to finance@mbq-tmt.org. Include a note in the transfer indicating what the payment is for (Good Baby Box) and your name along with what you are paying for.

Order by 4:30 p.m.	Pick Up 1:00-3:00 p.m.
Friday, September 11, 2026	Tuesday, September 22, 2026

If you are ordering for the first time, a registration form is required.

If you have any question please reach out to Family Health and Child Development by calling Community Wellbeing Centre Health Reception.
613 967-3603

All items are provided by the CDC and we cannot guarantee diaper brand. All items are based on availability. Orders must be made **monthly** by the date indicated. All orders after specified date will be available the following month.



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

**HAVE SOMETHING TO SHARE
IN THE NEWSLETTER?**

CONTACT:
REBECCA BARTLETT, COMMUNICATIONS OFFICER
COMMUNICATIONS@MBQ-TMT.ORG
613-396-3424 EXT. 136



Hello Everyone! My name is Victoria Ridenour! I am the new Registered Dietitian with the Kenhté:ke Diabetes Education Program!



Victoria, Registered Dietitian (RD)

A LITTLE BIT ABOUT ME ...

- I have a Bachelor's degree in Nutrition & Food and a Master's of Health Science in Nutrition Communication from Toronto Metropolitan University (formerly known as Ryerson University)
- I enjoy many hobbies including reading, hiking, kayaking, and gardening (or as my neighbours say "talking to my plants")
- I have Ojibway heritage with family ties to the Nipissing First Nation Band

CONTACT INFORMATION

My office is located on the health side of the Community Wellbeing Centre, or you can reach me by:

 (613) 967 - 3603 x 114

 diabetesRD@mbq-tmt.org

WHAT CAN A REGISTERED DIETITIAN DO FOR YOU?

Here are just a few of the ways I can support you. This isn't a complete list, so if you're wondering whether I can help with something that's not listed, please reach out. I'd be happy to connect with you.

- Manage diabetes or lower your risk of developing diabetes.
- Eat well to support your heart health, blood pressure, and cholesterol.
- Reach your health and weight goals.
- Plan healthy meals and snacks that fit your budget, lifestyle, and food preferences.
- Build healthy habits and feel more confident making food and lifestyle choices that work for you!

KENHTÉ:KE DIABETES EDUCATION PROGRAM & COMMUNITY HEALTH

presents...

Monthly Recipe Photo Contest!

**WIN A FREE
LARGE
FAMILY
FOOD BOX!**

RECIPE
CARDS ARE
PROVIDED IN
YOUR FOOD
BOX!

COOK THIS MONTH'S RECIPE AND SUBMIT A
PHOTO TO WIN!



COOK



SNAP



SEPTEMBER RECIPE

SUBMIT!

Email your photo submission to Hannah at **communityhealth@mbq-tmt.org**

Recipe modifications welcome!

Deadline: Last day of each month.

Open to everyone! No purchase necessary.

A PDF copy of the recipe will be shared on social media and in the newsletter



Ontario



Indigenous
Services Canada

One Pot Chicken & Rice Burrito Bowls

4 - 6 Servings



Ingredients:

-  1 ½ lbs boneless chicken thighs or breast
-  1 - 2 yellow onion, diced
-  1 - 2 bell peppers, diced
-  1 tomato, diced
-  2 - 4 cloves garlic, minced
-  2 ¼ cups low sodium chicken broth
-  1 tbsp vegetable oil
-  1 can black beans, drained & rinsed
-  1 cup frozen, fresh, or canned corn kernels
-  1 jar (650 mL) salsa
-  ½ tsp salt & 1 tsp pepper
-  1 tbsp chili powder
-  1 ½ tsp ground cumin

Topping ideas:

-  Shredded lettuce
-  Fresh cilantro
-  Avocado or guacamole
-  Jalapeno
-  Red onion
-  Sour cream
-  Salsa
-  Hot sauce
-  Fresh lime wedges
-  Tortilla chips
-  Shredded cheese
-  Pumpkin seeds
-  Pineapple



Recipe adapted from thekitchn: recipe website: <https://www.thekitchn.com/recipe-instant-pot-weeknight-chicken-and-rice-burrito-bowls-248311#post-recipe-12855>



- 1
- Prepare the ingredients.
- Dice the onion, bell pepper, and tomatoes into ¼ inch pieces. Mince the garlic.



- 2
- On a separate cutting board, cut the chicken thighs or breast into bite-sized pieces.



- 3
- Heat oil in a large pot over medium heat.
- Add the onion, bell pepper, and garlic. Cook for about 4 - 5 minutes, until soften.
- Stir in chili powder and cumin and cook for 30 seconds.



- 4
- Add ¼ cup broth, chicken, and tomatoes.
- Season with salt and pepper and cook, stirring occasionally, until the chicken is lightly browned.



- 5
- Add the rest of the broth, black beans, and salsa. Stir well to combine.
- Bring to a gentle boil, reduce heat to low, cover, and simmer for about 15 minutes, or until the chicken is fully cooked.



- 6
- Rinse rice and add to pot.
- Cover and continue cooking for 15 - 20 minutes, or until the rice is tender and most of the liquid is absorbed.
- Stir occasionally.

Did you know? Fibre!

- Fibre is a type of carbohydrate found in plant foods like fruits, vegetables, whole grains, beans, nuts, and seeds.
- There are two types:
- Soluble fibre: acts like a sponge to help slow how fast food moves through the gut. This helps blood sugar levels stay more steady, lower cholesterol, and firm up loose stools. (Food sources: beans, oatmeal, applesauce, oranges, & more)
- Insoluble fibre: acts like a broom to help move food through the digestive system. This supports regular bowel movements to prevent constipation. (Food sources: pears & apples with skin, broccoli, carrots, & more).

How much fibre do you need?



KENHTÉ:KE DIABETES EDUCATION PROGRAM

presents



Good Food Gathering

Cooking Series



Join us for a fun and interactive class where you'll explore exciting nutrition topics, learn practical tips for healthy eating, and prepare a delicious lunch together. Whether you're looking to build confidence in the kitchen, discover new recipes, or simply enjoy cooking and the company of others, there's something for everyone!



DATES & NUTRITION TOPIC:

SEPTEMBER 17 - FIBRE

OCTOBER 22 - DIETARY FAT

NOVEMBER 26 - RESISTANT STARCHES

DECEMBER 10 - HOLIDAY EATING & GOAL
SETTING FOR THE NEW YEAR



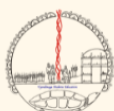
TIME: 10 AM - 2 PM

LOCATION: CWC TEACHING LODGE

**REGISTER
NOW!**

Limited spots, registration is on a first-come, first serve basis. This event is open to MBQ members 18+, on/off territory.

**To register, scan QR code or
email Victoria at DiabetesRD@mbq-tmt.org**



Ontario



Indigenous
Services Canada

Good Food Gathering Cooking
Series Sign-Up (September 17)



KENHTE:KE DIABETES EDUCATION PROGRAM

Presents...
Our Cooking
Competition -

Chili COOK OFF



**Don't miss this
sizzling event!**

To register, scan QR code or email
Victoria at diabetesRD@mbq-tmt.org



Ontario 



Indigenous
Services Canada



PICK-UP SUPPLIES:

DATE: SEPTEMBER 22
LOCATION: CWC HEALTH
SIDE
TIME: 1 - 4:30 PM



DROP-OFF CHILI:

DATE: SEPTEMBER 23
LOCATION: CWC
TEACHING LODGE
TIME: 4 - 5 PM



GOOD TO KNOW:

- OPEN TO ALL AGES
- MUST HAVE OWN
TRANSPORT

**WEDNESDAY
SEPTEMBER**

23

Cooking Competition - Chili Cook-
off Sign-up



REGISTRATION OPEN!

wísk niwáhsen 50

Kenhté:ke Diabetes Education Program

HOODIE APPLIQUE WORKSHOP

Saturday and Sunday - October 24-25, 2026 9am-4pm

CWC Teaching Lodge at 50 Meadow Drive TMT

Open to MBQ members & clients of Kenhté:ke Diabetes Education Program



REGISTRATION BEGINS | **REGISTRATION ENDS**
OCTOBER 1ST AT 9AM | **OCTOBER 16TH, AT 4PM**

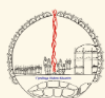
LUNCH IS PROVIDED

REGISTRATION INFORMATION

Please use the QR code to register and if you have any questions
contact Wendy-Joy

613.396-3603 ext. 180 | diabetesdpw@mbq-tmt.org

<https://forms.cloud.microsoft/r/3GAaA2r7Cp?origin=lprLink>



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Indigenous
Services Canada

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Many men are taught to push through pain, ignore stiffness, and keep going.

But pain is often the last sign your body gives that something isn't functioning the way it should.

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When your nervous system isn't functioning at its best, it can affect more than your back or neck—it can impact your energy, recovery, focus, mobility, and overall health.

Neurologically focused chiropractic care helps restore healthy communication between your brain and body so you can move better, recover faster, and feel your best. Whether your goal is to keep up with your kids, improve athletic performance, reduce stress, or simply have more energy for everyday life, chiropractic care can help.

Don't wait until pain slows you down. Invest in your health today so you can continue showing up for the people who count on you tomorrow.

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Call us at 613-966-5855 or schedule your appointment online at foreveryoungchiro.ca/newpatientintake

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COMMUNITY HEALTH PRESENT

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THE WHOLE BODY
ALL AGES WELCOME

**POLES WILL BE
PROVIDED!**

DATES: EVERY MONDAY & THURSDAY IN SEPT - NOV 2026

TIME: 6PM

LOCATION: COMMUNITY WELLBEING CENTRE - HEALTH SIDE

REGISTRATION:

WENDY-JOY - DIABETESDPW@MBQ-TMT.ORG

OR CALL 613-967-3603 EXT 180



***Kenhté:ke Diabetes Education Program in partnership with
Tyendinaga Fitness Resource Centre***

**EVERY
TUESDAY**

5:30 PM

SEPTEMBER HIKES

**SEPT 01 CATARAQUI TRAIL
51 FINLAY ST. NAPANEE K7R 3L2**

**SEPT 08 MENZEL NATURE RESERVE
ROBLIN RD. ROBLIN K0K 2W0**

**SEPT 15 VANDERWATER CONSERVATION 512
VANDERWATER RD. THOMASBURG**

**SEPT 22 HR FRINK CONSERVATION AREA 381
THRASHER RD. PLAINFIELD K0K 2V0**



**SEPT 29 MASSASSAUGA POINT
1280 MASSASSAUGA ROAD,
BELLEVILLE ON**

KENHTÉ:KE DIABETES EDUCATION
PRESENTS

Horn Rattle WORKSHOP



**SATURDAY, OCTOBER 31ST OR
SUNDAY NOV 1ST, 2026**



9AM-4PM



**50 Meadow Dr, TMT
CWC Teaching Lodge**



ABOUT WORKSHOP:

- This workshop is open to members of the Mohawks of the Bay of Quinte or clients of the Diabetes Education Program.
- Lunch is provided
- Only one person per sign-up request

**TWO
DATES
TO
CHOOSE
FROM**

REGISTRATION INFORMATION

BEGINS OCTOBER 1ST, 2026 AT 9AM

Please use QR code to register, if you email please include:

1. First & Last Name
2. Phone Number
3. Address
4. List of food allergies and any pertinent information
5. Your choice of date

REGISTRATION CLOSES OCTOBER 25th, 2026



[HTTPS://FORMS.CLOUD.MICROSOFT/R/3
GAAA2R7CP?ORIGIN=LPRLINK](https://forms.cloud.microsoft/r/3GAAA2R7CP?origin=LPRLINK)

CONTACT WENDY-JOY AT:



613-967-3603 Ext 180



diabetesdpw@mbq-tmt.org

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Hosted by Community Health

Reiki Sessions

to book an appointment call Health Reception at 613-967-3603

'Reduce your stress, Improve overall well-being & a greater sense of balance'

Sessions to be offered by a Reiki Masters
Diana Rossi and Sarah Taylor

"Take Some Time For You"

REST. BREATH. RECEIVE

"All sessions are 30
minute intervals"

Registration opens
August 17, 2026

To be held at the
Community Wellbeing Centre
Teaching Lodge 50 Meadow Drive, TMT, ON

Appointment Dates & Times for Diana Rossi

August 31st - 2:30pm, 3:15pm, 4:00pm & 4:45pm
September 2nd - 4:00pm, 4:45pm, 5:30pm & 6:15pm
September 3rd - 2:30pm, 3:15pm, 4:00pm & 4:45pm
September 9th - 4:00pm, 4:45pm, 5:30pm & 6:15pm

Appointment Dates & Times for Sarah Taylor

September 14th - 10:00am, 10:45am, 11:30am, 1:00pm, 1:45pm, 3:00pm, 3:45pm
September 21st - 10:00am, 10:45am, 11:30am, 1:00pm, 1:45pm, 3:00pm, 3:45pm
September 18th - 10:00am, 10:45am, 11:30am, 1:00pm, 1:45pm, 3:00pm, 3:45pm

For information on Reiki, please see website: www.sarahtaylorwellness.ca

Open to all ages, Registered MBQ members on and off the
Territory



For more information, please contact the CHR's at the Community Wellbeing Centre at 613-967-3603





CKYA RADIO MONTHLY UPDATE

TEYONKWAWEYENHARÁ:'ONH! WE HAVE BEEN BUSY! SEHSKÉHA 2026 UPDATE

CKYA had a successful launch of our first fundraiser at the Tyendinaga Pow Wow. Our 50/40/10 raffle will run until September 20th, you can buy your tickets at CKYA.ca. We are moving full steam ahead to get on the air, until then you can find us online. We are now recruiting volunteers, please reach out if you're interested in joining us. We are also looking for local Onkwehón:we musicians interested in playing and creating.

FOR MORE INFORMATION EMAIL RADIO@KENHTEKE.ORG



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to your radio at

89.5
FM



\$5

Help us
get on the air
stay on the air!

50/40/10 Bonus Draw

Draw Date: Sunday, September 20, 2026

1st Prize: 50% of prize pool

Bonus Prize: 10% of prize pool*

* Bonus Prize winner will agree to record a short phrase in the Kanyen'kéha (Mohawk) language.
NO PREVIOUS KNOWLEDGE OF THE LANGUAGE REQUIRED

40% of the pool helps CKYA



2 Ways to Enter!

\$ CASH: Physical Ticket in person

< ONLINE: Use this QR Code (Zeffy.com)

Email: radio@kenhteke.org | Phone: 613-970-3045

Raffle Licence # MBQ-26-R0002

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.

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Ryan Vankoughnet (Owner)

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ryanvank@live.ca

wísk niwáhsen sha'té:kon 58



Kenhtè:ke Mohawk Language and Cultural Centre Land Restoration Project

Land Restoration Project- Sehskéha (August) Update

The work continues on...

Seskéha brought us much growth on site and in our community garden.

Currently growing in our community garden we have various onerahtaká:te' (lettuce) that have grown and gone to seed for saving, ken'niyohontéhsha ó:nenhste (Strawberry corn), Duane Baptiste ohsahéta (bean), óhonte nikarhyotsherò:ten' (green beans), ohyakháhon (tomatoes), otsì:nekwar nikatsihtò:ten (carrots), onon'onhserakáhte (watermelon), and red kuri onon'ónhsera' (squash). All continue to flourish under the care of Kayenté:ri (our lead gardener) and with the help of this summer's youth program, a partnership with Focus Forward for Indigenous Youth and Wintergreen Studios.. We have installed a fence in order to protect some of our produce from our relatives that still use this land, like ohskenón:ton (deer), ohrhyó:ken (chipmunk), anonhwaráweron (groundhog) táhnon tsítsho (fox), etc.

Nyawenhkó:wa to our youth for all of their hard work and dedication in creating this beautiful landscape with us, and to community organizations and members for your donations of seed, plantlings, time, etc.





Social Songs & Dance

Hold the Dates

More Details to Come

WEDNESDAYS, 6PM TO 8 PM

OCTOBER 14, 2026
NOVEMBER 18, 2026
DECEMBER 9, 2026
JANUARY 13, 2027
FEBRUARY 10, 2027
MARCH 10, 2027
APRIL 14, 2027

Planned Location
Tsi Tyónnheht Onkwawén:na
Language and Cultural Centre
39 Salmon River Road,
Shannonville

Indoor Shoes must be worn

Open to all MBQ members and community

Youth under the age of 16 must be accompanied by an adult

Light snacks and refreshments provided



If you have any questions please reach out to Tracey Gazley at traceyg@mbq-tmt.org or Nancy Gourlay at events@kenhteke.org





QUIET MINDS

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the Mind,
Awaken
the Spirit

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Addiction & Substance Use



Mood Disorders



Anxiety



ADHD



Physical Health Challenges



Trauma / PTSD

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

Nyawen'kó:wa to everyone who came and enjoyed our Strawberry Social & Silent Auction on Saturday, June 27th.

The donation of strawberries by Lakeshore Farms was greatly appreciated. The storytelling and music by Nikki Auten and Richard Crouse were enjoyed by all.

A huge note of appreciation to the following generous donors for the Silent Auction items and baked goods:

Ardeth Armstrong
Billie Green
Brian & Kaleena Hanoski
Brenda Asselstine
Carla Barnhardt
Cathie Vick
Cathy Anderson Dings
Chelsey Sicord
Debra Vincent
Derek & Lesley Baldwin
Hole Lotta Sourdough
John Eves
Joy Maracle
Kahentake Wellness Support
Kanienkeha:ka Krafts

Karen John
Kate Ann Follwell
KC Builders Excavating
Lisa Martin
Nancy Loft Carr-Braint
Patricia Brant
Penny Choma
Randy's Leather
Sandra Lee Randle
Sherry Lewis
Trevor Lewis
Tyendinaga Propane
Wick-it Naturals
Wilma Maracle
Xander & Nancy Hanoski

The support of our wonderful community is always appreciated!



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
SEPTEMBER 16

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.



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

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
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K0K 3A0
PHONE: 613.969.1315
FAX: 613.969.9806
E-MAIL: office@buildallcontractors.ca



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The Four Pillars SOCIETY

Four Pillars Q&A - What are the Four Pillars?

The Four Pillars Society is a non-profit organization that manages a settlement trust the Mohawks of the Bay of Quinte (MBQ) will receive funding from in the future. MBQ opted into the settlement in 2022. The name describes the four guiding principles or “pillars” to spend the funds:

1. Revival and Protection of Indigenous Language
2. Revival and Protection of Indigenous Culture
3. Protection and Promotion of Heritage
4. Wellness for Indigenous Communities and People

Who decided we should spend the funding in those areas?

The Four Pillars Society consists of nine First Nation members from bands across Canada and is chaired by Shane Gottfriedson, who is one of the two original plaintiffs of the lawsuit that resulted in the settlement agreement.

When will MBQ receive funding?

MBQ must submit a written plan to document how funding will address one or more of the Four Pillars. I (Karhonkwison Logan) was hired by MBQ as the Community Outreach Coordinator to facilitate community engagement and complete the plan by Winter 2027. After the plan is completed and submitted to the Four Pillars Society, there will be a waiting period from their office for review and approval before MBQ receives the funds.

Will I receive a claims check from this settlement?

Due to their settlement restrictions, this funding cannot be issued out to individuals. It is only issued to First Nation Bands for community programming. Fortunately, it can help existing programs and/or create new programs for our membership.

How will this funding be transparent?

The Four Pillars Society requires a schedule within MBQ’s audit for this funding, so Four Pillars spending will be audited every year.

How can I help our band to receive the funding for community services?

Our Four Pillars Plan needs to include community input, so we’ll need your help and feedback! I’ll have a table at the Mohawk Fair to hear from band members. Anyone who’d like to share their feedback can also complete our survey to be entered into a prize draw that will be held before Christmas. I’ll be hosting a Beading Night and info sessions in September, so keep an eye out on MBQ’s Facebook page and website for flyers with those event details!

MBQ - Four Pillars Community
Input Survey



Do you have any questions I didn’t cover? Please email them to me at communityrelations@mbq-tmt.org

- Karhonkwison Logan

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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

FREE

Free wood structure, come and pick up
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FOR SALE

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

FOR SALE

Two, one acre level, treeless lots.
200' deep, 185' wide with road frontage.
One 3/4 acre lot with 178' road frontage.
Water and hydro are at the property line, would need to be extended to the property.
For more information, please call Dan at
613-921-2470

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

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



PLEASE RETURN

Recently, a valued treasure was removed from our front long at 432B Ridge Road. The item was a small antique cannon mounted on wooden frame; a gift from our late son.

We would really appreciate its return – no questions asked.

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

WANTED: TUTOR

Looking for a tutor for two children on Tuesdays for 1 hour each in the after school hours.
Please call April 613-242-5434

FOR SALE

Beautifully maintained, turn-key 2-bedroom mobile home in a convenient location on 2.1 acres. Available to MBQ status members.
FEATURES:

- 2 bedrooms, 2 bath/ensuite
- 5 appliances
- 20 x 12 storage shed
- Enjoy the most beautiful evening sunsets

For more information, contact:
613-206-9505



WHEN WE MEET

1984 York Road
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325

COMING EVENTS

Sep 19, 2026 Pancake Breakfast, 8 till Noon, Mohawk Fair

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

“God often empties our hands to fill our heart”

Anonymous

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!

JULY

August

September

S	M	T	W	T	F	S
	29	30	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/ 31	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			

October

NOVEMBER

December

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	24	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	31	1	2

WASTE EAST



**WASTE & RECYCLING
SCHEDULE**

RECYCLE EAST



WASTE WEST



RECYCLE WEST



HOLIDAY



SEHSKE'KÓ:WA



Have a safe & happy school year!