

# MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANYEN'KEHÁ:KA



ISSUE 09/20  
Sehske'kó:wa  
(September)



## ORÍ:WASE *(news)*

Web: [www.mbq-tmt.org](http://www.mbq-tmt.org) / Facebook: MBQ.TMT / Twitter: @MBQTMT / Instagram: @mbq.tmt

## Mohawks of the Bay of Quinte

Kenhteke nene kanyen'kehá:ka kanakerahserà:kon, nène rontathà:wi ne kanekarahsera. Tsi niyonkwarihò:tens tahnnon niyakwawennò:ten nahò:ten yonkwateryèn:tare ne tsi nitsyonkwè:non. Yakwatstha nahò:ten ne yonkwateryèn:tare tahnnon nahò:ten yonkwateryihwayèn:ni ne ayakwaten'nikòn:raren tahnnon ayakhikwennyenste ne onkyonkwè:ta, onkyonhwentsya nahoténhshon yonkwà:yen tahnnon ne sa'oyè:ra.

*Tyendinaga, as part of the Mohawk Nation, is a healthy, sustainable Kanyen'kehá:ka community, built on and united by our language, culture, traditions, knowledge, and history. We exercise our rights and responsibilities for the protection of and respect for our people, our land, our resources, and the environment.*

### NOTICES:

**ATTENTION MORTGAGE HOLDERS:** It has come to our attention that many insurance companies will ONLY notify the MOHAWKS OF THE BAY OF QUINTE if your existing house insurance policy has been cancelled however will NOT when the policy has been renewed. This creates a problem when incentives, rewrites and renovations are requested. You will not qualify if your house insurance policy on file is not up to date. In order to ensure your policy is current, we ask that you mail, fax or deliver renewal form when received.

**COVID-19 TESTING:** If you would like to be tested for COVID-19 please call the CWC at 613-967-3603 to schedule an appointment.

For most up to date information, please visit our Facebook page or website at [mbq-tmt.org/health/covid-19/updates](http://mbq-tmt.org/health/covid-19/updates)

The Mohawk Firefighters responded to 11 calls from July 23 to August 23:



1	<b>Fire: Grass/Brush</b>	2	<b>Fire: Other</b>
2	<b>Vehicle Accident</b>	1	<b>Alarm: Residential</b>
2	<b>Medical: Emergency</b>	1	<b>Rescue: Ice/Water</b>
1	<b>Fire: Residential</b>		
1	<b>CO Detector</b>		

This brings the total calls to 66 for 2020.



The Tyendinaga Police Stats for July 23 to August 23:

**Total Number of Occurrence to date: 95**  
**Motor Vehicle Collisions: 4**  
**Total Number of Charges Laid to date: 6**

## COMMUNITY MESSAGES and ANNOUNCEMENTS



### HAPPY BIRTHDAY!

Happy 12th Birthday  
Reyna - September 3rd  
Lots of Love Aunt  
Marilyn & Uncle Rick

Happy Birthday Leah -  
September 8th  
Love Sam, Emmett,  
Phill & Hayden

Happy 18th Birthday  
Hayden -  
September 17th  
Love Dad, Sam  
& Emmett

Happy Birthday Mike -  
September 26th  
Love Marilyn & Rick

Happy 40th Birthday  
Donna - September 7th  
Lordy Lordy look who's  
40!!  
Love Aunt Marilyn &  
Uncle Rick

Happy 9th Birthday  
Shyla - September 16th  
Lots of Love,  
Aunt Marilyn & Uncle  
Rick

Happy Birthday MJ -  
September 17th  
Love Marilyn & Rick

Happy Anniversary MJ  
& Bill - September 25th  
Love Marilyn & Rick

Happy Birthday Leah -  
September 8th  
Love Marilyn & Rick

Happy 18th Birthday  
Hayden - September  
17th  
Lots of Love, Marilyn &  
Rick

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

Happy Birthday Aunt  
Donna - September 12  
- "I know your birthday  
is going to be  
something special!"

### In Loving Memory of Jeffery Gordon Hill September 20, 2014

You Gave Us Love  
You left this world so quickly,  
We still wonder why,  
For the saddest part of all,  
You never said goodbye.

You left us so many memories,  
To us you were so dear,  
No matter when we needed you,  
We always found you near.

You gave us all you had to give,  
Gifts both big and small,  
But most of all you gave us love,  
The greatest gift of all.

Forever in our hearts,  
Mom, Dad & Family



# MBQ RESEARCH DEPARTMENT



This picture is from the Eastern School circa 1948.

We, the Research Dept. would like to know who these students are.

If you recognize yourself or anyone else please send me an email at: [research@mbq-tmt.org](mailto:research@mbq-tmt.org).

Nyá:wen  
Steven Lindsay-Maracle RECE,  
Research Assistant

This Class Picture is from the Eastern School circa 1951. We, in the Research Dept, would like to know who these students are.

Do you recognize yourself, or anyone else? If so please send me email at: [research@mbq-tmt.org](mailto:research@mbq-tmt.org).

Nyá:wen  
Steven Lindsay-Maracle,  
RECE, Research Assistant



# KANHIOTE LIBRARY

Curbside Pick-up available. Books and DVDs are available on loan. Dates, times and protocol for pick-up will be posted on our website, Facebook page and our road sign.

To order items from the library or for more info on how to access our porch pick-up please call **613-967-6264** or email: [kanhiotelibrary@gmail.com](mailto:kanhiotelibrary@gmail.com).



The Library remains closed to the public at this time. We thank you for your patience and look forward to re-opening to safely serve our community face-to-face once again! Take care and be safe!



## Community Circle

**Tuesday September 22nd 2020**  
**Mohawk Community Center**  
**6:00 pm - 8:00 pm**

Come enjoy an evening with Millside Ceramics through Zoom, We always have lots of fun with Marleen.

We will be painting a Haunted house that lights up.

**ALL PARTICIPANTS MUST REGISTER!**

**REGISTRATION DATE:** Tuesday September 8th 2020 call or text (343)-263-0471

When registering you will need to leave your name and address for delivery, your phone number in case we have any questions, email address so that we can send you the zoom link and the instructions to e-transfer your payment.

**\*\* All participants must be 16 years of age and older\*\***

Spaces are limited to 50, Registration fills fast

Registration fee is \$25.00 and non-refundable

You will be required to purchase some paints and brushes to complete this project.

A list will be provided with your ceramic piece when delivered.

A meeting of the Tyendinaga Mohawk Council was held on Wednesday, July 22, 2020 at 9:30 a.m. via Microsoft Teams video conferencing.

Present: Chief R. Donald Maracle

Councillors: Josh Hill, Lynda Leween, Kelly Maracle and Carl E. (Ted) Maracle arrived at 11:00 a.m.

Staff: Angela Maracle, A/ Chief Administrative Officer; Shelley Bowden, Executive Administrative Assistant;

Absent: David Souliere, CAO due to illness;

Chief opened the meeting with a prayer

MOTION #1: Moved by Kelly Maracle, seconded by Lynda Leween that the Tyendinaga Mohawk Council Minutes of July 8, 2020 be approved.

Carried.

MOTION #2: Moved by Kelly Maracle, seconded by Josh Hill that the Tyendinaga Mohawk Council Special Minutes of July 9, 2020 be approved.

Carried.

MOTION #3: Moved by Lynda Leween, seconded by Kelly Maracle that the Tyendinaga Mohawk Council Special Minutes of July 13, 2020 be approved.

Carried.

MOTION #4: Moved by Kelly Maracle, seconded by Lynda Leween that the Tyendinaga Mohawk Council Special Minutes of July 16, 2020 be approved.

Carried.

Council confirmed the following scheduled meetings:

- July 29, 2020 – 7:00 p.m. – Tyendinaga Mohawk Council Local Business
- August 5, 2020 – 9:30 a.m. – Tyendinaga Mohawk Council Regular
- August 12, 2020 – 7:00 p.m. – Tyendinaga Mohawk Council Local Business
- August 19, 2020 – 9:30 a.m. – Tyendinaga Mohawk Council Regular
- August 26, 2020 – 7:00 p.m. – Tyendinaga Mohawk Council Local Business

MOTION #5: Moved by Josh Hill, seconded by Lynda Leween to approve the 3 month temporary Business Registration for Mohawk Hydroponic Garden Supplies, owner Shawn Sager.

Carried.

MOTION #6: Moved by Kelly Maracle, seconded by Lynda Leween to acknowledge the following Land Transfer completed in May 2020:

1. from Calvin Wayne Brant, Donna Maurrie Crouse, Ella Eileen Story & Carl Edward Maracle to Terry Allen Maracle, Lot 26E-4-1, Concession 2;
2. from William James & Marilyn Ann Brant to Lisa Anne & Rodney Wallace Brant Francis, Lot(s) 23L-8, 22L-6, Concession A;
3. from William James & Marilyn Ann Brant to Lisa Anne & Rodney Wallace Brant Francis, Lot 22L-16, Concession A;
4. from William James & Marilyn Ann Brant to Curtis William Allan Fox, Parcel D, Lot 24, Concession 2;
5. from William James & Marilyn Ann Brant to Curtis William Allan Fox, Lot 24E-4, Concession 2;

6. from Mohawks of the Bay of Quinte to Ronald Leslie & Deanna Fern Brant, Lot 9F-1, Concession A;
  7. from Estate of Fletcher, Davidson, Hill & Avalena Green to Betty Jean Maracle, Lot 30N, Concession A;
  8. from Estate of Fletcher, Davidson, Hill & Avalena Green to Christopher Blaine Brant, Lot 30D-4-1, Concession A;
  9. from Estate of Fletcher, Davidson, Hill & Avalena Green to Roderick Donald Maracle, Lot 30A-1, Concession A;
- Carried.

MOTION #7: Moved by Kelly Maracle, seconded by Lynda Leween to acknowledge the following Land Transfers completed in June 2020:

1. Thomas Hector & Debra Ann Vincent to Kaleena Pearl Hanoski, Lot 5-2-3 with R/W over Lot 4-3, Concession A;
2. Thomas Hector & Debra Ann Vincent to Linda Susan O'Coin, Lot 5-2-1 with R/W over Lot 4-3, Concession A;
3. Kenneth Percy Leonard Maracle to James Earl Brant, Lot 22A-12 & Lot 22A-22, Concession 1;
4. Timmy Owen Maracle & Kathleen Yvonne Maracle to Trey William George Maracle, Lot 32B-4, Concession 1;
5. Tracey Rae Maracle to Franklin Joseph King, Lot 3A-6-2, Concession 2;
6. Tammy Dawn Green to Myles Orville Wesly Adam Green, Lot 30F-1-2, Concession A;
7. Myles Orville Wesly Adam Green to Kristen Sara Loft, Lot 30F-1-2, Concession A;
8. Tammy Dawn Green to Myles Orville Wesly Adam Green, Lot 30F-3, Concession A;
9. Waneta Ann Davidson to Sharon Donna Crowder, Lot 33C-4, ConcessionA;
10. Waneta Ann Davidson to Jessica Raven Lynn Culbertson, Lot 33C-7, ConcessionA;
11. Waneta Ann Davidson to Chelsi Laine Davidson, Lot 33C-6, ConcessionA;
12. Waneta Ann Davidson to Hayden Norris Davidson, Lot 33C-5, with R/W over Lot 33C-6, ConcessionA;
13. Doris Marilyn Green to Samantha Christine McGuire & Joseph Arthur Roy Smart, Lot 2B-11, Concession 2;
14. Phillip Steven Ward Maracle to Curtis William Allan Fox & Christopher Kevin Fox, Lot 8E-1-1 & Lot 8C-1-2, Concession 2;
15. Kaleena Pearl Hanoski to Nancy Yvonne Bardy, Lot 24D-1, Concession 2;
16. Connie Jean Fleming & John Amos Fleming to James Earl Brant, Lot 22A-11, Concession1;
17. Clarissa Ann Cobbledick to Joshua Murrell Brant-Parkin, Lot 32B-12 with R/W over 32B-11, Concession 1
18. Harold Albert Jr. Maracle to Jonathan Wesley Maracle, Lot 36B-25, Concession 2;
19. Jonathan Wesley Maracle water servicing easement agreement on Lot 36B-25 Concession 2 with George Lionel Smart & Carlene Jane Smart;
20. Christopher Montgomery Maracle to Susan Lynn Maracle & Douglas Raymond Bernhardt, Lot 21K-4, Concession A;
21. Estate of Donald Michael Brant to Lisa Marie Livingston, Lot 5A-5-2, Concession 2;

Carried.

MOTION #8: Moved by Josh Hill, seconded by Kelly Maracle to approve to continue researching the Transitioning of three MBQ position to the Hastings Prince Edward Board of Education.

Carried.

MOTION #9: Moved by Josh Hill, seconded by Kelly Maracle to acknowledge the information on the Bachelor of General Studies Program at Loyalist College provided by Tracey Gazley, Director of Education and that FNTI is informed of the progress of the program.

Carried.

MOTION #10: Moved by Kelly Maracle, seconded by Lynda Leween to post the position of Painter Apprentice.

Carried.

MOTION #11: Moved by Kelly Maracle, seconded by Lynda Leween to approve the Employee and Family Assistance Program Policy.

Carried.

TYENDINAGA MOHAWK COUNCIL MINUTES  
JULY 22, 2020

MOTION #12: Moved by Kelly Maracle, seconded by Lynda Leween to approve sending a letter to Hastings County, acknowledging the property severance request located at the west end of the urban area of the Town of Deseronto at the north eastern quadrant of the intersection of Main Street and Gypsy Lane this is part of the original Mohawk Tract.

Carried.

MOTION #13: Moved by Kelly Maracle, seconded by Josh Hill to approve to release the MBQ information to Kahnawake School Diabetes Program for the final report.

Carried.

MOTION #14: Moved by Kelly Maracle, seconded by Carl E. (Ted) Maracle to approve the funding from the Association of Iroquois and Allied Indian in the amount of \$92,000.00 to create a position of Family Addictions Support Worker.

Carried.

Council discussed the request for a representative to be appointed to the Sir John A. MacDonald Memorial Committee.

MOTION #15: Moved by Kelly Maracle, seconded by Lynda Leween to appoint Councillor Josh Hill to the Sir John A. MacDonald Memorial Committee.

Carried.

MOTION #16: Moved by Carl E. (Ted) Maracle, seconded by Kelly Maracle to approve to schedule a meeting with the Provincial and Federal Governments on August 24, 2020 at 1:00 p.m. to discuss funding for the Tyendinaga Police Services Capacity Study.

Carried.

MOTION #17: Moved by Kelly Maracle, seconded by Lynda Leween that this meeting go into private. (11:19 a.m.)

Carried.

Recorded by: Shelley Bowden  
Executive Administrative Assistant

Original Signed by:  
Chief R. Donald Maracle

TYENDINAGA MOHAWK COUNCIL MINUTES  
JULY 23, 2020

A special meeting of the Tyendinaga Mohawk Council was held on Thursday, July 23, 2020 via Microsoft Teams video conferencing with the Tyendinaga COVID Response Team (TCRT) for an update on COVID-19.

Present: Chief R. Donald Maracle  
Councillors: Kelly Maracle, Josh Hill, Lynda Leween;

Staff: Angela Maracle, A/Chief Administrative Officer; Shelley Bowden, Executive Administrative Assistant; Lisa Maracle, Director of Community Services; Susan Barberstock, Director of Community Wellbeing; Tom Kring, Senior Housing Manager; Brittany Wendelboe, Community Health Nurse in Charge; Scott Maracle, Fire Chief; Chris Brinklow, TPS

Absent: David Souliere, CAO, due to illness;

Brittany Brant, Nurse in Charge provided an update on the COVID-19 stats.

A discussion regarding Large gathering.

MOTION #1: Moved by Kelly Maracle, seconded by Lynda Leween to approve notice be sent to the community that at this time the Council discourages any large gatherings of people with-in the territory to ensure public safety.

Carried.

Everyone left the meeting but Chief and Council, Angela Maracle, A/Chief Administrative Officer; Shelley Bowden, Executive Administrative Assistant; Susan Barberstock, Director of Community Wellbeing; and Tom Kring, Senior Housing Manager;

Susan discussed the Community Foundations of Canada Grant.

MOTION #2: Moved by Kelly Maracle, seconded by Lynda Leween to approve signing the agreement with the Community Foundations of Canada grant in the amount of \$18,850.00 for programs and equipment for seniors.

Carried.

Susan left the meeting.

Meeting went into private to discuss an Administrative issue.

Recorded by:  
Shelley Bowden, Executive Administrative Assistant

Original Signed by:  
Chief R. Donald Maracle

A special meeting of the Tyendinaga Mohawk Council was held on Tuesday, July 28, 2020 via Microsoft Teams video conferencing with the Tyendinaga COVID Response Team (TCRT) for an update on COVID-19.

Present: Chief R. Donald Maracle  
Councillors: Kelly Maracle, Josh Hill, Lynda Leween; Carl E. (Ted) Maracle

Staff: Shelley Bowden, Executive Administrative Assistant; Lisa Maracle, Director of Community Services; Susan Barberstock, Director of Community Wellbeing; Tom Kring, Senior Housing Manager; Todd Kring, Director of Infrastructure; Carmen El Mur, Employee Relations Manager; Brittany Wendelboe, Community Health Nurse in Charge; Jason Brant, TPS Chief; Mika Henry, Communications;

Absent: David Souliere, CAO, due to illness;

Brittany Brant, Nurse in Charge provided an update on the COVID-19 stats.

Everyone left the meeting but Chief and Council, Shelley Bowden, Executive Administrative Assistant; Jason Brant, TPS, Chief

MOTION #1: Moved by Kelly Maracle, seconded by Lynda Leween WHEREAS: The Tyendinaga Mohawk Council has been informed by the Tyendinaga Police Service that the following person:

Keith McCullough DOB: 1941/04/08

Presents a demonstrated threat to the peace, security and health of the residents of the Mohawks of the Bay of Quinte:

AND WHEREAS: Keith McCullough DOB: 1941/04/08, is currently residing in Trenton, Ontario, has numerous negative contacts with police involving being seen in or around schools, parks and places where young people and children frequent, and was observed at the Tyendinaga Territory skate park on the 27th of July 2020. He is the subject of numerous complaints to police and is not a member of the Mohawks of the Bay of Quinte nor is there evidence he is of indigenous decent.

THEREFORE BE IT RESOLVED: That Keith McCullough DOB: 1941/04/08 be prohibited from being on the Tyendinaga Mohawk Territory of the Mohawks of the Bay of Quinte for any reason.  
MCR #2020/21-009.

Carried.

MOTION #2: Moved by Kelly Maracle, seconded by Lynda Leween that this meeting be adjourned. (1:26 p.m.)

Carried.

Recorded by:  
Shelley Bowden, Executive Administrative Assistant

Original Signed by:  
Chief R. Donald Maracle

A special meeting of the Tyendinaga Mohawk Council was held on Thursday, July 30, 2020 via Microsoft Teams video conferencing with the Tyendinaga COVID Response Team (TCRT) for an update on COVID-19.

Present: Chief R. Donald Maracle  
Councillors: Kelly Maracle, Josh Hill, Lynda Leween; Carl E. (Ted) Maracle

Staff: Shelley Bowden, Executive Administrative Assistant; Lisa Maracle, Director of Community Services; Susan Barberstock, Director of Community Wellbeing; Tom Kring, Senior Housing Manager; Todd Kring, Director of Infrastructure; Carmen El Mur, Employee Relations Manager; Brittany Wendelboe, Community Health Nurse in Charge; Jason Brant, TPS Chief; Mika Henry, Communications;

Absent: David Souliere, CAO, due to illness;

Brittany Brant, Nurse in Charge provided an update on the COVID-19 stats.

The question was asked as to “What is the direction on the school opening”  
– and the Chief asked if we had any indication as to whether or not the Province is investing money to QMS?

- Tracey to investigate info and provide an update.
- Cost to sanitize - have we asked?

There have been some issues raised regarding a community Member – returning from the USA  
· Can Brittany provide times and Days for testing off territory

TFRC – Opening August 31st, 2020

- Need to ensure that there is monitoring & can/may adjust

ISC Budget is ready for submission but it was asked that the loss of revenue from fitness centre be included.  
Susan is to send an email to TMC with what the figure is for the lost revenue that the TFRC expects.

MOTION #1: Moved by Josh Hill, seconded by Kelly Maracle to approve opening the Tyendinaga Fitness Resource Centre (TFRC) on August 31st, 2020 with COVID requirements in place.

Carried.

MOTION #2: Moved by Kelly Maracle, seconded by Lynda Leween to approve the proposed COVID-19 Funding Budget for submission to Indigenous Services Canada (ISC).

Carried.

Council will review the US-Canada Border Crossing.

MOTION #3: Moved by Kelly Maracle, seconded by Lynda Leween to approve the cross-border flyer for posting.

Carried.

The Chief reported that he and Todd had a call with Quinte Conservation advised we are at a level 2 drought bordering on level 3 similar to 2016 when 70% of wells went dry.

MOTION #4: Moved by Kelly Maracle, seconded by Josh Hill to bring the driveway repair policy forward on August 5, 2020.

Carried.

MOTION #5: Moved by Kelly Maracle, seconded by Josh Hill that this meeting be adjourned. (1:58 p.m.)  
Carried.

Recorded by:  
Shelley Bowden, Executive Administrative Assistant

Original Signed by:  
Chief R. Donald Maracle



# COVID 19 Testing



Do you think you should be tested?  
Have you been exposed?

Do you have a loved one living in LTC?  
Have you not been following public health  
recommendations?

Help keep our Community Safe

Drive up testing for COVID-19 is  
available for Community Members  
Tuesdays and Thursdays

**BY APPOINTMENT**

For more information or to set up an  
appointment, call the Community

Wellbeing Centre

Monday to Friday 830-430

**613-967-3603**



**\*\*Please note, all appointments and results will  
remain confidential, if you are positive strict contact  
tracing will be followed**

If you have had exposure  
and are symptomatic after  
hours please call CWC  
ext.144



# GOOD FOOD BOX 2020

'Keeping our Community Healthy'

\$10 Veggie Bag  
\$5 Fruit Bag

\* Pay when you pick up,  
cash only.

To order  
or for more information,  
call Vanessa, at CWC  
613-967-3603 ext. 137

ORDER BY:	PICK UP:
Wed Sept 23	Tues Sept 29
Wed Oct 21	Tues Oct 27
Wed. Nov 18	Tues Nov 24
Wed Dec 16	Tues Dec 22

Order by: 4:30 pm  
Pick up: 1 pm-3 pm  
at  
50 Meadow Drive  
Community Wellbeing

## KEEP CALM WE ARE DRIVING ON



The Medical Transportation Program's  
dedicated volunteer drivers are just waiting  
for a call!

613-967-3603 Ext 127

TRANSPORTATIONCLERK@MBQ-TMT.ORG

Although the office is not open to the  
community, we have a drop box on the  
CWC Health side for any paperwork you  
may want to drop off and our staff is  
working 8:30am-4:30pm Monday to Friday.

If you have any questions about safety  
measures, we have in place please  
contact us. Our community wellbeing is an  
upmost priority.

Please note:

There have been changes to this program and the products available.

## GOOD BABY FOOD BOX



The **Good Baby Food Box** helps any and all families stretch their dollar,  
reduce cost, and meet nutritional and other needs of their infants and  
toddlers.

### Formulas:

Powder ONLY, concentrated no longer available

Carnation Good Start (powder)	\$16.00/can
Enfamil lower iron (powder)	\$16.00/can
Enfamil with iron (powder)	\$16.00/can
President's Choice with iron	\$10.00/can
President's Choice lower iron	\$10.00/can

### Infant: \$6.50

20 pack of diapers  
1 choice of cereal, cookies or wipes

### Over 6 Months: \$6.50

20 pack of diapers  
1 choice of cereal, cookies or wipes

### Toddlers: \$6.50

20 pack of diapers  
1 choice of cereal, cookies or wipes

To order: call Vanessa, at CWC  
613-967-3603 ext. 137



With **COVID-19** and social isolation affecting everyone at present, **Evolve Neurofeedback and Psychotherapy Clinic** has assessed what we believe is in the best interest of our clients and staff. We are presently accepting new clients for neurofeedback, and face-to face psychotherapy. However, face masks/coverage is required in the waiting room. **We continue to offer telephone or tele-video therapy sessions to existing and new clients.** Our tele-video sessions are secure and compliant with the Personal Health Information Protection Act (PHIPA/PIPEDA). Please contact us at **613.779.7757, or wellness@evolve neurofeedback.com** if you wish to set -up an appointment.

Andrew Alkenbrack & Team MA, Registered Psychotherapist, Neurofeedback Technician 525A Dundas St East, Belleville

**First Nations' individuals (with Status) are eligible for up to 22 hours of Psychotherapy every 12 months with a registered Service Provider (Evolve Psychotherapist) through Non-Insured Health Benefits (NIHB). NIHB Program operates as part of the mental wellness programs of Health Canada.**







**Alzheimer Society**  
HASTINGS - PRINCE EDWARD

MBQ Community Health and Home Support Programs, in partnership with the Alzheimers Society of Hastings Prince Edward offer:

# Memory Cafe

*Are you worried about your memory and eager to learn ways to boost your brain.  
Do you have early stage dementia?  
Join us while we discuss brain health, practise brain boost strategies and gentle movement.*

**ALL WELCOME-PLEASE JOIN US**  
September 24th from 2-3:30pm via Zoom

**Special guest Marleen Murphy will guide us through painting a ceramic flower piece**



**\*\* Limited Spaces \*\***

To register contact: Hannah Hill 613-967-3603, ext. #166 or email [chrcwb@mbq-tmt.org](mailto:chrcwb@mbq-tmt.org)  
Runs the last Thursday of every month

Register by Sept 18th



## Community Health's September Virtual Website Passport System



Search the Belleville Public Health Unit's Website for Answers to the following questions

<https://hpepublichealth.ca/>



- What are the 4 services offered for kids at the Belleville Public Health Unit?
- What are two services covered by the Ontario Seniors Dental Program?

### Fast Facts

- It takes about five minutes twice a day and the right tools to maintain or improve oral health. Brushing, flossing and rinsing
- Replace your tooth brush every 3 months
- Regular preventive dental care and maintenance are always less expensive than treatment. Regular dental exams, along with daily brushing and flossing, is the most important thing you can do to preserve your dental health.



**Email answers to Hannah Hill [chrcwb@mbq-tmt.org](mailto:chrcwb@mbq-tmt.org) by September 30th to be entered into giveaway to win a Sonicare Electric Toothbrush!!**

INDIGENOUS INTERPROFESSIONAL  
PRIMARY CARE TEAM PRESENTS....

# The STOP Program



**26 WEEKS OF FREE NICOTINE  
REPLACEMENT THERAPY AND SMOKING  
CESSATION COUNSELLING**

**Contact Jamie Kring at [cdw@mbq-tmt.org](mailto:cdw@mbq-tmt.org)  
or 613-885-5616**

**A BIG THANK YOU TO EVERYONE WHO CAME OUT TO MAKE  
THE FISHING DERBY A SUCCESS**

WE WOULD ALSO LIKE TO GIVE A HUGE SHOUT OUT TO KEITH MARACLE OF  
TYENDINAGA PROPANE FOR HIS VERY GENEROUS DONATION

WE WERE ABLE TO RAISE \$1317.15 FOR TSI TSYONNHEHT ONKWAWEN:NA



**Kahentà:ke  
Wellness Support Services**  
*Compassionate Community Centred Counselling*

**613 743 2257**

**Supporting you on your journey, wherever your path may lead!**

[www.kwss.ca](http://www.kwss.ca)  
[info@kwss.ca](mailto:info@kwss.ca)

   @kahentake

14 York Road  
Shannonville, ON  
K0K 3A0

**Direct billing  
to NIHB!**

Does your child meet the new immunization requirements?



The Immunization Act of Ontario stipulates that all students be fully immunized in order to begin or remain in Elementary or Secondary schools.

Children entering Kindergarten require a 4-6 year old booster

Children entering Grade 9 **MUST** have their Menactra

Your teenager will also require a 14-16 year old booster.

Please note if your child has received these immunizations at any location other than the Community Wellbeing Centre we do not have these records on file and request that you bring a copy in for your child's health records.

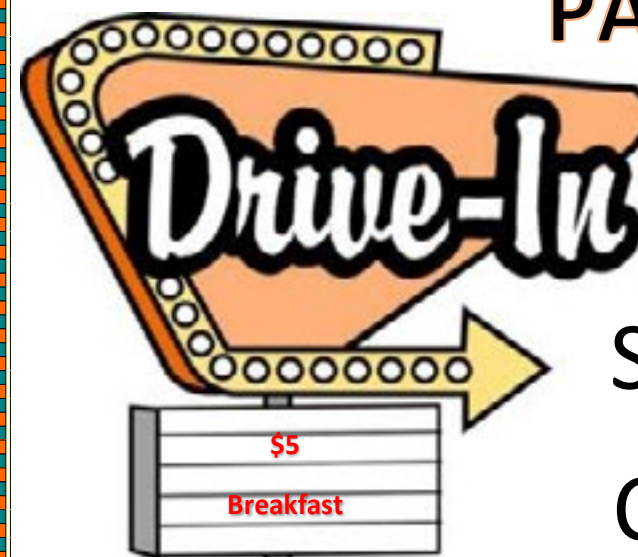
Thank you in advance

For Questions or if you require an appointment to update your child's immunizations please call the

Community Health Nurse  
Susanna Kennelly  
613-967-3603



## MPC ANNUAL PANCAKE BREAKFAST



2 Pancakes

Sausage or Bacon

Coffee, Tea, Juice

\$5.00



**SATURDAY SEPTEMBER 26, 2020**

**8AM-12PM or until we run out.**

This is a drop-by, drive-in & pick-up event at the church, however, there will be a limited number of sit-down and eat areas available.

*All health & safety processes will be followed*

If you want to order ahead, please call  
Wendy @ 613-242-4832 before 7pm Friday Sept 25<sup>th</sup>.



**FEDERAL  
INDIAN DAY  
SCHOOL  
CLASS ACTION**



There is a nation-wide settlement to compensate  
Survivors of **Federal Indian Day Schools**  
and **Federal Day Schools**

If you attended one of these schools, you've  
waited a long time for this moment.

This may be an important step in your healing journey.

Find out if you are eligible for compensation and how you can make a claim.

Go to **IndianDaySchools.com** or call us at **1.888.221.2898**

Need to Talk? Contact the Hope for Wellness Hotline: 1.855.242.3310

**Federal Indian Day School Class Action (FIDSCA)**  
**Claim information**

**If you attended one of the Schools in Tyendinaga Mohawk Territory up until September 1, 1997 you may be eligible!**

- See <https://indiandayschools.com/en/> for more information
  - Look at Schedule K under Ontario, Tyendinaga & Ontario, Quinte Mohawk for information about the Schools in this Community.  
<https://indiandayschools.com/en/wp-content/uploads/schedule-k.pdf>
- Claim Form can be found at <https://indiandayschools.com/en/wp-content/uploads/indian-day-schools-claim-form-en.pdf>.
- Deloitte is the Claim Administrator of the Indian Day Schools Class Action Claims, they can be reached at 1-888-221-2898 or by emailing [indiandayschools@deloitte.ca](mailto:indiandayschools@deloitte.ca)
- Completed Claim Forms should be sent to Deloitte via email [indiandayschools@deloitte.ca](mailto:indiandayschools@deloitte.ca) or by fax 416-366-1102 or by mail to Indian Day Schools Class Action Claims Administrator, c/o Deloitte, PO Box 1775, Toronto, ON, Canada, M5C 0A2
- Class Action Claim Frequently asked questions (FAQ's) can be found on the website at [https://www.classaction.deloitte.ca/en-ca/Documents/indiandayschoolsclaims/Indian%20Day%20Schools\\_FAQ\\_EN.pdf](https://www.classaction.deloitte.ca/en-ca/Documents/indiandayschoolsclaims/Indian%20Day%20Schools_FAQ_EN.pdf)

**The deadline to submit a Claim form is July 13, 2022**

Locally, if you have questions, you may contact Tracey Gazley via email [greatblueheronconsulting@gmail.com](mailto:greatblueheronconsulting@gmail.com) or by texting 613-922-3617.

Please note these messages will be answered in the evening or on weekends only.

Thank you for all the logo submissions!!

Winner – Patsy Kring  
 Congratulations!



.....and so many more

*Belleville*

300 Bell Blvd. Belleville

AND

*Bakery*

5379 Hwy #2 Shannonville

\*613.966.9490

Fresh Buns and Breads Made Daily From Scratch

- No Artificial Preservatives
- Exceptional Nutritional Value

**PLUS...**

**Melt In Your Mouth SWEET TREATS!**



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

***Build-All***  
**CONTRACTORS**



5427 HWY #2, TYENDINAGA TERRITORY  
 SHANNONVILLE, ONTARIO  
 K0K 3A0  
 PHONE: 613.969.1315  
 FAX: 613.969.9806  
 E-MAIL: office@buildallcontractors.ca

**GENERAL CONTRACTORS**

~QUALITY WORK AND COMPETITIVE PRICES~



- **30 years experience**
- **New home construction**
- **Residential and Commercial construction**
- **Driveways**
- **Brushing and Tree removal**

# ***Come Join us for a Round of Sexual Health Jeopardy***

Grab your family and join us  
via Zoom on  
October 5th @ 6:00pm

Grand Prize Winner will win an Apple  
Ipad and 2 runner ups will get \$100  
SportChek Gift card

Each participant will receive a \$25  
giftcard for the grocery store

***Email Hannah Hill [chrcwb@mbq-tmt.org](mailto:chrcwb@mbq-tmt.org) or  
Susanna Kennelly [chn@mbq-tmt.org](mailto:chn@mbq-tmt.org) to register or  
call 613-967-3603***

Register by  
September 30th @  
4:30pm to receive your  
package of tips and  
hints!



## **Fall Clothing Give Away September 1st, 2nd & 3rd**

Call Red Cedars Shelter to book a  
time to come  
613-967-2003 EXT. 5

.....

## **Important Info for our Annual Family Fun Day:**

Unfortunately our annual Family Day is cancelled this year due  
to Covid-19

However, we will be making the goody bags for your children to  
enjoy at home

To get a goody bag please call Red Cedars Shelter and put your  
name on list. We are accepting the first 40 to call in. We will be  
taking down names until October 9th.

We are having pick up of bags here at shelter on October 20th  
and 21st.

Please call 613-967-2003 to have your name put on list.

Please only get bags for your own children.

# L&A Financial

Visit us at our  
**NEW LOCATION!**  
35 Dundas St. East,  
Napanee



Tim Reynolds CFP CHS  
Tasha Howe B.Comm  
Lisa Kerr, Executive Assistant  
Bob Vrooman CFP CLH CHFC

613-354-2726  
(Fax) 613-354-3585

Email: [service@lafc.ca](mailto:service@lafc.ca)  
35 Dundas St. E., Napanee, ON



## **BIRD SURVEILLANCE PROGRAM**

Indigenous Service Canada are able to send birds to be analyzed for the West Nile Virus.  
Birds that have been considered to have died suspiciously.  
(not on the road side)  
Birds that are being tested include; Crows, Ravens, Blue Jays, but may include other species upon approval.  
If you find a dead bird that is not decayed, please call the CWB Centre at 613-967-3603 to report to Crystal Maracle, CHR at ext. 121.  
The bird will be inspected and reported to the Env. Health Officer for approval to be sent to the Laboratory for analysis.

**PROPERTY FOR SALE**  
Waterfront acres connects Bay with Sucker Creek on Gordon's Point  
Contact: 613-969-0239, Basil & Pat Miller

**LOT FOR SALE**  
2 acres on Ridge Rd.  
Asking \$35,000  
Contact: 613-848-2610

**HOUSE FOR SALE**  
2 brdm, 1400 sq. ft, well (never runs out), many new upgrades. Internet ready. Living room, dining and 1 bath. 2 car garage on 3/4 acre lot.  
  
Asking \$250,000 - for more information call Balin at 343-889-1219

## **CLASSIFIEDS**

**WANTED**  
Looking for rooms to rent, through the end of the year  
Please contact Bonnie at 613-483-7823

**HOUSE FOR SALE**  
3 bedroom on a 1 acre lot. 10 years old.  
If interested, please call: 613-243-8044

**WANTED**  
Looking for 2-3 bdm house Hwy #49 or east of.  
Call Melinda, 613-813-1748



Take Off Pounds Sensibly

Otherwise known as:

# T.O.P.S.

(ON 15258 T.A.C.T.)

*There are no special diets and no special foods to buy!  
We offer support and encouragement to healthy eating and  
portion control*

**We Meet on:** Thursdays – 5pm to 6:30 pm  
**At:** 24 Meadow Drive, T.M.T Board Room #103  
(Mohawk Admin Building)

*We are a non-profit organization founded locally in 2004 and  
connected internationally to the organization founded in 1948*

**For Further Information Please Call:**

Joy Brant 613-885-0506 or  
Birdie Doreen 613 921 3909



# MOHAWK PENTECOSTAL CHURCH

## WHEN WE MEET

Sunday 10:30 am Worship Service  
6:30 pm Worship Service

Wednesday 7:00 pm Bible Study

Saturday 7:00 pm Prayer

1984 York Road  
Tyendinaga Mohawk Territory  
Ontario Canada  
K0K1X0

Church - 613.396.5329  
Parsonage 613.396.5325  
[www.tmpc.ca](http://www.tmpc.ca)

## COMING EVENTS

Sep 6, 2020 Church Service will resume at 10:30 am service only

Sep 13, 2020 Church Service will resume at 10:30 am service only

Sep 20, 2020 Church Service will resume at 10:30 am service only

Sep 27, 2020 Church Service will resume at 10:30 am service only

Sep 26, 2020 Pancake Breakfast 8am - noon. We will be adhering to current social distancing guidelines.

Wednesday night Bible study has resumed

I can't change the direction of the wind,  
but I can adjust my sails to always  
reach my destination.

Jimmy Dean

## Bowden's Accounting Services

### Accounting, Bookkeeping & Tax Preparation

Offering income tax preparation service that is affordable and professional.

- Personal Income Tax Returns
- Small and Medium Business Tax Returns
- Self-employed Income Tax Returns
- Assistance with Revenue Canada Tax Assessments
- Year-round Support
- Authorized E-Filer

Accounting and Bookkeeping Services Available for Small and Medium Businesses

5976 Old Highway #2

Shannonville, ON K0K 3A0

613-813-1526/613-968-9777

[tbowden98@hotmail.com](mailto:tbowden98@hotmail.com)

Located at Rez Boyz

## Maracle

DEBT SOLUTIONS

J.R. (Jeff) Maracle, CFP  
Owner/Consultant

PHONE: 613-771-9500  
TOLL FREE: 855-404-9500  
EMAIL: [jeff@maracledebtsolutions.ca](mailto:jeff@maracledebtsolutions.ca)  
P.O. Box 234 Shannonville PO  
Shannonville, Ontario K0K 3A0



## Maracle

DEBT SOLUTIONS

Professional debt consultant.

Working for you.

Saving you time and money.

# Rez Boyz

CUSTOM WHEELS, TIRES & ACCESSORIES

**CARS & TRUCKS** [rezboyz.com](http://rezboyz.com)

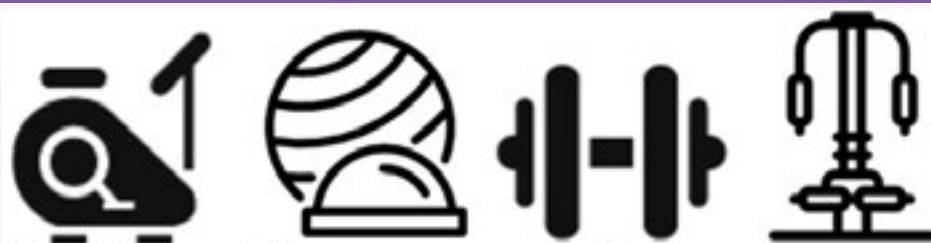
**(613) 968-6333 1-888-730-2690**

[rez\\_boyz-07@hotmail.com](mailto:rez_boyz-07@hotmail.com)

**5976 Old Hwy. #2 Shannonville Ont.**

**TAX FREE**





# Tyendinaga Fitness Resource Centre

"Discovering the Balance" 613.962.2822

**WE ARE BACK!!**

**SEPTEMBER 2020**

**Price:**

**Adults: 30.00**

**Students: 25.00**

**Seniors: 20.00**

**Hours:**

**Monday - Thursday**

**6:30 am - 6:00 pm**

**Friday**

**6:30 am - 5:00 pm**

**Saturday**

**8:00 am - 11:30 am**

## APPOINTMENTS ONLY

- You can book 1 hour time slots for 3 days per week
- You must call to schedule appointments (phone number above)



## SCREENING

- Temperature will be taken before entering the gym
- You will be asked questions from a active screening test before entering the gym
- If you have symptoms or if temperature is above 37.8 C you will not be allowed to enter the gym



## WEAR A MASK

- Mask must be worn to workout
- Mask must be worn by everyone
- Cloths masks are acceptable
- Must cover nose and mouth



## SOCIAL DISTANCING

- Please Maintain 2 metres (6 feet) apart
- Directional Arrows on the floor to follow
- Markers on the floor indicating where to stand
- Clients must wait outside until their appointment time



## HYGIENE

- We have sanitization stations throughout the gym
- No outdoor footwear allowed



## CLEANING & DISINFECTING

- Cleaning and sanitization protocols are in place for staff
- You must clean equipment before and after every use



## LAY OUT

- Equipment blocked off
- Some workout equipment will be blocked off



## NOT AVAILABLE

(FOR THE TIME BEING)

- Changerooms
- Showers
- Daycare
- Fitness Classes
- Cups at water fountain
- Towels



## WHAT TO BRING

- Mask
- Gym Cloths (wear them)
- Gym Shoes
- Water Bottle
- Sweat Towel
- Scan Key
- Pen
- Workout Plan



## IMPORTANT NOTICE

WE RESERVE THE RIGHT TO TERMINATE YOUR MEMBERSHIP IF YOU COMMIT A SERIOUS OR REPEATED BREACH OF THESE RULES OF ETIQUETTE OR IF YOU ENGAGE IN ANY OTHER SERIOUS MISCONDUCT

Remember to please be respectful to our staff  
We are trying our best to make this space safe for everyone :)

**OPENING DATE: AUGUST 31, 2020!**

tyfitnessres@mbq-tmt.org www.mbq-tmt.org

14 York Rd Unit # 1 & #2 Tyendinaga Mohawk Territory Ontario Canada, K0K 3A0