

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



ISSUE 10/26

Kenténha

(October)



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

See page 3 for more information

ORÍ:WASE *(news)*

Mohawks of the Bay of Quinte

Kenhtè:ke nè:ne kanyen'kehá:ka kanakerahserà:kon, nè:ne rontathà:wi ne kanekaráhsera. Tsi niyonkwarihò:tens táhnon niyakwawennò:ten nahò:ten yonkwateryèn:tare ne tsi nitsyonkwè:non. Yakwátstha nahò:ten ne yonkwateryèn:tare táhnon nahò:ten yonkwateryihwayèn:ni ne ayakwaten'nikòn:raren táhnon ayakhikwénnyenste ne onkyonkwè:ta, onkyonhwentsya nahoténhshon yonkwà:yen táhnon ne sa'oyè:ra.

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

NOTICES:

ATTENTION MORTGAGE HOLDERS: Many insurance companies will ONLY notify the MOHAWKS OF THE BAY OF QUINTE if your existing house insurance policy has been cancelled however will NOT notify us when the policy has been renewed. This creates a problem when incentives, rewrites and renovations are requested. You will not qualify if your house insurance policy on file is not up-to-date. In order to ensure your policy is current, we ask that you e-mail (preferred), mail, fax or deliver policy renewals once you've received them.

The Mohawk Firefighters responded to 15 calls from August 23 to September 17, 2026:



- 1 Alarm: Carbon Monoxide: Symptomatic
- 6 Alarm: Commercial/Multi-Unit
- 3 Medical Emergency
- 1 Public Assist: Hydro Lines/Transformer
- 1 Public Assist: Investigation
- 1 Rescue: Motor Vehicle Collision
- 2 Rescue: Open Water

This brings the total calls to **106** for **2026**.



COMMUNITY MESSAGES and ANNOUNCEMENTS

NOTICE: OFFICE CLOSURE

All MBQ offices will be closed Monday, October 12 in recognition of Thanksgiving.

Happy Birthday!

Happy Birthday Tara - October 1st
Love Aunt Marilyn & Uncle Rick

Happy Birthday Jess - October 4th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Jolie - October 5th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Rick - October 8th
Love Marilyn

Happy Birthday Dad (Papa) - October 8th
Love Sam, Phill, Emmett & Hayden

Happy Birthday Brad - October 8th
Lots of Love Mom & Dad

Happy Birthday Bro (Uncle) - October 8th
Love Sam, Phill, Emmett & Hayden

Happy Birthday Cooper - October 13th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Skyler - October 21st
Love Marilyn & Rick

Happy Birthday Kayla - October 24th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Cheyenne - October 28th
Love Aunt Marilyn & Uncle Rick

Happy 40th Birthday Adam - October 31st
Love Aunt Marilyn & Uncle Rick

Happy Anniversary!

Happy Anniversary Bill & Nancy - October 7th
Love Marilyn & Rick

Happy Anniversary Jeff & Ashley - October 30th
Love Aunt Marilyn & Uncle Rick

Kenténha
October

Recordings on this
page done by:

Scan to listen.



Tsikenonnawen
Doreen

Tekhenonhwerá:ton ne Tyonnhékwen.

I honour our substance foods.

**Aonha' tkonwatikowá:nen ne
áhsen nikontateken'okón:'a.**

The leaders are the 3 sisters.

Ó:nenhste, ohsahè:ta táhnon onon'ónsera.

Corn, beans and squash.

Tó: Tetewahthá:ren

LET'S CHAT

SCAN TO LISTEN



CONVERSATION

RECORDED BY:

Tsikenonnawen

Doreen &

Kanohsowanen

Dustin Brant



1 are you hungry?
yes I am hungry.

2 okay.
let's eat.

3 everything tastes good.

4 do you want more?

5 no thanks.
I am full.

If you are interested in doing
recordings, please reach out:
KanyenkehaCoordinator
@mbq-tmt.org



Tyendinaga Police Service Community Police Blotter, August 2026

Throughout August 2026, Tyendinaga Police Service officers were actively engaged in 481 calls for service, reflecting a combination of reactive responses and proactive community policing efforts across the territory.

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

- 8 RIDE (Reduce Impaired Driving Everywhere) programs

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

On August 26th, Officers attended the Lacrosse Camp and battled it out in a friendly match of Tug of War! It was a long and tough battle to the bitter end with extreme effort given from both sides. This was an epic battle to say the least, and we can see a rematch in the future!



Contacting Tyendinaga Police Service We have corrected our phone system!

For all emergencies, dial 9-1-1.

For administrative inquiries, please contact the Tyendinaga Police Service at 613-968-3888, **then press 1** once the automated service begins.

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

To make a **non-emergency** police report, please contact our dispatch centre at 1-888-310-1122. Anonymous tips can also be submitted through Crime Stoppers at 1-800-222-8477 (TIPS) or online at www.crimestoppers.ca.

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



OCTOBER MEETINGS OF TYENDINAGA MOHAWK COUNCIL

REGULAR

October 7 – 9:30 a.m.

October 21 – 9:30 a.m.

LOCAL BUSINESS

October 14 – 7 p.m.

October 28 – 7 p.m.

AGENDA DEADLINES FOR LOCAL BUSINESS MEETINGS

October 7 – 12 p.m.

October 21 – 12 p.m.

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

TYENDINAGA MOHAWK COUNCIL MINUTES

AUGUST 5, 2026

A meeting of the Tyendinaga Mohawk Council was held on Wednesday, August 5, 2026 at 11:18 a.m. in the Council Chambers.

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

Council had meetings and completed the private agenda before starting the regular agenda.

MOTION #12: Moved by Erin Ferrante, seconded by Lynda Leween to call the meeting to order.

Carried.

MOTION #13: Moved by Erin Ferrante, seconded by Kristen Sara Loft to adopt the Agenda.

Carried.

MOTION #14: Moved by Lynda Leween, seconded by Kristen Sara Loft that the Tyendinaga Mohawk Council Minutes of July 20, 2026 be approved.

Carried.

MOTION #15: Moved by Erin Ferrante, seconded by Kristen Sara Loft to approve the following meeting outside the Territory:

Chief, Kurtis, Lynda, Sara: attending the Indigenous Services Canada (ISC) joint gathering on October 28 & 29, 2026 in Toronto;

Carried.

MOTION #16: Moved by Lynda Leween, seconded by Erin Ferrante to approve the following meeting for September & October 2026:

Regular - September 2 & 16, at 9:30 a.m.

Local Business - September 9 & 23 7:00 p.m.

And

Regular - October 7 & 21, at 9:30 a.m.

Local Business - October 14 & 28, 7:00 p.m.

Carried.

MOTION #17: Moved by Erin Ferrante, seconded by Kurtis Brant that Be it Resolved That We, the Council of TYENDINAGA MOHAWK TERRITORY #38, representing the MOHAWKS OF THE BAY OF QUINTE (the "First Nation"), at a duly convened meeting of Council held on August 5, 2026 and having reviewed the sketch provided by Hydro One Networks Inc. attached hereto as Schedule "A" ("Sketch") in respect of the recloser replacement on 418 Bells Road approve the location on the TYENDINAGA MOHAWK TERRITORY #38 of the poles, anchors, conductors and equipment identified in the Sketch.

M.C.R. #2026/27-021.

Carried.

MOTION #18: Moved by Kurtis Brant, seconded by Erin Ferrante that Be it Resolved That We, the Council of TYENDINAGA MOHAWK TERRITORY #38, representing the MOHAWKS OF THE BAY OF QUINTE (the "First Nation"), at a duly convened meeting of Council held on August 5, 2026 and having reviewed the sketch provided

by Hydro One Networks Inc. attached hereto as Schedule “A” (“Sketch”) in respect of the recloser replacement on 1174 Ridge Road approve the location on the TYENDINAGA MOHAWK TERRITORY #38 of the poles, anchors, conductors and equipment identified in the Sketch.

M.C.R. #2026/27-022.

Carried.

MOTION #19: Moved by Erin Ferrante, seconded by Kurtis Brant that Be it Resolved That We, the Council of TYENDINAGA MOHAWK TERRITORY #38, representing the MOHAWKS OF THE BAY OF QUINTE (the “First Nation”), at a duly convened meeting of Council held on August 5, 2026 and having reviewed the sketch provided by Hydro One Networks Inc. attached hereto as Schedule “A” (“Sketch”) in respect of the recloser replacement on Ferry Lane approve the location on the TYENDINAGA MOHAWK TERRITORY #38 of the poles, anchors, conductors and equipment identified in the Sketch.

M.C.R. #2026/27-023.

Carried.

MOTION #20: Moved by Erin Ferrante, seconded by Lynda Leween to approve the following Land Transfers:

1. from Calvin Donald Brant to Otsirakatste Brant for LOT 10F-2 CONCESSION A AS SHOWN ON PLAN NO. CLSR 108427
2. from Barry Carleton Maracle to Tammy Dawn Green for LOT 31E-7 CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 74992
3. from Andrew Clifford Jr Maracle to Tammy Dawn Green for LOT 31E-1-2 CONCESSION 2 AS SHOWN ON PLAN NO. RSO 621
4. from Myles Orville Wesly Adam Green to Tammy Dawn Green for LOT 13C-6 CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 113389, LOT 13C-7 (ROAD) CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 113389, LOT 13E-2 CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 113389, LOT 13E-3 CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 113389, LOT 13E-4 CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 113389, LOT 13E-5 CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 113389, LOT 13E-6 CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 113389, LOT 13E-7 CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 113389 AND LOT 13E-8 CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 113389
5. from Margaret Elanor Shakell, Debra Ann Lloyd and Bonnie Lynn Mitchell as Joint Tenants to Justin Thomas Shakell for LOT 23L-12 CONCESSION A AS SHOWN ON PLAN NO. CLSR 114623
6. from Jack Edward Maracle and Mary Ellen Lorraine Maracle to Jack Edward Maracle, Mary Ellen Lorraine Maracle and Clinton Jackie Maracle as Joint Tenants for LOT 10A-A-24 CONCESSION A AS SHOWN ON PLAN NO. CLSR 85443, LOT 10F-4 CONCESSION A AS SHOWN ON PLAN NO. CLSR 108427, LOT 10F-5 CONCESSION A AS SHOWN ON PLAN NO. CLSR 108427, LOT 10F-6 CONCESSION A AS SHOWN ON PLAN NO. CLSR 108427;
7. from Jack Edward Maracle and Mary Ellen Lorraine Maracle to Jack Edward Maracle, Mary Ellen Lorraine Maracle and Appel Maracle as Joint Tenants for LOT 14A-1-2 CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 98669
8. from Jack Edward Maracle and Mary Ellen Lorraine Maracle to Janine Shae Brant for LOT 14A-1-1 CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 98669
9. from Karen Mae Lewis to Karen Mae Lewis, Trevor Jack Lewis and Jill Marie Beck as Joint Tenants for LOT 5D-8 CONCESSION 2 AS SHOWN ON PLAN NO. CLSR 114185
10. from Donna Maurrie Crouse, Carol Anne Ethel Potts, Carol Lynn LaVecque and Delores Yvonne Maracle-Whalen as Joint Tenants to Carol Lynn LaVecque and Delores Yvonne Maracle-Whalen as Joint Tenants for LOT 31F-6 CONCESSION A AS SHOWN ON PLAN NO. CLSR 101799
11. from Kevin John Brant to Jessica Ann Brant for LOT 8D-1 CONCESSION A AS SHOWN ON PLAN NO. CLSR 115227

Carried.

MOTION #21: Moved by Lynda Leween, seconded by Kurtis Brant to acknowledge the Iroquois Caucus is scheduled

for October 21 & 22, 2026 and approve Chief Maracle, Kurtis Brant, Erin Ferrante, Lynda Leween and Kristen Sara Loft will be attending the meeting in Wahta, and Lynda Leween will be attending the Iroquois Caucus Harvesting Working Group meeting on August 13, 2026 here in Tyendinaga.

Carried.

MOTION #22: Moved by Erin Ferrante, seconded by Lynda Leween to approve the Business Registration for Brant Consulting, owner Melissa Richberg.

Carried.

MOTION #23: Moved by Erin Ferrante, seconded by Kurtis Brant to defer the Business Registration for Brant Enterprise, owner Melissa Richberg for clarification on insurance coverage.

Carried.

MOTION #24: Moved by Kristen Sara Loft, seconded by Kurtis Brant to approve the Business Registration for White Pine & Co., owner Shyanne Brant.

Carried.

MOTION #25: Moved by Erin Ferrante, seconded by Kristen Sara Loft to approve signing the Association of Iroquois and Allied Indians (AIAI) Memorandum of Agreement for Indigenous Healthy babies/Healthy Children Program - \$146,313.00; Community Wellness Worker (Health Navigator \$22,500.00) - \$125,636.00; Mental Health Demonstration Project - \$26,492.00; Shelter Program - \$2,270,109.00; H/SAB Community Support - \$2,000.00; Mental Health Training & Supports - \$9,000.00.

Carried.

MOTION #26: Moved by Lynda Leween, seconded by Erin Ferrante to defer the Derick Wong invoice for clarification on items in the invoice.

Carried.

MOTION #27: Moved by Lynda Leween, seconded by Erin Ferrante to approve signing the Funding Agreement with the Independent Electricity System Operator's (IESO) in the amount of \$148,500.00 and approve to contract Cortney Clark Consulting and SunEdge for a total of \$127,000.00 to develop a two-part capacity-building project.

Carried.

MOTION #28: Moved by Erin Ferrante, seconded by Kristen Sara Loft to tentatively approve to add the Housing Arrears & Collection Administrator position to the MBQ Organizational Structure, as long as there is sign off by Human Resources, Finance and the CAO.

Carried.

MOTION #29: Moved by Erin Ferrante, seconded by Lynda Leween to approve signing the letter for the Mohawk Fire Fighters Association to host the beer tent at the 2026 Mohawk Fair.

Carried.

Council confirmed the following scheduled meetings:

- August 12, 2026 - Tyendinaga Mohawk Council Local Business
- August 19, 2026 - Tyendinaga Mohawk Council Regular
- August 26, 2026 - Tyendinaga Mohawk Council Local Business

MOTION #30: Moved by Erin Ferrante, seconded by Lynda Leween that this meeting be adjourned. (12:30 p.m.)

Carried.

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

TYENDINAGA MOHAWK COUNCIL MINUTES
AUGUST 19, 2026

A meeting of the Tyendinaga Mohawk Council was held on Wednesday, August 19, 2026 at 10:21 a.m. in the Council Chambers.

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

MOTION #1: Moved by Erin Ferrante, seconded by Chase Ogwari Brant to call the meeting to order.

Carried.

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

Carried.

MOTION #3: Moved by Chris B. Brant, seconded by Erin Ferrante that the Tyendinaga Mohawk Council Minutes of August 5, 2026 be deferred until next meeting due to the members present were not present at this meeting.

Carried.

MOTION #4: Moved by Chase Ogwari Brant, seconded by Erin Ferrante to approve signing the Indigenous Services Canada (ISC) Agreement #2122-ON-000027, Amendment #0137 in the amount of \$1,000.00 for A&C Wastewater and \$5,248,834.00 for the Wastewater Reno & Upgrades Peatland Wastewater Treatment Expansion.

Carried.

MOTION #5: Moved by Chase Ogwari Brant, seconded by Erin Ferrante to approve to pay the Hicks Morley invoices #863917 in the amount of \$5,850.00 for Human Resource Matters.

Carried.

MOTION #6: Moved by Erin Ferrante, seconded by Chase Ogwari Brant to approve to pay the Derick Wong invoices #921 in the amount of \$9,800.00, #922 in the amount of \$7,350.00, #923 in the amount of \$12,389.00 and #924 in the amount of \$8,582.00 all invoices are for Economic Development matters.

Carried.

MOTION #7: Moved by Chase Ogwari Brant, seconded by Erin Ferrante to approve to pay the Jordan Sewell invoices #33 in the amount of \$200.00 for the Culbertson Tract Addition to Reserve, #34 in the amount of \$880.00 for Surrender 24.

Carried.

MOTION #8: Moved by Erin Ferrante, seconded by Chase Ogwari Brant to approve to pay the Miller Thomson invoices #4230130 in the amount of \$5,013.00 and #423131 in the amount of \$3,846.47 both invoices are for Corporate Matters.

Carried.

MOTION #9: Moved by Chris B. Brant, seconded by Erin Ferrante to approve the addition to the MBQ Organization Structure of the Community Energy Champion position under the Housing & Band Property Maintenance. Offer the position to the incumbent in the position now.

Carried.

Council confirmed the following scheduled meetings:

- August 26, 2026 – Tyendinaga Mohawk Council Local Business
- September 2, 2026 – Tyendinaga Mohawk Council Regular
- September 9, 2026 – Tyendinaga Mohawk Council Local Business
- September 16, 2026 – Tyendinaga Mohawk Council Regular
- September 23, 2026 – Tyendinaga Mohawk Council Local Business
- October 7, 2026 – Tyendinaga Mohawk Council Regular
- October 14, 2026 – Tyendinaga Mohawk Council Local Business
- October 21, 2026 – Tyendinaga Mohawk Council Regular
- October 28, 2026 – Tyendinaga Mohawk Council Local Business

MOTION #10: Moved by Chase Ogwari Brant, seconded by Erin Ferrante that this meeting go into private. (10:47 a.m.)

Carried.

Minutes Recorded and Original Signed by: Chief R. Donald Maracle

TYENDINAGA MOHAWK COUNCIL MINUTES SEPTEMBER 2, 2026

A meeting of the Tyendinaga Mohawk Council was held on Wednesday, September 2, 2026 at 1:45 p.m. in the Council Chambers.

Present: Chief R. Donald Maracle
Councillors: Chase Ogwari Brant left at 11:35 a.m. personal matter; Kurtis Brant, Erin Ferrante, Lynda Leween and Kristen Sara Loft joined by Teams
Regrets: Chris B. Brant, work commitments
Staff: Shelley Bowden, Executive Administrative Assistant and Recording Secretary to Council;
Charles Maracle, Executive Assistant to the Chief;
Regrets: Angela Maracle, A/CAO, on vacation

Council completed the private portion of the agenda at the beginning of the meeting followed by the regular Portion of the agenda.

MOTION #19: Moved by Erin Ferrante, seconded by Lynda Leween to adopt the Agenda.

Carried.

MOTION #20: Moved by Erin Ferrante, seconded by Lynda Leween that the Tyendinaga Mohawk Council Minutes of August 5, 2026 be approved.

Carried.

MOTION #21: Moved by Chris B. Brant, seconded by Erin Ferrante that the Tyendinaga Mohawk Council Minutes of August 19, 2026 be approved.

Carried.

MOTION #22: Moved by Erin Ferrante, seconded by Kurtis Brant to approve the outside the territory travel for:
Chief & Lynda: attending the Aboriginal Labour Force Development Circle (ALFDC) Board meeting on
September 9 & 10 in Orillia.

Carried.

MOTION #23: Moved by Lynda Leween, seconded by Chris B. Brant to approve signing the Canada Water Agency Contribution Agreement Bay of Quinte Remedial Action Plan 2026 in the amount of \$205,000.00.

Carried.

MOTION #24: Moved by Erin Ferrante, seconded by Lynda Leween to approve the Business Registration for Brant Enterprise, owner Melissa Richberg.

Carried.

MOTION #25: Moved by Erin Ferrante, seconded by Lynda Leween to defer the Business Registration for All Things Outdoors, owner Ashley Lalonde Weldon.

Carried.

Councillor Kristen Sara Loft – Conflict of Interest.

MOTION #26: Moved by Kurtis Brant, seconded by Chris B. Brant to approve the Business Registration Renewal for Maracle Chiropractic O/A Forever Young, owner Jason Young.

Carried.

MOTION #27: Moved by Lynda Leween, seconded by Kristen Sara Loft to approve to re-instate the Tyendinaga Education Advisory Committee. The Director of Education will bring forward proposed Terms of Reference, including the committee's composition, appointment process, meeting schedule, and reporting structure, for Chief and Council's approval.

Carried.

MOTION #28: Moved by Kristen Sara Loft, seconded by Lynda Leween to request staff provide Council with a list of MBQ Committees and Boards.

Carried.

MOTION #29: Moved by Erin Ferrante, seconded by Kurtis Brant to approve signing the Association of Iroquois and Allied Indians (AIAI) Education Data Collection consent letters.

Carried.

MOTION #30: Moved by Erin Ferrante, seconded by Chris B. Brant to approve to pay the McMillian LLP invoice #1408482 in the amount of \$16,213.70 for the Hydrostor Project.

Carried.

MOTION #31: Moved by Erin Ferrante, seconded by Lynda Leween to approve to pay the Derick Wong invoices #925 in the amount of \$7,000.00 for Economic Development; #926 in the amount of \$13,247.00 for the Hydrostor Project; #927 in the amount of \$8,050.00 for the Elmbrook Project; #928 in the amount of \$3,500.00 for Economic Development.

Carried.

MOTION #32: Moved by Erin Ferrante, seconded by Lynda Leween to approve signing the Ontario Health 2026-2027 Level-of-Care funding increase for the Long-Term Care Home effective April 1, 2026.

Carried.

MOTION #33: Moved by Chris B. Brant, seconded by Erin Ferrante to approve the addition to the MBQ Organizational Structure under the Housing and Band Property Maintenance - adding a Building Inspector.

Carried.

MOTION #34: Moved by Chris B. Brant, seconded by Erin Ferrante to approve the addition to the MBQ Organizational Structure under the Housing and Band Property Maintenance - adding an Electrician.

Carried.

MOTION #35: Moved by Chris B. Brant, seconded by Lynda Leween to approve purchasing a table in the amount of \$2,000.00 for the Belleville General Hospital Foundation Fundraiser Gala on September 12, 2026.

Carried.

Councillor Kristen Sara Loft – Negative Vote

MOTION #36: Moved by Chris B. Brant, seconded by Kurtis Brant to approve to appoint Councillor Lynda Leween to the Aboriginal Labour Force Development Circle (ALFDC) Board until December 1, 2027.

Carried.

MOTION #37: Moved by Kurtis Brant, seconded by Lynda Leween that the Tyendinaga Mohawk Council hereby approve for Chief R. Donald Maracle to remove the Queen Anne Silver from the Bank of Montreal vault for the St. James Palace Chapel Royal Choir Visit at the Christ Church on September 20, 2026. M.C.R. #2026/27-026.

Carried.

MOTION #38: Moved by Erin Ferrante, seconded by Lynda Leween to approve rescheduling the October 21, 2026 meeting to October 20, 2026.

Carried.

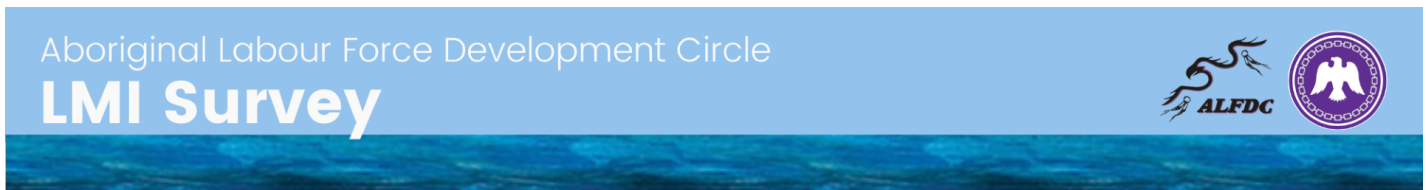
- September 23, 2026 - Tyendinaga Mohawk Council Local Business
- October 7, 2026 - Tyendinaga Mohawk Council Regular
- October 14, 2026 - Tyendinaga Mohawk Council Local Business
- October 20, 2026 - Tyendinaga Mohawk Council Regular
- October 28, 2026 - Tyendinaga Mohawk Council Local Business

MOTION #39: Moved by Lynda Leween, seconded by Kurtis Brant that this meeting go into private. (2:55 p.m.)

Carried.

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

Original Signed by: Chief R. Donald Maracle



What can you do?

COMPLETE THE LMI SURVEY!

Help Mohawks of the Bay of Quinte create programs geared to your communities training needs by providing your input and receive a [\\$50 Gift Card](#) for your completed and verified survey!

Qualifications
-->

- 15+ Years of Age
- Registered Mohawks of the Bay of Quinte Member
- Have not completed a survey within the last 12 months

GET STARTED!!

A survey is not considered finalized until a confirmation email is received. Ensure to check for any emails from our team regarding the status of your survey. Also be sure to fill in all questions you are prompted to, to avoid any finalizing issues!

Who is the ALFDC?

We provide Employment & Training Services for Aboriginal People in Ontario to Ensure Aboriginal People are Moving Towards Full Jurisdiction Over Employment and Training.



Scan the QR Code

Residential School Memorial



On September 30th, 2026, this memorial was unveiled. Standing Karonhyaktátye (the Sports Complex), it honours our residential school survivors and their families.

Ne ayethiyehyà:ra' ne' tsi niká:yen wahonwatiwirákhkwa' táhnon a'é:ren wahonteweyensta:na'
Residential School. Ne tayethinonhwerá:ton' ne kahwá:tsire táhnon tsi nikanakeratsherò:ten
teyotonhwentsohón kan:wes wahontehrhá:rate'.

Tayethinonhwerá:ton' nahò:ten kanó:ron nayonkwayà:tawen' ne' táhnon ò:ni aonthró:ri' tsi
niyonkwa' shatstenhserò:ten. Ne kenh nón:we enwá:ton' entsitewehyà:ra' ne',
entsitewanonhtonnyón:ko', táhnon entsyonkwayén:ta' ne'.

In memory of the children who were removed from their homes and forced into Residential Schools.

To honour the families and communities left waiting in silence.

Acknowledging a painful part of our past, yet standing as a symbol of healing and strength.

May this be a place of remembrance, reflection, and reclamation.

Scan to listen to
the inscription.



This code will take you to a
new section on our website
dedicated to this memorial.



*Commissioned by: Campbell Monument
For more information, please contact
KanyenkehaCoordinator@mbq-tmt.org*

ANGEL TREE PROGRAM 2026

IT'S THAT TIME OF YEAR AGAIN!
MARK YOUR CALENDARS!

REGISTRATION DATES:

ANGEL TREE APPLICATIONS WILL
BEGIN ON OCTOBER 1, 2026
AND END ON OCTOBER 30, 2026.

**** NO APPLICATION WILL BE
TAKEN WITHOUT INCOME
VERIFICATION ****

PLEASE CONTACT THE ONTARIO
WORKS OFFICE TO REGISTER:
MONDAY TO FRIDAY
8:30 A.M. – 4:30 P.M.
613-967-0122

The Angel Tree Program provides children of
low-income families residing in Tyendinaga
Mohawk Territory with warm winter clothing.



Sisters in Spirit Candlelight Vigil



Sunday October 4
6:30pm
Tsi Tkerhetoton Park
275 Bayshore Road

PLEASE BRING A LAWN CHAIR, DRESS FOR
THE WEATHER, AND PREPARE FOR BUGS



**HOSTED BY THE
TYENDINAGA NATIVE
WOMEN'S ASSOCIATION**

*In Honour Of
Missing & Murdered
Indigenous Women, Girls &
2-Spirit+*
#MMIWG2S





TRUNK or TREAT

PROVIDED BY PARTNERING PROGRAMS
AT THE CWC

Saturday, October 31, 2026

CALLING ALL TMT COMMUNITY MEMBERS
WHO WOULD LIKE TO PARTICIPATE IN
THE 2026 TRUNK OR TREAT EVENT!

PRIZES TO BE WON!

Arrive between 11:00-11:30am

Event to take place from 1:00-3:00pm

POW WOW GROUNDS - 275 BAYSHORE ROAD

Register using the QR code or link
Deadline to register: Sunday, October 25 at 11:59pm

Inquiries can be directed to mfsevents@mbq-tmt.org



Indigenous
Services Canada



PARTNERING
PROGRAMS AT THE
CWC PRESENT

Halloween

TRUNK OR TREAT

SATURDAY  POW WOW GROUNDS -
OCTOBER 31, 275 BAYSHORE ROAD
2026 1:00-3:00P.M.

Don't forget to wear your costume!

REGISTER USING LINK IN DESCRIPTION
DEADLINE TO REGISTER: OCTOBER 25TH @ 11:59P.M.

Open to MBQ Members and their families

Inquiries can be directed to mfsevents@mbq-tmt.org



Indigenous
Services Canada



sha'té:kon yawén:re 18

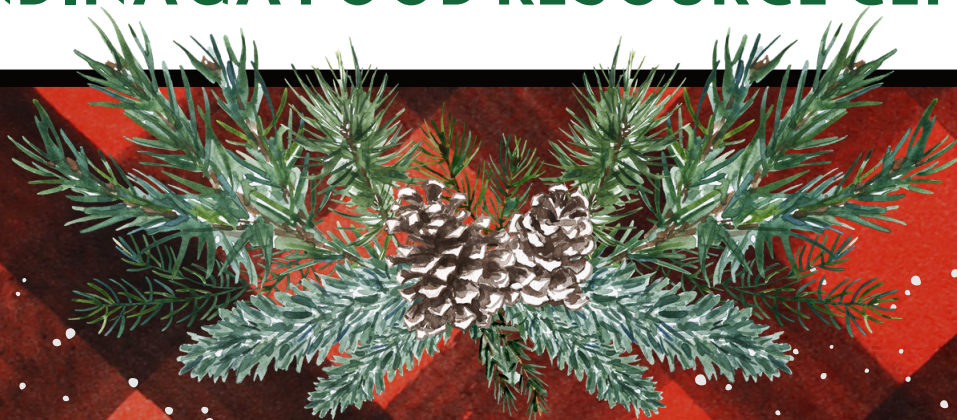


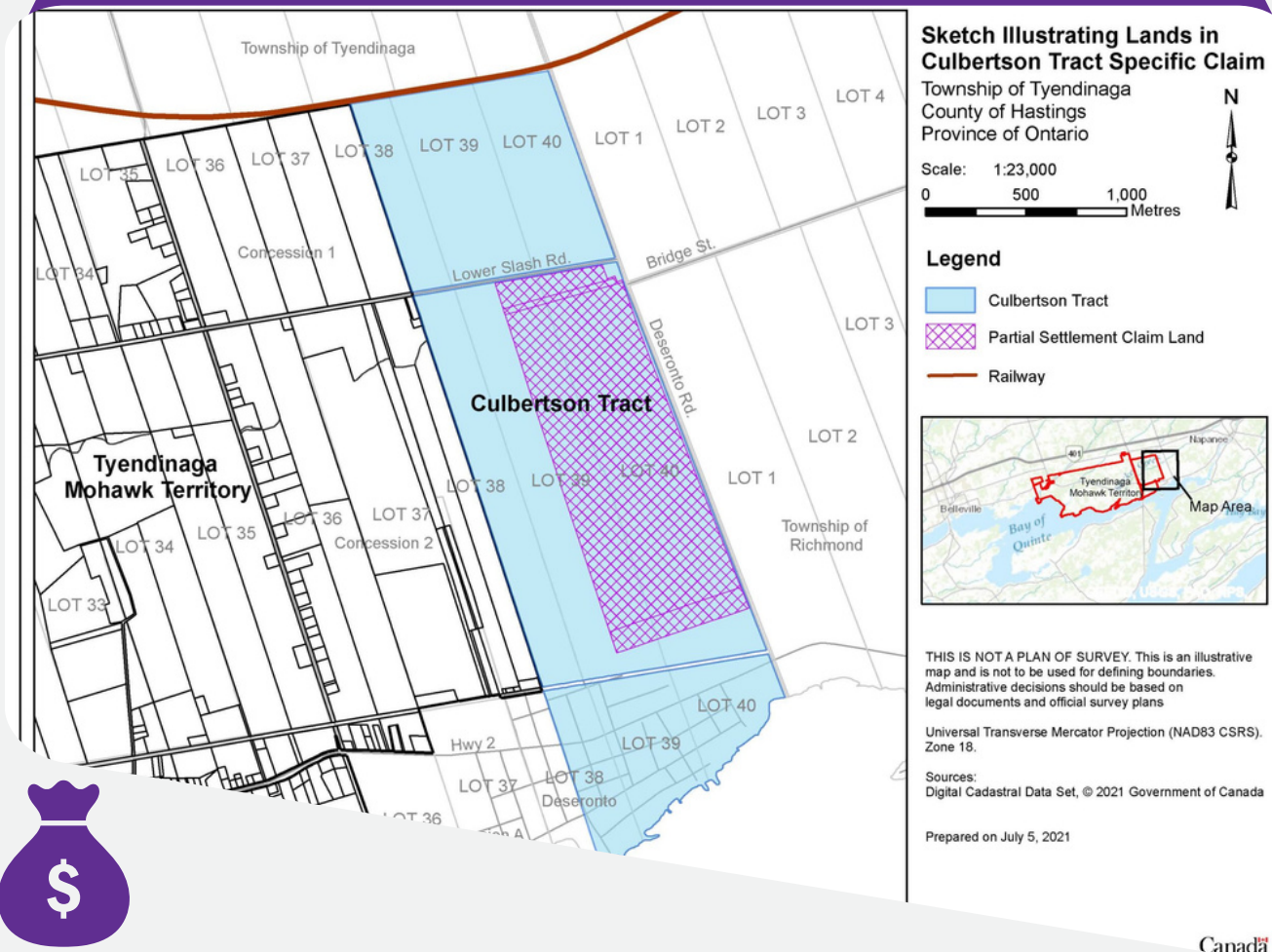
Christmas Craft Sale

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

MOHAWK COMMUNITY CENTRE
1807 YORK ROAD, TMT

**\$2 OR NON-PERISHABLE FOOD ITEM
FOR ADMISSION IN SUPPORT OF THE
TYENDINAGA FOOD RESOURCE CENTRE**





Culbertson Tract Per Capita Distribution

Apply by:
December
16, 2026

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

Eligibility

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

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

October – Prevention: Family Violence

Please complete the October Survey on “Prevention – Family Violence” to be entered into the monthly draw

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

Deadline to enter Draw: October 31st 2026

LIMIT: 1 ENTRY PER HOUSEHOLD PER MONTH

Grand Prize Family Activity Includes:

- ***Gift Certificate for Great Wolf Lodge***
- ***Gift Certificate for Food & incidentals***
- ***Gift Card for Gas***



To be eligible for the “Grand Prize” Family Activity

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

Alternative Participation Prize Includes:

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

To be eligible for the Alternative Participation Prize

- ✓ 1 Person in the Household must be a MBQ Member



Monthly Prevention Prizes provided by:

Info prepared by Mohawk Family Servies

Questions? Contact: familywellbeing@mbq-tmt.org



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

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



OCTOBER PREVENTION: FAMILY VIOLENCE AWARENESS

We honour the rights of children and youth to grow up in safe, loving, and supported environment free from family violence. To lift up our young people, strengthen our families, and remind one another that caring for children is a shared responsibility rooted in our teachings and community values.

WHAT IS FAMILY VIOLENCE?

Family violence can happen in any home and takes many forms

- Emotional
- Physical
- Sexual
- Financial
- Spiritual
- Verbal

It may involve actions of behavior that make someone feel unsafe by a family member or someone close.

Family violence affects people of all ages, including children and youth. It can have lasting impacts on a individual mental, emotional, physical, and spiritual wellbeing.

⚠️ WHAT SHOULD BE REPORTED?

Is being physically hurt
(hitting, shaking, rough handling)

Is being emotionally harmed
(yelled at constantly, bullied,
made to feel worthless)

Is being sexually abused or
touched inappropriately

Is not being cared for properly
(not getting food, clean clothes,
medical care, or safe housing)

Is seeing violence at home
between adults

Has told you something that
concerns you

📞 WHAT IS THE DUTY TO REPORT?

In Ontario, **every adult** has a legal and moral responsibility to report concerns if they believe a child or youth may be experiencing harm, neglect, or is at risk.

This is called the Duty to Report.

You do not need to be certain, just having a reasonable concern is enough. Your call could be the first step in helping a child.

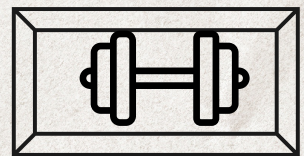
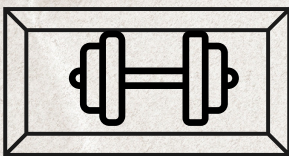
Reporting is not about getting someone in trouble
It's about making sure help is available when it's needed.

📞 HOW DO I REPORT?

Children's Aid Societies have the exclusive mandate to investigate allegations of child abuse or neglect and to deliver child protection services.

Anyone who has a reasonable suspicion that a child is or may be in need of protection must immediately contact the society in the jurisdiction where the child lives or their local society.

If it's an emergency or someone is in immediate danger, call 911



TYENDINAGA FITNESS

RESOURCE CENTER

14 Unit 1 York Road Shannonville, Tyendinaga Mohawk Territory, ON, Canada, K0K 3A0

**TYENDINAGA FITNESS
RESOURCE CENTER OFFERS
FLEXIBLE MEMBERSHIPS,
FITNESS PLANS AND
PERSONAL TRAINING FOR
EVERY GOAL AND BUDGET**

THE TYENDINAGA FITNESS RESOURCE CENTER IS MAKING IT EASIER THAN EVER FOR COMMUNITY MEMBERS TO INVEST IN THEIR HEALTH AND WELLNESS. WITH A VARIETY OF MEMBERSHIP OPTIONS, FITNESS PLANS, AND PERSONAL TRAINING PACKAGES, THERE'S SOMETHING FOR EVERYONE - WHETHER YOU'RE JUST GETTING STARTED, OR LOOKING TO TAKE YOUR FITNESS TO THE NEXT LEVEL.

SERVICE RATES



MEMBERSHIPS

➤ ADULTS	\$30
➤ STUDENTS	\$25
➤ SENIORS	\$20
➤ DROP - IN	\$10



ONE-ON-ONE PERSONAL TRAINING

➤ 1 SESSION STARTER	\$25
➤ 10 SESSION PACKAGE	\$225
➤ 20 SESSION PACKAGE	\$400

SESSIONS ARE 1 HOUR

- Personalized workouts based on your goals and fitness level
- guidance on proper form and exercise technique
- Support, motivation
- Modifications for your individual needs and abilities

**EVERY STEP FORWARD
IS A VICTORY, SO TRUST
THE PROCESS.**

MONTHLY MEMBERSHIPS ARE AVAILABLE FOR ADULTS, STUDENTS, SENIORS, AND DROP-INS. MEMBERS ENJOY ACCESS TO QUALITY EQUIPMENT, A WELCOMING ENVIROMENT, AND THE SUPPORT OF OUR FRIENDLY STAFF.

**GET STARTED TODAY-
BECAUSE A STRONGER
YOU STARTS HERE!**

FOR THOSE LOOKING FOR EXTRA GUIDANCE, WE OFFER ONE-ON-ONE PERSONAL TRAINING WITH CERTIFIED TRAINERS. WHETHER YOUR GOAL IS WEIGHT LOSS, STRENGTH TRAINING, IMPROVED ENDURANCE, OR OVERALL WELLNESS, OUR TRAINERS WILL CREATE A PROGRAM TAILORED TO YOU.



tyfitnessres@mbq-tmt.org



1.613-962-2822

TYENDINAGA

FITNESS

RESOURCE CENTER

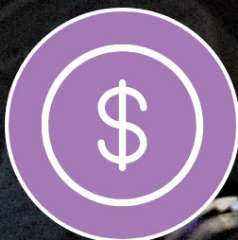
Focus on building healthy habits
that improve your physical fitness
and overall well-being.



PERSONAL TRAINING

Here at TFRC we offer one-on-one support designed around you!

- Personalized workouts based on your goals and fitness level
- guidance on proper form and exercise technique
- Support, motivation
- Modifications for your individual needs and abilities



ONE-ON-ONE PERSONAL TRAINING

1 SESSION \$25

10 SESSIONS \$225

20 SESSIONS \$400



Register Now



tyfitnessres@mbq-tmt.org



• 613-962-2822

Call for Mohawks of the Bay of Quinte Military Veterans

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

Korea – 1950 to 1953

Vietnam – 1954 to 1975

The Persian Gulf – 1990 to 1991

Somali Civil War & Bosnian War 1992 to 1995

Afghanistan - 2001 to 2014

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

Veteran's Name: _____ Date of Birth: _____

Address: _____ Date of Death: _____

Service Number: _____ Branch of Service: _____

Rank: _____ For which Country: Canada ☐ USA ☐

Date of Enlistment: _____ Date of Discharge: _____

Theatre of Service:

Medals or Decorations:

Spouse(s) Name(s): _____

Names of Dependents:

From the Research Department...

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

If you have any questions or concerns, please contact the Research Department at 613-396-3424 ext. 115, or by email: research@mbq-tmt.org

Council House and Community Centre Gatherings

Having a building for community meetings was one of the early priorities when the village began in 1784. We do not know exactly where it was built but probably near the original Mohawk Church (the Cairn site today).

The Council House of the later 1800s had a colourful history. It was originally built as a tavern.



The building started in 1854. It was built by Thomas Claus, a community member, with MBQ money. It was built on Lot 24 Concession A, which became the home location for the Council Houses for decades to come. In 1893, the Indian Agent reported that “it is or was painted dark green” but the locals called it “the White House.”

During the time of the “Thunderwater Council,” women were allowed to vote in meetings at the Council House much to the displeasure of the Indian Agent.

In 1920, plans drawn up for a new Council House included an Assembly Hall, a large waiting room, and an inner Council Chamber. The Council House was never just for Council meetings but was a meeting house for community groups and events.

In 1926, a new Council House was built and is pictured here.



In 1927, the Mohawk Council passed a motion inviting the Ladies Guild to make arrangements with Council regarding the use of the building and that there were to be “no dances in the Council House before agreement is made.”

Although the records are not entirely clear, it is believed that the 1926 Council House may have been the building that burned in 1971. Following the fire, Council moved quickly to rebuild and continue serving the community. On July 7, 1971, Council passed a motion to establish a building fund to rebuild the Council House, and another motion accepted plans for a combined band office and fire hall.



That same year, the new Mohawk Community Centre was built (pictured here).

From 1971 to 1974, this building served both as a Council House and a Community Centre.

In 1974, Council meetings moved into the original Quinte Mohawk School building located at 3 Old York Road.



The Mohawk Community Centre as it appears now.

Since its construction and subsequent renovations, it has served as a gathering place to host meetings and social events.

Since we are in the month of October, there have been many stories of “strange happenings” at the Mohawk Community Centre, like hearing crowds of people or hearing music playing and you are the only person in the building. This site was and is the setting for many good celebrations.

Please share your stories to the Research Department at research@mbq-tmt.org or you can come to the Administration building and talk with Steven Lindsay-Maracle.

**Join Haley, Trish and Steven for “Kahwa’tsire”
Mohawk Family Genealogy**

**3rd Tuesday of every
month via Zoom
6:30 pm – 8:00 pm
Limited space: 12
people**

**Hosted by Kanhiote
Library
Brought to you by MBQ
Research Department**

**If you would like to be
part of the
zoom session please
email Haley at
kanhiotelibrary@gmail.c
om and she will send
you a zoom invitation.
Please let her know
what information and or
people you are
researching**

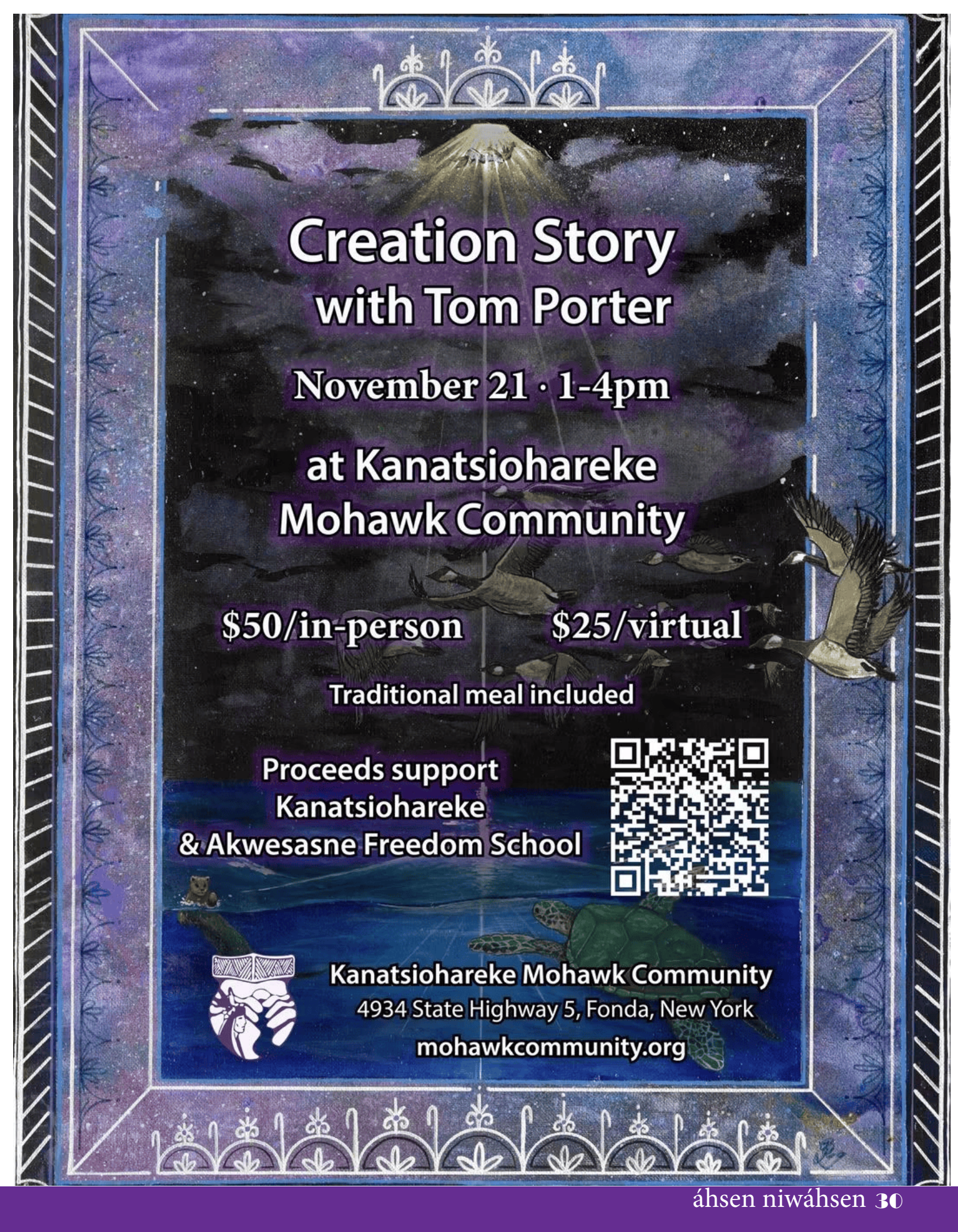
**TSI TYÓNNEHT ONKWAWÉN:NA LANGUAGE
AND CULTURAL CENTRE**

**KANONHSAHOTÓ:KWEN
OPEN HOUSE**

**Kenténha (October) 18th 2026
1 pm - 4 pm
39 Salmon River Rd
Shannonville**

**COME SEE WHAT WE HAVE BUILT
FOR OUR COMMUNITY**





Creation Story with Tom Porter

November 21 · 1-4pm

**at Kanatsiohareke
Mohawk Community**

\$50/in-person

\$25/virtual

Traditional meal included

**Proceeds support
Kanatsiohareke
& Akwesasne Freedom School**



Kanatsiohareke Mohawk Community

4934 State Highway 5, Fonda, New York

mohawkcommunity.org

Brought to you by Community Health & MFS

Mark your
Calendars

Large Family Food Box

UPCOMING DATE FOR THE FAMILY BOX

Deadline to order Wednesday October 7, 2026 ----- Pick Up Date Wednesday October 14, 2026



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

\$25.00
Per Box

DEADLINE to
order is
4:00pm!

Deadline to Order

Pick Up Date

Thursday November 5, 2026 ----- Thursday November 12, 2026

NOTE: PICK UP LOCATION CHANGE



MOHAWK COMMUNITY CENTRE, 1807 YORK ROAD, TMT, ON

"MUST BE REGISTERED MBQ MEMBERS ON AND OFF TERRITORY"

Items MAY change monthly

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

To order and make a payment for the Family box or Good Food Box

E-Transfer to: finance@mbq-tmt.org & Include SPECIFIC NOTES in the transfer indicating what the payment and order is for!

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

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

Your NAME, Your Text Number/Contact Number

What Month you are ordering for

OR you may drop into the Administration Office to directly make a payment at the Accounts Receivable Desk with Debt or Cash



Good Food Box



Calendar For
2026

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

Order By 4:30pm	Order Arrives Pick-up 1-3pm
Tuesday, October 20, 2026	Tuesday, October 27, 2026
Tuesday, November 17, 2026	Tuesday, Nov 24, 2026
Tuesday, December 15, 2026	Tuesday, Dec 22, 2026



Veggie Bag \$10.00

Fruit Bag \$5.00

COMMUNITY HEALTH



MOHAWKS OF THE BAY OF QUINTE

FOUR PILLARS DINNERS

MOHAWK COMMUNITY CENTRE

Bingo, Info Event & Light Dinner
Tuesday, September 29th, 4pm– 7pm

Dinner & Kitchen Table Talks
Monday, October 26th, 4pm–7pm

Dinner & Final Input Session
Tuesday, November 24th, 5pm–7pm

1807 YORK RD
TYENDINAGA, ON
MBQ-TMT.ORG

OCTOBER



The Four Pillars

Schedule of events

1658 York Rd, Tyendinaga, ON

Want to learn how to bead?

Join us at the Kanhiote Library to make something nice for yourself or a loved one this holiday season. Supplies provided!

06 TUE Kanhiote 5-7 pm

13 TUE Kanhiote 5-7 pm

20 TUE Kanhiote 5-7 pm

1807 York Rd, Tyendinaga, ON

24 SAT Trunk or Treat hosted by MFS

Kitchen Table Talks & Dinner @ the Mohawk Community Centre

Don't want to cook this week? The holiday season and cold weather will be sneaking up on us soon. Come enjoy a harvest-inspired dinner and share your thoughts about our Four Pillars planning.

26 MON Comm. Centre 4-7 pm

QUESTIONS? EMAIL ME AT
communityrelations@mbq-tmt.org
or call 613-396-3424 ext. 164





The Four Pillars
SOCIETY

NOVEMBER FOUR PILLARS EVENTS

Join us for our last Four Pillars input sessions!

We will be finishing our public input gathering at the end of November to complete the Four Pillars Plan. Please join us at one of the following dates to let us know how you would like our Four Pillars funding to serve the people of Tyendinaga Mohawk Territory.

03	TUE	Kanhiote 5-7 pm	1658 York Rd, Tyendinaga, ON
10	TUE	Kanhiote 5-7 pm	1658 York Rd, Tyendinaga, ON
13	FRI	Canteen 7 am -7 pm	1935 York Rd, Tyendinaga, ON
17	TUE	Kanhiote 5-7 pm	1658 York Rd, Tyendinaga, ON
24	TUE	Comm. Center 5-7 pm	1807 York Rd, Tyendinaga, ON



QUESTIONS? EMAIL ME AT
communityrelations@mbq-tmt.org
or call 613-396-3424 ext. 164

SHOCKWAVE THERAPY



IS YOUR C-SECTION SCAR STILL FEEL TIGHT, NUMB, OR UNCOMFORTABLE?

C-SECTION SCAR CARE

Many moms are told
their scar is "healed"...

but still experience:

- Tightness across the lower abdomen
- Numbness or tingling
- Pulling with movement or exercise
- Core weakness or pelvic discomfort

Shockwave Therapy can help improve:

- ✓ Scar mobility
- ✓ Tissue healing
- ✓ Blood flow
- ✓ Comfort & movement

Gentle. Non-invasive. No downtime.

**NOW OFFERING C-SECTION SCAR SHOCKWAVE THERAPY IN SHANNONVILLE CONTACT US TO
BOOK YOUR FIRST SESSION!**

Supporting mobility.
Supporting comfort.
Supporting healing.
Supporting you.



**14 York Rd
Shannonville, ON
613-966-5855**



FAMILY SKATE

Provided by Mohawk Family Services & Family Wellbeing

Open to all ages, children and youth must be accompanied by an adult!

Please note: Helmets are required during these skates. If you do not have one, please contact the Family Wellbeing Program at 613-967-0122 during the hours of Monday to Friday, 8:30am-4:30pm. Thank you!



FRIDAY EVENINGS 7-8 PM

SUNDAY AFTERNOONS 1:30-2:30 PM



**COMMUNITY RECREATION CENTRE
51 MECHANIC ST. DESERONTO**

NO ICE TIME:

Friday, October 23
Friday, November 27
Friday, December 4
Sunday, December 6
Friday, December 25
Friday, January 1, 2027



Ministry of
Children, Community &
Social Services





Social Songs & Dance



Join us to learn social songs and dances!

You are encouraged to bring rattles, plates & cups etc. (feast baskets), refillable water bottles and to wear ribbon skirts and/or ribbon shirts

TSI TYÓNÑHEHT ONKWAWÉN:NA LANGUAGE AND CULTURAL CENTRE 39 SALMON RIVER ROAD, SHANNONVILLE	WEDNESDAY, OCTOBER 14, 2026 6PM-8PM	LIGHT SNACKS AND REFRESHMENTS PROVIDED INDOOR SHOES MUST BE WORN
--	--	--

Open to all MBQ members and community
Youth under the age of 16 must be accompanied by an adult

**Sign ups encouraged, please
scan QR code to register**

DROP-INS WELCOME

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



FAMILY HEALTH & CHILD DEVELOPMENT PRESENTS

National Breastfeeding Week

October 1st to 7th



Breastfeeding is more than feeding.

Breastfeeding provides nutrition and immune factors that help protect babies from infections, while also supporting bonding.

But **every breastfeeding journey is different**. Families may breastfeed exclusively, combine breast milk and formula, express milk, or use formula. Support should be available without judgement.



Did You Know?

Milk Changes → Breast milk changes as your baby grows to meet their changing needs.

Vitamin D → Breastfed babies should receive 400 IU of vitamin D every day, starting from birth.

Support Makes a Difference → Partners, family, friends and communities all have a role.

Babies Have Feeding Cues → Rooting, lip licking, and hands-to-mouth are early signs that baby may be hungry.

For More Information Contact Us
hannahm@mbq-tmt.org

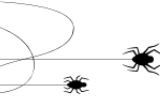


Sources: Public Health Agency of Canada & Health Canada. Breastfeeding Your Baby; Infant Nutrition; Nutrition for Healthy Term Infants.

39 áhsen niwáhsen tyóhton

Kenténha (October) Activity Calendar

For Families with Children Ages 0-6

Yawentatokénhti	Yawentatá'ion	Tekenihaton	Ahsénhaton	Kayerihaton	Wiskhaton	Tsi Yenaktóhares	Locations
4	5	6	7 LACTATION & BREASTFEEDING at Baby Circle 0-18 Months 10:00 AM - 11:00 AM Play Group 18 Months to 4 Years 11:00 AM - 1:00 PM 	8	9	10	Baby Circle & Play Group: Teaching Lodge Whisk & Wiggle: Teaching Lodge Kinder Gym: Quinte Mohawk School Email Hannah Maracle for more information about the programs: hannahm@mbq-tmt.org 
11	12  Thanksgiving CLOSED	13	14 Baby Circle 0-18 Months 10:00 AM - 11:00 AM Play Group 18 Months to 4 Years 11:00 AM - 1:00 PM 	15	16 	17	
18	19	20 	21 Baby Circle 0-18 Months 10:00 AM - 11:00 AM Play Group 18 Months to 4 Years 11:00 AM - 1:00 PM Whisk & Wiggle 6:00 PM - 7:30 PM	22	23	24 	
25	26	27 	28 HALLOWEEN COSTUME DAY at Baby Circle 0-18 Months 10:00 AM - 11:00 AM Play Group 18 Months to 4 Years 11:00 AM - 1:00 PM 	29 	30	31 Happy Halloween! 	
1	Kinder Gym: Halloween 10:00 AM - 12:00 PM 						

BROUGHT TO YOU BY FAMILY HEALTH AND CHILD DEVELOPMENT

BABY CIRCLE

Every Wednesday

Location: 50 Meadow Dr

Teaching Lodge

Time: 10:00am-11:00am

Who: Parents and Babies

Babies aged: 0-18month

DISCOVER WHAT WE DO AND WHAT WE HAVE TO OFFER!

Our focus is on the developmental tasks of your baby and the health and wellbeing of you and your family.

- Teaching what to expect as your baby grows and develops.
- Developmental Screening.
- Fun ways to help your child develop new skills.
- Bonding with your baby.
- Feeding your baby-breastfeeding and when to start solids.
- Access to a lactation consultant.
- A scale to record your babies weights as they grow.
- Talks about healthy eating habits for you and your family.
- Sleep challenges.
- The opportunity to learn and engage with other families and babies.



FOR MORE INFORMATION PLEASE CONTACT:

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

BROUGHT TO YOU BY FAMILY HEALTH AND CHILD DEVELOPMENT

YOU'RE INVITED TO JOIN THE

Family Playgroup

Every Wednesday

Location: 50 Meadow Dr

Teaching Lodge

Time: 11:00am-1:00pm

Who: Parents/Caregivers and
Children 18 months to 4 years

HELP YOUR CHILD
LEARN AND GROW
WHILE INCORPORATING
MOHAWK LANGUAGE
AND CULTURE.



THINGS TO NOTE:

It's all about friendship and development!

Enjoy a range of fun activities.

A light snack will be provided. You are
welcome to BYO Lunch if needed.

WHY PLAY?

As a parent being a part
of a community, activity
can help you feel less
alone as you are amongst
peers. Children will have
fun, make friends and
grow in their social skills.



The Family Health and Child
Development Team

fhcdfamilysupport@mbq-tmt.org

BROUGHT TO YOU BY FAMILY HEALTH AND CHILD DEVELOPMENT

JOIN US FOR

HALLOWEEN COSTUME DAY AT BABY CIRCLE AND PLAYGROUP



BRING YOUR INFANT AND/OR TODDLER TO JOIN IN ON THE FUN!

WEDNESDAY OCTOBER 28TH

AT: TEACHING LODGE 50 MEADOW DRIVE

BABY CIRCLE: 10:00 - 11:00AM

PLAYGROUP: 11:00 - 1:00PM



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



Good Baby Box



What does it include?

Diapers and Wipes and/or Formula

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

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

Diapers and Wipes and the cost

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

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



Formula

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

Type of formula

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

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

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

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

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

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

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



TAHATIKONHSOTONTIE HEAD START

PRESCHOOL WAITING LIST

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

✓ Mohawk Language & Culture

✓ School Readiness

✓ Nutrition & more!!

PLEASE CONTACT US

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

EKSA'OKON:A
CHILDCARE
CENTRE

Scan
QR code
to
register
child to
ECC
waitlist



WINTER APPLICATIONS

NOW OPEN

APPLY NOW

WWW.FNTI.NET



NEW MICRO- CREDENTIALS NOW OPEN

- SELF-PACED - ALLYSHIP FROM CONFUSION TO BECOMING
- SELF-PACED - COMMUNITY DEVELOPMENT
- SELF-PACED - CRITICAL THINKING

To Learn More Visit
www.fnti.net

Five Important Things About Children's Vision

1

👁️ Children Don't Know What "Blurry" Means

Kids rarely complain about their vision because they assume everyone sees the world exactly the way they do. It's up to parents to look for subtle behavioral clues.

2

📋 School Vision Screenings Are Not Enough

Many parents rely on the quick vision charts at school or the pediatrician's office, but up to 43% of children with vision problems can pass a basic school screening.

3

☀️ Outdoor Play Helps Prevent Nearsightedness

Nearsightedness (myopia) is rapidly rising in children, largely due to prolonged "near work" like looking at tablets, phones, and books. Research shows that spending at least one hour a day playing outside can delay or prevent the onset of myopia.

4

⚠️ Subtle Behaviors Are Often Warning Signs

Keep an eye out for these common signs of a vision problem:

- **Physical adjustments:** Squinting, tilting or turning the head to look at something, or covering one eye.
- **Behavioral shifts:** Holding tablets unusually close, sitting right in front of the TV, or quickly losing interest in reading, puzzles, and coloring.
- **Physical symptoms:** Frequent headaches (especially after school), rubbing their eyes, or unexplained clumsiness and poor hand-eye coordination.

5

📅 Eye Exams Should Start in Infancy

Optometrists use specialized lights, shapes, and tracking tools to evaluate an infant's vision. Children should have their first eye exam between 6 and 12 months of age, again at age 3, and then annually once they start school.

Since 2013, **Mobileyez** has been providing Optometrist eye exams and prescription glasses once every two to three weeks at Tyendinaga Mohawk Territory. Our next visits will be **October 2nd and 19th** at the Community Well-Being Center from 10am–5pm. To schedule an eye exam please call **1-866-920-6480**.

KENHTÉ:KE DIABETES EDUCATION PROGRAM & COMMUNITY HEALTH

presents...

Monthly Recipe Photo Contest!

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

RECIPE
CARDS ARE
PROVIDED IN
YOUR FOOD
BOX!

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



COOK



SNAP



MONTHLY RECIPE

SUBMIT!

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

Recipe modifications welcome!

Deadline: Last day of each month.

Open to everyone! No purchase necessary.

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

AUGUST WINNER

JESS L



Ontario



Indigenous
Services Canada

Sheet-Pan Pork Tenderloin with Sweet Potatoes & Broccoli

4 -5 Servings



Ingredients:

-  1.5 lbs pork tenderloin
-  1 yellow onion, diced
-  1-2 bell peppers, diced
-  1 large broccoli, cut into 1-inch pieces
-  2-4 cloves garlic, sliced
-  3 medium sweet potatoes, cubed
-  4.5 tbsp vegetable oil
-  1 tbsp garam masala
-  4 tsp ground coriander, divided
-  2 tsp ground cumin, divided
-  salt & pepper

Macronutrients:  carbohydrates/ carbs  Protein  Fat  None

Recipe adapted from Serious Eats - recipe website: <https://www.serious-eats.com/sheet-pan-pork-tenderloin-dinner-recipe-8781164>



- 1
- Preheat oven to 425°F (220°C)
- In a medium bowl, toss sweet potatoes with 2 tbsp oil, garam masala, & salt
- Spread in an even layer on baking sheet, roast for 10 minutes



- 2
- Pat loin dry with paper towel
- Cut 6 slits evenly spaced across loin (1/4 inch deep)
- Place garlic slices in slits
- Rub loin with 1 tbsp oil, half of the coriander & cumin & salt



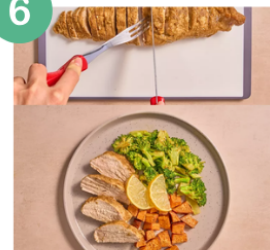
- 3
- Remove sheet pan from oven, move potatoes to one side
- Place loin, garlic side up, next to sweet potatoes, across the center of the pan
- Roast for 10 minutes



- 4
- In a medium bowl, toss broccoli, bell peppers, and diced onion with remaining oil, and the rest of the coriander and cumin



- 5
- Remove sheet pan from oven and add broccoli mix to empty side next to loin, spreading in an even layer
- Roast everything until the pork is 135 to 140 °F (54 to 60°C), 12 - 15 minutes



- 6
- Transfer pork to cutting board and let rest 5 to 10 minutes
- Turn off oven, hold sheet pan with vegetables warm while pork rests.
- Slice pork and serve. 😊

Did you know? Canada's Food Guide



- Was updated in 2019 to give Canadians simple, practical advice for healthy eating, including:
- Eating a balanced plate consisting of ½ fruits and vegetables, ¼ protein foods (meats, nuts, beans, lentils, fish, & eggs), and ¼ whole-grain foods (brown rice, whole-grain bread, & oats).
- Make water your drink of choice
- You don't need to follow the plate perfectly at every meal. The goal is to eat a variety of foods and build balanced meals most of the time.
- For more information: <https://www.canada.ca/en/health-canada/services/food-guide.html>



✦ Kenhté:ke Diabetes
Education Program ✦

PACK BASKET WORKSHOP

Discover the joy of crafting
your own basket.

Open to members of the
Mohawks of the Bay of Quinte
and clients of the Kenhté:ke
Diabetes Education Program



Nov 14, 2026

09:00 AM – 4:00 PM
Lunch is provided

**CWC Teaching
Lodge**

**50 Meadow Drive
TMT**



REGISTRATION INFORMATION



Begins October 1st, 2026 at 9am

Please use QR code or if you email please include:

- First & Last Name
- Phone Number
- Address
- List of food allergies and any pertinent information



<https://forms.cloud.microsoft/r/TtukKk0etP>

REGISTRATION CLOSING OCTOBER 25th, 2026

Contact Wendy-Joy at:



613-967-3603 Ext 180



diabetesdpw@mbq-tmt.org



Indigenous
Services Canada

Ontario





✦ Kenhté:ke Diabetes
Education Program ✦

PURSE BASKET WORKSHOP



Discover the joy of crafting
your own basket.

Open to members of the
Mohawks of the Bay of Quinte
and clients of the Kenhté:ke
Diabetes Education Program

Nov 15, 2026

09:00 AM – 4:00 PM

Lunch is provided

**CWC Teaching
Lodge**

**50 Meadow Drive
TMT**

✦ REGISTRATION INFORMATION ✦

Begins October 1st, 2026 at 9am

Please use QR code or if you email please include:

- First & Last Name
- Phone Number
- Address
- List of food allergies and any pertinent information



<https://forms.cloud.microsoft/r/PXixQPzLHK>

REGISTRATION CLOSING OCTOBER 25th, 2026

Contact Wendy-Joy at:



613-967-3603 Ext 180



diabetesdpw@mbq-tmt.org



Indigenous
Services Canada

Ontario



KENHTÉ:KE DIABETES EDUCATION PROGRAM

presents



Good Food Gathering

Cooking Series



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



DATES & NUTRITION TOPIC:

OCTOBER 22 & 23 - DIETARY FAT

NOVEMBER 26 & 27 - RESISTANT STARCHES

DECEMBER 10 & 11 - HOLIDAY EATING & GOAL

SETTING FOR THE NEW YEAR



TIME: 10 AM - 2 PM

LOCATION: CWC TEACHING LODGE

**REGISTER
NOW!**

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

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

Good Food Gathering Cooking
Series Sign-Up (October 22 OR 23)



Ontario



Indigenous
Services Canada

Kenhte:ke Diabetes
Education Program
presents



Good sleep is a key to health and wellness. Indigenous groups report a higher rate of sleep difficulty (or insomnia) relative to other groups in Canada. Learn more with sleep expert Dr. Judith Davidson Ph.D., C. Psych., and Scott McQuain, Katarokwi Indigenous Research Collaborative Queens University

INFORMATION SESSION

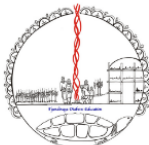
SLEEP

CWC TEACHING LODGE @ 50 MEADOW DR

TWO DATES TO CHOOSE FROM

OCT 28 AT 5PM – DINNER WILL BE SERVED

NOV 6TH AT 10AM – LUNCH WILL BE SERVED



REGISTER NOW
613-967-3603 EXT 180



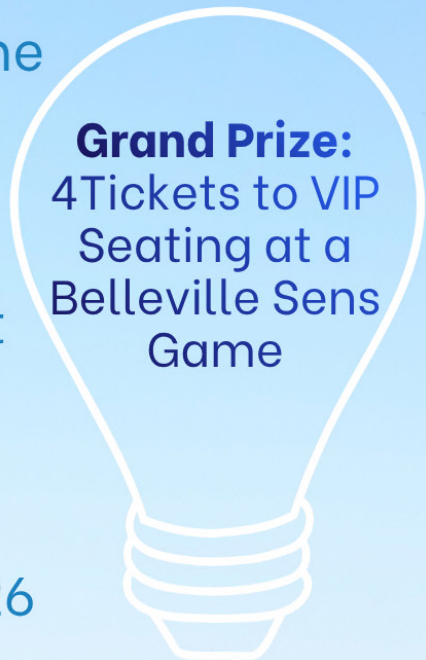
LIGHT THE NIGHT BLUE FOR WORLD DIABETES DAY

NOVEMBER 13TH, 2026

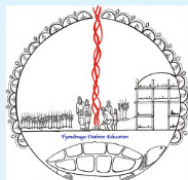
SHOW YOUR SUPPORT BY LIGHTING THE NIGHT BLUE

Register NOW for your blue bulb at the CWC – Health side or by emailing DiabetesDPW@mbq-tmt.org or calling 613-967-3603 Ext 180
Complete the quiz, have your bulb lit between 6-8pm – staff will be out checking – a random winner will be selected from registrants and announced on Monday, Nov 16th, 2026

Grand Prize:
4 Tickets to VIP
Seating at a
Belleville Sens
Game



Ontario 



**Indigenous
Services Canada**



TEAM
TRISH
CLARKE
Sales Representative

*Introducing
Shannon Dolan*



Your Local Real Estate Expert with Roots in Tyendinaga Mohawk Territory

With roots that run deep in the Tyendinaga Mohawk Territory community, Shannon is proud to have grown up on the Territory with her parents, Cheryl and Alfred Claus. It's the community that helped shape who she is, and that personal connection gives her a unique understanding and appreciation for the Territory, its traditions, and the people who call it home.

Today, she's proud to bring that connection and knowledge to her work in real estate. She is dedicated to helping individuals and families with all of their real estate needs, both on the Territory and throughout the surrounding communities.

Whether you're buying or selling a home on the Territory or beyond, you can count on knowledgeable guidance, honest advice, and personalized service every step of the way.

Born and raised here. Proud of where she came from. Proud to serve the community and surrounding areas today.

Get a Free Home Evaluation

Shannon Dolan

SALES REPRESENTATIVE & LICENSED
ASSISTANT TO TRISH CLARKE - SALES REPRESENTATIVE

613•922•5536
shannondolan@royallepage.ca

Learn More:

www.listwithtrish.ca

Kenhtè:ke Seed Sanctuary & Learning Centre

K e n t é n h a



Harvesting
lettuce seeds



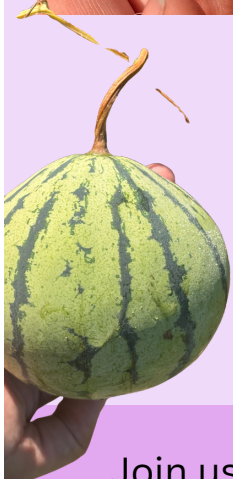
Gathering the first ripe tomatoes



Putting hay on
empty beds to
prepare for winter



Harvesting seed
from our Cream of
Saskatchewan
watermelon!



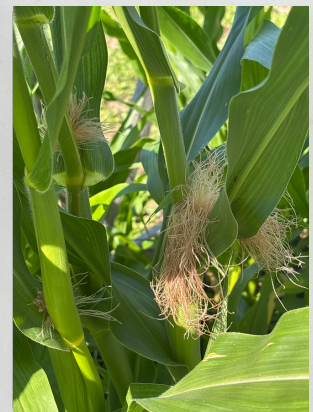
Join us for the **Closing of the Gardens** and the **7th Anniversary** of KSSLC. We are gathering at the gardens on October 4th from 9am-11am for seed-saving activities, social songs and dance, as well as a light lunch. Please bring your feast baskets.



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



Aramis Bean



Strawberry Popcorn



Skáthne

Téyakwatawénryes

RAKE:NI WILD

GAME FEAST &
SOCIAL

"Adventures Together" (Rake:ni/ Dad Group)

Calling all fathers, uncles, grandfathers, and male role models!

Join us for a Wild Game Dinner & Social as we come together to celebrate the harvest season, share a meal, and enjoy time with one another



October 9th 2026

Doors Open at
5:00 PM



Community
Centre

Admission is free, traditional clothing and rattles/drums encouraged.



REGISTRATION REQUIRED

SCAN ME



kaylai@mbq-tmt.org
613-813-6595



Indigenous
Services Canada

MBQ MEMBERS



Blood Pressure Checks



Walk in
Blood pressure and weight checks
for MBQ community members

Tuesday

mornings from
8:30-11am

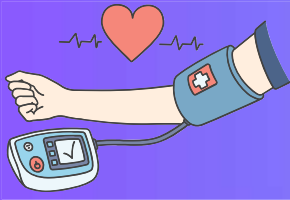
WHERE?
the Community
Wellbeing
Centre Health
Side

Monthly
draw for
gift card





BLOOD PRESSURE
CHECKS



PREGNANCY TESTING AND COUNSELLING

PAP TEST

STI TESTING AND COUNSELLING

BIRTH CONTROL

COUNSELLING

IUD INSERTIONS

PRESCRIPTIONS

CONDOMS

MEN'S HEALTH

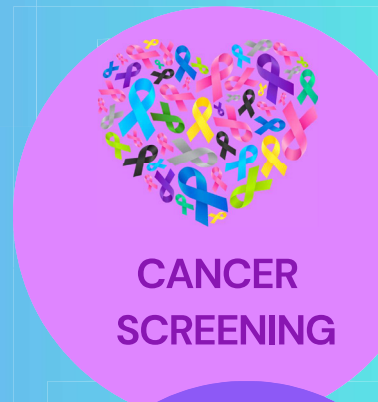
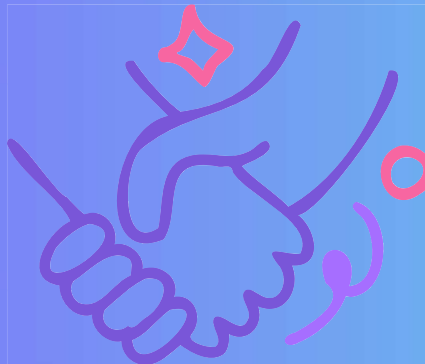
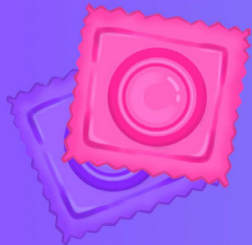


PREVENTATIVE CLINIC

WITH MAGGIE MCNABB NURSE PRACTITIONER

SUZANNE MARACLE-DYE REG.N.

SARAH BERNHARDT RPN



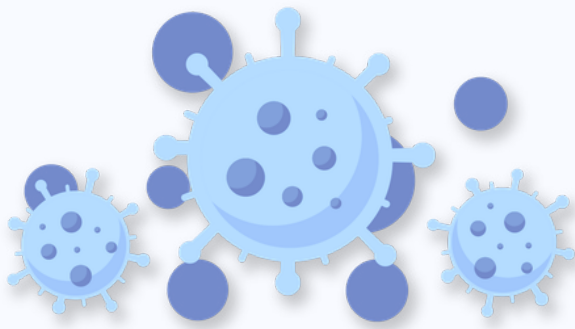
COMMUNITY WELLBEING CENTRE HEALTH SIDE

WEDNESDAY OCTOBER 21, 2026

4 PM TO 6 PM

WALK IN CLINIC OR BOOK AN APPT @

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



Generations of Infection Prevention

Past. Present. Protected.

INTERNATIONAL INFECTION PREVENTION WEEK - OCT 19-25, 2026

International Infection Prevention Week honors the dedicated professionals who protect patients, staff, and communities from healthcare-associated infections. This year, we celebrate the journey — from the plague doctors of the 1600s to the infection preventionists of tomorrow. **Past. Present. Protected.** Three words that honor the history, the progress, and the promise of infection prevention.

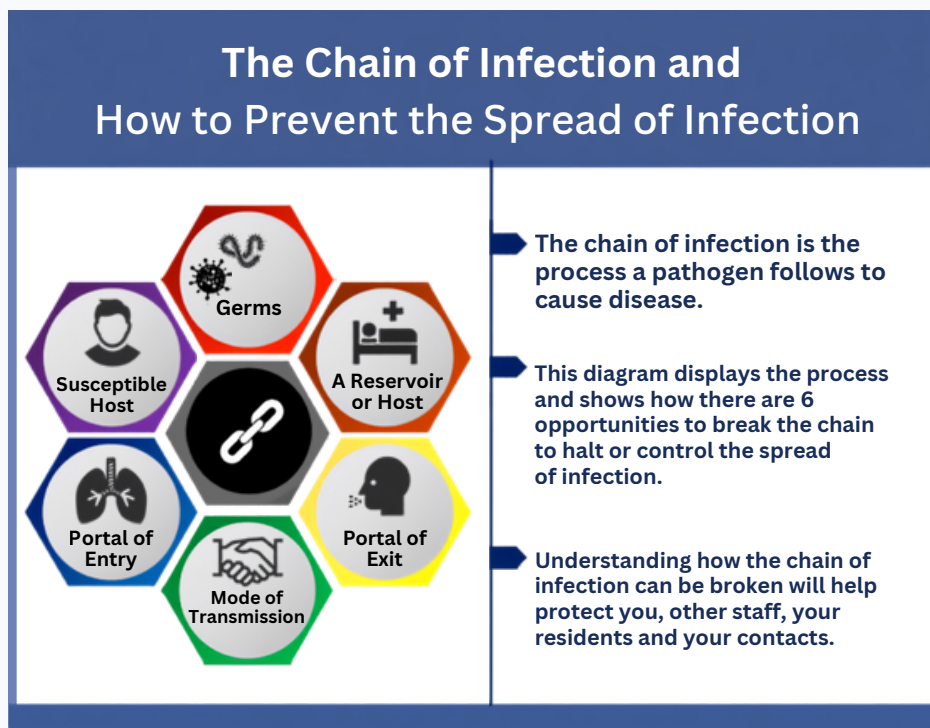


PAST - Built on the Dedication of Those Who Came Before Us

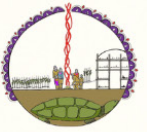


PRESENT - Infection Preventionists Protect — Now More Than Ever

PROTECTED - When We Unite Across Generations, We Safeguard Lives



HELP PROTECT YOURSELF AND YOUR COMMUNITY



ELECTRIC BIKE SAFETY

HERE ARE SOME TIPS AND TRICKS TO STAY SAFE WHILE CHARGING YOUR E-BIKE



Do not leave unattended: Avoid charging your e-bike overnight while sleeping or leaving the house without supervision.



Keep clear of exits: Do not charge near primary exit doors, hallways, or escape routes that could block evacuation if a fire occurs.



Avoid Extreme Temperatures: Do not charge or store battery in very hot or very cold places. Ideal temperature is 50°F - 86°F (10°C-30°C)



Inspect components: Check the cable, plug, and battery port for cracks, fraying, corrosion, or debris before every charge.



Direct connection: Plug the charger directly into a standard wall outlet; avoid power strips, clustering batteries, or using extension cords.



Smoke alarms: Ensure a working smoke detector is installed in the room where you charge your equipment.

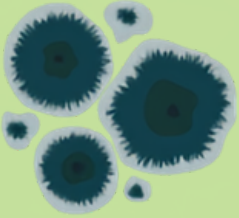


Unplug when done: Disconnect the charger once the battery reaches full capacity or 80% if you do not need a full charge immediately; avoid prolonged overcharging.



Blastomycosis Fast Facts

What you need to know about the infection and ways to minimize the risk to you and your family.



What is Blastomycosis?

Blastomycosis is an infection caused by breathing in spores of the soil fungus blastomycetes. It usually begins as a lung infection. It is not spread person-to-person, nor animal-to-person.

Where is it found?

The fungus that causes blastomycosis is found across Ontario, with the highest rate of infection in the northwest. It grows in soil and damp organic matter like wood or leaves. It is often found near bodies of water, including the shores of the Great Lakes and along the St. Lawrence Seaway.



What causes illness?

The spores can become airborne when soil or organic matter (such as wood or leaf piles) that the fungus is growing on is disturbed, causing them to be breathed in and settling in the lungs.



What should I do if I have symptoms?

Symptoms may include a cough, chest pain, difficulty breathing, fever, night sweats, unexplained weight loss and extreme fatigue. If you are experiencing these symptoms, please speak with a health provider as soon as possible for assessment.



When am I most at risk?

The risk for exposure is highest in the spring and summer, and most cases are diagnosed in the fall and winter due to the time it takes to show signs of illness. Symptoms usually appear 3 weeks to 3 months after breathing in the fungal spores.



Blastomycosis is treatable!

About half the people infected with blastomycetes will become symptomatic. Early diagnosis and treatment is the best way to prevent serious health outcomes.



For more information please reach out to the Community Health Nurses at the Community Wellbeing Centre:

Community Health Manager, Kaysi Smith: nic@mbq-tmt.org
Community Health Nurse, Suzanne Maracle-Dye: chn@mbq-tmt.org
Infection Prevention and Control Nurse, Cody Cox: ipac@mbq-tmt.org





Canadian
Cancer
Society

Breast CANCER

AWARENESS MONTH 2026

EARLY DETECTION SAVES LIVES!

Anyone can develop breast cancer, because everyone has breast tissue. Men just have a lot less of it

Breast cancer may not cause any signs or symptoms in its early stages

BREAST CANCER BEGINS IN THE CELLS OF THE BREAST. IT CAN GROW INTO NEARBY TISSUE AND SPREAD TO OTHER PARTS OF THE BODY (METASTASIZE).

LESS COMMON TYPES OF BREAST CANCER INCLUDE INFLAMMATORY BREAST CANCER, PAGET DISEASE OF THE BREAST, TRIPLE-NEGATIVE BREAST CANCER, AND RARE FORMS SUCH AS NON-HODGKIN LYMPHOMA AND SOFT TISSUE SARCOMA.

SIGNS AND SYMPTOMS

THE MOST COMMON SYMPTOM OF DUCTAL CARCINOMA IS A FIRM OR HARD LUMP THAT FEELS VERY DIFFERENT FROM THE REST OF THE BREAST

- A LUMP IN THE ARMPIT
- CHANGES IN THE SHAPE OR SIZE OF THE BREAST
- CHANGES TO THE NIPPLE, EG. NIPPLE THAT SUDDENLY STARTS TO POINT INWARD
- DISCHARGE THAT COMES OUT OF THE NIPPLE WITHOUT SQUEEZING IT OR THAT HAS BLOOD IN IT

LOBULAR CARCINOMA OFTEN DOES NOT FORM A LUMP. IT FEELS MORE LIKE THE TISSUE IN THE BREAST IS GETTING THICKER OR HARDER

Wear pink to support the fight against breast cancer.



Community Health



COMMUNITY HEALTH PRESENTS LEMON PRESERVING



**Monday
OCTOBER 26,
2026
1:00pm-4:00pm**



**50 Meadow
Drive, TMT
Teaching
Lodge**



**Registration
opens
October 5, 2026
closes
October 19, 2026**



**To register
please call
613-967-3603**

YOU WILL LEARN...



The benefits of lemon preserving



Safety and storage tips



Tasting and take home recipes



**Step-by-step lemon preserving
techniques**



**LIMITED SPACES
AVAILABLE**



**Health
Canada**





RSVAWARENESS.CA

Protect Your Health



Respiratory Syncytial Virus (RSV) is a highly contagious virus that can cause serious health complications in premature infants, babies born during RSV season, young children with chronic health conditions and older adults.

Who is at risk?

- adults 65 yrs of age and older
- older adults with weakened immune systems
- adults in residences or long-term care
- premature infants, babies born during RSV season
- young children with chronic health conditions

Prevention

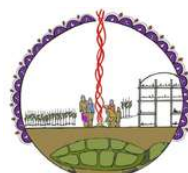
- vaccination when available
- frequent hand washing
- clean and disinfect high touch surfaces
- cover coughs and sneezes with tissue or arm
- wear a well-fitted mask in public
- avoid touching your eyes, nose and mouth

Who can get the vaccine?

- infants born after April 1 and before 8mths of age
- any indigenous person after 60 yrs of age
- women between 32-36 wks pregnant who will deliver near, at the start of or during RSV season
- Children 24mths who meet high risk criteria
- all adults 75 yrs and older

Talk with your healthcare provider and keep informed about your health

Community
Health





QUIET MINDS

— WELLNESS —

Heal. Restore. Thrive.

I use my extensive nursing experience combined with my knowledge of holistic healing to treat each client's concern with a multi-pronged approach providing a dramatic and long-lasting improvement in health and well-being.



Quiet
the Mind,
Awaken
the Spirit

SERVICES



INDIVIDUAL THERAPY

One-on-one sessions tailored to your unique needs, focusing on personal growth, emotional healing, and developing coping strategies in a supportive and confidential environment.

Free 30 minute consultation.



ADDICTION COUNSELLING

Evidence-based counselling that addresses the root causes of addiction, builds resilience, teaches coping mechanisms and fosters lasting positive changes to break the cycle and create a healthier, fulfilling life.



REFLEXOLOGY

Using precise, intentional touch on reflex points to activate the body's innate self-regulating and restorative systems. Relieves tension, improves circulation, reduces inflammation and supports whole body healing.



REIKI

Gentle energy healing that clears energetic blocks, aligns chakras, restores balance and promotes deep relaxation, emotional release and a profound sense of inner peace.

AREAS OF EXPERTISE



Addiction & Substance Use



Mood Disorders



Anxiety



ADHD



Physical Health Challenges



Trauma / PTSD

You don't have to do this alone.

Take the first step toward healing and creating the life you deserve.

CONTACT ME TODAY



613-921-0259



renee.easton@quietmindswellness.ca



www.quietmindswellness.ca



1 Bridge Street East, Suite 406
Belleville, ON K8N 5N9

Empowering you to heal, grow and thrive

— MIND • BODY • SPIRIT —



THE ANGLICAN PARISH OF TYENDINAGA

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

1295 Ridge Road Tyendinaga Mohawk Territory, ON K0K 1X0

PH: 613-962-2787

All Saints Church October Services

October 4th 9:30 a.m. Morning Prayer (Food Bank Sunday)

October 11th 9:30 a.m. Holy Communion Thanksgiving Service

October 18th 9:30 a.m. Morning Prayer

October 25th 9:30 a.m. Holy Communion

Rev. Hal Graham's last service before we welcome
Ven. Nancy Northgrave in November.

Induction Service on November 8th @ 4:00 pm for Ven. Nancy Northgrave





CONSTRUCTION HOTLINE

613-969-7174

**PLEASE LET US KNOW IF
YOU NOTICE ANY ISSUES
OR HAZARDS AS PART OF
THE YORK ROAD
RECONSTRUCTION
PROJECT. THIS WAY OUR
INFRASTRUCTURE
DEPARTMENT IS AWARE
OF ANY ISSUES AND CAN
TAKE THE NECESSARY
NEXT STEPS.
NYÁ:WEN**



613-969-7174



www.mbq-tmt.org

Mobile Office



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

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

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

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

WEDNESDAY
OCTOBER 21

FEDERAL SMALL BUSINESS PROGRAMS MUCH MORE!

CALL 613-473-0649, TOLL FREE AT
1-866-471-3800 OR EMAIL
REBECCA.WILKINSON.439@PARL.GC.CA
TO BOOK AN APPOINTMENT.
WALK-INS WELCOMED.

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



KEEP US UP-TO-DATE

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

Members, please:

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

OUR MEMBERSHIP TEAM CAN BE REACHED AT:

Bonnie Maracle

E: bonniem@mbq-tmt.org

P: 613-396-3424 x 110

Bonny 'Bear' Maracle

E: bonnym@mbq-tmt.org

P: 613-396-3424 x 132

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

mbq-tmt.org/community-services/membership

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

Simplified Renewal is an option if:

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

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

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

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

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

Bonnie Maracle

E: bonniem@mbq-tmt.org

P: 613-396-3424 x 110

Bonny 'Bear' Maracle

E: bonnym@mbq-tmt.org

P: 613-396-3424 x 132

EMERGENCY HOME REPAIR INCENTIVE

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

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

ELIGIBILITY

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



ELIGIBLE REPAIRS

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

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

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



NEW MBQ RENTAL HOUSING APPLICATION PROCESS

The Mohawks of the Bay of Quinte are launching a brand new application process for on-territory rental housing.

Through the new form (link below or QR code above) applications are received digitally with a time stamp, and once the application has been reviewed and accepted, applicants will be added to the housing waitlist in the order the applications have been received. Please note that those who have previously applied **DO NOT** need to re-apply. They are encouraged to update their information annually to avoid any potential delays in placement.

Applicants and co-applicants **must** be registered members of the Mohawks of the Bay of Quinte.

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

Tammy Brant:
e: housingsupport@mbq-tmt.org
p: 613-396-3424 ext. 101



mbq-tmt.org/rental-housing-application

HARVEST REQUEST LETTERS: PROTOCOLS FOR STATUS FIRST NATIONS HARVESTERS

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

THE LETTER MUST INCLUDE:

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

TO REQUEST A HARVESTING LETTER, PLEASE FIND THE APPLICATION FORM AT:

[HTTPS://MBQ-TMT.ORG/HISTORY/HARVESTING/](https://mbq-tmt.org/history/harvesting/)

TO SUBMIT YOUR APPLICATION FORM, OR IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE

CONTACT STEVEN LINDSAY-MARACLE AT

RESEARCH@MBQ-TMT.ORG OR 613-396-3424 EXT. 115.

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

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

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

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

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

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

Build-All **CONTRACTORS**

5427 HWY #2. TYENDINAGA TERRITORY
SHANNONVILLE, ONTARIO

K0K 3A0

PHONE: 613.969.1315

FAX: 613.969.9806

E-MAIL: office@buildallcontractors.ca



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ALCOHOLICS & NARCOTICS ANONYMOUS

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

LORNA - 613-847-5607
DALE - 613-921-8015

Wednesdays at 8:00 p.m.
Basement of Holy Name of Mary Church
7288 Old Highway 2, Marysville, ON KOK 1X0



CIRCLES FOR RECONCILIATION



Two facilitators and ten participants (five Indigenous and five non-Indigenous) meet in an effort to build meaningful and trusting relationships

We're seeking Indigenous and non-Indigenous participants to join us for our first regional Circle for Reconciliation. This Circle is connected to the ongoing “A Path Forward” partnership between Tsi Tyónnheht Onkwawén:na and The County Museums



Facilitators
Jane Macdonald and Karen Lewis

- Time commitment is 90 minutes a week for 7 weeks (beginning mid-January, 2027)
- Themes to be discussed will be determined by the group, but may include things like “Treaties and Land Grants”, “Land and Climate Change”, and “Reconciliation Principles”
- The meeting location will alternate between Tyendinaga and Prince Edward County
- There will be food to share each week

If you are interested in participating, please contact Karen Lewis at [**kanhiote@gmail.com**](mailto:kanhiote@gmail.com)



PROPERTY FOR SALE

Waterfront acres connects Bay with Sucker Creek on Gordon's Point

Contact: 613-969-0239 or 716-264-4410, Basil & Pat Miller

WANTED

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

Call Melinda, 613-813-1748

WANTED: VACANT LAND

Please email Chris with details: maraclechris@yahoo.com

FREE

Free wood structure, come and pick up
Contact Geraldine Brant
613-396-1605



BUSINESS FOR SALE

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

FOR SALE

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

FOR SALE

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

CLASSIFIEDS

WANTED

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

Contact Matthew at
matthew.roberts3@dcmail.ca

WANTED

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

FOR SALE

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



PLEASE RETURN

Recently, a valued treasure was removed from our front long at 432B Ridge Road. The item was a small antique cannon mounted on wooden frame; a gift from our late son.
We would really appreciate its return – no questions asked.

WANTED

Seeking waterfront property for a new build.

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

LAND FOR SALE

2 acres of partially cleared land with a woodlot at the back end
141 feet wide x 645 feet deep
Water hook-up is across the road
Contact to discuss: 613-396-5931

FOR SALE

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

WANTED: HOUSE

Serious buyer looking for a home on MBQ territory. Ready to buy ASAP.
Please call, text or email Nathan with information:
519-365-0252
nathan.partridg3@gmail.com

WANTED: TUTOR

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

FOR SALE

Well-maintained, 2-bedroom mobile home in a convenient location situated on 2.1 acres.

FEATURES:

- 2-bedroom, 2 bath/ensuite
- 6 appliances
- 24 x 12 storage shed
- Available to MBQ status members

For more information, please call
613-880-9505 or 613-206-9505



WHEN WE MEET

1984 York Road
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325

COMING EVENTS

- Oct 11, 2026 Thanksgiving Service, 11am
- Oct 24, 2026 Making Mighty Men is BACK at The
Cornerstone - 9:30am call for more
information

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

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

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

"I'm so glad I live in a world where there are
Octobers."

L.M. Montgomery

HALL FOR RENT!

1295 Ridge Road, TMT

Meetings - Birthdays - Anniversaries - etc.

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or contact us by Email or Phone at:

parishoftyendinaga@gmail.com

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JULY

August

September

S	M	T	W	T	F	S
	29	30	1	2	3	4
5	6	7	8	9	10	11
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October

NOVEMBER

December

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20	21	22	23	24	25	26
27	28	29	30	31	1	2



WASTE EAST



HOLIDAY



RECYCLE EAST



WASTE WEST



RECYCLE WEST



HALLOWEEN I SPY

