



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 12/09
Tsyothorha (Dec.)

ORI:WASE (News)

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MERRY CHRISTMAS &
HAPPY NEW YEAR
AND
HAVE A SAFE HOLIDAY SEASON!

The office will be *closed* on
Wednesday, December 23rd 2009
at 4:30 p.m. & will *reopen* on
Thursday, January 4th, 2010 at 8:30 a.m.

November 26, 2009

To the Members of the Mohawks of the Bay of Quinte

Se:kenh Sewakwe:kenh

HARMONIZED SALES TAX

July 1, 2010 is the targeted date the HST system will come into effect in the province of Ontario. Canada and Ontario will be entering to a Canada Ontario Coordinated Integrated Tax Agreement and will be enacting legislation to give effect to HST initiative. The Revenue Canada Agency will be administering the HST.

I have attended meetings with Minister of Finance Dwight Duncan and Minister of Aboriginal Affairs Brad Duguid, who assured the Chiefs in attendance that the Province of Ontario is committed to maintaining the current policy of sales tax exemption at point of purchase. Ontario has also indicated that Canada must agree to this measure. On October 14, 2009 Regional Chief Angus Toulouse met with Finance Minister Dwight Duncan who stated that the Federal Government has firmly indicated that there will be no continuation of the point of sale exemption to the First Nations within the new HST tax regime. Canada further stated that it desires to have uniformity across Canada in how taxes are collected and administered. The Chiefs state that this response is inadequate given that taxes are collected and administered differently across the country and that the HST measure represents the erosion of a First Nations right.

As a next step, it was agreed that the Ontario Regional Chief and Political Confederacy will seek an urgent meeting with the federal Minister of Finance, Jim Flaherty, in order to better ascertain the federal position and advocate for the continuance of the First Nations point of sale exemption. Provincial Minister Dwight Duncan wrote to federal Minister Flaherty supporting the First Nations request for a meeting, however, on November 4, 2009, Minister Flaherty declined meeting with the First Nations as he feels his position has been made clear and that the Ontario governments has the flexibility to resolve the matter. It is totally unacceptable that a senior provincial Cabinet Minister would be refused a meeting with a federal Cabinet Minister on a federal/provincial initiative. The Chiefs of Ontario have informed the government of Ontario officials that they must take a stronger position in dealing with Canada.

It appears that the merchant must deliver the goods or services to the reserve to claim the sales tax exemption. I lobbied with other AIAI Chiefs, federal members of parliament for their intervention to preserve the exemption at point of sale. I recommended that the Chiefs of Ontario seek a judicial review of the HST initiative since First Nation's were not consulted. David Nawegahbow and Roger Jones Law Firm will be handling the litigation strategy. On behalf of AIAI Chiefs, I will be asking Premier Dalton McGuinty to write to Prime Minister Harper, to honor the Chiefs and Ontario's request that the exemption at point of sale continue.

Ontario Government Bill 218 entitled Ontario Tax Plan for More Jobs and Growth Act, 2009 had first reading at Queen's Park on November 16, 2009 and November 19, 2009 and still in debate. This will amend a number of other Acts such as the Ontario Retail Sales Act, Community Small Businesses Investment Fund Act, Financial Administration Act, Teacher's Pension Act and other Acts. The HST was announced in the March 2009 Ontario Budget. Bill 218 is the provincial component of the legislation that will enact the HST. There will also be federal legislation. We will seek a hearing before the Standing Committee once it goes to Committee Stage to press the governments to honour our aboriginal right to tax exemption at point of sale. The Chiefs of Ontario have organized a protest at Queen's Park on December 3, 2009.

McIVOR CASE

The Government of Canada is proceeding with a court ordered legislative amendment to section 6 of the Indian Act to address the discriminatory effects on Indian Women and their children's rights to Indian Status. Indian Affairs estimates that 40,000 people may be eligible to gain Indian status under the proposed legislative amendments. This is an extremely short time-frame for Parliament and the First Nation's Leadership to consider amendments regarding this complex issue. The target date for the amendments is April 6, 2010. It is unknown whether any additional funds will be provided to meet the needs of new members who may gain Indian status. I will recommend that Council and Iroquois Caucus seek an appearance before the Standing Committee of Aboriginal Affairs to address the concerns of MBQ.

CULBERTSON CLAIM

The Culbertson Claim for 923.4 acres involves lands that were never surrendered to the Crown by the Mohawks of the Bay of Quinte. After my meeting with Jim Prentice, then Minister of Indian Affairs, the federal negotiator was given a broad mandate to look at all options of settlement. We agreed on the outer boundaries of the claim area as a result of work completed by historical mapping experts. We discussed an acquisition model to return the control of Culbertson Lands to MBQ. The Federal Government agreed to contract an appraisal for 300 acres of the Terry Kimmett property. We also identified three loss-of-use compensation models.

However, this work was derailed due to the negative publicity that occurred after the spring protest of 2008. Canada formally withdrew looking at all options of settlement and reverted to a position requiring a surrender of the lands for cash compensation. This was unacceptable to the Mohawk Council and the negotiations ceased. The MBQ are not receiving the benefit of Canada's published policy and have met with legal counsel regarding a judicial review of this matter in Federal Court.

MBQ WATER TREATMENT PLANT

MBQ Council received a commitment in December 2005 that Indian Affairs would fund a water treatment plant for our community. MBQ and their engineers must resolve INAC's technical concerns with the design before INAC will give effective project approval to construct the water treatment plant. Hopefully, another raw water pilot study will be avoided.

CASINO RAMA LITIGATION

The original revenue sharing agreement for Casino Rama revenues will expire in July 2011 and be replaced with the OFNLP 2008 Agreement, which will provide First Nation's with 1.7% of all Ontario Gaming Revenue until July 2033.

Mnjikaning has undertaken a law suit claiming a permanent 35% share on net gaming revenue from Casino Rama. The Ontario Court of Appeal heard the 35% case on September 8-9, 2009. The Court has not yet handed down its decision. In the interim, the Court has released \$7.952 million from the 35% OLG Segregated Account which has been distributed to First Nations. MBQ's share was \$204,979 in 2008-09 and \$1,145,271 in 2008-07. There is \$172 million held in escrow in the segregated account by the OLG. Should the Ontario Court of Appeal render a favourable decision, MBQ's would receive \$4,437,787.00 as its share of the 35% settlement. The Chief's will continue to monitor progress on this litigation file.

I am attaching a report on the revenues and expenditures for Casino Rama for your perusal.

EDUCATION

In Canada there are 10,000 First Nation Students on waiting lists for post secondary education funding. The Mohawks of the Bay of Quinte have utilized Casino Rama funds in the amount of \$268,752.80 to provide assistance to 22 students but there are still 16 post-secondary students who did not receive funding.

Since 1996, Indian and Northern Affairs Canada have placed a 2% cap on funding growth for education. The Standing Committee on Aboriginal Affairs recommended the 2% cap be lifted and that Indian Affairs identify all post-secondary students who were denied funding. Indian Affairs has failed to comply with the recommendations.

I have participated in lobby efforts with Chiefs, with opposition leaders, Michael Ignatieff (Lib.), Jack Layton (N.D.P.) and Bob Rae (Lib.) and other Parliamentarians. Most of the opposition members of the House of Commons support increased funding in post-secondary education and will be pressuring the Harper Government for additional funding. Education must continue to be a priority since 66% of jobs in the future will require graduation from college or university. Additional lobby sessions will be scheduled.

POLICING

Members of our community are entitled to receive the same level of policing services as anyone else. Police Services must have adequate human resources to provide the standard of policing to meet the community expectations. The policing needs assessment identifies the need for additional officers. The Chiefs under the Ontario First Nations Policing Agreement (OFNPA) have requested that Chief Joel Abram and I seek a meeting with the Minister of Community and Safety Services Rick Bartulucci and Minister of Public Safety Canada, Peter Van Loan to address the chronic under resourcing of First Nations Police Services.

The new police building was returned to the NRB plant in Grimsby, Ontario due to the protests that occurred in October, 2009. MBQ is currently paying NRB \$5,600.00 per month for storage of the police building. To date the delay delivery costs are \$276,448.00. Council will continue discussing this matter.

CHRONIC UNDERFUNDING OF INAC PROGRAMS

Indian Affairs funds to First Nations utilizing 80 different funding formulas to determine the level of program funding. A Price-Waterhouse & Coopers report commissioned by the Chiefs of the Five Large First Nations identified serious gaps in funding between the five large First Nations (includes Tyendinaga) and the smaller FNs in Ontario. The Five Chiefs met with the Deputy Minister of Indian Affairs, INAC Ontario Region, and to Sheila Fraser, the Auditor General of Canada to seek correction of the INAC funding inequities.

The Chiefs have also been working with the Faculty of Law University of Toronto on the INAC funding disparities. The Chiefs are considering filing a complaint with the Canadian Human Rights Commission, alleging discrimination on the basis of national origin and race. The complaint would allege the purported justification for differential treatment—urban proximity, remoteness and economies of scale are invalid as they go far beyond what they are meant to justify and produce arbitrary and irrational outcomes.

The Chiefs may seek the assistance of the United Nations Rapporteur on Indigenous Peoples' requesting him to assess the extent to which Canada is in violation of it's International legal obligations toward Indigenous Peoples by it's ongoing and systemic failure to address the basic social and economic needs in reserve communities. The Mohawks of the Bay of Quinte have endorsed these strategies and will follow up on them.

BILL C-8 MATRIMONIAL REAL PROPERTY

Bill C-8 is an Act respecting family homes situated on First Nations Reserves and matrimonial interest or rights in or to structures and lands situated on those reserves. First Nations are opposed to this bill and have lobbied MPs extensively to oppose it. There is political dissention and opposition in the House of Commons to this Bill. For the moment the Harper Government is not eager to push this Bill through, but is convinced that legislative reform is necessary to address the legal uncertainty that surrounds the matrimonial home on reserves. First Nations may implement their own MRP law instead of being subject to federal legislation. However, First Nations MRP Laws must be ratified by the membership. MBQ should explore implementing our own law in this matter to preserve Mohawk Rights.

HOUSING

There are currently 67 applicants on the rental housing waiting list. All of the neighboring counties have extensive waiting lists for social housing rental units. MBQ must implement a strategy for infrastructure for future housing development. We must carefully assess the water and sewer systems capacities for new units. We need funding in excess of \$4 million for infrastructure (streets, lighting, water and sewer) for new housing development. I am attaching a report regarding the water and sewer meter readings and billings.

MBQ has made significant improvement in the collection of rental arrears. Of the 135 rental units, only 18 are in arrears with recovery plans that are being honored.

There are 351 mortgages totaling \$16.1 million with 109 in varying degrees of arrears. I would urge anyone in arrears to re-write their mortgages to set up a payment schedule that meets their circumstances.

MBQ FIRST NATIONS INFRASTRUCTURE FUND AND EDUCATION "C" PROJECTS APPROVED

Listed below are the First Nations infrastructure Fund and Education "C" projects that were approved by Indian Affairs for our community.

Fiscal Year 2008-09

Mark's Road	\$ 758,675.	Upper Slash Road	\$ 1,969,300.
Church Lane	\$ 758,942	QMS Water Treatment	\$ 132,664.
QMS Gym Floor	\$ 109,054.	QMS Front Door Security	\$ 18,496.
QMS Roof X-ray	\$ 15,840.	QMS Mechanical Systems	\$ 53,620.
MBQ Water Treatment Plant (Design)	\$ 522,850		

Fiscal Year 2009-10

QMS Water Chlorination	\$ 103,000.	QMS Ceilling Tiles	\$ 72,324.
QMS Roof Replacement	\$ 891,608.	QMS Mechanical Upgrades	\$ 1,116,694.
Canada Economic Action Plan (Housing)	\$ 675,000.	Market Based Housing	\$ 50,000.

I hope that you find this report informative.

Niawen,


Chief R. Donald Maracle

Casino Rama 2000/01**Revenue:**

OFNLP Payments	\$	7,116,297.00
OFNLP Payments-(Gaming)	\$	-
Investment Income	\$	291,657.13
Total Revenue	\$	7,407,954.13

Expenditure:**Other Expenses**

Amortized Discount	\$	3,742.66
Management Fees		
Stock Fees/Taxes		
Total Other Costs	\$	3,742.66

TOTAL EXPENDITURES \$ **3,742.66**

SURPLUS/(DEFICIT) \$ **7,404,211.47**

Casino Rama 2002/03**Revenue:**

OFNLP Payments	\$	3,630,289.60
OFNLP Payments-(Gaming)	\$	-
Investment Income	\$	239,014.01
Total Revenue	\$	3,869,303.61

Expenditure:

59'ers	\$	64,236.40
Rama Survey	\$	18,646.82
Landfill Site	\$	92,456.08
Parks Program	\$	21,213.01
Recreation Program	\$	24,252.01
Richmond Landfill Site	\$	201,546.61
Elders Lodge	\$	100,980.27
Land Purchases	\$	132,687.50
Engineering Bridges	\$	5,300.00
Roadshed Loan	\$	144,926.40
Roadshed	\$	36,590.74
Amortized Discount	\$	34,922.25
Management Fees	\$	91,760.04
Stock Fees/Taxes	\$	16,048.94
TOTAL EXPENDITURES	\$	985,567.07

SURPLUS/(DEFICIT) \$ **2,883,736.54**

Casino Rama 2001/02**Revenue:**

OFNLP Payments	\$	1,496,826.76
OFNLP Payments-(Gaming)	\$	-
Investment Income	\$	454,465.97

Total Revenue \$ **1,951,292.73**

Expenditure:

Roadshed	\$	2,147.88
Land Purchases	\$	197,500.00
Amortized Discount	\$	20,941.22
Management Fees	\$	34,765.45
Stock Fees/Taxes	\$	5,081.67

TOTAL EXPENDITURES \$ **260,436.22**

SURPLUS/(DEFICIT) \$ **1,690,856.51**

Casino Rama 2003/04**Revenue:**

OFNLP Payments	\$	1,265,108.00
OFNLP Payments-(Gaming)	\$	-
Investment Income	\$	761,589.62

Total Revenue \$ **2,026,697.62**

Expenditure:

59'ers	\$	21,786.10
59'ers	\$	49,950.00
Emergency Preparedness	\$	23,931.60
Land Purchases	\$	185,711.00
Landfill Site 2003/04	\$	48,958.15
Recreation Complex	\$	2,490.00
Parks Program 2003/04	\$	39,178.21
Roads Projects	\$	1,388,482.31
Roads Projects	\$	70,989.94
Roadshed-Loan	\$	601,055.43
Cultural Centre	\$	26,547.91
Cultural Centre	\$	2,894.80
L & A Hospital	\$	5,000.00
Gun Case Making/Parka Project	\$	3,722.00
Recreation 2003-04	\$	29,811.27
Health Related Policy	\$	3,224.68
Richmond Landfill Site 03/04	\$	33,437.94
Amortized Discount	\$	21,167.30
Management Fees	\$	115,718.91
Stock Fees/Taxes	\$	13,587.65

TOTAL EXPENDITURES \$ **2,645,310.60**

SURPLUS/(DEFICIT) **-618,612.98**

Casino Rama 2004/05		Casino Rama 2005/06		Casino Rama 2006/07	
Revenue:		Revenue:		Revenue:	
OFNLP Payments	\$ 1,490,476.00	OFNLP Payments	\$ 1,570,599.00	OFNLP Payments	\$ 604,057.00
OFNLP Payments-(Gaming)	\$ -	OFNLP Payments-(Gaming)	\$ -	OFNLP Payments-(Gaming)	\$ -
Investment Income	\$ 487,136.83	Investment Income	\$ 613,739.65	Investment Income	\$ 763,523.93
Total Revenue	\$ 1,977,612.83	Total Revenue	\$ 2,184,338.65	Total Revenue	\$ 1,367,580.93
Expenditure:		Expenditure:		Expenditure:	
Emergency Preparedness	\$ 101,370.07	Emergency Preparedness	\$ 6,237.23	Recreation Complex	\$ 6,000.00
Recreation Complex	\$ 170,569.93	Recreation Complex	\$ 91,879.51	Roads Projects	\$ 17,068.62
Parks Program	\$ 2,202.73	Roads Projects	\$ 242,164.90	Roadshed-Loan	\$ 76,574.40
Roads Projects	\$ 317,432.29	Roadshed-Loan	\$ 76,574.40	Napanee Pool	\$ 2,500.00
Roads Projects	\$ 128,672.76	Roads Projects	\$ 76,096.88	Other Health related	\$ 9,190.16
Roads Projects	\$ 44,011.00	Roads Projects	\$ 34,537.96	Mohawk Language Circle	\$ 29,465.23
Roadshed-Loan	\$ 76,574.40	Mohawk Language Circle	\$ 1,250.00	Ohahase	\$ 41,355.00
Library-2004/05	\$ 5,000.00	Napanee Pool	\$ 23,921.52	Soccer Fields	\$ 75,082.11
Lands Research-2004/05	\$ 4,995.37	Justice Circle-To Sept 30, 2005	\$ 9,619.38	Landfill Ramp	\$ 13,554.00
Harvest Managers 2004/05	\$ 10,726.31	Harvest Managers 2005-06	\$ 49,503.53	Mohawk Language Circle	\$ 68,860.88
Parks Program 2004/05	\$ 11,948.13	Other Health related	\$ 32,127.38	Healing our Spirit	\$ 7,500.00
Recreation 2004/05	\$ 32,658.28	Recreation 2005-06	\$ 12,973.39	Post Secondary- Mohawk Language	\$ 105,468.01
Richmond Landfill Site 04/05	\$ 609.54	Parks 2005/06	\$ 72,020.14	Recreation/Sports Complex	\$ 2,273.19
Richmond Landfill Site 04/05	\$ 21,834.61	Lands Research -2005/06	\$ 43,932.69	Parks	\$ 14,000.00
Richmond Landfill Site 04/05	\$ 28,050.00	Mohawk Language Circle	\$ 38,534.77	Harvest Managers	\$ 8,296.12
MBQ Landfill Site 2004-05	\$ 46,247.28	Foresters Island	\$ 8,170.15	Communications Officer	\$ 27,929.10
Grass Cutting Equipment	\$ 19,029.20	Ohahase	\$ 109,603.00	Community Development Project	\$ 1,599.00
Justice Circle to Sept 04	\$ 25,000.00	Richmond Landfill Site 2005/06	\$ 36,270.70	Other Health related Policy	\$ 4,839.31
Justice Circle to Mar 05	\$ 21,658.06	Soccer Fields	\$ 47,578.51	Demolish Old Roadshed/construct storage facility	\$ 19,429.36
Sucker/Mud Creek Bridges	\$ 452,939.70	Roads 2005 Volvo	\$ 177,100.00	Lands Research 2006/07	\$ 85,304.98
Roads Projects	\$ 67,852.67	Landfill Ramp	\$ 5,576.00	Recreation 2006/07	\$ 68,599.47
Mohawk Language Circle	\$ 43,677.14	Amortized Discount	\$ 37,047.36	MBQ Landfill Closure	\$ 49,573.63
Fire Tanker	\$ 58,579.00	Management Fees	\$ 112,328.25	Richmond Landfill 2006.07	\$ 63,538.03
Napanee Pool	\$ 1,250.00	Stock Fees/Taxes	\$ 4,650.38	Management Fees	\$ 122,807.64
Mohawk Agricultural Society	\$ 655.25	TOTAL EXPENDITURES	\$ 1,349,698.03	Stock Fees/Taxes	\$ 3,798.52
MBQ-Landfill/CCG/Nighborg	\$ 93,721.69	SURPLUS/(DEFICIT)	\$ 834,640.62	TOTAL EXPENDITURES	\$ 797,520.70
Building-Kagita Mikam	\$ 50,000.00			SURPLUS/(DEFICIT)	\$ 570,060.23
Other Health related	\$ 8,682.46				
Roads Truck	\$ 95,000.00				
Amortized Discount	\$ 5,306.91				
Management Fees	\$ 120,331.32				
Stock Fees/Taxes	\$ 10,486.90				
TOTAL EXPENDITURES	\$ 2,066,459.18				
SURPLUS/(DEFICIT)	\$ 88,846.35				

Casino Rama
Commitments to 09/10

Casino Rama 2008/09

Casino Rama 2007/08

Revenue:		Revenue:		Revenue:		Committed as of Nov 6, 2009	
OFNLP Payments	\$ 764,143.00	OFNLP Payments	\$ 2,641,664.00	OFNLP Payments-(Gaming)	\$ -	Expenditure:	
OFNLP Payments-(Gaming)	\$ 5,208,717.00	OFNLP Payments-(Gaming)	\$ -	Investment Income	\$ 633,205.23	Roadshed-Principal (Interest is estimated)	229,668
Investment Income	\$ 788,355.46	Investment Income	\$ -	Total Revenue	3,274,869.23	Recreation/Sports Complex	1,607,000
Total Revenue	6,761,215.46	Total Revenue	6,761,215.46			Demolish Old Roadshed/construct storage facility	47,582
Expenditure:		Expenditure:		Expenditure:		Adult Mohawk Language-2007-2010 Academic Year	314,652
Roadshed Loan	\$ 76,574.40	Roadshed-Principal & Interest	\$ 76,574.40	Roadshed-Principal & Interest	\$ -	Other Health related Policy until funds exhausted	18,675
Mohawk Language Circle	\$ 39,649.12	Administration Building	\$ 21,126.35	Administration Building	\$ -	Police Services Building	10,601
Post Secondary- Mohawk Language	\$ 12,935.00	Soccer Fields	\$ 650.00	Soccer Fields	\$ -	Industrial Park	145,000
Recreation/Sports Complex	\$ 29,004.03	Recreation/Sports Complex	\$ 11,722.08	Recreation/Sports Complex	\$ -	Community Wellness Building	1,427,445
Communications Officer	\$ 1,564.22	Demolish Old Roadshed/construct storage facility	\$ 100.29	Demolish Old Roadshed/construct storage facility	\$ -	Community Wellness Building	2,967,242
Other Health related Policy	\$ 160.69	MBQ Landfill Closure	\$ 111,818.16	MBQ Landfill Closure	\$ -	Two Six Plex Buildings	136,372
Demolish Old Roadshed/construct storage	\$ 31,373.29	Adult Mohawk Language-2007-2010 Academic	\$ 306,243.00	Adult Mohawk Language-2007-2010 Academic	\$ -	Fitness Ctr- 2009/10	19,893
MBQ Landfill Closure	\$ 572,201.21	Other Health related Policy until funds exhausted	\$ 15,823.72	Other Health related Policy until funds exhausted	\$ -	Solar Lighting - Subdivision	98,092
INAC Reimbursement- Richmond	\$ -	Ridge Road Reconstruction	\$ 276,343.33	Ridge Road Reconstruction	\$ -	Water Truck	-
Adult Mohawk Language	\$ 222,824.00	Business Centre	\$ 488,676.81	Business Centre	\$ -	Police Services Building	50,260
Other Health related Policy	\$ 15,500.92	Police Services Building	\$ 505,214.00	Police Services Building	\$ -	Fibre to the Home	190,925
Harvest Managers 2007/08	\$ 3,002.21	Industrial Park	\$ 202,285.80	Industrial Park	\$ -	Police Building 09/10	1,650,000
Health Services Accreditation 2007 08	\$ 12,494.29	Recreation Program 2008.09	\$ 64,951.64	Recreation Program 2008.09	\$ -	Harvest Managers 09/10	2,647
Lands Research 2007/08	\$ 141,059.15	Nation Building 2008.09	\$ 21,772.08	Nation Building 2008.09	\$ -	Lands Research 09/10	220,156
Industrial Park 2007/08	\$ 69,764.00	Community Wellness Building	\$ 76,054.34	Community Wellness Building	\$ -	Recreation 09/10	35,250
Ridge Road Reconstruction	\$ 1,961,002.45	Landfill Closure	\$ 176,235.00	Landfill Closure	\$ -	Environment 09/10	39,450
Business Centre	\$ 146,656.67	Environment Program 2008/09	\$ 13,302.24	Environment Program 2008/09	\$ -	Fitness Ctr 09/10	17,395
Police Services Building	\$ 250,721.58	Fire Program 2008.09	\$ 20,597.84	Fire Program 2008.09	\$ -	Nation Building 09/10	130,278
Rescue Truck	\$ 133,887.50	Lands Research 2008.09	\$ 157,305.64	Lands Research 2008.09	\$ -	Post Sec 09/10	268,752
Recreation Program 2007.08	\$ 55,935.85	Education Shortfall 2008.09	\$ 148,121.50	Education Shortfall 2008.09	\$ -	Fire 09/10	68,214
Fitness Ctr- 2007/08	\$ 9,624.12	Two Six Plex Buildings	\$ 206,955.89	Two Six Plex Buildings	\$ -	TMC Gov 09/10	234,122
Amortized Discount	\$ 2,195.96	Fitness Ctr- 2008/09	\$ 15,152.84	Fitness Ctr- 2008/09	\$ -	Reimbursement Richmond 09/10	245,319
Management Fees	\$ 139,096.21	Solar Lighting - Subdivision	\$ 109,046.16	Solar Lighting - Subdivision	\$ -	RINC Program 09/10-Skateboard Park	162,917
Stock Fees/Taxes	\$ 3,856.41	recreation 2008/09	\$ 3,555.24	recreation 2008/09	\$ -	RINC Program 09/10-Sports Complex Infrastructure	321,075
TOTAL EXPENDITURES	3,918,191.56	Accreditation 2008/09	\$ 11,541.48	Accreditation 2008/09	\$ -	Director Education, Culture & Language 09/10	164,390
SURPLUS/(DEFICIT)	2,843,023.90	Landfill Closure	\$ 194,567.61	Landfill Closure	\$ -	TOTALS	\$ 10,236,561
		Gamewardens 08/09	\$ 3,608.35	Gamewardens 08/09	\$ -	Not put into 09-10 Budget	\$ (1,607,000)
		Business Centre Construction 08/09	\$ 16,041.01	Business Centre Construction 08/09	\$ -	(Rec Complex)	
		Amortized Discount	\$ 45,869.44	Amortized Discount	\$ -	Budget currently in Unaudited Financial statements 2009-10	\$ 8,629,561
		Write down of Investments	\$ 330,000.00	Write down of Investments	\$ -	Note: Budget to be increased for increased Delay Costs police Buildings	
		Management Fees	\$ 113,843.67	Management Fees	\$ -		
		Stock Fees/Taxes	\$ 3,832.96	Stock Fees/Taxes	\$ -		
		TOTAL EXPENDITURES	3,970,828.41	TOTAL EXPENDITURES	3,970,828.41		
		SURPLUS/(DEFICIT)	695,959.18	SURPLUS/(DEFICIT)	695,959.18		

Water Consumption Analysis 2002 - 2009			
Year	Date	Usage	Amount
		Meter 004310	
2009	Aug, 15 - Oct. 15	10,120.00	\$9,998.56
2009	June 15 - Aug. 15	10,500.00	\$10,367.35
2009	Apr. 15 - June 15	10,779.00	\$10,240.05
2009	Feb. 15 - Apr. 15	9,639.00	\$9,157.05
2008	Dec. 15 - Feb. 15	12,676.00	\$12,042.20
2008	Oct. 15 - Dec. 15	12,174.00	\$11,565.30
2008	Aug, 15 - Oct. 15	13,048.00	\$12,395.60
2008	June 15 - Aug. 15	14,194.00	\$13,484.30
2008	Apr. 15 - June 15	13,104.00	\$12,448.80
2008	Feb. 15 - Apr. 15	10,950.00	\$10,402.50
2008	Dec. 15 - Feb. 15	11,662.00	\$11,078.90
2007	Oct. 15 - Dec. 15	12,161.00	\$11,552.95
2007	Aug, 15 - Oct. 15	12,704.00	\$12,068.80
2007	June 15 - Aug. 15	17,814.00	\$16,923.30
2007	Apr. 15 - June 15	20,102.00	\$19,096.90
2007	Feb. 15 - Apr. 15	18,343.00	\$17,425.85
2007	Dec. 15 - Feb. 15	18,441.00	\$17,518.95
2006	Oct. 15 - Dec. 15	18,947.00	\$17,999.65
2006	Aug, 15 - Oct. 15	24,199.00	\$22,989.05
2006	June 15 - Aug. 15	25,701.00	\$24,415.95
2006	Apr. 15 - June 15	21,612.00	\$20,531.40
2006	Feb. 15 - Apr. 15	21,597.00	\$20,517.15
2006	Dec. 15 - Feb. 15	10,488.00	\$9,963.60
2005	Oct. 15 - Dec. 15	11,000.00	\$10,450.00
2005	Aug, 15 - Oct. 15	11,000.00	\$10,450.00
2005	June 15 - Aug. 15	11,000.00	\$10,450.00
2005	Apr. 15 - June 15	11,668.00	\$11,084.60
2005	Feb. 15 - Apr. 15	11,359.00	\$10,791.05
2005	Dec. 15 - Feb. 15	12,629.00	\$11,997.55
2004	Oct. 15 - Dec. 15	11,102.00	\$10,002.90
2004	Aug, 15 - Oct. 15	10,069.00	\$9,072.17
2004	June 15 - Aug. 15	13,844.00	\$12,473.44
2004	Apr. 15 - June 15	12,000.00	\$10,812.00
2004	Feb. 15 - Apr. 15	13,568.00	\$12,224.77
2004	Dec. 15 - Feb. 15	11,669.00	\$10,513.77
2003	Oct. 15 - Dec. 15	11,133.00	\$10,030.83
2003	Aug, 15 - Oct. 15	12,205.00	\$10,996.71
2003	June 15 - Aug. 15	17,500.00	\$15,767.50
2003	Apr. 15 - June 15	17,500.00	\$14,332.50
2003	Feb. 15 - Apr. 15	17,500.00	\$14,332.50
2003	Dec. 15 - Feb. 15	17,500.00	\$14,332.50
2002	Oct. 15 - Dec. 15	17,500.00	\$14,332.50
2002	Aug, 15 - Oct. 15	17,611.00	\$14,423.41

Sewer Analysis 2002 - 2009			
Year	Date	Usage	Amount
		Meter 004311	
2009	Aug. 15 - Oct. 15	30,100.00 (Estimated)	\$19,414.50
2009	June 15 - Aug. 15	37,250.00 (Estimated)	\$24,010.98
2009	Apr. 15 - June 15	37,241.00	\$23,089.42
2009	Feb. 15 - Apr. 15	72,530.00	\$44,968.60
2009	Dec. 15 - Feb 15	64,935.00	\$40,259.70
2008	Aug. 15 - Oct. 15	12,065.00	\$7,480.30
2008	June 15 - Aug. 15	9,011.00	\$5,586.82
2008	Apr. 15 - June 15	12,664.00	\$7,851.68
2008	Feb. 15 - Apr. 15	27,152.00	\$16,834.24
2008	Dec. 15 - Feb 15	24,917.00	\$15,448.54
2007	Oct. 15 - Dec. 15	11,160.00	\$6,919.20
2007	Aug. 15 - Oct. 15	8,347.00	\$5,175.14
2007	June 15 - Aug. 15	11,403.00	\$7,069.86
2007	Apr. 15 - June 15	23,422.00	\$14,521.64
2007	Feb. 15 - Apr. 15	31,693.00	\$19,649.66
2007	Dec. 15 - Feb 15	30,827.00	\$19,112.74
2006	Oct. 15 - Dec. 15	41,272.00	\$25,588.64
2006	Aug. 15 - Oct. 15	24,535.00	\$15,211.70
2006	June 15 - Aug. 15	24,836.00	\$15,398.32
2006	Apr. 15 - June 15	21,667.00	\$13,433.54
2006	Feb. 15 - Apr. 15	27,687.00	\$17,165.94
2006	Dec. 15 - Feb 15	36,019.00	\$22,331.78
2005	Oct. 15 - Dec. 15	23,170.00	\$14,365.40
2005	Aug. 15 - Oct. 15	13,172.00	\$8,166.64
2005	June 15 - Aug. 15	14,000.00	\$8,680.00
2005	Apr. 15 - June 15	16,226.00	\$10,060.12
2005	Feb. 15 - Apr. 15	16,208.00	\$10,048.96
2005	Dec. 15 - Feb 15	18,192.00	\$11,279.04
2004	Oct. 15 - Dec. 15	13,985.00	\$8,446.94
2004	Aug. 15 - Oct. 15	11,317.00	\$6,835.47
2004	June 15 - Aug. 15	9,799.00	\$5,918.60
2004	Apr. 15 - June 15	14,648.00	\$8,847.39
2004	Feb. 15 - Apr. 15	16,456.00	\$9,939.42
2004	Dec. 15 - Feb 15	13,888.00	\$8,388.35
2003	Oct. 15 - Dec. 15	15,021.00	\$9,072.68
2003	Aug. 15 - Oct. 15	10,415.00	\$6,290.66
2003	June 15 - Aug. 15	12,012.00	\$7,255.25
2003	Apr. 15 - June 15	17,422.00	\$9,564.68
2003	Feb. 15 - Apr. 15	17,411.00	\$9,558.64
2003	Dec. 15 - Feb 15	10,534.00	\$5,783.17
2002	Oct. 15 - Dec. 15	9,261.00	\$5,084.29
2002	Aug. 15 - Oct. 15	8,883.00	\$4,876.77



Tyendinaga Police Blotter **November, 2009**

Calls for Service = 54

Nov. 1, 2009 at approximately 6:04 PM, Police responded to a shooting complaint on Norway's Road. The complainant advised of a male standing in the back of a pick-up truck jack-lighting deer. Officers attended the specified location immediately and the vehicle was gone on arrival. The investigation is continuing.

Nov. 2, 2009 at approximately 1:34 PM, Police received a complaint of an intoxicated unwanted male in a residence on Huron Brant Drive. Police attended the residence and upon arrival the suspect had fled on foot. The owners of the residence were satisfied that the male had left. No physical altercation took place within the residence and Police were no longer required. Police maintained patrol within the vicinity in an attempt to locate the male with negative results.

Nov. 11, 2009 at approximately 6:39 PM, Tyendinaga Police responded to an assistance call on Highway 401 in relation to a Tractor Trailer on fire. TPS assisted the Napanee OPP by shutting down the 401 at Marysville. As well, TPS conducted traffic control on Old Hwy 2 in Shannonville by redirecting all of the detoured traffic back to the 401.

Nov. 14, 2009 at approximately 12:55 AM, Police responded to an abandoned residence on York Road in relation to a suspicious vehicle in the drive-way. The vehicle was abandoned upon Police arrival and TPS, with the assistance of the Napanee OPP conducted an interior check of the residence. It was confirmed that the residence had been broken into and explored with several items taken. TPS Scenes of Crime Officer retrieved latent finger prints from the scene. The prints are currently being examined by the OPP Identification Unit. TPS do have one male Suspect.

Nov. 23, 2009 at approximately 2:33 PM, Police responded to a complaint of several males in a maroon Buick, possibly shooting at Geese from the vehicle, along Beach Road. Police intercepted the suspect vehicle on Ridge Road. Two males were detained and the vehicle's interior was searched. Police located a dead Goose in the trunk. The firearm was not in the vehicle. The suspect males advised the Goose was shot from private property and that the firearm is securely stored at the owner's residence. Police took all party information and warned for reckless use of a firearm.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in November responded to 7 calls:

1 Tanker Assist
1 Rubbish Fire
2 False Fire Calls
1 Medical Assist
2 Motor Vehicle Accidents

This brings our total to 105 calls for the year 2009.

FOR SALE

Best Offer

1 wooden Playground Structure as is.
Successful bidder is responsible for the removal off site.

Your sealed proposal should be clearly identified as follows:

PLAYGROUND PURCHASE

And must be submitted to:

**Mohawks of the Bay of Quinte Administration Office
13 Old York Road
Tyendinaga Mohawk Territory
ON, K0K 1X0
Attention: Tom Kring, Capital Projects Coordinator**

The closing date and time for receipt of proposals at the above address is:

December 11, 2009 at 3:00 pm

Any bid received after the stated closing date and time will not be accepted and returned unopened.
Please note for the stated closing date and time the MBQ Receptionist's time will govern.



Please note that picture is of structure before it was disassembled. If you have any questions or require further clarification please contact Tom Kring at (613)396-3424 ext 141



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANIENKEHA

*Administration, 13 Old York Rd., Tyendinaga Mohawk Territory, ON K0K 1X0
Phone 613-396-3424 Fax 613-396-3627*

NOTICE

Employment and Training Department, Mohawks of the Bay of Quinte is planning on hosting a job fair/career fair on Tyendinaga Mohawk Territory, ON at the Mohawk Community Centre on January 19, 2010.

Please plan to come and visit the job fair. Employers from various agencies including Corrections Canada, Canada Border Services Agencies, service providers, and other public service agencies will be setting up booths. Many other potential employers from various businesses/companies will be attending and will be looking to hire.

Also, for those looking for specialized help, a representative from the Job Club will be on hand to meet you and provide you with tips on resume writing and interview presentations.

This event is completely free to attend and would be a fantastic opportunity to network with leading HR Management.

Please watch for further information in the Tyendinaga Newsletter or a special flyer with further updates.

I look forward to seeing everyone there. Please plan to attend and bring a resume.

For more information or clarification, please contact

Sandy Sero,
Program Manager for Employment & Training
Mohawks of the Bay of Quinte
Phone: 1-613-968-1122 EXT 141
Email: sandys@mbq-tmt.org

RABIES REPORT for OCTOBER 2009

There were 90 domestic animals vaccinated against Rabies in this year's clinic. Ms. Linda Hack of the Bay Regional Veterinary Hospital delivered the serum. The Clinic was well attended. We encourage residents to bring their pets to next year's clinic. See you there!

Nia:wen,
Crystal Maracle
Env. CHR
Mohawks of the Bay of Quinte



Health Canada Santé
Canada Canada

Health Canada
First Nations and Inuit Health
P.O. Box 42, 58 Dalhousie Street, Room 211
Brantford, ON N3T 5M3

November 16, 2009

Your file

Votre référence

Our file

Notre référence

Chief and Council
Mohawks of the Bay of Quinte
R.R. #1, 13 Old York Road
TYENDINAGA MOHAWK TERRITORY, Ontario
K0K 1X0

Dear Chief and Council:

RE: 2009 WEST NILE VIRUS SURVEILLANCE PROGRAM

Health Canada, First Nations and Inuit Health, is now finishing up its seventh year of the West Nile Virus Program. Thank you all very much for participating in this year's program, and planning for the 2010 West Nile Virus Program is already underway. In anticipation of next year's surveillance activities we are cordially asking that each community store the mosquito and bird surveillance equipment in their community over the winter. If this is a problem please contact Trudy Stanfield.

The information gained from this years surveillance programs is critical in assessing the risks of West Nile Virus to human health in rural Ontario. Specifically, the results gained from the weekly adult mosquito submissions identifies the types of mosquitoes present in each First Nation community and whether or not these mosquitoes are carrying West Nile Virus.

This past summers West Nile Virus program has been analysed and summarised for all 52 participating First Nation communities. A presentation specific to your community has been prepared and is included for your review. A second copy of this presentation is also being sent to Crystal Maracle, CHR. If you are interested in having Trudy come and present this years results please contact her directly to set a date that is mutually agreeable.

Thank you once again for your continued cooperation in this program. If you have any questions or concerns, please do not hesitate to contact myself at (519) 751-6447 or Trudy Stanfield, Regional Zoonotics Manager at (519) 751-6512.

Yours truly,

Shaun Mackie
A/Regional Environmental Health Manager
Ontario Region

cc: Valerie Gideon, Regional Director
Lori Doran, Director of Population Health
Lilian Yuan, Regional Community Medicine Specialist
Trudy Stanfield, Regional Zoonotics Manager
Peter Ross, A/Senior Environmental Health Officer, Southern Ontario
Sandra Green, Environmental Health Officer
~~Crystal Maracle, CHR~~

Canada

Trustee Report for November, 2009

The month of November continues to be a busy time at Hasting Prince Edward District School Board with many issues being brought forth for information and decisions. Among these have been the 2008-2009 financial statement and auditor's report for acceptance, the affects of declining student enrollment within the Board, and reviewing governance policies within the Board and Ministry of Education.

Aboriginal courses being offered in all Hasting Prince Edward District School board secondary schools are going well and continue to be popular and informative. The Aboriginal courses and teachers receive support from Jennifer Maracle, Aboriginal Coordinator, and her team under the supervision of Superintendant Dr. June Rogers.

There is one sad note, the Roots to Routes course which is a four credit course will not be offered next semester. This was a very difficult decision to make since it has also been a popular course. Great care was taken to consult with the Band Council member with the education portfolio and Trustee before a final decision was made. The issue was trying to find a teacher with the unique qualifications and experience to replace the former teacher at this time. Everyone agreed that this is a course (program) that should continue next year.

I will report next month which committees I have volunteered for and been placed on for the next calendar year.

For more information please go to HPEDSB.on.ca>Board and Committee meetings. Remember, if you have any questions or concerns please contact me at (613)962-3595 or mbrant@hpedsb.on.ca.

Respectfully Submitted

Mike Brant, Trustee HPEDSB representing Tyendinaga First Nations

ATTENTION MORTGAGE HOLDERS

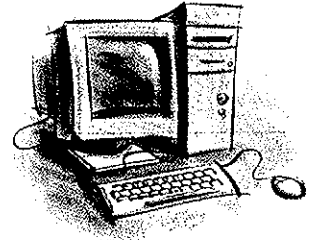
It has come to our attention that many insurance companies will ONLY notify the MOHAWKS OF THE BAY OF QUINTE if your existing house insurance policy has been cancelled however will NOT when the policy has been renewed. This creates a problem when incentives, rewrites and renovations are requested. You 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.

Consultation Corner

Consultation Activities

What do you want to see on the new MBQ website?

MBQ is excited to be working with a professional web designer to develop a brand new website for the community! Twenty-five percent of the community said they want to be informed about MBQ initiatives through the website. *Accountability* was the number one goal people wanted to work towards with the Community Consultation Strategic Plan.



Let's hear from you! What kind of information or interactive features would you like to see?

Thank you for your patience as it will take some time to get the site up and running!

How does the community want MBQ to consult with them?



Ongoing input from the community is still welcomed for the Community Consultation Strategic Plan. The policy's aim is to determine how MBQ should consult with community members on MBQ projects, services, and initiatives. Its goals are to address (1) how you want to know what is happening with MBQ initiatives, and (2) how you want to discuss your ideas/needs on MBQ initiatives.

Issues and concerns that were raised at the community meeting on consultation (November 16th) were similar to issues identified by the community in the consultation survey. All of this input from the community will be taken into consideration when the policy is drafted. I continue to encourage constructive feedback on **how to approach the process of consultation** to meet the needs and ideas of the whole community.

This policy will be based on community input. What do you think will work? How should we deliver on the preferences revealed by the community in the consultation survey? (see below)

- ☛ Call or email Sarah West ANYTIME at 613-396-3424 ext.105 or sarahw@mbq-tmt.org with ideas and comments.
- ☛ Schedule a time with me so we can discuss ideas in person (*Consultation Drop In* hours will no longer be held).

Following Up

Community Meeting: Reviewing Financial Audits 07-08, 08-09



A community meeting was held November 10th to review MBQ's financial audit for 2007-08 and 2008-09. Auditors from Wilkinson & Company, TMC, and MBQ staff were present to address questions and concerns of community members.

Consultation Corner

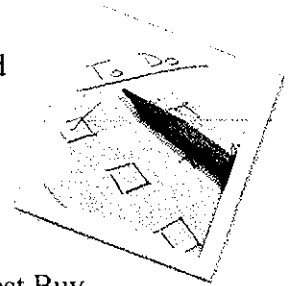
Survey Results...more than we thought!

We were very pleased to discover that 180 consultation surveys were returned! Due to a glitch at the post office, MBQ did not receive them until after the November newsletter was printed. The survey results have been re-tallied (see below).

Responses were insightful, constructive, and brought to light some important concerns and preferences within the community.

Winning numbers for the 3 \$100 gift cards: **1237529 (claimed)**
1236474
1237521

If your number was drawn, please let Sarah West know if you want your gift card from Best Buy, Canadian Tire, or Swiss Chalet/Harvey's/Kelsey's/Milestone's/Montana's. Come with your matching ticket to the band office to collect your prize by December 22nd !



Results of the Survey on Consultation

- **Number of responses** 180 (8.2% Response rate from members 16 years and older living in the Territory)
- **Average age of respondents** 40 – 49 years
- **How interested are you in participating in dialogue that will contribute to decision making within the community?** 6.5/10 (Average - 1 uninterested; 10 very interested)

How would you feel most comfortable expressing your needs and ideas on issues affecting MBQ? (percent of people who responded that identified the tool)	Community meetings	57.2%
	Referendum	55.6%
	Surveys/Polling	54.4%
	Computer based	38.3%
	Listening circles	37.8%
	Kitchen-table discussions	33.3%
	Focus groups	30.6%
	Citizen panels	27.2%
	Consensus building	26.7%
	Broad-based community planning	22.8%
	Advisory committees	18.9%
	Interviews	16.7%
	Other	3.9%
	Uninterested	3.9%
How would you prefer to be informed on MBQ's programs, projects and decisions? (percent of people who responded that identified the tool)	Flyers	62.2%
	Notices/articles in monthly newsletter	61.7%
	Community meetings	40.6%
	Written reports on programs	26.7%
	Routinely updated MBQ website	25.6%
	Email	23.9%
	Alternative online communications	20%

What goals would you like to see the Community Consultation Strategic Plan work towards? (percent of people who responded that identified the goal)	Open houses	17.2%
	Central information contact within the MBQ Administration	15.6%
	Radio	12.2%
	Orally	6.1%
	Uninterested	2.2%
	Other	1.7%
	Accountability	71.7%
	More informed community members	62.2%
	Healthy relationship building	47.2%
	Transparency (openness)	43.3%
	Inclusion of Mohawk values	40%
	Trust building	38.9%
	Inclusiveness (ability for everyone to contribute)	38.3%
	More engaged community members	37.8%
	Creation of a strategic vision (long-term community planning)	36.7%
	Increasing safe and open dialogue	35%
	Statement of Principles	10%
	Other	3.9%

What might increase your level of interest in contributing to decision making processes?

What ideas do you have to better dialogue within the community?

(number of people who responded that made the comment)

Top Three Issues:

- **Ensure community has all the information on issues; information should be more frequently provided; and be honest (31)**
- **If the community's ideas/input were listened to, acted on, and created change (22)**
- **The ability to express your ideas in a forum safe from fear, judgement, and intimidation (22)**
- Have a fair process where all ideas are considered; equality (14)
- Have orderly/structured meetings without aggressive behaviour, have clear procedures, and use a respected chair/mediator (13)
- Use Mohawk ways and values - Longhouse, council system, clans (10)
- See the results of, and carry out, past decisions and initiatives (9)
- Contacted more about issues and needs, and invite community to participate (8)
- Have more meetings (8)
- Have contact with Chief and Council and key people involved in issue to provide information and receive input (7)
- More notice about upcoming projects, issues and meetings (7)
- Update on progress of projects (6)
- Depends on subject (6)
- Inclusiveness for all, i.e. youth, elders (5)
- If decisions weren't controlled or stopped by smaller groups (5)
- Consult before decisions on issues/projects are made, with enough time to make a good decision (5)
- Being aware of decisions being made and who made them (4)
- Use online tools to communicate and gather opinions (4)
- Less protests, and have the ability to live peacefully (3)
- Greater support for elected officials (3)
- Newsletter/minutes on time and more often, available in print and online (3)

- Clearly defined process for using provided feedback; provide clear feedback (3)
- Provide incentives (2)
- Keep consultation simple to include everybody and ensure ease of participation (3)
- Have an Annual General Meeting to discuss all issues (2)
- Confidentiality, private input (2)
- Use people's unique skill sets (2)
- Everything listed on survey (2)
- Create a community shared vision – what does the community want? If they aren't saying what they want, why? (2)
- Everything is already being done; increase initiatives when interest rises (1)
- Respect of community ideals (1)
- Strong leadership (1)
- Ability to discuss issues with same age group (1)
- Acceptance of non-native partners as having beneficial input (1)
- Free access to community centre to meet (1)
- Community does not have background on issues to make decisions (1)
- Strategic plan is not practical (1)
- Avoid personal conflicts of interest when getting feedback (1)
- Ensure accessibility to meetings (1)
- Phone/email tree (1)
- Don't use referendums (1)
- Focus on language building (1)
- Circulate discussion papers to community organizations for comment (1)
- Go door to door for complete community consultation (1)
- Need a healthier community (1)
- Take action against those who act against community interests (1)
- Address community concerns in newsletter (1)
- Identify agenda items before meeting (1)

Sarah West, Consultation Coordinator
sarahw@mbq-tmt.org; 613-396-3424 ext. 105



TORCH RELAYS NEWS

The Olympic Torch Relay has begun!

We excitedly await the arrival of the Torch! The morning of **December 15th** two of our young people will proudly carry the Olympic flame through Tyendinaga. Show your support, and cheer them on that morning! Stay tuned for more information as we plan events for our youth and community.

Watch the Torch travel across Canada live at www.ctvolympics.ca/torch/follow-torch/index.html
 OR check out www.vancouver2010.com for more information on the Relay and the Vancouver 2010 Olympic Games.

H1N1 Update

December 3rd H1N1 vaccination Clinic is scheduled at Quinte Mohawk School - 400 to 800 pm

If your child is younger than six months of age:

The H1N1 vaccination is not given to children under six months old.

If your child is six months or older but has not turned three years old:

Your child will need a total of two half-doses of the H1N1 vaccine (at least 21 days apart.)

If your child is between the ages of three and nine years old:

The number of shots needed depends on the health of your child:

If your child is healthy then only one half-dose of vaccine is needed.

If your child has already had their H1N1 shot, they do not need the second dose.

If your child has a chronic health condition, then two half-doses of the vaccine are needed, at least 21 days apart.

If your child is 10 years or older:

Only one dose of H1N1 vaccine is needed.

Please call the Thayendanege Health if you have any question. 613-967-3603.

Ask to speak with a Community Health Nurse.



HEALTH CARE CONNECT

Health Care Connect helps people who are without a family health care provider to find one.

How does Health Care Connect support your search for a family health care provider?

Health Care Connect is a program that will help people without a regular health care provider find one in their community. The program identifies doctors or nurse practitioners who are accepting patients and links them with people who are in need of a family health care provider.

Get Connected with Care

To find specific health service providers in your area, contact:
Community Care Access Centre for South East Region

For more information about primary medical care options in your community, visit
www.ontario.ca/healthcareoptions.

If you are looking to be matched with a family physician or nurse practitioner, call Care Connect at 1-800-445-1822.

**NURSING MOTHERS' GROUP
OF
TYENDINAGA
INVITES*
BREASTFEEDING MOTHERS
AND BABIES
AND EXPECTANT MOTHERS
(*Interested women and girls also Welcome)**

To their ongoing series of meetings

**FRIDAY December 11, 2009
at Thayendanege Health Centre
10:30 am - Noon**

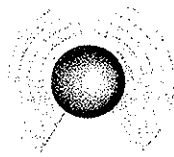
**NOTE: ONLY ONE MEETING
IN DECEMBER**

***DISCUSSIONS ON A VARIETY OF TOPICS
RELATED TO THE CHALLENGES AND JOYS
MOTHERHOOD
LIBRARY, & MOTHER-TO-MOTHER HELP***

BREASTFEEDING CLINIC AVAILABLE

**FOR BREASTFEEDING HELP
CALL HEALTH CENTRE: 967- 3603
or 396-2942 when Health Centre closed**





ILCA

A WORLDWIDE NETWORK OF LACTATION PROFESSIONALS

Tips for Parents:

Protecting Your Baby Against Flu

Influenza (flu) can be very serious, especially in young babies. Luckily, there are many things mothers and other family members can do to help keep babies from getting sick, and to help babies recover more quickly if they do get sick.

Get Vaccinated!

Everyone who helps take care of your baby needs to be vaccinated against influenza. Make sure everyone gets the seasonal flu vaccine now and the H1N1 vaccine as soon as it is available.

- Pregnant women should be vaccinated as soon as possible, no matter what trimester of pregnancy they are in.
- Pregnant women and caregivers of infants less than 6 months old are priority groups for influenza vaccination, so they should be able to get these vaccines even if they are hard to find.
- Millions of pregnant and breastfeeding women have safely used seasonal influenza vaccines for many decades. Although the H1N1 vaccine is new, it was developed using the same process and is also expected to be safe.
- Recent studies have shown:
 - Babies are better protected from influenza when they are born when their mothers were vaccinated during pregnancy.

Breastfeed!

Your milk is custom-made to protect your baby from infection and to fight germs that are around you, even if they are brand new germs, like the new H1N1 influenza virus.

- **Breastfeeding is critically important** during the first 6 months, when babies are too young to get the flu vaccine, because it is the only way to improve babies' ability to fight flu infection. As babies get older and explore their world, they are exposed to many more germs. This is why breastfeeding continues to be an important way to protect babies' health even after they are vaccinated.

- **Avoid exposing baby to formula** and items that can spread germs. When your baby gets formula, it's harder for your milk to protect your baby's health. This makes your baby more likely to get sick, and for sicknesses to be much more serious. Baby bottles and pacifiers are extremely hard to keep clean; they pick up all kinds of germs from hands, bags, and furniture.
- **Get Help.** Ask an International Board Certified Lactation Consultant (IBCLC) any questions or concerns you have about breastfeeding.
 - *Before your baby is born*, take a breastfeeding class.
 - *When your baby is born*, ask for help if you have pain or other any problems getting started breastfeeding, and ask about getting help from a lactation consultant after you go home.
 - *When you go home*, ask your family and friends for help so you and your baby can get lots of practice as you learn how to breastfeed.
 - *Talk to your pediatrician* about breastfeeding.

Keep Baby Close!

As soon as your baby is born, snuggle with your baby skin-to-skin. Keep baby close after you go home, too. Make sure family and friends know this snuggling time with mom is a prescription for keeping baby healthy.

- **Immediate skin-to-skin contact with mom** makes your new baby's immune system stronger and helps stabilize your baby's heartbeat and breathing. Welcoming your baby this way also lets your baby latch onto your breast for the first time just right, all by himself. This makes breastfeeding much easier later on.
- **Close contact with mom** is important throughout infancy.
 - Babies' immune systems and brains grow better when they are held by their mothers.

continued

- Being close helps you breastfeed as often as baby needs. This protects your baby against feeding supplements that make it harder for your baby to fight infection.
- **Hold your baby in your arms, a sling, or other carrier,** especially when you're out and about. Keeping your baby close protects against exposure to germs and other people who may be sick, especially if you and your baby are around other children.

Ask Visitors to Wait

Ask family and friends to help you keep your baby healthy by staying away while they have a cough, fever, or other flu symptoms.

Get Rid of Germs

- **Use a tissue** – When you cough or sneeze, cover your nose and mouth with a tissue and throw the tissue in the trash after using it.
- **In a pinch, an elbow will do** – If you don't have a tissue, cough or sneeze into the crook of your elbow – avoid coughing or sneezing into your bare hands.
- **Wash your hands** often with soap and warm water or alcohol-based hand rubs.
- **Avoid touching your eyes, nose, and mouth.** Wash your hands after you do.
- **Avoid giving baby things that cannot be properly cleaned** and can easily spread germs.
- **Wash your baby's hands** with mild soap and warm water after being exposed to germs.

What To Do If...

YOUR BABY Becomes Ill with Flu

- **Keep breastfeeding!!** Your baby needs the infection-fighting antibodies in your milk now more than ever!
- Sick babies need to breastfeed even more often. Keep baby close and feed any time your baby gives you a feeding cue.
- Even if your baby has diarrhea or is vomiting, human milk is more easily and quickly absorbed than infant formula or electrolyte solutions.
- Always call your baby's doctor if your baby becomes ill.

SOMEONE IN YOUR FAMILY Becomes Ill with Flu

- Call your doctor if you have been exposed to someone with flu symptoms (fever, cough, sore throat, body aches, headaches, chills and fatigue, diarrhea, or vomiting).

- Your doctor may prescribe an antiviral medication such as Tamiflu® or Relenza® to help you get well faster. These same medications are also used to protect you from getting the flu if you've been exposed to it.
- Antiviral flu medications work best when you begin them right after symptoms begin.
- Oseltamivir (Tamiflu®) and Zanamivir (Relenza®) are safe to take while breastfeeding. Do not stop breastfeeding in order to take these medications.
- Keep your baby at least 6 feet away from someone who is sick until the sick person's fever has been gone (without fever-reducing medication) for 24 hours.
- Learn more at the website of the CDC at: www.cdc.gov/h1n1flu/guidance_homecare.htm

YOU Become Ill with Flu

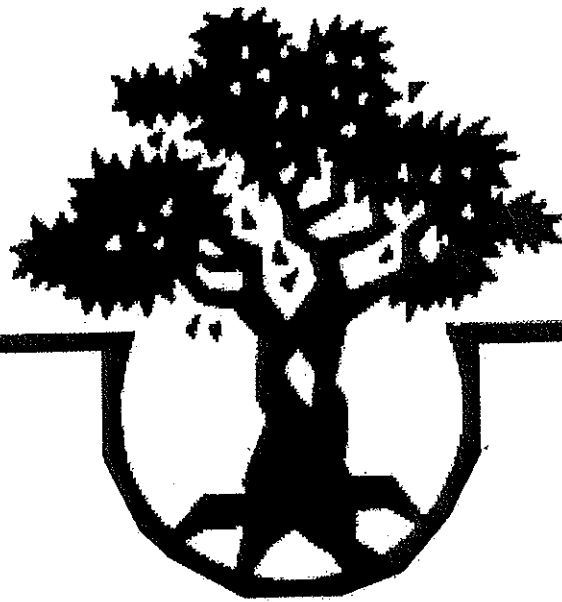
- Get lots of rest and drink lots of fluids
- Ask a friend or family member who is not ill to help you take care of your baby so you can get better faster.
 - **If you are breastfeeding** – keep breastfeeding. Flu is spread in the droplets that come from coughs and sneezes, not through breast milk. In fact, the antibodies your body makes to help you fight the flu are also in your milk, so breastfeeding can help keep your baby from getting sick!
 - Wash your hands with soap and warm water before holding your baby and breastfeeding; wear a surgical mask while you are breastfeeding.
 - Contact a lactation consultant for help if you are too sick to breastfeed.
 - **If you are not breastfeeding** – ask a friend or family member to feed your baby.

International Board Certified Lactation Consultants (IBCLCs) are health professionals with special knowledge and experience helping breastfeeding families. They can help you know how breastfeeding is going, answer your questions, and help you find solutions. To reach an IBCLC in your area, contact:

Or visit the "Find a Lactation Consultant Directory" at the website of the International Lactation Consultant Association: www.ilca.org

INTERNATIONAL LACTATION CONSULTANT ASSOCIATION

2501 AERIAL CENTER PARKWAY, SUITE 103 • MORRISVILLE, NC • 27560 • USA
PHONE: 919.861.5577 • FAX: 919.459.2075 • E-MAIL: INFO@ILCA.ORG • WEB: WWW.ILCA.ORG



Diabetes Wellness Circle

On December 8, 2009

What's New with Diabetes?

From 7:00pm to 9:00pm

At the **Thayendanega Health Centre**

1658 York Road

Transportation may be provided.

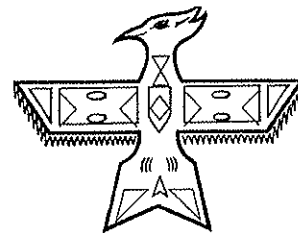
For more information contact Wendy at (613)-967-3603

To: All Ontario First Nations Communities
Date: October 5, 2009

Registration Package for the 2010 Tournament that is hosted by Whitefish River First Nation held in Sudbury, Ontario during the week of Monday March 15 thru Thursday March 18, 2010.

The entry fee is \$500.00 per team and is payable to: WHITEFISH RIVER FIRST NATION. Please mail directly to: \$750.00 Bond payable to: LITTLE NHL EXECUTIVE see rule 4 for details.

Whitefish River First Nation
46 Bay of Islands Rd.
Birch Island, Ontario, P0P1A0
Fax: (705) 285-4532
Email: candaleeb@whitefishriver.ca



Early Bird deadline dates are **December 15, 2009.** Your team will be entered into a free draw for the 2011 tournament.

FINAL DATE for registration is January 31, 2010.

To properly register your team prior to the Early Bird or Final registration date all managers' must mail/fax/email in the following information to the above address;

- 1) Copy of Management form
- 2) Copy of Player Registration form
- 3) Copies of BCR or Residency Option letter
- 4) Certified Cheque, Money Order, Band Cheque, and your team's \$750.00 bond if applicable
- 5) If faxing or emailing Registration Package please send a photocopy of payment.

Managers **MUST** keep copies of Band Cards, birth certificates and copies of all team registration information sent above for all scheduled games at the LNHL.

The LNHL Executive will be reviewing all player registration forms for eligibility and management forms form proper coaching credentials.

Any player disputes will be dealt with prior to final registration date between managers or within 2 weeks after FINAL registration date.

If there are sufficient number of individuals' interested a local coaching, trainers and speak out clinics can be arranged the weekend prior to the LNHL Tournament. Last year clinics were a tremendous success and were completely booked. We hope that many potential managers, coaches; trainers would take the appropriate clinic in your area.

We wish you the very best in organizing your team for March 2010. If you have any questions, regarding any of the rules you can contact me ASAP at 1.705.368.3601 or by email me at marvin@vianet.ca

Miigwetch,
Marvin Assinewai
LNHL President



*The Tyendinaga Pow Wow
Committee would like to
congratulate the
winner of the 50/50 draw held
on November 18, 2009*

*Evelyn Crawford was the
winner of \$106*

*Congratulations
and thank you to all of our
supporters.*

Thank you!

*Many thanks to our children, Marc, Kim & Chris for a great day.
Thanks to my sister Connie Perron and friends. You guys did a
fantastic job of making our special day a great celebration.*

Love you all,

Shirley & Elmer



*A heartfelt thank you to everyone who showed such an out pouring of
love and support to help us get through Brant's sudden passing.*

*Your kind deeds and thoughts were much appreciated by my family and
I.*

*We all will miss him so much, I am proud to say he was my son, who I
loved dearly. He truly cared about his people and had such great
hopes for the youth. He believed education was the key to their future.*

Sincerely, Juanita Bardy

**Fabulous
Obliging
Offering
Diligent
Bounty laden
Active
Nourishment provider
Knowledgeable**



Let us pray for all food bank workers this month.

Tyendinaga Fitness Resource Centre
(613) 962-2822 tyfitnessres@mbq-tmt.org

14 York Road, Unit #1
Shannonville, Ontario
KOK 3A0

December 2009

Merry Xmas To Everyone

Discovering the Balance

By Working the
Mind, Body,
Heart and Spirit

Hours of Operation

Monday - Thursday

7:00am-8:00pm

Friday

7:00am-6:00pm

Saturday

8:00am-1:00pm

Childcare Hours

Monday - 9 to 3

Tuesday - 11 to 7

Wednesday - 9 to 3

Thursday - 11 to 7

Friday - 9 to 3

Saturday - only if you bring your own
child care sitter

December Holiday Hours

Open : Dec.23- regular hr.

Dec.28,29,30 - 12pm to 8pm

Closed until - Jan. 4/2010

Happy New Year

Lifeworks Transportation

We have funding to help clients travel to TFRC to workout.
This funding is from Belleville Health Unit program called Lifeworks.
The funding is available for all clients that meet the requirements.

MBQ Events

We currently are helping the Angel Tree & Mohawk Family Services
Children's Shopping Day. The Angel Tree, we sold tickets for a blanket,
draw was done Nov.30. The tickets were at the Health Centre,
Fast Freddy's & the Administration office as well as at TFRC. Thank
you to everyone that purchase tickets.

We have a blue box for donations for MFS Children's Shopping Day
which is December 16. We appreciate any good used items for the
children's event. Your time and donations for both events are greatly
appreciated.

Childcare

It has been great to have your children at TFRC. We welcome children
of all ages and have a child directed space and provide a active time
of fun. We only require a small donation so we can purchase supplies
for the space. We have High School students volunteering on Tuesday
and Thursday nights, during the day staff are available for the childcare.

Healthy Babies / Health Children Program

Thank you to the program for bringing mom's and babies to TFRC, it
has been a great partnership. The program continues until the end of
December.

TFRC Staff & Fitness Instructors

Darlene Loft - Recreation Manager

Sonya Maracle - Personal Trainer & Massage Therapy

Crystal Loft - Casual Worker

Barbara Roch - Yoga Instructor & Thai Yoga Massage

Mark Loft - Kick Boxing Instructor

Alex Fleming - Dance/Bellyfit Instructor

Wihse Green - Certified Massage Practitioner

Staying True To Your Fitness Resolutions

It's time to start thinking about New Year's Resolutions once again. Many will promise to get fit this year. According to the Canadian Association of Fitness Professionals, 50% of new exercisers will quit within the first 6-8 weeks. So in order to stay motivated you should be looking at your new exercise routine as a way of life and not as a short term goal. Here are some ways to achieve your fitness goals.

1. Make it Personal – To successfully change your life-style, it's important that the change is something that you want to do yourself. You should not begin because your family and friends tell you that you should.

2. Everything in Moderation – If you say that you will never eat chocolate again, chances are you will crave it more. Schedule yourself a 'cheat day' once a week where you can eat some not so healthy food, but remember moderation is important on these days too.

3. Put it in Writing – Keep a workout log and a food journal. By keeping notes you can see what helps you to progress and what doesn't, so you can tweak your routine until you notice your desired improvements.

4. Stay Away From the Scale – A scale won't help you measure cardiovascular health or other important benefits of regular exercise. Also, as you build muscle your weight may increase as muscle is heavier than fat. Only weigh in every 4-6 weeks.

5. Just Do It – People spend too much time analysing exercise. Just get up and get active, don't think about it. Once you are done you will feel much better.

6. Seek Help When You Need It – From the beginners to the advanced everyone can use the help of a trainer to tweak a routine, gain knowledge about nutrition and exercise and to provide an extra bit of motivation when needed.

7. If at First You Don't Succeed – Everyone falls off the wagon sometimes and when this happens you should not get discouraged. Take the time you need to regroup and then get back into your routine.

10 Ways to Live Longer and Healthier

1. Swap, don't drop the fat – the secret is to eat the right kinds of fat –not trans or saturated, but heart healthy unsaturated & omega-3's

2. Grow spiritually – It is the sense of deep meaning and peace.

3. Take a big breath – 15 minutes twice a day of conscious Relaxation with slow, deep breaths / this lowers heart rate & blood pressure

4. Do some good – Helping others helps you, giving selflessly

5. Sleep - not too much – Over 9 hours can cause illness, and other health issues.

6. Get moving – A brisk walk daily has a big impact

7. Nurture friendships – A network of supportive friends may help you live longer

8. Take vitamin D – Get enough of the sunshine vitamin naturally

9. Think of the cup as half full – A strong positive outlook

10. Learn to love green and white tea – antioxidants that have benefits for certain diseases.

Resource : Best Health www.besthealthmag.ca (for more info)

Dec. & Jan. Fitness Programs :

Wednesday 6-7 & 7-8 : Kick Boxing

Thursday - 5:15– 6:15 Yoga & Bellyfit (Jan.) 7-8

Saturday Morning - 10:30-11:30 Kick Boxing & Bellyfit (Jan) 9-10

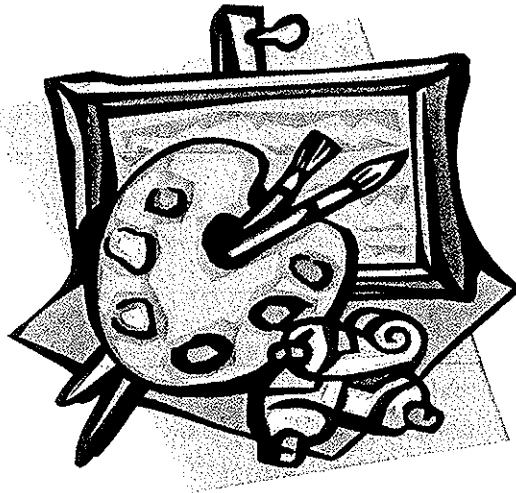
NOTE : You are not required to be a member of TFRC but we welcome you to join.

Starting in Jan.: Opened Saturday 8am to 4pm

For more information about Fitness programs call

(613) 962-2822 tyfitnessres@mbq-tmt.org

**Deadline for January Bellyfit :
December 30/09**



Beginner's Art Class

In January we will be offering a Art class for beginners who are interested in learning more about drawing and painting. Laura Schwager will be facilitating this interesting workshop and during the six weeks you will get a opportunity to create two projects.

Participants are asked to bring a sketch book and items that inspire them such as pictures from magazines, photographs, objects or samples of other artist's work.
(This workshop is for ages 18 yrs old and up)

When: Starting on Wednesday nights for six weeks. January 13th ,
20th, 27th
February 3rd, 10th, 17th

Where: Tahatikonhsotontie Head Start (Downstairs)

Time: 6—9 pm

If you are interested please call MJ Loft to register @ 396-6716

Spaces are limited!!

Funded by N.C.B. dollars



Community Kitchen

14 people enjoyed making and eating veggie burgers and mac and cheese (bean dip - not so much) on Nov.

13. The next meeting dates are Dec. 4, Jan. 22 and Feb. 19. On Dec. 4 we will make several cookie in a jar recipes, assemble an outdoor arrangement and eat lasagne. In the new year we will try a quinoa recipe and learn to use a pressure cooker.

Knitting/Felting

A new session begins in the new year to make a hat or slippers. Call 613-967-6264 - space is limited.

Child/Parent Book Club

Thanks to Headstart and to all the families that came to hear a story and do a craft. A new session

will begin in the new year.

Thank you to everyone that supported the library fundraising efforts and Best wishes to all for a safe and happy Christmas Holiday season and an amazing New Year.



And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more. ~Dr. Seuss

**KANHIOTE
LIBRARY
613-967-6264**

4TH ANNUAL CRAFT SHOW

BAKE SALE

Community Centre

Saturday December 12, 2009

Check out the wide variety of homemade crafts, including native crafts, clothing, art, jewellery as well as many delicious treats.

Find your unique one of a kind Christmas gifts for the hard to please person on your list.

Door prizes will be drawn throughout the day.

Lunch will be available from 11:00am to 3:00 pm.

Gift wrapping will be available on site for a small fee. All gift wrapping proceeds will go to the Mohawk Agricultural Society.

This event is wheelchair accessible.

If you have any questions please don't hesitate to call Sharon Hill at Sustainable Development 613-968-1122 Ext 135

T.O.P.S. ON#5258

Take Off Pounds Sensibly
We "DO NOT" promote any diets

WHERE: The Elders Lodge
Common Room
Tyendinaga Mohawk Territory
Bayshore Road

WHEN: Thursday Evenings

TIME: 5 p.m.—7 p.m.
Weigh in 5—6 p.m.
Meeting & Discussion 6—7 p.m.

Take that 1st step.
Overcome a weight problem.
Put yourself in a happy place.
Support one another



Tyendinaga Home Support Program
1306 Upper Slash Rd

Phone: 613-9662-6653 Fax: 613-962-1702

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club - 8:30 a.m. Diners Club - 12:00 p.m. Supper Club - 5:00 p.m. Handivan Departure - 10:00 a.m. Meals on Wheels delivered between: 11:30 a.m. - 12:30 p.m. Ceramics - 1:00 p.m.		1 Breakfast Club (Continental) Meals on Wheels Christmas Craft	2 Breakfast Club (Continental) Diners Club Deseronto Bowling	3 Breakfast Club (Full) Shopping Trip (Belleville) Fitness	4 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto)	5 Shopping Trip to Kingston
6 MFS Bingo Community Centre 12:00 p.m.	7 Breakfast Club (Full) Ceramics Wii Bowling	8 Breakfast Club (Continental) Meals on Wheels Christmas Craft	9 Breakfast Club (Continental) Diners Club ELDERS LODGE Bowling	10 Breakfast Club (Full) Fitness Birthday Tea	11 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto)	12
13	14 Breakfast Club (Full) Ceramics Wii Bowling	15 Breakfast Club (Continental) Meals on Wheels	16 Breakfast Club (Continental) Diners Club Deseronto Bowling	17 Breakfast Club (Full) Fitness Clothing Drive	18 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto)	19 Supper Club
20	21 Breakfast Club (Full) Ceramics Wii Bowling	22 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto)	23 Breakfast Club (Continental) Diners Club ELDERS LODGE Bowling	24 OFFICE CLOSED - CHRISTMAS HOLIDAY'S	25	26
27	28 OFFICE CLOSED - CHRISTMAS HOLIDAY'S	29 Handivan (Deseronto)	30	31 Birthday Tea - 2:00 p.m. Bingo - 12:00 p.m. Wii Bowling - 7:00 - 9:00 p.m. Fitness - 9:00 - 11:00 a.m. Scrapbooking - 1:00 - 3:00 p.m. All programs are held at the Elders Lodge unless otherwise stated		



The Tyendinaga Home Support program provides services that support and encourage independent living to seniors living in the community age 55 plus and adults 18+ with physical disabilities. We are located at:

Tyendinaga Home Support Program
1306 Upper Slash Road
Deseronto, Ontario, K0K 1X0
Ph: 613-962-6653 & Fax: 613-962-1702

Meal Programs: Breakfast, Dinners and Supper clubs provides hot nutritious meals prepared by the Home Support Cooks. Meals on wheels – a hot nutritious meal is delivered to your home twice a week by our volunteers. There is a nominal fee for all meal programs. Frozen meals are also available on a monthly basis.

Transportation Program: The Mohawk Handivan is used to transport seniors living in the community to Home Support programs and community activities. Examples of this service include; runs to Deseronto, a shopping trip once a month, Dinners Club at the Lodge then to bowling in Belleville. Prices vary depending of activity.

Home Maintenance Program: Assistance is provided for household tasks beyond the individual's capability. Examples of this service would include: grass cutting, painting, window washing. A cost of \$3.00 an hour is charged.

Social & Recreational Programs: Provides supervised activities for seniors in a group setting. Examples of this service include: ceramic classes, bowling, scrapbooking, Wii bowling, monthly grocery shopping and special pre-arranged outings.

Friendly Visiting: Provides "friendly visits" to seniors in their homes. Visits are made by staff and volunteers under agency supervision.

Security and Reassurance: This program ensures the well being and safety of our clients. There is no charge for this service. This service is provided by a phone call or brief visit as little as once a month or as often as once a day.

Emergency Response: This program provides information, referrals and assistance with medical alarms. The goal of this program is to provide clients with the security and confidence to continue to live independently. There is an installation and monthly monitoring fee, but this may be covered based on financial need.

Client Intervention and Assistance: The goal of this service is to provide support and crisis intervention in critical situations, stabilize and put a plan in place for the longer term. Activities may include intervention and support for people facing homelessness, a critical or impending change in life situation (i.e. death of a family member, long term care placement, moving) or abuse and isolation. There is no fee for this service.

Refer to our monthly newsletter for dates and times for these programs. To request a newsletter and/or for more information on any of these programs please feel free to contact Home Support Office.

Maternal Child Health & Early Childhood Development 613-969-1835


Healthy Babies Healthy Children 613-969-1649

1295 Ridge Road

Queen Anne Parish Center (downstairs)



December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Kinder Gym 9:00-10:30am	2 Aqua-Tot 10:00-11:00am Napaneé	3 Drop-In 9:00-10:30am	4	5
6	7 TFRC 9:30-10:30am Shannonville	8 Kinder Gym 9:00-10:30am	9 Aqua-Tot 10:00-11:00am Napaneé	10 Drop-In 9:00-10:30am	11	12
13	14 TFRC 9:30-10:30am Shannonville	15 Kinder Gym 9:00-10:30am	16 Aqua-Tot 10:00-11:00am Napaneé	17 Drop-In 9:00-10:30am Client Christmas Dinner 5:30-8:00pm	18	19
20	21 TFRC 9:30-10:30am Shannonville	22 Kinder Gym 9:00-10:30am	23 Aqua-Tot 10:00-11:00am Napaneé	24 Office Closed	25 Office Closed 	26
27	28 Office Closed	29 Office Closed	30 Office Closed	31 Office Closed		



Aqua Tot's

Every Wednesday December 2, 9 & 16th

Napanee Indoor pool

10:00-11:00 a.m.

Please let us know if you will be attending.

613-969-1835 or 613-969-1649

Evening Kinder Gym

December 10th 2009

6:00pm-7:30pm

Queen Anne Parish Center

1295 Ridge Road

We are inviting you to an **Evening Kinder gym** for all parents with their children 0-6 years of age!

Your child will have the chance to make a Christmas craft,

Come out and see our **new kinder gym equipment** and have some fun!

Snacks and refreshments will be provided!!

For more information please contact: Allison or Melissa

613-969-1835

Fitness Program

Every Monday December 7, 14 & 21st 2009

9:30-10:30

Tyendinaga Fitness Resource Center

Shannonville Business Center

Child care provided!

If you are interested in attending please call!

613-969-1835 or 613-969-1649



Kinder Gym

Every Tuesday December 1, 8, 15 & 22nd

Queen Anne Parish Center

9:00-10:30am

0-6 with a parent / caregiver

Healthy snack provided

If you have any questions please feel free to call

Adult's & Tot's Drop-In

Every Thursday December 3, 10 & 17th

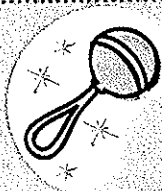
Queen Anne Parish Center (downstairs)

9:00-10:30am

0-6 with a parent / caregiver



We will be providing a chance for children and there parents or caregiver to get together and learn a new skill, prepare crafts, and just a chance to meet new people.



Infant \$5.75

- 20 pack of diapers
- 1 chosen specialty item

Over 4 Months \$9.00

- 20 pack of diapers
- 6 small jars of baby food or 4 junior jars of baby food
 - 1 choice of cereal, cookies, or juice
 - 1 chosen specialty item

Toddler \$6.00

- 20 pack of diapers
- 1 chosen specialty item

Formulas

- Powder \$15.00 per can/1 can per week
- Concentrate \$2.00 per can /8 cans per week

Good Baby Box



Specialty Items

Baby:	Toddler:
Wipes	Juice
Bottles	Cookies
Shampoo	

If you would like to order a Good Baby box please call: 613-969-1649 or 613-969-1835

Our Halloween Party held on October 29th. I would also like to thank Carol Loft from SOADI for the goodie bag donations Cheryl Lavigne from the Eksa o'kon:'a Daycare for the goody bag donations Again thank you so much and we look forward to having this event next year.

Thanks

Allison Brant

Healthy Babies Healthy Children

Maternal Child Health & Early Childhood Development

Would like to Wish everyone a

Merry Christmas and Happy New Year!

And we look forward to seeing you in the 2010.



From: *Allison Brant, Kim Maracle,*

Barbara Gail Brant and Melissa Maracle



MOHAWK FAMILY SERVICES

WOULD LIKE TO WISH EVERYONE A SAFE

AND A HAPPY

HOLIDAY AND ALL THE BEST IN THE NEW YEAR!!

Mohawk Family Services Children's Shopping Day



Dec 16 at QMS in the Gym

**We are taking donations of Xmas bags and
can be dropped off at MFS**

**All children will be shopping for family
members so.....**

MOHAWK FAMILY SERVICES PRESENTS ~ 3RD ANNUAL CHRISTMAS MERCHANDISE BINGO



*It's an exciting time for families to come together
and have some fun!!*

COME ONE ~ COME ALL!!!!

DATE: Dec. 6th, 2009 **PLACE:** Community Centre

TIME: Doors open @ noon – Bingo starts at 1:00

FREE: Prizes, Turkeys, Fun & Giveaways

Merchandise games include ~ 10 early bird games, 10
Regular games, 3 Specials, and the Jackpot prize

*Bring a non-perishable item for Food Bank you will receive an extra
draw ticket for prize*

ALL CHILDREN MUST BE OVER 6 YEARS OLD AND ACCOMPANIED/SUPERVISED BY AN ADULT

LIMITED SEATING AVAILABLE

CLASSIFIED

LOOKING TO PURCHASE

A SMALL HOME
- 2 bedroom
- 1 bathroom

Please call: Wayne Blackburn
1-705-439-1201 or
Email: wblackb@hotmail.com

LAND FOR SALE

70 acres located on the Lower
Slash road just east of the Road
Shed building and office on the
same (south) side of the road.

Contact Wm J. Brant:
613-967-1129 for further details.

FOR SALE

HAND MADE BABY
SWEATER SETS - \$20.00

KNITTED DISH RAGS - \$1.25

Call Kathy: 613-396-2197

FOR SALE

12 BUSHEL BAGS OF WHITE
CORN

Call: 613-962-5470

FOR SALE

BUILDING LOTS
- located on Mark's Rd
- 1 acre or larger

Call: 968-3917

FOR SALE

BUILDING LOTS FOR SALE
- Upper Slash Rd
(lots posted on South side of
road)
- 1 acre lots with 150' of road
frontage

For more information, please
call Mr. Glenn Hill at 962-5470

FOR SALE

BOWFLEX REVOLUTION
HOME GYM
\$2500.00 OBO

Phone: 613-967-3886

HOUSE FOR RENT

3 BEDROOM
- located at 418 Slash Rd

Call: 613-967-0839

HOUSE FOR RENT

BRIGHT & SPACIOUS HOUSE
- 3 bedrooms, clean, freshly painted
- eat in kitchen, dishwasher
- 2 bathrooms/ updated 4 piece) and 3
pc. Bath
- laundry room, large family room
with woodstove
If interested please request
application at:
mohawkrentalproperties@yahoo.com

Utilities not included
No smoking/no pets

FOR SALE

Lyed Corn

Beans, Potato Beans, Northern
Beans, Navy Beans, Pork Hocks,
Bulk White Corn by the quart

Call: 613-962-5470

LAND FOR SALE

- Waterfront lots
- Hickory nut grove
- 100' frontage X approx 466
- serviced road & hydro
- will hold mortgage

Call Glenn Hill: 962-5470

HOUSE FOR SALE

- 3 bedroom, large kitchen,
2 baths, approx 3/4 acre

Please contact:
tyendinaga.09@yahoo.ca
or call: 416-938-4157

FOR SALE

2004 CHEVY AVALANCHE
- 98,426 kms
- 4 wheel drive, V8 engine
- radio/ cd player, A/C
- all leather seats - 2 front seats
are heated
- 2 sets of tires, power
windows/tinted, e-tested, rust
check done recently
- over a year left on warranty
- Great condition, will certify
Asking: \$19,500.00 OBO

Contact Christine at
613-967-0410
Truck can be seen at Rez Boys
613-968-6333

FOR SALE

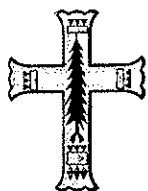
FOUR BF GOODRICH
WINTER SLALOMS
Snow Tires (mounted on Ford
Taurus winter rims.)
- tire size: 215/60/R16
- tons of tread
- \$400.00 obo for the set

Call: 613-962-3723 (evenings)

FOR SALE

SPACIOUS 4 BEDROOM HOUSE
- natural gas heating plus new
fireplace
- central air
- approx. 3/4 acre
- laminate flooring throughout
- municipal water and sewer supply
- huge heated garage
- located on old Hwy # 2

Serious inquiries only:
Please call 613-396-5879



**THE ANGLICAN PARISH
OF TYENDINAGA**

Parish Priest
The Rev'd Brad Smith
Mohawk Rectory, 396-3797

SUNDAY SERVICES

All Saints' Church
1295 Ridge Rd
8:30 a.m.*

Christ Church
Her Majesty's Chapel Royal of the Mohawks
52 South Church Lane
10:30 a.m.*

**On 20 December, the only service is at All Saints'*

CHRISTMAS SERVICES

Blue Christmas Service
Sun 20 Dec, 5 p.m.

All Saints' Church. Supper to follow. This service is open to anyone who has lost a loved one this year or who finds Christmas hard to celebrate.

Christmas Eve, Thu 24 Dec
7 p.m.—Christ Church
9 p.m.—All Saints' Church

Christmas Day, Fri 25 Dec
9:00 a.m.—All Saints' Church

UPCOMING EVENTS

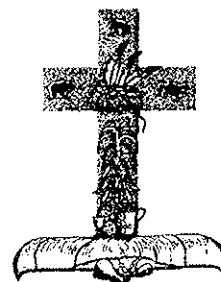
Wed 9 December, 7 p.m., All Saints'
Parish Fun Night
Bring a game, a friend, and a snack!

Tue 1, 8, 15, 22 December, 7 p.m., All Saints'
Advent Bible Study

If you are not receiving parish mailings and would like to be kept up to date by being added to the mailing list, please call 396-3797.

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE
WWW.PARISHOFTYENDINAGA.ORG

*She:kon! Skennen:kowa!
Great Peace be with you!*



Traditional Anglican Communion
The Anglican Catholic Parish of Keristhos Ne Korahkowa
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Tyendinaga, M. T.

Holy Communion

Fr. Gérard Trinqué, OHI, SSM, Officiating

Every Sunday — 10:00 AM

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For more information, please call:

Charles E. Maracle at 613-396-3089
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Lorna J. Moses at 613-396-2538

Food Bank Day: Third Sunday of each Month

Christmas Eve — December 24th

Holy Communion at 6:00 P.M.

In the

Elders' Lodge Common Room
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(Philippians 1:2)*

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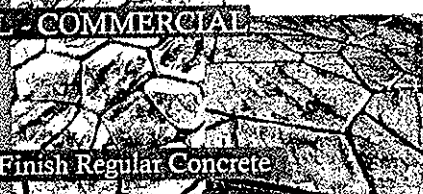
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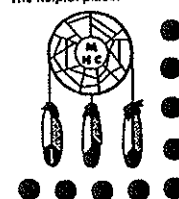
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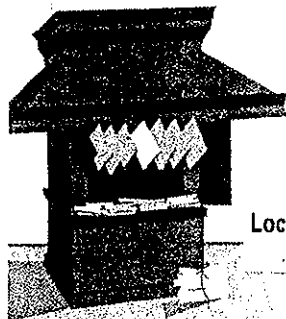
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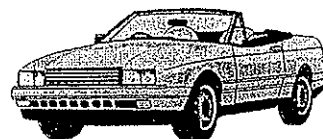
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