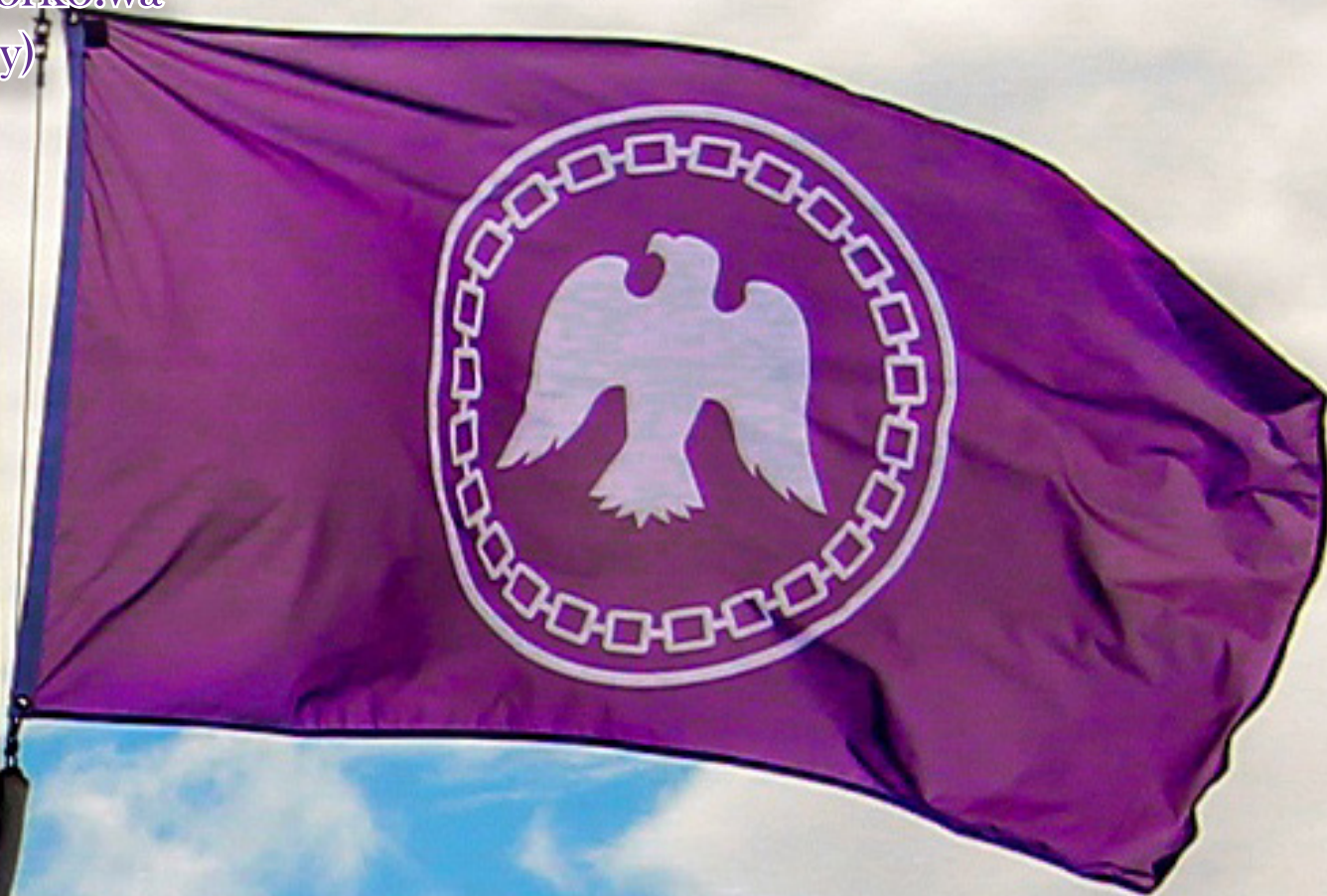


# MOHAWKS OF THE BAY OF QUINTE KENHTÈ:KE KANYEN'KEHÁ:KA



ISSUE 01/24

Tsyothorkó:wa  
(January)



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

Tehatinyehtóhtáhrhos

See page 3 for more information

## ORÍ:WASE<sub>(news)</sub>

## 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:

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

**COVID-19 & VACCINE INFO:** Rapid tests are available for pickup from the Community Wellbeing Centre Monday through Friday, 9 a.m. to 4 p.m.. To inquire about PCR testing, please call 613-967-3603. For most up to date information on COVID-19, please visit our Facebook page or website at [mbq-tmt.org/health/covid-19-updates](http://mbq-tmt.org/health/covid-19-updates)

The Mohawk Firefighters responded to 11 calls from November 21 to December 19:



1	Alarm: Commercial
1	Alarm: Residential
2	Alarm: Smoke
1	Fire/Smoke: Structural: Residential
3	Medical: Emergency
1	Public Service: CO
2	Structure Fire

This brings the total calls to 133 for 2023.





## COMMUNITY MESSAGES *and* ANNOUNCEMENTS

### NOTICE: OFFICE CLOSURE

***All MBQ offices will be closed on New Year's day and re-open at 8:30 a.m. Tuesday, January 2, 2024.***

### *Happy Birthday!*

Happy Birthday Allison -  
January 11th  
Love Marilyn & Rick

Happy Birthday Wanda -  
January 13th  
Love Marilyn & Rick

Happy Anniversary Carol &  
Manson - January 27th  
Love Marilyn & Rick

## 90TH BIRTHDAY TEA PARTY FOR SHIRLEY MARACLE

Where: Queen Anne Parish Centre - All Saints  
Church, 1295 Ridge Road

When: Saturday, January 27, 2024 - 1-4 p.m.

Please bring your Best Wishes only!

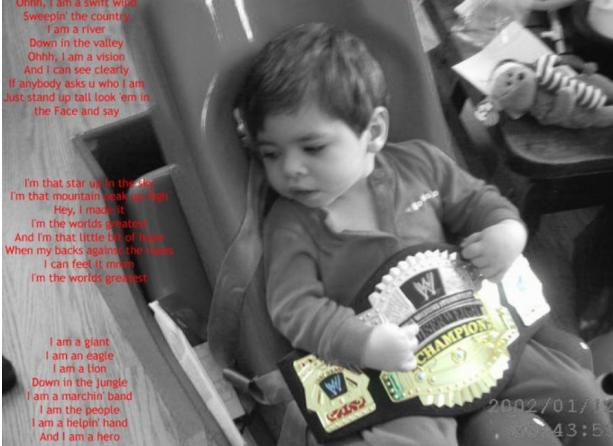
**\*\*may be postponed due to weather\*\***

I am a mountain  
I am a tall tree  
Ohhh, I am a swift wind  
Sweepin' the country  
I am a river  
Down in the valley  
Ohhh, I am a vision  
And I can see clearly  
If anybody asks u who I am  
Just stand up tall look 'em in  
the Face and say

I'm that star up in the sky  
I'm that mountain peak so high  
Hey, I made it  
I'm the world's greatest  
And I'm that little bit of love  
When my backs against the ropes  
I can feel it move  
I'm the world's greatest

I am a giant  
I am an eagle  
I am a lion  
Down in the jungle  
I am a marchin' band  
I am the people  
I am a helpin' hand  
And I am a hero

**THE WORLD'S GREATEST**



In Loving Memory of Connor James Loft, our  
handsome grandson, who left us 17 years ago and  
who is so dearly missed.  
July 22, 2003 - January 19, 2007

Today it would be wonderful  
To see you play or smile  
But heaven lent you to this world  
For just a little while  
And in that short but precious time  
You brought along much love  
And all that love is with you now  
In heaven up above  
Your leaving caused so many tears  
And such a lot of pain  
But God needed one more angel  
So he took you back again

Love you forever, Granmola & Papa xoxox

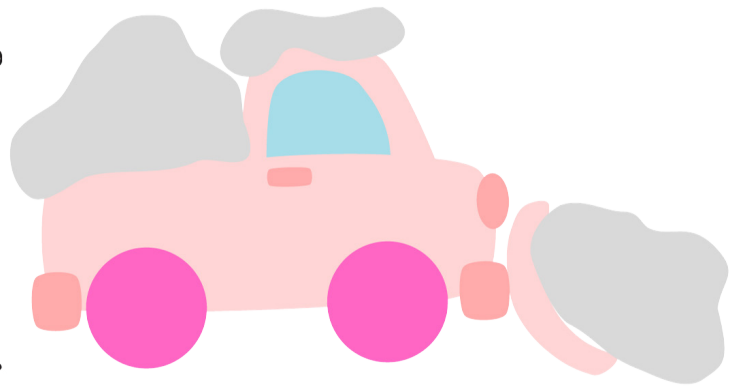
**Deadline for February: December 17 at 12 p.m.**

# Owenna'shòn:'a tewateweyénstha ón:wa tsi niwenhni:tes

(the words we are learning this month)

## Tehatinyehtohtáhrhos

They are plowing snow





HAPPY  
New Year

2024

## TSYOTHORKÓ:WA (JANUARY) VOCABULARY

Yothō:re — it is cold  
Kanyehtarōnkwas — snow brush  
Tehatinyehtohťährhos — they  
are plowing snow  
Tekenyehtohťährhos — I am  
shoveling snow  
Yowī:sare — it is icy  
Ōnyehťe — snow  
Ō:kera — snowflake  
Yo'kerēn:'en — it is snowing

Akohsera'kēkha athkwēnnya —  
winter clothes

A'nyā:nawen — mitts

Akohsera'kēkha Āhta — boots

Akohsera'kēkha Atyā:tawi —  
coat

Anon:warore — hat

Yontenya'taranyākstha — scarf





# JANUARY MEETINGS OF TYENDINAGA MOHAWK COUNCIL

## MEETING DATE AGENDA DEADLINE

### REGULAR

Wednesday,  
January 10 - 9:30 a.m.

Wednesday,  
January 3 - 12 p.m.

Wednesday,  
January 24 - 9:30 a.m.

Wednesday,  
January 17 - 12 p.m.

### LOCAL BUSINESS

Wednesday,  
January 17 - 7 p.m.

Wednesday,  
January 10 - 12 p.m.

Wednesday,  
January 31 - 7 p.m.

Wednesday,  
January 24 - 12 p.m.

Submissions can be sent to Shelley Bowden, Recording  
Secretary to Council at [shelleyb@mbq-tmt.org](mailto:shelleyb@mbq-tmt.org)





INAUGURATION OF  
*2023-2025*  
*Tyendinaga*  
*Mohawk Council*

Sunday, January 7, 2024  
12 p.m.

Mohawk Community Centre  
1807 York Road



Join us for the swearing in ceremony for the new Tyendinaga Mohawk Council. The ceremony will begin at noon and will be followed by a light lunch. We hope to see you there!





# **FEBRUARY MEETINGS OF TYENDINAGA MOHAWK COUNCIL**

## **MEETING DATE      AGENDA DEADLINE**

### **REGULAR**

Wednesday,  
February 7 - 9:30 a.m.

Wednesday,  
January 31 - 12 p.m.

Wednesday,  
February 21 - 9:30 a.m.

Wednesday,  
February 14 - 12 p.m.

### **LOCAL BUSINESS**

Wednesday,  
February 14 - 7 p.m.

Wednesday,  
February 7 - 12 p.m.

Wednesday,  
February 28 - 7 p.m.

Wednesday,  
February 21 - 12 p.m.

**Submissions can be sent to Shelley Bowden, Recording  
Secretary to Council at [shelleyb@mbq-tmt.org](mailto:shelleyb@mbq-tmt.org)**



**TYENDINAGA MOHAWK COUNCIL MINUTES**  
**JUNE 1, 2023**

A special meeting of the Tyendinaga Mohawk Council was held on Thursday, June 1, 2023 at 4:30 p.m. via Microsoft Teams.

Present: Chief R. Donald Maracle

Councillors: Stacia L. Loft and Carl E. (Ted) Maracle. Josh Hill joined the meeting at 4:46 p.m. via Seizal Kapadia's cell phone and Chris Maracle joined the meeting at 4:57 p.m. via Angela Maracle's cell phone.

Staff: David Souliere, CAO; Angela Maracle, Senior Director of Operations; Lisa Maracle, Director of Community Services; and Seizal Kapadia, Director of Finance.

Absent: Shelley Bowden, Executive Administrative Assistant and Recording Secretary to Council; Amsey Maracle, Executive Assistant to the Chief;

Guest: Derick Wong, Aboriginal Business Network

David Souliere, CAO, outlined that the funding that is generated from the current economic development projects, specifically the Loyalist Solar Project, and Ernestown Wind project, should be redirected from repaying the Bank of Montreal (BMO) loan for the Firehall Construction, and provide the money directly to the Economic Development Corporation.

This ongoing source of revenue will be used to hire administrative personnel, recruit, and retain a Board of Directors, invest in current Mohawks of the Bay of Quinte (MBQ) economic development ventures, and pursue any new business opportunities that will benefit MBQ in the future.

MOTION #1: Moved by Carl E. (Ted) Maracle, seconded by Stacia L. Loft to approve redirecting all funding that is generated by the current economic development projects, specifically the Loyalist Solar Project, and Ernestown Wind project, from repaying the BMO loan for the Construction of the Firehall, and provide the money directly to the Economic Development Corporation to allow for the operation and growth of the Economic Development Corporation, to fulfill its intended purpose, to operate and maintain MBQ's existing subsidiary companies, and invest in future opportunities for MBQ to grow our economic development portfolio, and provide greater own source revenue generation for the community. OLG funding is to be used to pay for the BMO loan for the Firehall Construction.

Carried.

The Council briefly discussed equipment needs for the Mohawk Golf Course. Chief Maracle suggested to apply to Indigenous Services Canada (ISC) for funding.

MOTION #2: Moved by Carl E. (Ted) Maracle, seconded by Chris Maracle to approve applying to ISC Community Opportunity Readiness Program for funding for the Mohawk Golf Course.

Carried.

The Council approved the Certificate of Authorized Signatory and Mohawk Council Resolution over email regarding the Canada Mortgage and Housing Corporation financing of the Belleville Affordable Housing Project located at 1 North Front Street, Belleville ON, and added the resolution in these minutes.

MOTION #3: Moved by Carl E. (Ted) Maracle, seconded by Stacia L. Loft

WHEREAS CMHC has agreed to provide a loan in the amount up to \$11,499,078 (a repayable loan of up to \$8,649,078 and a forgivable loan of to \$2,850,000) to Belleville Affordable Housing LP (the Borrower) through the National Housing Co-Investment Fund to assist with the financing of the construction of affordable rental housing

which consists of a three (3) storey building with thirty-eight (38) Housing Units consisting of nineteen (19) affordable Housing Units supporting Indigenous Women and Children and facilities ancillary May 15, 2023 (the “Loan Agreement”);

AND WHEREAS the Mohawks of the Bay of Quinte have agreed to guarantee the payment and performance of the obligations of the Belleville Affordable Housing LP under the Loan Agreement in favour of the Lender.

THEREFORE BE IT RESOLVED THAT:

1. David Souliere, R. Donald Maracle, Josh Hill, Stacia Loft, Carl (Ted) Maracle and Chris Maracle is/are hereby authorized to enter into any other documents or agreements as may be reasonably required by CMHC in connection with the Loan Agreement, and the guarantee thereto, substantially in the form of such draft documents or agreements presented or described to the Band Council of the Mohawks of the Bay of Quinte, subject to such amendments to which any authorized member of the Band Council may agree from time to time (collectively, the Additional Documents).

2. Any and all actions taken prior to this date by David Souliere, R. Donald Maracle, Josh Hill, Stacia Loft, Carl (Ted) Maracle and Chris Maracle in connection with the negotiation of the guarantee of the Borrower’s obligations under the Loan Agreement and the Additional Documents, if any, and any other ancillary and supporting documents or agreements (collectively, the Documents), are hereby authorized, ratified and confirmed.

3. David Souliere, R. Donald Maracle, Josh Hill, Stacia Loft, Carl (Ted) Maracle and Chris Maracle is/are hereby authorized to:

- execute and deliver the Documents with such changes, if any, as the officer or director may deem necessary or advisable, such execution to be conclusive evidence of his or her approval of any such changes;
- execute and deliver all such instruments, agreements and other documents and take such further and other action as in such David Souliere, R. Donald Maracle, Josh Hill, Stacia Loft, Carl (Ted) Maracle and Chris Maracle may be necessary or desirable, now or in the future, to facilitate or complete the transactions and agreements hereby approved and authorized, and
- execute and deliver any replacements, extensions, amendments, renewals or supplements to any of the foregoing as he or she may deem necessary or advisable at any time or from time to time. M.C.R. #2023/24-010

Carried.

The Council was asked to approve the 2023-2028 Agreement for Policing Services over email and put the motion in these minutes as there is a deadline of June 9, 2023 to respond and the next regularly scheduled Council meeting is June 16, 2023.

MOTION #4: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill to approve signing the 2023-2028 Agreement between Public Safety and Emergency Preparedness, Solicitor General and the Mohawks of the Bay of Quinte for Policing Services – Delivered by First Nations Constables.

Carried.

MOTION #5: Moved by Carl E. (Ted) Maracle, seconded by Chris Maracle that this meeting be adjourned. (5:19 p.m.)

Carried.

Recorded by: Angela Maracle, Senior Director of Operations  
Original Signed by: Chief R. Donald Maracle



**TYENDINAGA MOHAWK COUNCIL MINUTES**  
**NOVEMBER 1, 2023**

A meeting of the Tyendinaga Mohawk Council was held on Wednesday, November 1, 2023 at 9:40 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle

Councillors: Stacia L. Loft, Carl E. (Ted) Maracle and Chris Maracle - Josh Hill, joined by Teams until 10:08 a.m. due to technical difficulties

Staff: David Souliere, CAO, joined by Teams; Angela Maracle, Senior Director of Operations; Shelley Bowden, Executive Administrative Assistant and Recording Secretary to Council;

Absent: Amsey Maracle, Executive Assistant to the Chief;

Chief Maracle opened the meeting with the Ohenton Karihwatehkwen and also provided the Lord's Prayer in Kanyen'keha and in English.

MOTION #1: Moved by Stacia L. Loft, seconded by Chris Maracle to adopt the agenda.

Carried.

MOTION #2: Moved by Stacia L. Loft, seconded by Chris Maracle that the Tyendinaga Mohawk Council Minutes of October 19, 2023 be approved as Corrected.

Carried.

MOTION #3: Moved by Chris Maracle, seconded by Stacia L. Loft to approve travel outside the Territory;  
Chief: attending the Queen's Statue Unveiling on November 7, 2023 in Toronto;

Carried.

MOTION #4: Moved by Stacia L. Loft, seconded by Chris Maracle to defer the request from Ministry of Natural Resources and Forestry for a Geographic Name change to an island, for staff to review and provide recommendations.

Carried.

MOTION #5: Moved by Chris Maracle, seconded by Carl E. (Ted) Maracle to approve the request from Queen University to appoint Chief Maracle to the Queen's University Indigenous Oversight Council.

Carried.

MOTION #6: Moved by Chris Maracle, seconded by Stacia L. Loft to approve the purchase of a new truck for the Roads Department in the amount of \$111,000.00.

Carried.

MOTION #7: Moved by Stacia L. Loft, seconded by Chris Maracle to approve (2) new positions to the MBQ organizational structure under the Employment and Training Program – Employment Assistant and a Training Coordinator.

Carried.

MOTION #8: Moved by Chris Maracle, seconded by Stacia L. Loft to approve signing the Funding Agreement from the Ministry of Children, Community and Social Services for the delivery of Ontario Works program.

Carried.

MOTION #9: Moved by Stacia L. Loft, seconded by Chris Maracle to approve signing the Indigenous Services (ISC) Comprehensive Funding Agreement #2122-ON-000027, Amendment #0044 for End of Life Care 2023/2024 in the amount of \$3,018.00.

Carried.

MOTION #10: Moved by Chris Maracle, seconded by Stacia L. Loft to approve to pay the Hicks Morley invoices dated June 23, 2023 #654220 - \$1,484.00; #654221 - \$106.00; #654222 - \$2,120.00; #654223 - \$795.00; invoices dated October 23, 2023 #666900 - \$3,763.00; #666901 - \$106.00; #666902 - \$106.00 regarding Human Resources.

Carried.

MOTION #11: Moved by Stacia L. Loft, seconded by Chris Maracle to acknowledge the Summer Student report and to sign the letter to Service Canada regarding underfunding for Summer Student Employment

Carried.

Note: MBQ had 23 students apply for summer employment. and through the Canada Summer Jobs, Indigenous Services Canada-Summer Work Experience, Employment and Training and individual programs where students were placed (Community Health, Community Wellbeing, COVID and Housing), all MBQ members who met the criteria were provided with 8 weeks of summer employment.

MOTION #12: Moved by Chris Maracle, seconded by Stacia L. Loft to acknowledge the Memorandum of Understanding with the Town of Deseronto dated October 27, 2023 for the North Street Housing Development servicing.

Carried.

MOTION #13: Moved by Chris Maracle, seconded by Stacia L. Loft that Whereas, the Mohawks of the Bay of Quinte (MBQ) was approved for funding under the Investing in Canada Infrastructure Program (ICIP): Green Infrastructure Stream Stage II - 2021 Intake for the proposed North Street servicing project; and

Whereas, at a duly convened meeting of the MBQ/Deseronto Joint Water and Wastewater Committee on August 8, 2023, the parties mutually agreed to have a Memorandum of Understanding drafted to facilitate the MBQ proposed North Street servicing project; and

Whereas, the Town of Deseronto and the Mohawks of the Bay of Quinte have mutually agreed to the final edits and provisions as outlined in the attached Memorandum of Understanding dated October 27, 2023.

Therefore, be it resolved that the Tyendinaga Mohawk Council authorizes the signing of the MOU, as represented by Chief R. Donald Maracle. M.C.R. #2023/24-042.

Carried.

Councillor Carl E. (Ted) Maracle arrived at 10:35 a.m.

MOTION #14: Moved by Carl E. (Ted) Maracle, seconded by Chris Maracle to approve scheduling a meeting with the Ministry of Transportation regarding the Hwy 49 corridor on November 8, 2023 at 10:30 a.m.

Carried.

MOTION #15: Moved by Chris Maracle, seconded by Carl E. (Ted) Maracle to approve the Hydro One Multi-Service Connection for the North Street Housing Development.

Carried.

MOTION #9: Moved by Stacia L. Loft, seconded by Chris Maracle to approve signing the Indigenous Services (ISC) Comprehensive Funding Agreement #2122-ON-000027, Amendment #0044 for End of Life Care 2023/2024 in the amount of \$3,018.00.

Carried.

MOTION #10: Moved by Chris Maracle, seconded by Stacia L. Loft to approve to pay the Hicks Morley invoices dated June 23, 2023 #654220 - \$1,484.00; #654221 - \$106.00; #654222 - \$2,120.00; #654223 - \$795.00; invoices dated October 23, 2023 #666900 - \$3,763.00; #666901 - \$106.00; #666902 - \$106.00 regarding Human Resources.

Carried.

MOTION #11: Moved by Stacia L. Loft, seconded by Chris Maracle to acknowledge the Summer Student report and to sign the letter to Service Canada regarding underfunding for Summer Student Employment

Carried.

Note: MBQ had 23 students apply for summer employment. and through the Canada Summer Jobs, Indigenous Services Canada-Summer Work Experience, Employment and Training and individual programs where students were placed (Community Health, Community Wellbeing, COVID and Housing), all MBQ members who met the criteria were provided with 8 weeks of summer employment.

### **TYENDINAGA MOHAWK COUNCIL MINUTES NOVEMBER 13, 2023**

A meeting of the Tyendinaga Mohawk Council was held on Monday, November 13, 2023 at 11:25 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle

Councillors: Josh Hill, Carl E. (Ted) Maracle, Chris Maracle and Stacia L. Loft, joined by Teams

Staff: David Souliere, CAO, joined by Teams; Angela Maracle, Senior Director of Operations; Shelley Bowden, Executive Administrative Assistant and Recording Secretary to Council; Amsey Maracle, Executive Assistant to the Chief, joined by Teams

Chief Maracle opened the meeting with the Ohenton Karihwaterhkwen and also provided the Lord's Prayer in Kanyen'keha and in English.

MOTION #1: Moved by Chris Maracle, seconded by Josh Hill to adopt the agenda.

Carried.

MOTION #2: Moved by Stacia L. Loft, seconded by Chris Maracle that the Tyendinaga Mohawk Council Local Business Minutes of November 1, 2023 be approved as corrected.

Carried.

MOTION #3: Moved by Chris Maracle, seconded by Josh Hill to approve travel outside the Territory;  
Chief: attending the Assembly of First Nations (AFN) Meeting on December 3 - 6, 2023 in Ottawa;

Carried.

MOTION #4: Moved by Josh Hill, seconded by Chris Maracle to approve the Business Registration Renewal for Artistic Inspirations by Debra, owner Debra Vincent.

Carried.



MOTION #5: Moved by Stacia L. Loft, seconded by Chris Maracle to approve the Business Registration Renewal for Martins Beads and Crafts Supplies, owner Lisa Martin.

Carried.

MOTION #6: Moved by Chris Maracle, seconded by Stacia L. Loft to approve the Business Registration Renewal for Mohawk Auto Body, owner Howard & Nancy Brant.

Carried.

MOTION #7: Moved by Chris Maracle, seconded by Stacia L. Loft to approve the Business Registration Renewal for Mohawk Duty Free, owner Terry Maracle.

Carried.

MOTION #8: Moved by Chris Maracle, seconded by Josh Hill to approve the Business Registration Renewal for Native Renaissance II, owner Thomas B. Maracle.

Carried.

MOTION #9: Moved by Chris Maracle, seconded by Josh Hill to approve the Business Registration Renewal for Oyen:kwa Convenience & Wholesale, owner Mathew Weldon.

Carried.

MOTION #10: Moved by Chris Maracle, seconded by Josh Hill to approve the Business Registration Renewal for Quinte Trade Services, owner John Lloyd.

Carried.

MOTION #11: Moved by Chris Maracle, seconded by Stacia L. Loft to approve the Business Registration Renewal for Soaring Eagle Variety, owner Tonya Maracle.

Carried.

MOTION #12: Moved by Chris Maracle, seconded by Josh Hill to approve the Business Registration Renewal for The Gallery Café, owner Allison Maracle.

Carried.

MOTION #13: Moved by Chris Maracle, seconded by Stacia L. Loft to approve the Business Registration Renewal for The Work Gear, owner Trevor Lewis.

Carried.

Councillor Josh Hill – Conflict of Interest

MOTION #14: Moved by Chris Maracle, seconded by Stacia L. Loft to approve the Business Registration Renewal for Five Nations Tobacco & Fuels, owner Jason Maracle.

Carried.

MOTION #15: Moved by Chris Maracle, seconded by Carl E. (Ted) Maracle to approve the Business Registration Renewal for Central Trading Post, owner Gregory Reilly.

Carried.

MOTION #16: Moved by Chris Maracle, seconded by Josh Hill to approve the Business Registration for Mohawk Soda Company, owner Ross Maracle.

Carried.

MOTION #17: Moved by Chris Maracle, seconded by Josh Hill to approve the Business Registration for Mohawk NDT Services, owner Michael Green.

Carried.

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Carried.

MOTION #17: Moved by Chris Maracle, seconded by Josh Hill to approve the Business Registration for Mohawk NDT Services, owner Michael Green.

Carried.

MOTION #28: Moved by Chris Maracle, seconded by Josh Hill that WHEREAS Mohawks of the Bay of Quinte applied for the Community Energy Champion (CEC) 3.3 program on July 28, 2023.  
AND WHEREAS Mohawks of the Bay of Quinte provided clarifications to the Community Energy Champion (CEC) 3.3 program application September 29, 2023.  
AND WHEREAS Mohawks of the Bay of Quinte has been approved for the Community Energy Champion (CEC) program on November 2, 2023 with Reference Number: 0954-CE-07312023-MS for \$180,000 in funding from the IESO.  
AND WHEREAS Tyendinaga Mohawk Council is committed to undertaking renewable energy initiatives and capacity building projects.  
THEREFORE BE IT RESOLVED that Tyendinaga Mohawk Council is in full support moving forward with hiring a Community Energy Champion for a three year contract position. M.C.R. #2023/24-045.

Carried.

Council confirmed the following scheduled meetings:

- November 18, 2023 – 7:00 p.m. – 10:00 p.m. – MBQ Candidates Night
- November 27, 2023 – 7:00 p.m. – 10:00 p.m. – MBQ Candidates Night
- November 28, 2023 – 4:00 p.m. Tyendinaga Mohawk Council Local Business
- December 2, 2023 – MBQ Election
- December 13, 2023 – 9:30 a.m. Tyendinaga Mohawk Council Regular

MOTION #29: Moved by Chris Maracle, seconded by Josh Hill that this meeting go into private. (12:40 p.m.)

Carried.

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

A purple poster with a white eagle logo at the top center. Two megaphones are on either side of the text. The text reads: "CALL FOR BOARD MEMBERS", "The Mohawks of the Bay of Quinte are seeking applications from individuals interested in being establishing members of the Tyendinaga Police Services Board!", "For more information, please visit: https://mbq-tmt.org/2023/12/13/call-for-applications-tps-board-members/", "To apply, please email: policeservicesboard@mbq-tmt.org", and "The Application Deadline is: JANUARY 10, 2023".

**CALL FOR BOARD MEMBERS**

The Mohawks of the Bay of Quinte are seeking applications from individuals interested in being establishing members of the Tyendinaga Police Services Board!

For more information, please visit:  
<https://mbq-tmt.org/2023/12/13/call-for-applications-tps-board-members/>

To apply, please email:  
[policeservicesboard@mbq-tmt.org](mailto:policeservicesboard@mbq-tmt.org)

**The Application Deadline is:  
JANUARY 10, 2023**



## Historical Council Minutes

The following are transcriptions of the earliest recorded elected council meetings of the Mohawks of the Bay of Quinte. These minutes are from meetings of the Chiefs in Council, and from the general council meetings that involved the whole community. The meetings were irregular, and in some cases they were adjourned until the Chiefs were notified to return.

Note: The council minutes reprinted here have been modified (in format only ie; spelling corrected, punctuation adjusted, lines adjusted, put in chronological order) for the ease of reading.

\*\*\*\*\*

81

Mohawk Council House

Feby 3<sup>rd</sup> 1873

Council met for the transaction of business  
according to adjournment

Chiefs Present

Thomas Green}, Joseph Penn}, S. Green}, John Loft}, Seth W. Hill}, Cornelius  
Maricle, A Culbertson

Moved by John Loft seconded by Seth W Hill that Chief S. Green act as Secy  
Carried

Moved by John Loft seconded by Cornelius  
Maricle that Seth W Hill be Chairman for the Council Carried

Minutes of last Council were then read & approved of – Chief WJW J Hill came  
in & took his seat.

Chief John Loft asked aid from the Council of Chief to certain destitute  
members of our band (viz) Simon Green John P. Green & Peggy Spole-  
Moved by W.J.W. Hill & seconded by A Culbertson that ten dollars be voted to  
each of the above named parties & Chief S. Green be & is hereby requested  
to advance to those parties the sum mentioned in previous[?] & a requisition be  
made on the Secy of State of the amount out of the funds of the band made  
payable to Chief S. Green Carried

82 minutes continued

Chief S. Green asked the Council to consider the subject of allotting land to those who never received any land on this reserve –

Moved by C Maricle & seconded by W. J. W. Hill that on Tuesday Feby 11/73 the Chiefs assemble for the purpose of preparing a way of allotting land

Carried

Moved by W.J.W. Hill & seconded by C Maricle that the Chiefs meet in Oronhyatekha Hall at Millpoint for the purpose of carrying out the above resolution

Moved in amendment by A Culbertson & seconded by John Claus that the Chiefs meet here in the Council House Lost[?] [?] [? at Council

Moved by C Maricle & seconded by A Culbertson that a General Council be called on the first Monday in March for the purpose of allotting the Land

Carried

Moved by W.J.W. Hill & seconded by A. Culbertson that a bridge be made on road between Lots 15 & 16 Con A

Carried

Moved by W. J. W. Hill & seconded by Cornelius Maricle that John Loft & A Culbertson be & is hereby appointed to view the work required to be done on the Bridge above mention & value the cost required

Carried

Council closed until Feby 11 73

S. Green	Seth W Hill
Secy	Chairman





# CONGRATULATIONS

go out to Olivia Hofmann (#23) for being selected to play on the Haudenosaunee Nationals Women's Field Lacrosse team! Olivia recently returned from Kingston, Jamaica after the Nationals captured a gold medal in the PanAm Sixes Cup! What an honour and privilege to play the Creator's game with such a wonderful group of elite athletes, and so nice to have a representative from Tyendinaga on the team! Your family and friends are very proud of you Liv!! We are excited that lacrosse will be included in the 2028 Olympic Games in Los Angeles, and look forward to seeing where LAX takes you next!

Way to go Olivia!

Love, Mom (Jenny), Dad (Ralph),  
Sophie, and Joey





CARA PRESENTS



# ALL-SORTS- OF-SPORTS



**LOCATION: QUINTE MOHAWK SCHOOL GYMNASIUM**

**AGE GROUP: 16+**

**START WEEK: FEBRUARY 14 2024**

**GAME TIME: EVERY WEDNESDAY. START TIMES ROTATE BETWEEN 6:00PM AND 9:00PM. 60-MINUTE GAMES.** CARA ENSURES TEAMS RECEIVE A MIX OF GAME TIMES.

**NUMBER OF GAMES: 12 GAMES** (10 REGULAR SEASON GAMES + 2 PLAYOFF GAMES)

**FIRST 8 TEAMS TO REGISTER: MIXED GENDER. NEED AT LEAST 8+ PLAYERS (MINIMUM 2 MEN, 2 WOMEN)**  
NEED 2 WOMEN ON COURT AT ALL TIME



**COST: \$200 A TEAM** (COVERS COST OF GYM RENTAL & 1ST PLACE TROPHY)

**IF YOU DO NOT HAVE A TEAM, REGISTER AS A PLAYER AND YOU WILL BE PLACED ON A TEAM**



To register as a team or a player email Emma at  
**[CARA@mbq-tmt.org](mailto:CARA@mbq-tmt.org)**







Community health presents:

How long do I wait  
before I get my next  
COVID vaccine?  
6 months after your  
last COVID-19 vaccine  
and infection



# Covid -19 & Flu Vaccine

**Friday**  
**JANUARY 5TH**  
**9am til noon**

**At the Community  
Wellbeing  
Centre**

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





Tahatikonhsotontie Head Start

# DROP-IN PROGRAM



**Mondays & Thursdays 9:30–11:30AM**

The Drop-in Program is intended for Families with Children aged 0–6

We will be offering information sessions and craft opportunities for parents once a month

Stories  
& Songs

Mohawk  
Language

Cultural  
Teachings

Interactive  
Activities

Creative  
Workshops

9 Deserontyon Drive, Tyendinaga Mohawk Territory

# Good Food Box



## Calendar For 2024

**New Fire Hall ( 39 Meadow Drive, TMT)**

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



**Veggie Bag \$10.00**

**Fruit Bag \$5.00**

**COMMUNITY HEALTH**

**Come feel the power of  
small for yourself!**

**JANUARY 20, 9 AM – 12 PM**

# OPEN HOUSE

There's nothing quite like checking out campus in person to see if it's right for you; sometimes it's all about the vibe!

At Open House, you'll be able to:

- Get the inside scoop on #DestinationLoyalist from faculty, staff and students
- Explore more than 70 full-time, in-class programs as well as hundreds of online and distance courses
- Tour campus, including Residence
- Check out labs, workshops and learning spaces
- Find out about our full range of student services
- Discover university and college pathways
- Explore funding options and financial assistance

**Pre-register  
for a chance  
to win a  
\$1,000  
tuition credit.\***

**What:** Open House

**When:** Saturday, January 20 from 9 AM – 12 PM

**Where:** Loyalist College - Belleville location, Link Lounge

Pre-register for Open House: **[LoyalistCollege.com/OpenHouse](https://LoyalistCollege.com/OpenHouse)**

\*Only registered guests who attend the January 20, 2024 Open House are eligible to participate in this draw. Some conditions may apply. Please note that this giveaway is open to domestic prospective students only.





Congratulations to Pamela Devonshire of Lighting Spark Books, who was the lucky winner of the painting by Wilma Maracle. Her support of The Mohawk Guild, as well as having donated over \$13,000 to TTO towards the construction of the new school, is to be admired. To participate in such a well organised event was a pleasure. The Mohawk Guild thanks everyone for your continued support and looks forward to Craft Sale 2024.



# Are you paying too much for home heating?

Come visit us to see how much you can save!

**Wednesday, Nov. 22**

11:00 a.m. – 6:30 p.m.

**Thursday, Nov. 23**

10:00 a.m. – 2:00 p.m.

**Wednesday, Dec. 13**

**Wednesday, Jan. 24**

**Wednesday, Feb. 21**

10:30 a.m. – 3:00 p.m.

## Learn about the benefits of switching to natural gas and how to get connected.

Stop by our **kiosk** at:

Mohawks of the Bay of Quinte Administration Building

24 Meadow Drive,

Tyendinaga Mohawk Territory

Drop by to have all **your questions answered** and let us know if you're interested in connecting to natural gas.

**Talk about potential savings** on your home energy bills.

Connect with us at:  [ceapplications@enbridge.com](mailto:ceapplications@enbridge.com)

 **1-833-356-2689**

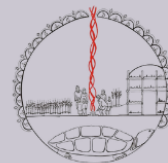


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© 2023 Enbridge Gas Inc. All rights reserved.

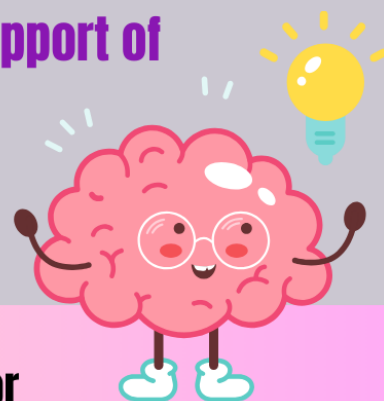


# Alzheimer Society



HASTINGS - PRINCE EDWARD

**Join us for an information session in support of  
Alzheimer's Awareness Month**



***Ben Wright* - Education Support Coordinator**

**&**

***Jeniece Renaud* - Public Education Coordinator**

**Education on Alzheimer's Disease & other memory issues**

**When: January 24th, 2024**

**Where: Mohawk Fire Department (39 Meadow Drive)**

**Time: 6:00-7:00pm**

**prizes!**

*Come join us at the Mohawk Fire Hall for conversation and  
some social time*

*"Refreshments provided"*

*Everyone is welcome*

**\*\* Open to MBQ members or anyone living on Territory \*\***

Register by emailing: [communityhealth@mbq-tmt.org](mailto:communityhealth@mbq-tmt.org) or call Hannah  
Hill

613-967-3603 ext. 166



# KEEP MBO UP-TO-DATE

**Government of Canada / Gouvernement du Canada** 3529030

**CERTIFICATE OF INDIAN STATUS - CERTIFICAT DE STATUT D'INDIEN**

**Your Picture Here**

This is to certify that / Le présent atteste que:

Family Name - Nom de famille  
**JONES**

Given Names - Prénoms  
**JOHN CARL**

Alias - Nom d'emprunt  
**JOHNNY**

Registry No. - N° de registre  
**4360000000**

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

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

Bonnie Maracle  
E: [bonniem@mbq-tmt.org](mailto:bonniem@mbq-tmt.org)  
P: 613-396-3424 x 110

Bonny 'Bear' Maracle  
E: [bonnym@mbq-tmt.org](mailto:bonnym@mbq-tmt.org)  
P: 613-396-3424 x 132

## REMINDERS

- By appointment only, Monday-Friday, 8:30 a.m. to 4:30 p.m.
- You will need TWO pieces of photo I.D. for renewals

# Mobile Office



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

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

DURING THESE MOBILE OFFICE SESSIONS, REBECCA WILKINSON, CONSTITUENCY ASSISTANT FOR MP KRAMP-NEUMAN CAN OFFER SUPPORT FOR:

- PASSPORT APPLICATION REVIEW
  - SERVICE CANADA
  - CANADA PENSION PLAN
  - DISABILITY PENSION PLAN
  - CANADA REVENUE AGENCY
  - VETERANS AFFAIRS
  - EMPLOYMENT INSURANCE
  - OLD AGE SECURITY
  - PHOENIX PAY ISSUES
  - FEDERAL SMALL BUSINESS PROGRAMS
- MUCH MORE!

WEDNESDAY  
JANUARY 17

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.



# Facts Indigenous Visitors Need to Know Before Visiting the USA or travelling outside of Canada

If you have friends and family travelling outside of Canada for any reason or any length of time, you should understand the following facts before visiting the United States of America (USA).

## **1. Medical Costs are Very Expensive**

The USA and Canada have the highest costs for medical care around the globe. A single trip to the emergency room for a few stitches and some antibiotics can cost hundreds of dollars. Foreign visitors without travel health insurance will have to pay out of pocket for their medical treatment. While there are a few welfare hospitals worldwide, most have gone bankrupt and those who remain have very long wait times for non-emergency treatment so you cannot expect to get prompt, top-notch treatment if you do not have travel health insurance.

## **2. Foreign Visitors do not Receive Free Medical Care**

The global health care system is not 'free healthcare' – not for visitors of a foreign country. This can be the most confusing fact of all for those coming from countries where healthcare is free (or, more accurately, paid for by taxes). Further, foreign visitors on short-term visas as tourists, i.e., not students or temporary foreign workers, do not have access to buy their own health insurance from the healthcare marketplaces in the country they are visiting.

## **3. Emergency Room Visits are Not Free Either**

Even if your treatment is considered an emergency, the hospital will expect payment for treatment costs, including surgeries, medicines, medical supplies, ambulance transportation, and anything else used to treat you and make you well again. If you are a foreigner and need emergency medical treatment, it's likely that you will be transported to a welfare-based hospital soon after they discover you have no insurance.

## **4. Students and Temporary Foreign Workers are not exempt**

Foreign students and temporary foreign workers are not exempt from the Affordable Care Act requirements to obtain qualified health insurance. If you are a student studying abroad or a foreign worker, you will have to get health insurance in the host country either through the university or through your employer. If neither, your university or employer can provide you access to health insurance you can buy. You'll need to log in to the country's health care site, choose your location, and start researching a plan you can buy. You should have travel health insurance prior to leaving to cover the trip from your homeland to foreign destination and ensure coverage is valid for the period of time it takes you to buy and receive health insurance out of country. If you are hospitalized for dehydration due to a flu bug you picked up soon after arrival, for example, and you do not have travel health insurance and your health insurance is not yet in effect, you will be paying for your medical treatment on your own. An overnight stay in the hospital can run into the thousands of dollars (USD); medical treatment for a car accident can bankrupt an individual from which they may never financially recover.



## **5. An Evacuation Out of May Be Necessary**

Little known fact: emergency medical evacuations are not usually covered under any USA based health insurance plan. No kidding! If you're a foreign visitor, however, getting an evacuation back to your home country where you can be with family and friends and back in your own health care system is sometimes the only way to control costs if you have an accident in the host country. Most travel health insurance plans have coverage for evacuations back to your home country. The cost of an evacuation depends largely on how far you have to travel, so an evacuation from the USA to Canada will cost a lot less than one to Australia but you get the idea. Get coverage for at least \$100,000 - \$300,000 and you should be fine.

## **6. Pre-existing Conditions May Cause You Trouble**

While the Affordable Care Act addresses pre-existing conditions for those living in or citizens of the USA, this is not true for other foreign countries, many travelers are surprised when a travel insurance provider denies their claims due to a pre-existing medical condition. In some cases, the condition is one that the traveler didn't even recognize as a medical condition that could disqualify their coverage. This is especially true of conditions that:

- a doctor diagnosed but did not explain to you
- are controlled by medication you take regularly
- have not yet been diagnosed but symptoms were treated

## **\*Travel Insurance is about more than Travel Medical\***

While having travel medical protection covers the biggest concern that foreign visitors have when going outside of Canada, travel insurance is about travel medical. There are many other travel disasters that can affect your trip outside of Canada and cause you to incur unexpected costs.

- Trip cancellation and interruption coverage can protect you from big losses if you have to cancel your trip or end it early and return home. There are also different kinds of cancellation coverage to cover specialized instances, including having to cancel for work reasons or cancelling for any reason at all.
- Baggage loss and delay protection means you'll have some – not a lot, but some – reimbursement for lost or stolen bags no matter where you are on your trip.
- Coverage for missed connections (when you miss a cruise departure, for example) and travel delays (when they cancel all flights due to a hurricane or blizzard, for example).
- Package travel insurance plans combine lots of benefits into a full-featured plan that gives a foreign visitor to a foreign location a lot of protection. See a local travel agent/guide for more details on coverage options you can choose for your visit to your selected travel destination.
- Travel insurance can be purchased in a variety of ways – at your personal financial institution, local travel agencies and on-line just to name a few options. If you are a valid credit card holder, you may want to check with your card provider as many credit cards may already cover you for different types of travel. If they do, make sure that you understand the specific policy criteria, length of time and conditions as it may differ depending on where and when you travel and your travel reason.



# Tyendinaga Fitness Resource Centre

"Discovering the Balance" 613.962.2822



## JANUARY 2024

### Prices:

Adults: \$30.00

Students: \$25.00

Seniors: \$20.00

### Hours:

Monday-Friday

6:30am-8:00pm

Saturday

8:00am-1:30pm

Watch our Facebook and  
Instagram for more programs  
and events!



CLOSED



## JOIN OUR NEW YEAR PROGRAMS

- Bootcamp
- Soothe Stress With Stretching
- Resistance Training Basics



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

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

# BOOT CAMP

***The TERC Wants you!***

**Mondays &  
Wednesdays**

**12PM to 12:45PM**

**Start Date Jan 8th**

**@ Tyendinaga Fitness**

**Resource Centre**

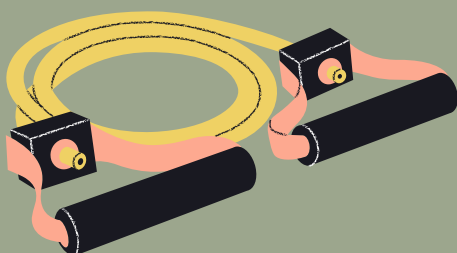


**For registration and  
inquiries:**

**(613) 962-2822**

**TYFITNESSRES@MBQ**

**-TMT.ORG**





# Resistance Training Basics

**Fridays**

**12PM to 12:45PM**

**Start Date Jan 12th**

**@ Tyendinaga Fitness Resource Centre**

**For registration and  
inquiries:**

**(613) 962-2822**

**TYFITNESSRES@MBQ-TMT.ORG**





# Soothe Stress With Stretching



**Tuesdays & Thursdays**

12PM to 12:45PM

Start Date Jan 9th

@ Tyendinaga Fitness Resource Centre

**For registration and  
inquiries:**

(613) 962-2822

TYFITNESSRES@MBQ-TMT.ORG





**Tired of getting letters from CRA saying you owe tax on your exempt pension funds?**

**Stressed mentally and financially by having your Supplement lowered by Service Canada?**

**Upset due to having to fight this battle repeatedly?**

The time has come for the Federal Government to bring about the necessary change to fix these issues for you and every Indigenous person in Canada.

Please consider taking the few minutes required to sign Parliamentary Petition e-4564 to help try and bring about the necessary changes.

The petition is asking for the Federal Government to authorize changes in the following 3 ways:

- 1) Update T4RIF tax slips to show income as tax-exempt
- 2) Register tax-exempt Canada Pension Plan (CPP) contributions as exempt when contributed
- 3) Update T4A (P) tax slips for CPP retirement benefits to illustrate tax-exempt payments

These changes, if made, will at least reduce if not eliminate, the number of reassessments being completed each year on Indigenous individuals. For some households they may also increase the amount of other benefits received.

The time has come for a change, help us by voicing your support through signing Parliamentary Petition e-4564! There is no minimum age for signing, any Canadian can sign!





## **Instructions for Signing Parliamentary Petition e-4564**

The petition is asking for the Federal Government to fix the following issues for Indigenous individuals with tax-exempt pension income in retirement:

- 1) Update T4RIF slips to avoid individuals having their tax returns reassessed, which often results in tax payable, Guaranteed Income Supplement (GIS) and other benefits and tax credits clawed-back
- 2) Have Canada Pension Plan (CPP) contributions on tax-exempt income registered as tax-exempt as contributions are submitted for Indigenous individuals
- 3) Update the T4A (P) for CPP retirement benefits to clarify tax-exempt CPP income to avoid taxation of tax-exempt funds

Because these issues have not yet been addressed and fixed, retired Indigenous individuals are constantly having their tax returns reassessed, being asked for taxes that are not owed, and having much-needed benefits clawed-backed.

To sign this petition, go to <https://petitions.ourcommons.ca/en/Petition/Sign/e-4564> or Google “e-4564 petition”. There is no minimum age to sign, so any Canadian citizen can sign this petition.

Review the petition and then below it, fill in:

First and last name

Email Address & Phone Number

Province and Postal Code

Check the 3 boxes below and click the SIGN button

You will then receive an email a short time later asking you to click the link to confirm that it was you who signed the petition. You have now signed the petition!

Thanks in advance for your time and effort, and we hope this will move the Federal Government and Ministry of Finance to make these necessary changes to benefit all Indigenous Communities across Canada.

If you have any questions or issues with the petition or signing of it, please feel free to contact us directly at the number below.

# Language Nights

***We will be starting up our  
Monthly Language Nights once again!  
Check out our Facebook for more details!***

***[facebook.com/TTOKenhteke](https://facebook.com/TTOKenhteke)***

**Last Tuesday of Every Month  
6pm - 9pm  
at 1658 York Road (Upstairs)  
(in person only)**

**ALL AGES WELCOME**

**\*Minors must be accompanied by an adult**

***Classes are designed for beginners.  
No prior language knowledge is required.***

**Different Topic Each Session**

Watch Social Media for Session Information

**Register by emailing: [events@kenhteke.org](mailto:events@kenhteke.org)  
or call: 613-970-3045**

Suggested donation of \$5-\$10.

All proceeds go to the Building Fund

[www.tto-kenhteke.org](http://www.tto-kenhteke.org)





# TSOTHOHRHKÓ:WA

January



**Akohserà:ke**

Winter



**Yo'kerén:'en**

It is snowing



**Yothó:re**

It is cold



**Ò:kera**

Snowflake



**Ónyehte**

Snow



**Tekenyehtohtáhrhos**

I Shovel the Snow



**Atenennyò:kwa**

Snowman



**Teyowí:sonte**

Icicle



613-970-3045  
tto-kenhteke.org  
tto@kenhteke.org





info@lafc.ca

613-354-2726

(fax) 613-354-3585

35 Dundas Street East, Napanee

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



# MOHAWK COMMUNITY CENTRE

## Upper Level

CAPACITY: 289  
KITCHEN INCLUDED  
COSTS:

REGULAR - \$300  
GOVERNMENT - \$400

## Lower Level

CAPACITY: 305  
COSTS:

REGULAR - \$300  
GOVERNMENT - \$400  
KITCHEN USE = \$50

### FAQ

- \$100 DEPOSIT REQUIRED
- TABLES & CHAIRS AVAILABLE
  - SETUP IS THE RESPONSIBILITY OF THE RENTER



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



# Address **your stress**, today!

Life gets overwhelming and it becomes difficult to see the forest for the trees.

With **Neurofeedback and Psychotherapy** we can help by addressing a number of issues including emotional, behavioural, physical and cognitive issues.

## Feel your optimal best.



Improve Memory



Reduce Stress



Regulate Emotions



Sleep Better



Peak Performance



Reduce Anxiety



Improve Mood

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

**LIVE**



# Tune in to Tyendinaga Mohawk Council LIVE!

ALL REGULAR MEETINGS OF TYENDINAGA MOHAWK COUNCIL WILL BE LIVE STREAMED ON THE MBQ YOUTUBE CHANNEL!

TO MAKE SURE YOU DON'T MISS A MEETING, SUBSCRIBE TO OUR CHANNEL AT:

**[YOUTUBE.COM/@MOHAWKSOF THEBAYOFQUINTE2971](https://www.youtube.com/@MOHAWKSOF THEBAYOFQUINTE2971)**

TMC AGENDAS WILL BE MADE AVAILABLE THE DAY BEFORE EACH MEETING AT:  
**[MBQ-TMT.ORG/COUNCIL-AGENDAS](http://MBQ-TMT.ORG/COUNCIL-AGENDAS)**

**DISCLAIMER: COMMENTS OF INDIVIDUAL MEMBERS MAY NOT NECESSARILY REFLECT THE OPINION OF THE WHOLE COUNCIL.**



# Belleville

## Bakery

5379 Hwy #2 Shannonville

\*613.966.9490

Fresh Buns and Breads Made Daily From Scratch

- No Artificial Preservatives
- Exceptional Nutritional Value

**PLUS...**

**Melt In Your Mouth SWEET TREATS!**



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

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

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

**Community Health Presents:**

Walk in  
**Blood pressure and  
weights**  
for MBQ community  
members

**Wednesday**

**mornings  
9-12**

**at the Community  
Wellbeing Centre**

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





## PROPERTY FOR SALE

Waterfront acres connects Bay with Sucker Creek on Gordon's Point  
Contact: 613-969-0239 or 716-264-4410, Basil & Pat Miller

## WANTED

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

## HOBBY FARM FOR SALE

251 York Road

- 5 bedroom, 3,000 square foot brick house on 5 acres with a 4 car garage and inground pool
- 40x40 newer barn
- 24x28 older barn
- Tri-plex rental unit, providing \$3,000 monthly income

Call 613-962-9187 or 613-438-4898

## FOR SALE

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

### INCLUDES:

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

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

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

# CLASSIFIEDS

## WANTED

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

## WANTED

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

Contact Matthew at matthew.roberts3@dcmail.ca

## WANTED

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

## WANTED

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

Call Melinda, 613-813-1748

## WANTED

Seeking waterfront property for a new build.

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

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

## SEEKING LIVE DONOR

Keith Brant, a member of the Mohawks of the Bay of Quinte that was born in Tyendinaga Mohawk Territory, and currently living in London, ON is seeking a live kidney donor.  
Keith will be 75 in March, currently has 11% kidney function and has type O+ blood.

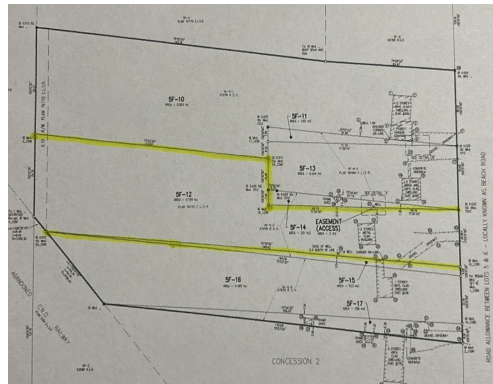
If you would be interested and able to help Keith, please call him at 519-319-5084 or email his wife, Gillian, at gillianbrant213@gmail.com.

## LAND FOR SALE

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

## LAND FOR SALE

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







# MOHAWK PENTECOSTAL CHURCH

## WHEN WE MEET

1984 York Road  
Tyendinaga Mohawk Territory  
Ontario Canada  
K0K1X0

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

## COMING EVENTS

Feb 14, 2024 Valentine's dinner & special Gospel music by "Vocal Legacy". This is a ticketed event. 5:30 to 8:15 pm. For more info call 613-396-5329 Leave message.

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

January is here, with eyes that keenly glow,  
a frost-mailed warrior striding a shadowy steed of snow.

Edgar Fawcett

## HALL FOR RENT!

1295 Ridge Road, TMT

*Meetings - Birthdays - Anniversaries - etc.*

Book online at:  
[www.parishoftyendinaga.com](http://www.parishoftyendinaga.com)

or contact us by Email or Phone at:  
[parishoftyendinaga@gmail.com](mailto:parishoftyendinaga@gmail.com)  
613-962-2787

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[communications@mbq-tmt.org](mailto:communications@mbq-tmt.org)  
for details!

# September

# October

# November

S	M	T	W	T	F	S
2023					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				2023

S	M	T	W	T	F	S
2023			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		

# DECEMBER

# JANUARY

# FEBRUARY

S	M	T	W	T	F	S
2023					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/ 31	25	26	27	28	29	30

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			2024

S	M	T	W	T	F	S
2024				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

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

WASTE EAST



## WASTE & RECYCLING SCHEDULE

RECYCLE EAST



WASTE WEST



RECYCLE WEST



HOLIDAY





# Winter Word Search



F L U R R I E S S N O W M A N P  
X M I T T E N S R Q E R Z F T S  
C S H N L N T F F L N N T R B C  
X N F R G C F F C N K L E R L A  
B O R C E D H I R R R T R R I R  
L W O Q V I C I E E N J S J Z F  
U F S L N I N B L I E F P L Z G  
S L T F P S M D W L F Z S R A V  
T A Y J E E N V E U Y E I Q R Z  
E K G S C B M O M E V H L N D G  
R E Q E H M R R W O R C A V G Z  
Y G D T M I A U L B K N F T N F  
Q P Q D H E V G A J A N U A R Y  
M R L R R W R E R R T L N K L L  
K O B O O T S C R R Y C L L J G  
C J X M N G I N G E R B R E A D

blizzard

flurries

mitten

blustery

freezing

reindeer

boots

frosty

scarf

chilly

gingerbread

shiver

cold

gloves

snowball

December

hat

snowflake

earmuffs

icicle

snowman

February

January

winter