

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



ISSUE 02/21

Enníhska

(February)



ORÍ:WASE *(news)*

Web: 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 yonkwateryèn: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:

OFFICE CLOSURE: ALL MBQ OFFICES WILL BE CLOSED FOR FAMILY DAY: Monday, February 15, 2021.

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

The Mohawk Firefighters responded to 2 calls from December 18, 2020 to December 31, 2020 and 2 calls from January 1st, 2021 to January 22, 2021:



- 1 **Public Service: Odour**
- 1 **Public Service: CO Detector**
- 1 **Fire/Smoke: Rubbish**
- 1 **Vehicle Accident: Extraction**

This brings the total calls to 121 for 2020, and 2 for 2021.

Advertise With Us!

Email communications@mbq-tmt.org for details!

Deadline for March: February 19, 2021

COMMUNITY MESSAGES and ANNOUNCEMENTS



Happy Birthday!

Happy Birthday Erin - February 4th
Love Aunt Marilyn & Uncle Rick

Happy Birthday DJ - February 26th
Love Aunt Marilyn & Uncle Rick

Happy 12th Birthday to our awesome and handsome grandson Ethan - February 9th
Lots of Love, Grandma & Papa

Happy Birthday Alecia - February 28th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Mike - February 14th
Love Marilyn & Rick

Happy Birthday Rain!
Love Auntie Boo, Jeffy, Ledgie and Curly

Happy 80th Birthday Joy - February 24th
Love Marilyn

IN LOVING MEMORY:

In loving memory of a wonderful brother, brother in-law, uncle, cousin & friend Norman (Kokoma) Carr-Braint who is missed so very much.
October 10, 1959 - February 11, 2010.

It's hard to believe it's been 11 years already.
Though you've passed on before us you are always in our hearts

And though we are not together we will never be apart
To lose you in your younger years leaves such an empty space
Our only consolation is you are in a better place
Put your arms around him and treasure him with care
For you have in your possession a brother beyond compare

Forever loved and never forgotten
Carol & Manson, Harry, Betty, Billy & Nancy, MJ & Bill, Marilyn & Rick, Mike & Wanda, Tracey & John & families.



TYENDINAGA MOHAWK COUNCIL MINUTES
DECEMBER 15, 2020

A meeting of the Tyendinaga Mohawk Council was held on Tuesday, December 15, 2020 at 9:30 p.m.

Present: Chief R. Donald Maracle
Councillors: Carl E. (Ted) Maracle, Lynda Leween and Josh Hill
Kelly Maracle, joined by Microsoft Teams conference.

Staff: David Souliere, CAO; Shelley Bowden, Executive Administrative Assistant and Recording Secretary to Council;

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

Carried.

MOTION #2: Moved by Kelly Maracle, seconded by Lynda Leween to acknowledge the Kanhiote Library Board Minutes of March 3, 2020, September 15 2020, October 6, 2020, November 3, 2020 and December 2020.

Carried.

MOTION #3: Moved by Josh Hill, seconded by Kelly Maracle to approve the revision of the new application process in the MBQ Post Secondary Education Policy.

Carried.

MOTION #4: Moved by Josh Hill, seconded by Carl E. (Ted) Maracle to appoint Councillor's Josh Hill and Kelly Maracle as the MBQ Representatives to the Loyalist College Board of Directors.

Carried.

MOTION #5: Moved by Carl E. (Ted) Maracle, seconded by Lynda Leween to pay the Alan Pratt invoice #5806 in the amount of \$13,226.70 regarding the partial settlement of the Culbertson Tract Land Claim.

Carried.

MOTION #6: Moved by Kelly Maracle, seconded by Josh Hill to approve signing the Association of Iroquois and Allied Indians (AIAI) Funding Amendment for new activities or enhancement to planned activities to address diabetes in the amount of \$15,000.00.

Carried.

MOTION #7: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill to approve signing the Indigenous Services Canada (ISC) Agreement for COVID-19 Funding specific to Mental Health Programming in the amount of \$196,463.46.

Carried.

MOTION #8: Moved by Lynda Leween, seconded by Kelly Maracle to acknowledge the Indigenous Services Canada (ISC) Agreement 1819-ON-000008, Amendment #A0014 for activities related to preparation for, and response to the COVID-19 pandemic – Specifically communications (\$1,000.00) and for the School Nurse (\$28,200.00).

Carried.

MOTION #9: Moved by Kelly Maracle, seconded by Lynda Leween to approve signing the Ministry of Children, Community and Social Services Funding Agreement, to address the needs for Indigenous children and families, as part of Ontario's emergency response and supports for MBQ in response to COVID-19 in the amount of \$6,894.00.

Carried.

MOTION #10: Moved by Josh Hill, seconded by Lynda Leween to acknowledge the recommended options for Centex/Peacemaker Convenience fuel spill that were outlined in the report provided from Dillon Consulting and approve option #3, Discrete Groundwater Recovery as recommended in the report.

Carried.

MOTION #11: Moved by Josh Hill, seconded by Lynda Leween to approve the Business Registration for Gingersnap Bakery, owner Brittany Veenstra.

Carried.

MOTION #12: Moved by Josh Hill, seconded by Lynda Leween to rescind Motion #23 dated April 29, 2018 to purchase property from Harold Albert Jr. Maracle as MBQ has no further interest in the property.

Carried.

MOTION #13: Moved by Josh Hill, seconded by Carl E. (Ted) Maracle that WHEREAS the Mohawks of the Bay of Quinte are conducting research for community members for Federal Day School Claims.

WHEREAS Steven Lindsay-Maracle, Research Assistant, has identified the following records to be useful in our research of the Federal Day School Claims:

School Records from Peterborough District Records

Library and Archives Canada

Collections Fonds – 133579

Peterborough District Office

RG-10c-V-29, r216-69-3-E

Box 21 – Historical Ledger Books

Historical Ledger Book – Tyendinaga – Daily School Register 1928 to 1933

Historical Ledger Book – Tyendinaga – Daily School Register 1940 to 1944

THEREFORE BE IT RESOLVED that the Tyendinaga Mohawk Council authorizes the release of these records to Steven Lindsay-Maracle, Research Assistant, Mohawks of the Bay of Quinte.

M.C.R. #2020/21-020.

Carried.

MOTION #14: Moved by Carl E. (Ted) Maracle, seconded by Lynda Leween to acknowledge the following Land Transfers for November 2020:

From David Edward Sharpe to Alexander Morris Sharpe (Minor), Lot 3C-9, Concession 2, as shown on Plan No. CLSR 109549;

From Vincent Robert, Esther Louise, Dakota Lee & Stewart Vincent Brant to Vincent Robert, Esther Louise & Dakota Lee Brant, Lot 6A-1, Concession 2, as shown on Plan No. RSO 1178;

From Vincent Robert, Esther Louise & Dakota Lee Brant to Dakota Lee Brant and Kerri Ann Smart, Lot 6A-1, Concession 2, as shown on Plan No. RSO 1178;

From Esther Louise Brant to Dakota Lee Brant & Kerri Ann Smart, Lot 7J-3, Concession 2, as shown on Plan No. RSO 3619;

From Samantha Arin Maracle to Lisa Noreen Maracle & Thomas Joseph Maracle, Lot 6-1 in part of Lot 32 and Lot 6-2 in part of Lot 32, Concession A, as shown on Plan No. CLSR 108845;

From Glenn Garry & Emma Jacqueline Brant to Lindsay Marie Brumwell, Lot 19A-4-1, Concession A, as shown on Plan No. CLSR 109597;

From Thomas Edward & Donna Maureen Green to Murney James Earl Green, Lot 30J-14, Concession A, as shown on Plan No. CLSR 94214; From Frances Green to Martha Roselene Green, Lot 31E-2-2, Concession A, as shown on Plan No. CLSR 75409 and Lot 31E-9, Concession A, as shown on Plan No. RSO 5472R; From Danielle Carlene Smart to George Lionel Smart, Lot 10-1 in part of Lot 31, Concession A, as shown on Plan No. RSO 5213R;

And a request for replacement of Title from Deborah Ann Maracle for Lot 3-3-2, Concession 1, as shown on Plan No. CLSR 109474.

Carried.

MOTION #15:Moved by Carl E. (Ted) Maracle, seconded by Lynda Leween to approve staff to engage in the review of the Site Standard Application for the Lennox & Addington Generating Station if participant funding is available.
Carried.

MOTION #16:Moved by Carl E. (Ted) Maracle, seconded by Leween to approve the purchase of new cubicles for the Good Minds, NIHB, Community Health/Diabetes and Home and Community Care programs at the Community Wellbeing building in the amount of \$42,183.11.
Carried.

MOTION #17:Moved by Josh Hill, seconded by Lynda Leween to approve the purchase of gift cards for Community members who participated in the COVID-19 Survey that was conducted to better understand Community members thoughts and concerns, with respect to their level of knowledge regarding the safety of the community as it relates to COVID 19 in the amount of \$9,050.00.
Carried.

MOTION #18:Moved by Lynda Leween, seconded by Carl E. (Ted) Maracle to approve to forward the request from Statistics Canada to the MBQ Employment and Training Program to work with Statistics Canada regarding the Census 2021.
Carried.

MOTION #19:Moved by Kelly Maracle, seconded by Lynda Leween to acknowledge the December 2020 MBQ Human Resources report.
Carried.

MOTION #20:Moved by Carl E. (Ted) Maracle, seconded by Lynda Leween to sign the Association of Iroquois and Allied Indians (AIAI) Inter-Nation Tobacco Trading Protocol.
Carried.

MOTION #21:Moved by Josh Hill, seconded by Kelly Maracle to approve the notice to MBQ Membership regarding the Culbertson Tract Land Claim.
Carried.

MOTION #22:Moved by Josh Hill, seconded by Kelly Maracle that the Tyendinaga Mohawk Council authorizes an increase of \$3,000,000.00 for the Bank of Montreal Housing Loan Program Guarantee to now be capped at \$15,000,000.00. M.C.R. #2020/21-021.
Carried.

MOTION #23:Moved by Carl E. (Ted) Maracle, seconded by Lynda Leween that this meeting go into private. (4:35 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, December 17, 2020 at 1:00 p.m. via Microsoft Teams video conferencing with the Tyendinaga COVID Response Team (TCRT) for an update on COVID-19.

Present:
Councillors: Kelly Maracle, Josh Hill, Carl E. (Ted) Maracle;

Staff: David Souliere, CAO; Angela Maracle, Senior Director of Operations; Shelley Bowden, Executive Administrative Assistant; Susan Barberstock, Director of Community Wellbeing; Jason Brant, Chief, Tyendinaga Police Services; Tracey Gazley, Director of Education; Todd Kring, Director of community Infrastructure; Mika Henry, Communications Officer; Lisa Maracle, Director of Community Services; Brittany Brant, Nurse in Charge; Tom Kring, Senior Housing Manager; Seizal Kapadia, Director of Finance; Jennifer Maracle-Westgate, Principal QMS;

Brittany Brant provided an update on the COVID-19 stats.

MOTION #1: Moved by Kelly Maracle, seconded by Josh Hill to approve Councillor Carl E. (Ted) Maracle chair the meeting in the absence of Chief R. Donald Maracle.
Carried.

MOTION #2: Moved by Kelly Maracle, seconded by Josh Hill to approve the statement to the Community regarding continuing to stay safe and follow all safety measures that have been put into place.
Carried.

MOTION #3: Moved by Kelly Maracle, seconded by Josh Hill that MBQ will be using the Team A and Team B approach for January 4, 2021 for 28 days and Directors will make any necessary adjustments to ensure all required safety measures are in place.
Carried.

MOTION #4: Moved by Josh Hill, seconded Kelly Maracle that this meeting go into private. (1:51 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 Monday, December 21, 2020 at 2:00 p.m. 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, Lynda Leween; Carl E. (Ted) Maracle;

Staff: David Souliere, CAO; Angela Maracle, Senior Director of Operations; Shelley Bowden, Executive Administrative Assistant; Susan Barberstock, Director of Community Wellbeing; Jason Brant, Chief, Tyendinaga Police Services; Tracey Gazley, Director of Education; Mika Henry, Communications Officer; Lisa Maracle, Director of Community Services; Bryce McMurter, IT/Fibre; Tom Kring, Senior Housing Manager; Seizal Kapadia, Director of Finance; Scott Maracle, Fire Chief; Brittany Brant, Nurse in Charge; Jennifer Maracle-Westgate, QMS Principal; Kathleen Manderville;

Brittany Brant provided an update on the COVID-19 stats.

MOTION #1: Moved by Kelly Maracle, seconded by Lynda Leween to support the Federal Government on the closure of the schools and that teachers will be working virtually until January 11, 2021, and that band run schools will be closed until the end of January 2021. Prior to the reopening MBQ will evaluate the COVID 19 statistics and make a decision on any further closures.

Carried.

MOTION #2: Moved by Lynda Leween, seconded by Kelly Maracle to acknowledge the Indigenous Services Canada recommendation to close Quinte Mohawk School.

Carried.

MOTION #3: Moved by Kelly Maracle, seconded Lynda Leween that this meeting be adjourned. (2:45 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 Tuesday, December 22, 2020 at 1:00 p.m. 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, Lynda Leween; Carl E. (Ted) Maracle; Josh Hill

Staff: David Souliere, CAO; Angela Maracle, Senior Director of Operations; Shelley Bowden, Executive Administrative Assistant; Susan Barberstock, Director of Community Wellbeing; Jason Brant, Chief, Tyendinaga Police Services; Tracey Gazley, Director of Education; Mika Henry, Communications Officer; Lisa Maracle, Director of Community Services; Bryce McMurter, IT/Fibre; Tom Kring, Senior Housing Manager; Seizal Kapadia, Director of Finance; Scott Maracle, Fire Chief; Brittany Brant, Nurse in Charge; Todd Kring, Director of Infrastructure;

Brittany Brant provided an update on the COVID-19 stats.
Discussed the COVID-19 Lock down effective December 26, 2020 at 12:01 a.m.

David will send an email to all staff informing them of the Lock down and that the offices will be working Team A and Team B approach effective January 4, 2021.

MOTION #1: Moved by Lynda Leween, seconded by Carl E. (Ted) Maracle to approve the statement to the community regarding the lock down effective December 26, 2020 at 12:01 a.m. and that MBQ offices will be working with limited staff providing essential services and that some staff will be telecommuting.

Carried.

MOTION #2: Moved by Josh Hill, seconded by Carl E. (Ted) Maracle to adapt the plan that during the holiday closure the Tyendinaga COVID Response Team (TCRT) will be only the Tyendinaga Mohawk Council, David Souliere, Susan Barberstock and Brittany Brant unless there is an issue that needs the whole team to discuss.

Carried.

Everyone left the call but Council, David Souliere, and Todd Kring to discuss some administrative issues.

MOTION #3: Moved by Lynda Leween, seconded by Carl E. (Ted) Maracle to approve staff to investigate the design cost for water servicing of all secondary roads with in the Territory.

Carried.

MOTION #4: Moved by Kelly Maracle, seconded by Carl E. (Ted) Maracle to support the request to partner with Quinte Conservation to obtain funds from the Great Lakes Local Action Fund (GLLAF) which will allow MBQ to implement a tree planting and shoreline cleanup project on the Beach Road by helping to promote the project, source materials, and attend meetings(if possible within Health Unit guidelines).

Carried.

MOTION #5: Moved by Kelly Maracle, seconded by Carl E. (Ted) Maracle to sign the letter of support for the Great Lakes Action Fund Initiative proposed by Quinte Conservation.

Carried.

MOTION #6: Moved by Josh Hill, seconded Kelly Maracle that this meeting be adjourned. (2:10 p.m.)

Carried.

Recorded by: Shelley Bowden, Executive Administrative Assistant

Original Signed by: Chief R. Donald Maracle

TAKE SURVEY



MBQ- Covid-19 Vaccine Survey

The Community Wellbeing Centre is doing a survey to gauge the interest in the COVID-19 vaccine when it becomes available. We are seeking this information so that we can provide our preliminary numbers to Health Canada to ensure that we receive the enough of the vaccine for our community and its members.

We are asking you to participate and complete this on behalf of yourself. We also need your help in making sure all of the voices of our community members are heard.

We ask you to fill out additional surveys for anyone who may not be able to do it for themselves including elders and children.

We are not collecting personal information, by participating in the survey you are consenting to the use of the data by the Community Wellbeing Centre.

To complete the survey please visit

WWW.SURVEYMONKEY.COM/R/MBQVACCINE

Submit by February 12, 2021



**HELP KEEP
OUR COMMUNITY
SAFE.**

COVID-19 REMINDERS

With the province in a state of emergency, please remember the following public health measures:

STAY HOME

Please stay at home unless leaving for your essentials. Do not gather with those outside of your immediate household (limit 5 people).

ONLY TRAVEL FOR ESSENTIALS

These include: grocery/pharmacy, medical appointments, or for work.

FOR BUSINESS OWNERS:

If your employees can work from home, please allow them to do so at this time.

If you require assistance or testing, please contact CWC at 613-967-3603

Office: 613.396.3424

CWC: 613.967.0122 or 613.967.3603

www.mbq-tmt.org/covid-19-updates



Why Post-Secondary?

I was going to write a short academic essay here on the importance of post-secondary education in the modern world. As I wrote I found it to be dull and to be honest, uninspiring. Instead, I decided to share my journey through post-secondary as an Indigenous student.

I have worked many odd jobs, including being a deli hand, architectural assistant, landscaper, factory worker, farm hand, winery hand, chef, server, you name it and I've probably tried it. It took many jobs for me to realize I needed to find a career that I'm passionate about. I decided to go back to school, and this time I decided on attending college. I wanted to get hands-on experience as an Earth Resources Technician at Fleming College at their environmental campus in Lindsay, Ontario. It was here that as



Figure 1 - Plus you get to see some beautiful vistas. (North Rackla River, Yukon Territory, 2018, Mitch Maracle)

a mature student, I applied myself to education more than I had previously and made important connections through networking with brilliant minds in my field. I was excited that I finally found my passion, but I was worried about the financial strain of pursuing another degree. I was on the hunt for bursaries and scholarships of any kind to help fund my schooling. Fortunately, I found that as an Indigenous student there are many supports available to assist with funding. This funding allowed me to pursue my passion at college which provided me with many hands-on skills, certificates, and experience that opened doors in the engineering, environmental, and geology field.

In the summer throughout college, I found myself working in mineral exploration as a geotechnician in the Yukon, primarily looking for gold. It's dirty back-breaking work; and yes, if you are wondering, I did find some gold. It was this experience that made me realize how underrepresented Indigenous peoples are as professional geoscientists. These are individuals who make scientific and economic decisions on what happens to wide swaths of traditional territory. This information along with a growing passion for geology, has inspired me to further pursue a professional designation as a geoscientist. After graduating from Fleming College, I took a pathway to Acadia University's Geology program in Nova Scotia. While completing my Geology Degree, I hope to inform and provoke other Indigenous people to attend post-secondary and find a program that inspires them. Attending post-secondary has been one of the single best choices I have made that led me to finding a career that I am passionate about.

In writing this article I want to thank the Dreamcatcher Charitable Foundation for their support of my passion and pursuits of post-secondary education.



Ohahase Education Centre
1825 York Road
Tyendinaga Mohawk Territory
Ontario, Canada
K0K 1X0
613.922.1769

Semester II is Around the Corner!

she:kon sewakwekon ! We are happy to report we had a successful first semester in our new school. It is a privilege to be in a building that is part of Kenhte:ke history, and we are honoured that our school gets to take the building into the future.

Semester II begins on Monday, February 1 at 9:00am. We have an exciting line-up of classes and a dedicated team ready to help you achieve your Grade 12 diploma. Whether we are in-person or conducting virtual classes remains to be seen. Either way, we offer four classes a day, from Monday to Thursday. You can attend all four, or you may choose to attend part-time and complete one or two classes – whatever your needs, we are happy to try and accommodate.

Of course, our Adult Program continues to operate, with more access to daily tutoring and a wide array of courses from which to choose. Most learners can earn their Grade 12 diploma by completing as few as four credits! It's never too late to achieve your Ontario Secondary School Diploma.

Contact us at 613-922-1769 if you would like to register.

skennenkenhak

Ohahase Education Centre

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

Maracle
DEBT SOLUTIONS

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

CFP

Maracle
DEBT SOLUTIONS

Professional debt consultant.
Working for you.
Saving you time and money.

Take Off Pounds Sensibly
Otherwise known as:
T.O.P.S.
(ON 15258 T.M.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

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

WE'RE HIRING!

New opportunities continue to be posted on the Queen's University Careers Page.

Have a look at our open positions to see if something interests you!

RESOURCES ON CAMPUS

- Queen's Indigenous Employee and Faculty Network
- Queen's Truth and Reconciliation Task Force Report
- Several committees and working groups that work to advance Indigenous initiatives and truth and reconciliation efforts at Queen's

APPLY NOW!

http://www.queensu.ca/humanresources/careers?utm_source=newsletter&utm_medium=email&utm_campaign=mbq

Queen's University is situated on the territory of the Haudenosaunee and Anishinaabek. Ne Queen's University e'tho nońwe nikanónhsote tsi nońwe ne Haudenasaunee tánon Anishinaabek tehatihsnónhsahere ne óhontsa. Gimaakwe Gchi-gkinoomaagegamig atemagad Naadowe miinwaa Anishinaabe aking.



Virtual Website Workshop

**Are you interested in creating your own website?
Or does your current website need updating?**

Join us for a 2 week, 4 day workshop to create your own website!

Week 1: Gathering all of the information that you will need to include on your website

Week 2: Working with facilitator to input everything you gathered the week before using Wix.

Week 3: One-on-one sessions with the website facilitator to wrap up any additional items required to launch your website!

Workshop

Dates:

March 23 & 24

March 30 & 31

One-on-One

Sessions:

First week of

April

Time:

9am - 3pm

each day

Location:

Your Home

Space is Limited!

Lots of one-on-one sessions to cater to your individual website

If interested in participating, contact Renee at 613-396-3424 ext 138 or reeneb@mbq-tmt.org



WHAT SHOULD YOU DO WHEN FEELING ILL?

Self isolate as to not get anyone else sick

Call the Community Wellbeing Centre at (613) 967-3603 to book a Covid test. Its better to know than not.

Information we will need; Health Card Number, Address, Phone Number, Date Of Birth, and Reason for being tested.

Stay home, unless coming for a Covid test to lessen the spread of germs.

Wear a mask, use hand sanitizer, wash hands frequently, and cough or sneeze into elbow.



FOREVERYOUNG

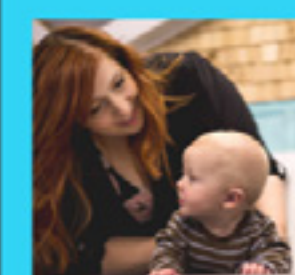
Come visit us and our supportive team who love what they do and thrive in our collaborative environment.

OUR SERVICES INCLUDE:

- Cold Laser Therapy
- Family Chiropractors
- Manual Therapy
- Pelvic Floor Therapy
- Physiotherapy
- Prenatal Chiropractors
- Shockwave Therapy



14 YORK ROAD
SHANNONVILLE
613-966-5855
@FOREVERYOUNGCHIROPRACTIC
WWW.FOREVERYOUNGCHIRO.CA





Diabetes Education Program

Good Food Box registration for February

Contact Josee **BEFORE** February 16th

Call 613-967-3603

or email at diabetespaw@mbq-tmt.org

Pick up February
23rd

At the
Community Center

1-3pm

GOOD MINDS PROGRAM TRADITIONAL MEDICINES THAT CAN SUPPORT YOU THROUGH COLD AND FLU SEASON

With Alicia Cook, LPN of Canoe Woman
Herbs

Alicia is a Master of Traditional Medicine who integrates her knowledge of the body and herbal support with traditional teachings to support mental, spiritual, physical and emotional wellness.

FEBRUARY 17TH 2021
2-4PM
VIA ZOOM

REGISTER WITH MELANIE GRAY
613.967.0122 EXT 102
PRIORITY GIVEN TO MBQ MEMBERS

Spaces Limited

Please note: If you are experiencing respiratory stress please seek medical attention.



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
February 25th from 2-3:30pm via Zoom**

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

Register by Feb 18th



GOOD MINDS PROGRAM

Dreamcatcher Workshop

February 10th 2021

2-4pm

via ZOOM

SIGN UP BEFORE FEBRUARY 5th

Contact Melanie Gray 613.967.0122 ext 102

FOR AGES 16 & Up

Limited Spaces Available



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@evolveneurofeedback.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.



Top 5

Meditation benefits

1. Reduces Stress
2. Controls anxiety
3. Promotes emotional health
4. Lengthens attention span
5. Can generate kindness

Meditation is like hanging out with your soul.

DIABETES EDUCATION PROGRAM
VIRTUAL COOKING CLASSES
WITH DIETICIAN ANNE-MARIE

COMMUNITY KITCHEN

OPEN TO EVERYBODY

FEBRUARY 25TH

10AM-12PM

CONTACT JOSEE TO REGISTER

CALL 613-967-3603

EMAIL: [DIABETESPAW@MBQ-](mailto:DIABETESPAW@MBQ-TMT.ORG)

TMT.ORG

Community Health & Home Support welcome you to join us for **Ball Fitness**

We will be trying out new ways to incorporate your stability ball into an accessible fitness class focusing predominantly on core strength and stability, and balance. Learn how to use your stability ball to fit your own personal fitness abilities.

Facilitated by: **Nicole Westhaver**



You will need to have your own exercise ball (weights or anything such as soup cans that can be used in place of dumbbells would be a benefit as well)

When: Monday Feb 1, 8 & 22

Time: 1pm to 2pm

Where: Via Zoom

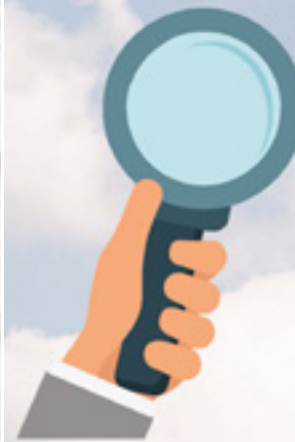
If you would like to attend please contact **Hannah Hill** at **613-967-3603** ext. **166** OR email **chrcwb@mbq-tmt.org**

Community Health's February Virtual Website Passport System



Search the Non-Insured Health Benefits website for answers to the following questions

<https://www.sac-isc.gc.ca/eng/1572537161086/1572537234517>



- What are the general benefits that NIHB covers?
- Can you appeal a denial given by NIHB Program and if so how do you begin the process?
- Who is eligible to access the NIHB program for funding & coverage?
- Can anyone contact NIHB and if so how?

FAST FACTS ABOUT NIHB

- MBQ does offer a unique community liaison role of a NIHB Analyst, that does not exist specifically in any other First Nation
- The program is run through Health Canada and now is managed under Indigenous Services Canada (ISC).
- MBQ does not have any authority or designation to approve or deny any federal health program benefit
- A common misconception that NIHB is our main source of health care/service funding coverage but it comes in a close second. The first is any provincial or territory health system in Canada (Ex: OHIP or Ontario Health Insurance Plan.) where the band member resides

Email answers to **Hannah Hill**
chrcwb@mbq-tmt.org by
February 28th to be entered to
win a CAA Membership

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
or 613-885-5616**

INDIGENOUS INTERPROFESSIONAL PRIMARY CARE TEAM PRESENTS

TRADITIONAL TOBACCO WORKSHOP

February 11, 2021 via
Zoom 6-9pm

*Traditional Tobacco
Discussion with
Joe Brown 6-7pm
Make Your Own
Leather Tobacco
Pouch with
Melanie Gray 7-9pm*



FOR REGISTRATION CONTACT JAMIE AT
613-885-5616 OR CDW@MBQ-TMT.ORG

Community Health & Cancer Care Ontario invite you to

Come learn about the effects of smoking & vaping, cancer prevention and how to be tobacco wise

Facilitated By: Alicia Topp

When: Feb 16th

Time: 6-8:00pm

Where: Via Zoom

Each participant will receive a \$25
giftcard and entered into our
grand prize draw

To register or if you have any questions please
contact Hannah Hill CHR @
613-967-3603 ext.166 or
email chrcwb@mbq-tmt.org



Register by
Feb 12th



LISA Financial

Tim Reynolds CFP CHS

Tasha Howe B.Comm

Lisa Kerr, Executive Assistant

Bob Vrooman CFP CLH CHFC

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



613-354-2726

(Fax) 613-354-3585

Email: service@lafc.ca

35 Dundas St. E., Napanee, ON

INDIGENOUS INTERPROFESSIONAL PRIMARY CARE TEAM
& COMMUNITY HEALTH PRESENT...

QUIT SMOKING WITH A BUDDY

FOR A CHANCE TO WIN
\$500.00 EACH!

MARCH 2-30TH

5 WEEK PROGRAM WITH WEEKLY ZOOM MEETINGS TO LEARN ABOUT THE PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL CONNECTIONS TO SMOKING AND STRATEGIES TO QUIT.

PARTICIPANTS MUST ATTEND 4/5 ZOOM CLASSES TO QUALIFY FOR DRAWS.

SPACES ARE LIMITED. DEADLINE ON FEBRUARY 26TH 2021. FOR MORE INFORMATION AND REGISTRATION CONTACT JAMIE KRING AT 613-885-5616 OR CDW@MBQ-TMT.ORG

ZOOM WORKSHOPS TUESDAYS 6-8PM

Taking a Wholistic Look Into Our Relationship with Smoking

March 2 - Commercial vs Traditional Tobacco with Joe Brown

March 9- Cancer Discussion with Alicia Topp

March 16- Mental Health Techniques with Darcy Reid

March 23- Art Therapy with Melanie Gray

March 30- Planting Tobacco from Seed

CONTACT JAMIE TO REGISTER AT 613-885-5616
OR CDW@MBQ-TMT.ORG

Community Health Presents
***An evening of HIV/STI
Trivia***

When: February 25th

Time: 6:30-7:30pm

Where: Via Zoom

Ages: 12-55 (person under age 12 at discretion of parents can sit in during the trivia event)

Top 3 winners will get an Apple Ipad
Each participant will receive a \$25 giftcard for the grocery store

*Email Hannah Hill chrcwb@mbq-tmt.org or
Michele Edwards chn2@mbq-tmt.org to register or
call 613-967-3603*

spaces limited!!

Register by Feb 19th to receive your package of tips and hints!

Due to Covid restrictions, this program is intended for individuals living on Tyendinaga Mohawk Territory only. We apologize for any inconvenience

The Community Health Program Presents

Good Food Box

Fresh, healthy, nutritious fruits and vegetables

Large Box MAY Include-
Potatoes, carrots, onions, broccoli, celery, lettuce, cucumber, green onions, tomatoes, apples, bananas, oranges

Fruit Bag MAY include:
apples, bananas, oranges, lemon, kiwi

FREE for Community members for the month of February

*One large Box and one Fruit bag Per household limited Quantity available

Order Due by February 17 at 430PM

613-967-3603

Ask for Vanessa

Pick up February 23 between 1pm-3pm

Location to be determined

*Options may vary by season



MBQ Diabetes Education Program

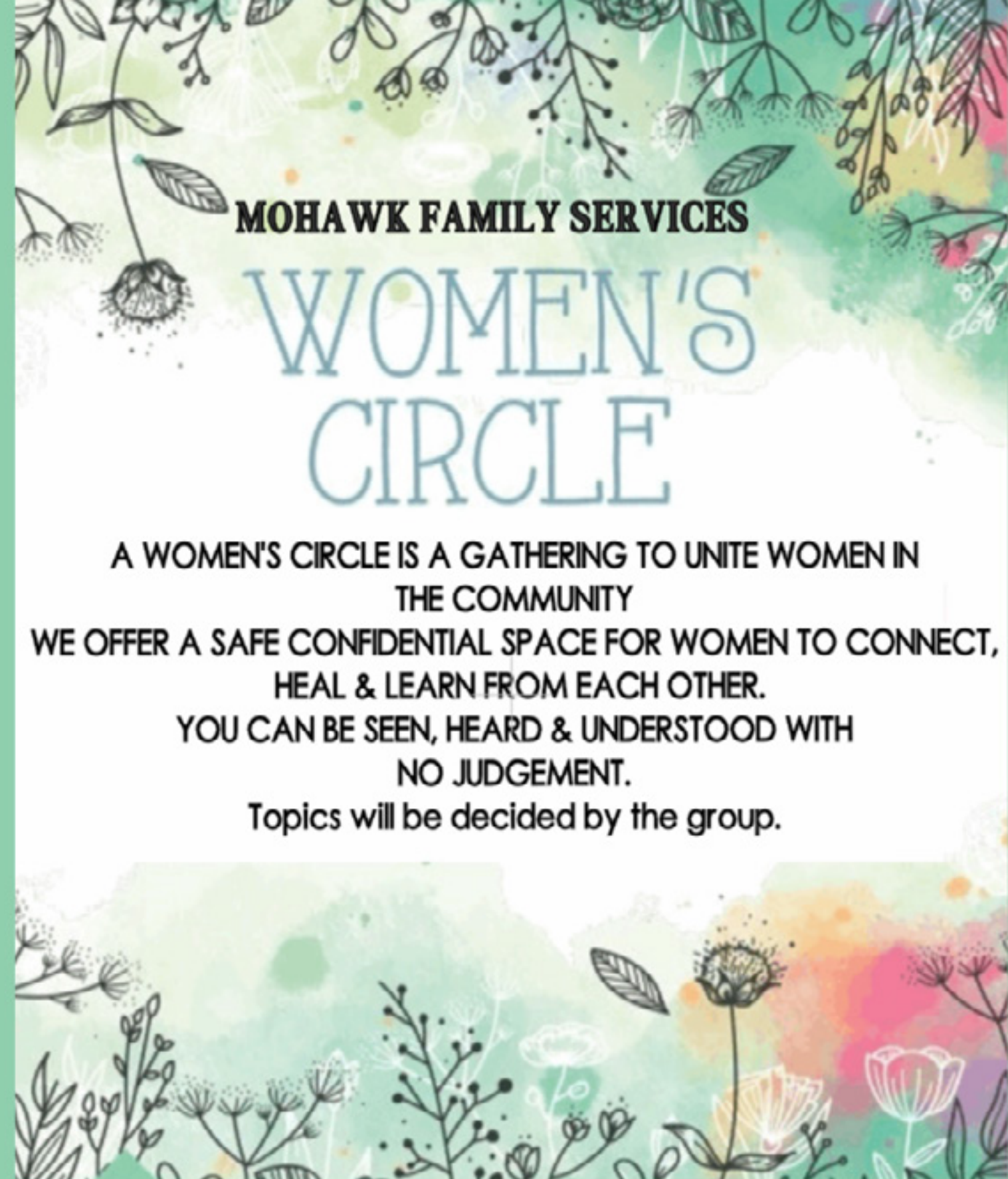
CONTACT JOSEE TO REGISTER
DIABETESPAW@MBQ-TMT.ORG
613-967-3603

Let's Talk!
**EXERCISE
DURING THE
WINTER
AND A
COVID-19
PANDEMIC**

February 10th

@ 10am Via Zoom

***Recieve a gift card
for participating***



MOHAWK FAMILY SERVICES

WOMEN'S CIRCLE

A WOMEN'S CIRCLE IS A GATHERING TO UNITE WOMEN IN
THE COMMUNITY
WE OFFER A SAFE CONFIDENTIAL SPACE FOR WOMEN TO CONNECT,
HEAL & LEARN FROM EACH OTHER.
YOU CAN BE SEEN, HEARD & UNDERSTOOD WITH
NO JUDGEMENT.
Topics will be decided by the group.

Circles commence Wed. Feb 3rd from 6:00pm-8:00pm via MStTeams

Meetings will take place bi-weekly

If you are interested in taking part please reach out to
preventionsupport1@mbq-tmt.org orventionsupport2@mbq-tmt.org
by calling 613-967-0122

Tyendinaga Diabetes Education Program

Tyendinaga Home Support

Zoom Seniors Kitchen

Open to All Seniors

Contact Josee to register
613-967-3603 ext 122
diabetespaw@mbq-tmt.org

February 24th 10 am -12

Register by February 19th

Pick up packages Feb 23rd

Drop off Delivery Available is needed

*Limited spaces are available

*This is a virtual event

Recipe: Lentil + sweet potato chilli

Diabetes Education Program

Live Snow-shoe Question and Answer Session

February 3rd at 10 am via zoom

COME ASK QUESTIONS BEFORE "JUMPING IN
WITH BOTH FEET"

Contact Josee to register and get the zoom link
Call CWC 613-967-3603
Email diabetespaw@mbq-tmt.org

DIABETES EDUCATION
PROGRAM

Snowshoe Rentals available for
DEP Clients

Size 30 and 21 available

Contact

diabetespaw@mbq-tmt.org

Or call Josee @ CWC

613-967-3603

**Urban Walking Poles Also
Available on loan



MASK MONDAYS!

We want to see people in the community wearing your fancy masks.

Every Monday during the month of February, submit a selfie with your mask on for a chance to win 1 of 4 prizes worth \$75 each.

At the end of the month everyone's name for every submission (1 Submission a week) will be entered into a draw to win a prize worth \$500!!

To Participate in Mask Mondays! Just take a selfie of yourself and email it to Shandonm@Mbq-tmt.org with your name and phone number.

Community Wellbeing Center
Address: 50 Meadow Dr. Deseronto
Phone: 613-967-3603

CLASSIFIEDS

PROPERTY FOR SALE

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

WANTED

Looking for land, preferably east of QMS. Call/Text Elliot at 647-291-2032 or email ecmaracl@gmail.com

WANTED

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

HOUSE FOR SALE

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

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 \$370,000 - for more information call 343-889-1219

WANTED

Looking for 1+ acre serviced (preferably) building lot for future family home.
Call Valerie @ 613-777-6652 or email @ vkireland@hotmail.com



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

COMING EVENTS

Feb 7, 2021
Feb 14, 2021
Feb 21, 2021
Feb 28, 2021
Mar 7, 2021

TBA

Until we can meet again in the sanctuary, please visit the YouTube channel for Sunday sermon

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

1 Corinthians 13:4-5

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**

