



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 12/10
TSI YOTHORHA (December)

ORI:WASE (News)

We are on the web www.m bq-tmt.org

Happy Holidays!

From Chief & Council
& the Administration Staff

The Administration Office
will be closed for Holidays on
Thursday Dec. 23 at 4:30 and will reopen
on Monday Jan 3 at 8:30

MBQ Employment Opportunities:

In order to ensure the broadest circulation of our employment opportunities, the MBQ posts ALL employment opportunities through the website at www.m bq-tmt.org, and at locations in: the Mohawk Administration building - Reception area Community News Board Ontario Works office the Employment and Training Office as well as through the Community Newsletter or Special Flyers delivered via Canada Post

Should you have any questions please contact: Bev Hill 613-396-3424 Ext. 132 or by email at bevh@mbq-tmt.org

To better serve the community and its members, the Tyendinaga Mohawk Council has asked that the following procedure for public presentations to the Council be recognized. This procedure will ensure that the Council receives all pertinent information in order to serve you and the community. This procedure has not been established to hinder your access to the Council, but to enhance service in a timely fashion.

PROCEDURE FOR LOCAL BUSINESS

Local Business Meetings are held the 2nd and 4th Wednesday's of each month at 7:00 p.m. unless otherwise notified.

The deadline for inclusion on the Local Business Agenda is the previous Friday at 12:00 p.m. Requests made after the deadline will be placed on the following Local Business Agenda.

The Tyendinaga Mohawk Council requires that the Community member provide a written statement on the issue the member wishes to discuss by the deadline. Assistance will be provided upon request. This will allow the staff the opportunity to gather any additional information on the issue so the Council can be fully informed and that your time is well spent.

All requests are to be directed to Angela Maracle, Administrative Officer, or Shelley Bowden, Administrative Support.

The order for the agenda is determined on a first-come, first-serve basis and each slot is scheduled for 20 minutes.

Please be advised that Community members that do not follow this procedure will not be recognized to be heard at the meeting. This is to ensure that all the proper information is available to the Council so that an informed decision can be made that is fair and equitable to every member.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in November responded to 11 calls:

1 Vehicle Fire
3 Auto Alarms
3 Medical Assists
1 Chimney Fire
1 Tanker Assist
2 Motor Vehicle Accidents

This brings our total to 97 calls for the year 2010

EMPLOYMENT OPPORTUNITY - INTERNAL POSTING

Community Wellbeing – CWB Maintenance/Home Support Maintenance Worker

JOB SUMMARY:

This position is a split position, 20 hours/week CWB Maintenance and 20 hours/week Home Support Maintenance.

CWB Maintenance - under the general direction of the Regular Custodian, shall be responsible for the provision of building maintenance services to the Community Wellbeing Building.

Inclusive of all offices, washrooms, examination rooms, storage rooms, meeting rooms, reception areas and vestibules, hallways, stair ways and landing, etc.

Home Support Maintenance - Position is responsible for provision of basic home maintenance services to clients at the request of the Home Maintenance Coordinator and other duties within the Home Support program.

Essential Qualifications:

- preference will be given to applicants with Building Maintenance training
- Demonstrated experience in building maintenance
- WHMIS training; Adherence to workplace safety guidelines
- Grade 12 diploma or proof of equivalency an asset
- Valid class "G" driver's license, own transportation with valid vehicle insurance
- Satisfactory Criminal Reference Check
- Knowledge of cleaning products, ordering process, tracking inventory, etc., access/ understand MSDS sheets
- Good hygiene practices

Skills:

- Excellent verbal and written communication skills as well as excellent interpersonal and organizational skills
- CPR and First Aid training an asset

Knowledge:

- Knowledge of Occupational Health and Safety guidelines, and safe storage/use of cleaning supplies and materials
- Excellent knowledge of building maintenance

Abilities:

- Ability and experience with loading, securing and transporting equipment on utility trailer, etc.
- High degree of initiative and self-direction, must be able to work independently
- Courteous, positive and helpful attitude, with a high level of tact and discretionary capabilities
- Must adhere and respect confidentiality
- Preference will be given to applicants of Mohawk Ancestry

Main Duties & Responsibilities:

1. Ensure the safe, hygienic and sanitary environment of the Community Wellbeing Building;
2. Complete routine sanitation/building maintenance on a weekly, monthly and seasonal basis;
3. Provision of non-professional home maintenance service to Home Support clients;
4. Complete a variety of required paperwork, scheduling, telephone contacts, etc.
5. Other Related Duties and Responsibilities

Application must be **submitted no later than NOON** on the closing date and must include notation of position applying for, resume, three references (at least two professional) AND other required documents

CLOSING DATE FOR APPLICATIONS:

December 17th, 2010 at 12:00 NOON

Mailing address:

13 Old York Road
Tyendinaga Mohawk Territory
K0K 1X0

Email:

reception@mbq-tmt.org

Fax:

613-396-3627

Inquiries please call:

613-396-3424

*Note: Eligible candidates for an Internal Posting are members of the Tyendinaga Mohawk Territory
We thank all applicants for their interest in this position but only those selected for an interview will be contacted.*

She:Kon Everyone,

As some of you already know, I have accepted the position of Program Manager of Mohawk Family Services, and will be leaving Housing and Sustainable Development effective November 29th 2010.

I am excited to work with the Families of Tyendinaga on a different level to attain the goal of keeping our children safe and our families healthy.

I have thoroughly enjoyed my time in housing and will miss all of the tenants and staff in that department.

I look forward to working with the staff of Mohawk Family Services and the community members who benefit from their services.

Your contacts in housing will be Lori Maracle at 613 968 1122 ext 128 or Jason Neepin at ext 140.

I can be reached at the new Community Well-Being building at 613 967 0122.

Nia:wen,

Brandi Hildebrand, MSW, RSW.

Trustee Report for November, 2010

The month of November, for the Board, has been one of tying up loose ends and preparing for a new term of office for new and returning Board Members. The new four year term will see three new Trustees join the Hastings Prince Edward District School Board which numbers ten along with the addition of two Student Trustees representing students across the Board. All are looking forward to working together to help all of our students by providing the best quality education possible. All Trustees will be sworn in at the Inaugural Board Meeting on December 6, 2010.

I look forward to serving our Mohawks of the Bay of Quinte community to the best of my ability for the next four years.

Remember, if you have any questions or concerns please call me at (613) 962-3595 or email at mbrant@hpedsb.on.ca.

For more details of Board or Committee meetings please go to the Board website: HPEDSB.on.ca.> Board and Committee meetings.

Respectfully submitted,
Mike Brant, Trustee HPEDSB representing Tyendinaga First Nations



MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANIENTEHA

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

Water Delivery Services Update:

On October 14, 2010 two community meetings were held at the Mohawk Community Centre to discuss MBQ's new Water Delivery Service. Approximately 16 families were represented.

This new community initiative will provide safe water delivery to participating homes and businesses at an affordable rate. MBQ's water delivery truck is currently under repair, in the interim, a local water delivery company will provide water delivery to clients until MBQ's truck is repaired. Water delivery is anticipated to start on December 1, 2010.

Please call the Administration Office if you would like to participate in this delivery service. Service sign up is available at the Mohawk Administration Office, 613-396-3424 ext. 127

Holding Tank Initiative Update:

The Council will provide loans to install an approved water storage vessel. Funds are available for material required for instalment, connections, excavation (if required) and water treatment to ensure safety.

You and your family must have a safe proper water storage vessel. Please call the Water Delivery Services Manager to enquire about your eligibility. Another community meeting may be held if members require further information on this initiative. 613-396-3424 ext. 129

Please watch for upcoming community meetings.



MOHAWKS OF THE BAY OF QUINTE
ECONOMIC DEVELOPMENT OFFICE

Support Local Business

Business of the Month

The Sacred Circle is one of TMT's little gems. It appears to be a little gift shop but inside it is a home of many treasures that owners Charlene and Shawn want to share with you.

When selecting items to sell, there is a great emphasis put on finding merchandise which is environmentally friendly.

Home of the ORIGINAL FLOYD doll and the most

sought after line of candles in today's market the BEANPOD CANDLE. The Sacred Circle also has wonderful New Age products, such as healing stones, wands, tarot cards and more!

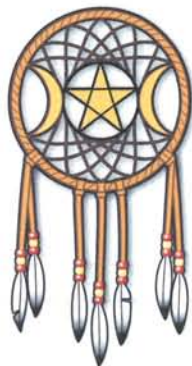
Unique purses are the current trademark of The Sacred Circle, and people are flocking for purses that look like antique telephones and VW vans.

They also house a beautiful line of silver jewellery, divination tools, books, candles, oil burners and much, much more. A real must see!

THE SACRED CIRCLE

777A Hwy 49 TMT

613-396-9982



The Sacred Circle



For more information, please contact:

Kelly Maracle

Economic Development Officer

Phone: 613.968.1122

Fax: 613.968.1128

Email: kellym@mbq-tmt.org

Or visit us on our website at:

www.mbq-tmt.org

What's New....

NEW LOCATION

Economic Development Office will now be located at the Business Centre!

Provide your logo in an electronic format to be included on our business directory!
www.mbq-tmt.org

CHAMBER OF COMMERCE

Meeting of interested business members
Jan 20, 2011 at 7 pm
Community Centre

CALLING ALL TYENDINAGA YOUTH!!

The Tyendinaga Youth Drop-In

Centre is once again up and
running!

STARTING NOVEMBER 22nd, 2010

The ages and dates are:

Monday's 6pm – 8pm for ages 14-19

Tuesday's 6pm - 8pm for ages 6-10

Wednesday's 6pm – 8pm for ages 11-13

The drop in centre will be located at the
ball diamonds on York Road.

All youth of Tyendinaga
are welcome to come out
on the scheduled nights
for games and activities and
light snacks.

For further information, please contact Jack Green,
Youth Worker or Danielle Brant, Assistant to the Youth
Worker at the Thayendanaga Health Centre at
613-967-3603



January, 2010

Supersedes FLASH 08-03-FL

33% of Residential fires link to electrical wiring and equipment

Ontario's Electrical Safety Authority (ESA) warns the public that 33% of residential fires reported by the office of the Ontario Fire Marshal are associated with electrical wiring and equipment. This includes: electrical circuit wiring, damaged or improperly rated extension cords or cables, breaker/fuse panels, light fixtures (luminaires), receptacles and switches. Fires are prevalent in both copper and aluminum wiring systems. Investigations of these electrical fires identified that 34% are attributed to incorrect or improper installation and/or procedure.

Through recent research conducted with Ontario homeowners, ESA identified that 47% of residents living in homes 15 to 50 years old have modified or replaced electrical wiring and electrical equipment. This increased to 84% for homes greater than 50 years old.

Electrical wiring is complicated and presents safety hazards if not properly installed and maintained. Homeowners are encouraged to ensure their electrical installations meet the safety standards defined in the Ontario Electrical Safety Code by engaging a licensed electrical contractor to evaluate their electrical system if they have signs of potential electrical hazards, such as: circuit breakers that frequently trip or fuses that frequently blow, lights that flicker, and signs of wiring deterioration; or if they have concerns about the qualifications of individuals who previously worked on their electrical system.

In response to concerns about unqualified individuals doing electrical work, Ontario regulation was introduced in January 2007 requiring any person operating an electrical contracting business to be licensed by the Electrical Safety Authority. Homeowners should retain the services of a licensed electrical contractor to ensure their electrical installations are done correctly and safely. In addition, when homeowners have new electrical installations installed, they should confirm with their licensed electrical contractor that an application for inspection was filed with the Electrical Safety Authority for any electrical work done on their premises, and ask for a copy of the Certificate of Inspection – their record that the installation meets Ontario's safety standards.

When planning to do electrical work, think about the risks associated with unsafe electrical installations. Contact a licensed electrical contractor, and make sure they arrange for an electrical permit. Visit www.pluginsafely.ca for a list of licensed electrical contractors in Ontario.

November 4, 2010

Costco Wholesale Canada Ltd. LED Lighted Sculptures Due to Fire Hazard

The Electrical Safety Authority is notifying the public that Costco Wholesale Canada Ltd. has announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately.

Name of Product: LED Lighted Horse, LED Lighted Buck, LED Lighted Feeding Doe, LED Lighted Sleigh and LED Lighted Lamp Post.

Units: 7,035 total units in Canada.

Importer: Seasonal Specialties LLC USA.

Hazard: Sculpture may ignite at the rectifier resulting in fire.

Incidents/Injuries: Two reports of fire involving the LED Lighted Horse.

Models: Lighted Buck 910124, Lighted Doe 910124, Lighted Sleighs 910125, Lighted Horse 910126 and Lighted Lamp Post 910186.

Sold by: Costco Wholesale Canada Ltd.

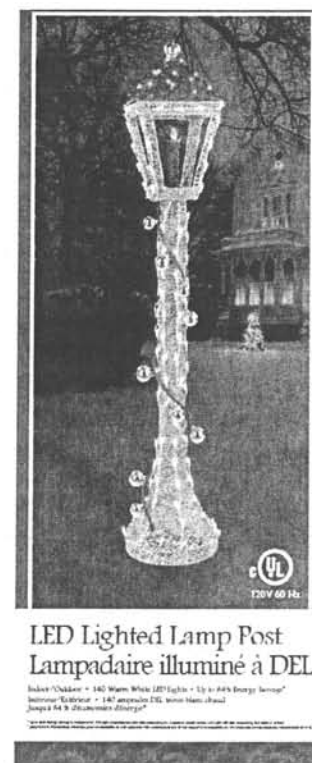
When was distributed: August 1, 2010 to October 28, 2010.

Manufactured in: China

Remedy: The consumer should immediately discontinue the use of the LED lighted sculpture(s) and return them to Costco Wholesale for a full refund.

Consumer Contact: Costco Wholesale Canada Ltd., 415 West Hunt Club Road, Ottawa, ON K2E 1C5 or call the customer service department at 1-800-463-3783.

Remarks: The recalled units are certified to Canadian Standards by Underwriters Laboratories. For more information about Underwriters Laboratories product certification process please visit: www.ul.com



September 20, 2010



Product Safety Alert

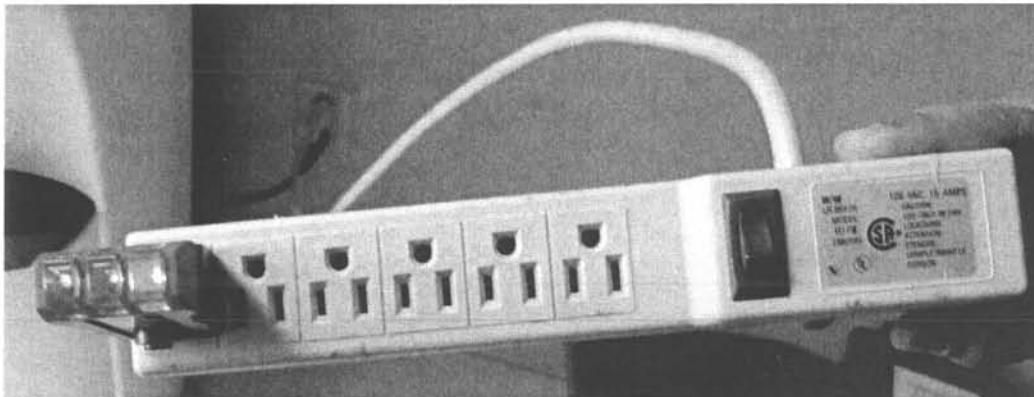
The Electrical Safety Authority Warns Consumers about Wordsworth Data Innovations Inc. Power Bars with Unauthorized CSA Certification Mark

The Electrical Safety Authority is notifying consumers about counterfeit power bars that have not been tested to any Canadian Safety Standard.

Description: Models H1P1 and H1P4.

Hazard: The power bars have reverse polarity and switching of the neutral conductor which may pose a shock or fire hazard.

Direction: Electrical Safety Authority requests that consumers to stop using / permanently unplug / disconnecting these products immediately.



What to take to the Waste Depot Site

OPEN Every Saturday from 8:30 am - 5:00 pm

FREE TO TAKE TO THE WASTE DEPOT SITE

Tires
Electronics
Steel
Household Hazardous Wastes

**** In an effort to **
avoid disruption
of mail services.**

**Please remember to keep your
Recycling & Garbage bags away
from your roadside mail boxes!**

Minimal Fee to Dispose of Large Items

Please do not leave items at the gate; we WILL look through the bags to find the owner. This will help to eliminate extra costs for clean-up.

REMINDER

Please remember to SORT all of your recycling into 2 bins.

Bin One: Paper and Paper products.

Bin Two: Metal, Tin, Mixed Containers, Plastics



Household Hazardous Waste!

Items that are accepted:

In the Garage:

Transmission Fluid
Batteries (all types)
Battery Acid
Brake Fluid
Body Filler
Auto Spray Paint
Car Wax
Fuel (kerosene, diesel)
Windshield Washer Fluid
*Motor Oil is accepted at the
Landfill Oil Tank*



In the Kitchen:

Abrasive Powders
Ammonia-based Cleaners
Disinfectants
Drain Decloggers
Chlorine Bleach
Stain Removers
Floor and Furniture Polish
Metal Cleaner/Polish
Oven Cleaners
Window and
Glass Cleaners
* empty aerosol cans can go
into the blue box*

In the Workshop:

Glues & Cements
Paints (alkyd and latex,
max. 20 - 4 litre
cans or 4 -20 litre
pails)
Paint Strippers
Rust Removers
Stains
Finishes
Thinners & Turpentine
Wood Preservatives
Mothballs
Flea Collars & Sprays
Florescent Tubes

In the Shed:

Fertilizers
Pesticides
Rat and Mouse Poison
Roach and Ant Poison
Pool Chemicals

In the Bathroom:

Aftershave
Perfume
Depilatories
Hair Lotions
Dyes
Medicines
Shoe Polish
Nail Polish Remover



**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 10, 2010

TUESDAY December 21, 2010

@ COMMUNITY WELLBEING BUILDING

10:30 am – Noon

***DISCUSSIONS ON A VARIETY OF TOPICS
RELATED TO THE CHALLENGES AND JOYS
MOTHERHOOD***

LIBRARY & MOTHER-TO-MOTHER HELP

BREASTFEEDING CLINIC AVAILABLE :

*** If having problems, please call for an
appointment ***

**TO CHECK MEETING LOCATION or
FOR APPOINTMENTS for BREASTFEEDING HELP
CALL: 396-2942**



Pat Morrison, illustrator

Does My Baby Need a Pacifier?

Nursing mothers often rely on pacifiers to provide relief for sore nipples and calm the baby in a situation where you are unable to easily breastfeed. However, mothers should remember that the pacifier should only be used for limited and temporary relief. The pacifier can sometimes become a substitute for the breast, encouraging mothers to rely on plastic objects to fulfill the role of mothering. This is especially true around holiday seasons, and sadly, can lead to unintended "holiday weaning".

Instead of relying on a pacifier, try and take time out of your busy schedule to relax and bond with your baby. It is easy to get caught up with housework and your other activities of daily living, but it is really important that your baby gets all the benefits of breastfeeding. The baby still needs you to hold, sooth, love, and provide that calming tone only a mother can give.

Have you been avoiding an afternoon nap because of that long list of things you need to get done? Tuck the baby in with you while nursing and you'll both be sleeping soundly before you know it. Moreover, if the baby is constantly using the pacifier on a daily basis, your milk supply may be affected; this in turn, may affect your baby's weight gain.

So, at the end of all this, does your baby need a pacifier? No, not really. However, sometimes a pacifier can be an easy solution to sooth a baby. Just remember to use it for short periods of time, and only when you are unable to nurse. And do not forget, when your baby is around three months old, he or she can be easily soothed more effectively in other ways.

On a final note: if you intend to use a pacifier, ensure it is a one-piece to avoid the possibility of choking or swallowing hazards.

Happy Holidays!



WISHING EVERYONE A VERY MERRY
CHRISTMAS

&

A SAFE & HAPPY
NEW YEAR!

From the Housing & Sustainable Development Office

Jason, Brandi, Lori, Tina & Lacey

And the Band Property Maintenance Department

Ken, Denny, Dan, Dan, Kevin, Greg, Liam,

Josh, Delores & Sheryl



Shwistá:'ek
 Onyehatokónhshon
 Yonkwahonwì:sere
 Yonkwayeshónnyon
 Yakwarén:note
 Yohwistakaré:re
 T'si yonkwahonwì:sere
 Yonkwa'níkonhró:ri
 Yonkwatonhnháhere.



Shwistá:'ek
 Shwistá:'ek
 É:so shwistá:'ek
 Yon'wésen nakohsá:tens
 Ayonkwahonwì:sere.



Sosá:n Níwa'kerí:yo

Sosá:n níwa'kerí:yo
 Karà:ken nakotyà:tawí
 Ta' Ta' tayetsíseráya'ke
 T'si ó :nen sá :yonwe

Sosá :n níwa'kerí:yo
 Yon'wé:sen ne akohserà:ke
 Ta' Ta' tayetsíseráya'ke
 Kahská :neks ne ayákene.



Atenennyò :kwa

Atenennyò :kwa tyótkon rotonhnháhere
 Ononhkwén :on ne raonén :nawen
 Otsíhkwa ra'nyónhsonte
 Atenennyò :kwa tyótkon è :ren shatákhe
 Ratík'sa'okón:'a ronwáhsere's
 Ronaterén:note.



Tam, tata tam tam
 Tam tata tam tam
 A'é:ren sahatákhe.
 Tam tata tam tam
 Tam tata tam tam
 Ononhtohará:ke.



AKOSERAKE NIKAWI WINTER NEWS LETTER 2010

Tahatikonhsotóntie Head Start **Orihwake Tsi Tahatikonhsotóntie** **News from the Head Start**

Once again the winter season is upon us. Its hard to believe that it is already November. The fall was beautiful and we hope everyone has recovered from their turkey dinners, and the many days of leftovers. The Halloween sugar attacks should be ending soon, and it is now on to the busy winter months, filled with shopping to prepare for the holiday season ahead. To make sure our children are prepared for the cold winter winds on their way.

At the Head Start we try our best to help maintain a regular routine for the children so that they always know what to expect. However the weather does not always comply with our routines. As you may or may not have noticed our children usually play outside at the

end of the day. As the days are getting shorter now, it is beginning to get chillier and darker a lot sooner. So when possible we will be starting our day outside for a little while and may also return outside at the end of the day before home time.

Please send your child with weather appropriate clothing and extra clothing such as socks (2 pair), pants, underwear, t-shirt, sweater, hats and mittens (2 pair). Please make sure these items have all been labeled with your child's name. We suggest you send these items in a plastic zip lock bag so that they can stay in your child's cubby and may be accessed when needed.

Also for the month of November Katsitsi-

ase will be away from the Head Start. The team will be helping out to cover the cultural component until she returns. We wish her the best and hope for a quick return back to the program.

The Head Start Team would like to thank all the families and community members who have been supporting our fundraising efforts. We would also like to thank Wilton Cheese and Little Caesars Pizza for their support in making these fundraisers available to us. If you wish to purchase cheese, you may contact us at Head Start for more info!



One of our little boys was struggling to get his shoes on and had hollered to the teacher "I can't do it!" The little girl sitting next to him turned and replied "You talk a lot of this "I can't stuff" you should just try."

Kids quotes!!

2 children were playing with shaving cream, one holds her arm up and show the cream hanging from her arm and says "Look a Cocoon" the other child holding up her hand with shaving cream hanging from it and replies "I have a raccoon too!!"



Ten Ways to Make Reading Fun!!



1. Point out words and phrases around you—on cereal boxes, street signs, maps, posters and books
2. Let your children choose the books themselves
3. Look for kids magazines your child will enjoy
4. Read with excitement– use different voices, make puppets, act out the story
5. Give clues about a mystery word you are thinking about. Choose a word related to something you and your child have done together
6. Make cards to play matching games– match letters and words to pictures. Play board games that include making words and reading the words on a card
7. Make your kitchen part of your reading zone. Have fridge magnets available so your kids can start making words and short sentences
8. Encourage relatives and friends to give books as gifts
9. Play memory games. Place objects on the floor, ask your child to look at them for a minute and then cover them. Ask your child to name as many items as possible
10. Read all kinds of materials—stories, poems, newspaper articles, magazines and comics

Kenyenkeha Owenna'shon:a!!

Akoshera'kehkha Atahkwennya

Winter Clothing



A'nyá:nawen
A neeya nah wenh
Mitten



Akohsera'kehkha

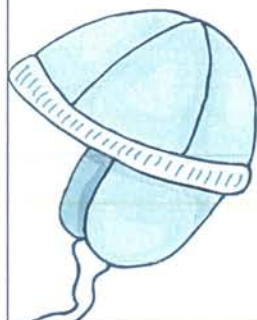
A goh se ra geh kha

Winter

Atyata:wi

A jaw ta we

Coat



Anón:warore
A noon wah ro reh
Hat



Akohsera'kehkha

A goh se ra geh kha

Winter

Ahta

Ah daw

shoe

Dressing for Winter!!

It's that time of year again and the snow will be on its way soon enough! On that note here are a few tips to keep your child's winter fun, safe and comfortable.

1. **Protect your child/ren's head!!**

This time of year children love sledding, snow boarding, skiing and so on. So make sure to protect their heads by using a winter helmet. Make sure the helmet is a snug fit, helmets that do not fit properly can do more harm than good. also some newer models of helmets have vents to help keep your child comfortable during play.



2. **Dress in layers!!** Dressing in layers allows for your child to keep warm in extremely cold weather. When you dress your child it is best to make the first layer a tight fitting layer made from a material that will wick away moisture. Cotton should not be used as it will trap in moisture and can make your child colder. The sec-

ond layer should be a thin fleece layer and then covered with a water proof snow jacket.

3. **Keep your child hydrated!!**

Children use up a lot of energy when playing, so always make sure your child has enough water to drink. On really cold days hot chocolate is always a nice treat!!

4. **Dressing Baby!!** Make sure to change baby's diaper before dressing to go outside. This will keep baby dry and comfortable. Put baby's socks on first and use a long sleeve body suit. These body suits are best if they fit a little snug. Dress as usual. Use a warm winter coat that is wind and snow resistant. For infants you may also wrap your baby in a blanket when putting them in their stroller.

5. **Don't forget the mittens and hats!!** These items will make sure your child can maintain body heat and will keep play

comfortable when handling the snow. Make sure mittens are waterproof and are the appropriate size for your child. A mitten style is more appropriate for young children as gloves can be hard for small hands to put on themselves. Also mittens maintain more heat than gloves do!!

6. **Strings!!** Strings on hats, mittens, coats and even unsecured scarves can be very dangerous for children when playing. Make sure all strings have been removed from your child's clothing to keep them safe. When using a scarf make sure that the length is not too long, and the ends are securely tucked under the child's arms. It is best practice to use a neck warmer instead of a scarf. This will ensure safe play for the child.

Repairs and fix its at the Head Start!!

We are happy to report that we have had some repairs to our school and that we are still working on improving some more areas within the building.

As you may or may not have noticed, our deck and ramp area has had the lattice removed and new wood to replace it. Also there is a non slip strip that has been added to the ramp to keep it from becoming a slipping hazard.

The play ground has been extended to

include the longhouse area and some trees for shade. The longhouse doors will be repaired and put on the building in the next few weeks. This has been very exciting as the children have more room to run and explore.

Coming soon in December, the play room, children's bathroom and basement floor will be painted!! This has been planned for the week that the children will

be on winter break so that it does not interrupt any programming.

Last but not least we were able to have our bus windows tinted, which has given a new look to our bus!!

We would like to extend a Nya:wenkowa to the Early Learning Child Care one time funding through First Nations and Inuit Health. Without this funding the repairs and extension to the playground would not have been possible.

Nya;wen Kowa



We would like to thank the Tyendinaga Fire Department for coming to visit us here at the Head Start. We learned all about Fire Safety and Stop Drop and Roll. We had the chance to sit in the fire truck and try on the fireman's hat! It was a fun experience thanks to Constable Scott and his helper Chris Robinson.



Snow Snake

Snow Snake is a competition game that is played in the winter. There is a long track that is created out of snow and can be over a mile long. The track is approx 30 inches high and gradually slopes down until just over ground level. At the beginning of the track the "pitch hole" is created then using a log that is approx 4 inches in diameter to smooth a trough in the track that the "snake" will travel down.

Once the track is complete the competition may begin!! A team consists of a shiner, thrower and a marker. Each team has 4 throws and any player combinations possible. For example 2 throwers, and one shiner/marker. The shiner is the one who will choose the snake to be thrown and will use different types of oils to make the snake move faster down the track. The marker is the one who will follow the snake down the track and mark the distance the snake has travelled. The object of the game is to get your snake the farthest down the track.

The snow snake competition used to be a very active game here in Tyendinaga. We even have some snow snake competition winners here! Even though over the years the game has faded and weather conditions have not always complied with the makings of a track. Lets hope this year someone will pick up the tradition once again and host a competition here in Tyendinaga!!

SEASONS GREETING
HAVE A SAFE AND HAPPY
HOLIDAY



Brandy Maracle

Greg Loft

[Signature]

Johanna Macpherson

FROM

MOHAWK FAMILY SERVICES

Shelly Grant

Jan Maracle

[Signature]

B. Hildsauer



December Newsletter

Early Childhood Development & Maternal Child Health

1508 York Road

613-967-3603

Swimming Lessons



We are currently looking at offering Swimming Lessons at the Napanee Pool. The swim lessons will be in a group setting, but groups will be separated by age. It would be every Wednesday evening 6:30-7:30pm and would run for 6 weeks. You must attend all classes to get your certificate. Starting January 12, 19, 26 February 2, 9 & 16th 2011. The fee is \$30.00 per person.

If you are interested in attending please call to reserve your child (ren) spot after December 7th at 613-967-3603. before December 7th at 613-969-1835.

Upcoming Events in January....

January 8 & 22 Saturday Play group **"NEW"**

January 10 Drop In and learning to make turkey stew 10-12 **"NEW"**

January 17 & 31 Drop In 10-12

January 24 Drop In and CHR Denise Leafe will be speaking on Diabetes's Awareness **"NEW"**

January 13 Evening Kinder Gym 6:00-7:30pm

January 27 Scrapbook workshop 6-8pm



She:kon, My name is Julie Conger (Maracle), I am the new Home Visitor for the Maternal Child Health Program. I will be assisting with the running of the Play-groups, Drop In, and the Kinder Gyms, as well as doing home visits. I am looking forward to meeting everyone and I hope to see you at the upcoming events and activities that we have planned.

We're on the web!

Look for us under Community Service and
Community Wellbeing.

www.mbq-tmt.org

Have a safe and Merry Christmas and Happy New Year
from MCH/ECD & HBHC Staff

Allison Brant, Julie Conger, Kim Maracle & Barbara Gail Brant



We are Moving!!!

We will be moving into the New Community Wellbeing building **December 6th & 7th 2010.**

We look forward to offering you the same quality service at this new location.

Our new address and phone number will be.

Maternal Child Health & Early Childhood Development Program

1508 York Road

613-967-3603



Make sure children wear a helmet when skating in arenas or on open ice surfaces.

Local Holiday Activity's

Deseronto Arena Skating

Wednesday's 5:00-6:00pm & Sunday's 12:00-1:00pm

Free Skate

Napanee Arena Skating

December 20,22,23,27,29 & 30th

Free Skate 1:00-2:30pm

Napanee Pool

Public Swim

\$3.00/Adult \$2.50/Child & Senior \$3 and under free

Monday's, Wednesday's & Friday's 5:30-6:30pm and Saturday's 1:00-2:00pm

Evening Play Group

December 9th 2010

6:00-7:30pm

1508 York Road

Community Wellbeing Building Teaching Lodge!!

Come out and have some fun playing with our toys and making a Christmas craft

Enjoy a nice cup of hot chocolate and snack...



Think Red, Green or anything in between. If your favorite color is Purple then decorate with purple this holiday season, many stores carry lots of new colors.



And I Love you

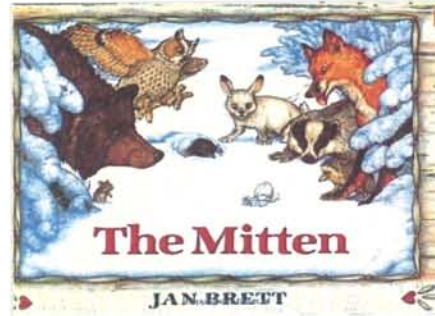
By: Ruth Krauss

Ages: 1-4

\$14.43



Simple but evocative text celebrates the parent-child bond as a cat and her kitten share stories together.



The Mitten

By: Jan Brett

Ages: 0-3

\$10.79



Reading Section

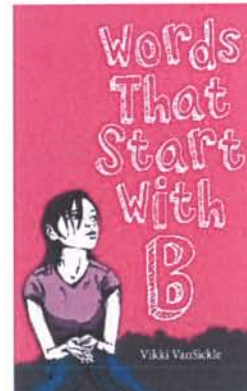
Words that start with B

By: Vikki Vansickle

Ages: 8-12

\$8.99

Feisty Clarissa navigates a tumultuous grade seven year as her best friend is bullied, her teacher drives her crazy, and her mother receives a frightening diagnosis.



Scrapbook Workshop

December 8th 2010

6:00-8:00pm

1508 York Road

Community Wellbeing Building Teaching Lodge

Come and make a 12x12 double page layout

Cost \$2.00 per person

Please call to reserve your spot 613-967-3603

December 2010

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1	2	3	4 Christmas Sale Community Centre 9am-4pm
5 MFS Bingo Community Centre	6 Moving to new build- ing!	7 Moving to new build- ing!	8 Scrapbook 6-8pm	9 Evening Play group & Craft 6-7:30pm	10	11
12	13	14	15	16	17	18
19	20 Client Christmas Party 6-8:30pm	21	22	23	24 Office Closed	25 Office Closed 
26 Office Closed	27 Office Closed	28 Office Closed	29 Office Closed	30 Office Closed	31 Office Closed	



Diabetes Wellness Circle

Tuesday, December 14/10

7:00 p.m.

Featured Topic

Eating Well Over the Holidays

With

Azin Jamali

Dietician

Located at the Community Wellbeing Centre

1508 York Road

Tyendinaga Mohawk Territory

For more information please call 613-967-3603

Want Great Desserts from **Tota Maz** for the **Holiday Season?**
Place your order today!!!

All orders must be pre-paid and will be available for pick-up on
Thursday, December 23rd, 2010 between 9am and 4pm

Name: _____ SOLD BY: _____
Address: _____
Phone #: _____
Pick-up Date/Time: _____

Pies: \$10.00 each ☐ Apple ☐ Pumpkin
 ☐ Blueberry ☐ Lemon Meringue
 ☐ Cherry ☐ Pecan
 ☐ Raspberry ☐ Coconut Cream
 ☐ Banana Cream ☐ Chocolate Cream
 ☐ Sugar Free Apple Pie

Breads: \$4.00 loaf ☐ White ☐ Whole Wheat \$4.50 loaf ☐ Cinnamon Raisin
 \$5.00 loaf ☐ 3 Sister ☐ Sunshine Seed
Buns: \$5.00 doz. ☐ White ☐ Whole wheat

Other Sugar Free dessert: Cheesecake: \$15.00
Fresh in season/frozen fruit: ☐ Strawberry topping
 ☐ Blueberry topping
 ☐ Mixed berry

Regular Cheesecake: ☐ Cherry topping
 ☐ Blueberry topping

Treat TraysToo!!! (Assorted Holiday Treats)

Small: \$24.95
Medium: \$34.95
Large: \$44.95

Beautifully basket wrapped, ready to go!!

Deposit is 50% of the order!!

Balance on pick-up!!

Orders will be taken until December 15th!!!

Give us a call at Tota Maz: 613 962-8374



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

14 York Road, Unit #1
Shannonville, Ontario
K0K 3A0

December 2010

Discover the Balance

We have Gift Certificates

Discovering the Balance

By Working the
Mind, Body,
Heart and Spirit

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 1:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

**Purchase a 12 month
membership and save**

Adult save \$50

Student save \$40

Senior save \$30

Compare us to other Fitness
Centre's & Save Up to \$600
A year !



Exercise Myths

Doing sit ups will flatten your tummy: **FALSE**-these will strengthen the abdominal muscles but will do little to reduce fat in this area. Exercises like walking, running or cycling will decrease the fat better than crunches will.

Skinny people don't need to exercise: **FALSE**-being thin is not the same as being healthy. Obesity is related to a number of diseases but skinny people can have heart attacks too.

Muscle weighs more than fat: **FALSE**-Muscle and fat weigh the same. Muscle is denser and takes up less space than fat. A pound of fat and a pound of muscle both weight a pound

Volunteers for January

We are looking for volunteers to help us with the following :

1) Childcare 2) Laundry 3) Welcoming new members

Your reward for volunteering is free membership at TFRC and job experience.

Xmas Hours: We will be open December 27-30 6:30am-11:30am and 4:00pm-8:00pm. Back to our regular hours Jan 3, 2011.

New Volunteer: Hello,. My name is Elizabeth Gardiner. I am in the Youth Program through Service Canada and St. Lawrence College with Ohahase. I will be volunteering at the Fitness Resource Centre until January 19th.

Childcare Hours: **Due to limited staff, as of December 13 our childcare hours will be 9:30am-10:30am Monday to Thursday**

Thank You for Your Continuing Support !

Tyendingaga Fitness Resource Centre Phone: 613-962-2822 tyfitnessres@mbq-tmt.org

Calendar of Events January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 CLOSED
2	3 OPEN REGULAR HOURS	4 IRIDOLOGY 10am-2pm	5	6 GO OUTSIDE AND BUILD A SNOWMAN	7	8
9 	10	11	12 PILATES 6pm-7pm	13	15 	
16	17 40 & OVER EXERCISE PROGRAM 10:15-11am	18 IRIDOLOGY 10am-2pm	19 PILATES 6pm-7pm	20 	21	22 CHILDCARE HOURS MON- THURS 9:30AM- 10:30AM
23/30	24/31 40 & OVER EXERCISE PROGRAM 10:15-11am	25	26 PILATES 6pm-7pm	27	28	29

Nature's Sunshine Products - orders go in the end of each month

www.naturesshine.ca - no taxes 1-800-265-9163

This is a fundraiser for TFRC

PILATES

Pilates is continuing at the
Tyendinaga Fitness Resource Centre

Pilates is a method of core conditioning which can help increase your Muscular strength, flexibility and endurance without building bulk or Stressing your joints. This class will cover mat work exercises that will leave you feeling
Revitalized

Starts : Wednesday Jan.12/10

6pm to 7pm - 6 weeks

\$10.00 a night / Punch Card Program for \$60.00

The Fitness Instructor has 30 years experience with Pilates

Gift Certificates Available for a Xmas Gift

Sign-up by December 29/10

Limit to 15 Participants

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

Any questions on Pilates , email wmeraw45@gmail.com



Pilates still on Wednesday nights
In January—6pm to 7pm

Tyendinaga Fitness Resource Centre (613)962-2822

40 & Over Exercise Program



**Starting In January
Mon. or Wed.**

Limit 10 participates
Call & Sign up today
Or email :
tyfitnessres@mbq-tmt.org

Let us know the best day !

Time : 10:15am to 11am

Cost: \$10.00 a class (6 weeks)

This exercise program is a low impact cardio and light weight training done by Wendy Meraw.

She is a Professional Fitness Instructor since 1977
Certified by YMCA fitness, CAN-FIT pro as well as
other fitness programs.

Fit for You

12pm to 4pm
Special
arrangements for
later hours

Iridology

At Tyendinaga Fitness Resource Centre

**Tues.
Jan.
4 & 18**



**Your eyes are the
windows of your
health.
This session will in-
clude a nutritional
health recovery
plan.**

The session will take 10 min. done by a diploma
holder of Doctor Of Medicine .(Nida)

First Session—\$15.00

Second Session—\$5.00

The first session is donated to TFRC

For more information contact TFRC (613) 962-2822

Or email tyfitnessres@mbq-tmt.org

**Sign- up by
December 20/10**



Happy Birthday!



☆ Happy 9th Birthday!
☆ Ashton
☆ Dec. 10
☆ I love you mucho, mucho much!
☆ Auntie Ang

☆ Happy Birthday!
☆ Ashton
☆ Dec. 10
☆ Lots of love,
☆ Mom, Dad, Tori & Nan

☆ A Big Happy Birthday!
☆ Norma, Mary & Tracey Bunnett
☆ from the gang at THC.

☆ Happy 20th Birthday
☆ William Jason Hutt
☆ December 27
☆ Love mom, dad, Jeffrey

☆ Happy Birthday dad
☆ Bill Hutt
☆ December 28
☆ Love William & Jeffrey

☆ Happy Birthday Poppa!
☆ Jim McMurter
☆ Dec. 5
☆ Love Sadie, William and Elijah.
☆ xoxox

☆ Happy Birthday!
☆ Gary Reid
☆ Jan. 1
☆ Love Sadie, William and Elijah.
☆ xoxox

Happy 4th Birthday!
Landon
December 2nd
Lots of Love, Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy Birthday!
Jeff
December 13th
Love Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy 21st Birthday!
Tiffany
December 13th
Love Marilyn, Rick, Sam & Emmett

Happy 3rd Birthday!
Gavin
December 18th
Lots of Love,
Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy 21st Birthday!
JoDee
December 21st
Love Marilyn, Rick, Sam & Emmett
(The neighbors)

Happy 18th Birthday!
Caleb
December 26th
Love Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy Birthday!
Manson
December 31st
Love Marilyn, Rick, Sam & Emmett



Thank You!

*The Family of the
Late Everett John
would like to thank family
& friends who brought food,
sent flowers and donated to
the Kidney Foundation
& All Saints Church.*

*A very special thanks to Shelley & Jodi for
all their help at this time and to Pat Hill &
Carol for their kindness with Dad.
Thanks to Michelle Smith from McGlade's
Funeral home for her help & kindness.*

Thanks again to everyone.

NYAWEN'KO:WA

I would like to express my sincere gratitude to the Tyendinaga Community Development Fund and Kagita Mikam for their assistance in my success, of participating in the Level Two of Psychodramatic Bodywork. Without your contribution I would never have been able to reach this goal and because of your contribution, I am a stronger, more centered person, which will make me a better mother, a better spouse and a better community worker and I look forward to sharing this with others.

With much respect,

Sarah Brown

A Very Big Thank You To Everyone!!

*We would like to thank everyone for their overwhelming support after our house fire on the morning of Tuesday October 12th. The donations of clothing we received for our girls helped us tremendously, along with all of the things that were given to us to help refurbish our new home. Words cannot express how grateful we are for everything everyone has done for us, we very much appreciate everything.
Thank You so very much!!!*

Ashley, Luke, Shia, and Livie



National Aboriginal Addictions Awareness Week

On behalf of the Enyongwa'nikonhriyo:hake Program, we would like to extend a big Nya:wen Kowa to the students at Hope, Ohahase, QMS and Moria Secondary School for welcoming us into their schools on November 17 & 18 and allowing Billy Rogers to discuss the topics of addictions, self-esteem and bullying. As well, we would like to thank Cubby Brant, Tammy Green and Domino's Pizza for catering our sessions with the schools, as well as the community information session.

Nya:wen!

The Enyongwa'nikonhriyo:hake Team

Cookie Sale

December 10th
10am to 2pm



At 59ers

Our annual cookie sale is at 59ers Hall on Dec. 10 starting at 10 until the cookies are gone. \$4.00/doz. We will also be drawing the winning ticket for our Steeped Tea Bucket. See you there!

Sponsored by Kanhiote Library

Christmas quotes::

Christmas gift suggestions:

To your enemy, forgiveness.
To an opponent, tolerance.
To a friend, your heart.
To a customer, service.
To all, charity.
To every child, a good example.
To yourself, respect.

Oren Arnold



And So This Is Christmas;
And What Have We Done?
Another Year Over; A New One Just Begun;
And So Happy Christmas;
I Hope You Have Fun;
The Near And The Dear Ones;
The Old And The Young.

John Lennon

Happy Christmas (War is Over).

We will open the book.
Its pages are blank.
We are going to put words
on them ourselves.
The book is called
Opportunity and its first chapter
is New Year's Day.
~Edith Lovejoy Pierce



Happy Holidays Everyone &

all the Best in the New Year!!

Library Hours:

Mon, Tues, Wed. - 10:30 to 5:30

Thurs. - 12 to 7

Tyendinaga Food Bank's Annual Pre Christmas Food Drive



Community volunteers will be circulating around the community on **Thursday Dec 9, 10, and 11** between the hours of **5pm-8pm** looking to pick up your donations.

Suggested non perishable food items for the Christmas baskets include:

Apple/tomato juice, pasta & pasta sauce, soup, canned fruit, peanut butter, canned vegetables, jello, sugar, hot & cold cereal, tea, coffee, canned meat etc. Monetary donations are also accepted.

As an alternative, you can drop by the food bank with your donation. We are open every 2nd, 3rd, & 4th Friday each month from 10-1pm **except** December (in preparation of community Christmas hampers) We will be open December 10th only

If you would like to ensure our volunteers stop by your house to pick up your donation, or if you would like to be a volunteer, or would like further details about the Food Drive, please feel free to contact Mary McCauley at 967-3606 from 8:30-4:30.

“AA OPEN MEETINGS”

8:00 p.m. every Monday
Queen Ann Parish Centre

For more information call:
Bev or Bill 613-962-5183

WE ARE TOPS, ON#5258 T.M.T.

Losers Unite, Join Us!

Thursday Evenings

5:00 - 6:00 p.m. - Weigh In

6:00 - 7:00 p.m. - Meeting

Elders Lodge
(Bayshore Rd)

TOPS is a weigh loss meeting and support group established in 1948 as a nonprofit organization. Our goal is to help each other lose weight for better health and appearance. If you are struggling with a weight issue join us and together we can achieve our goals.

You may be the one person I need to help me lose these pounds.

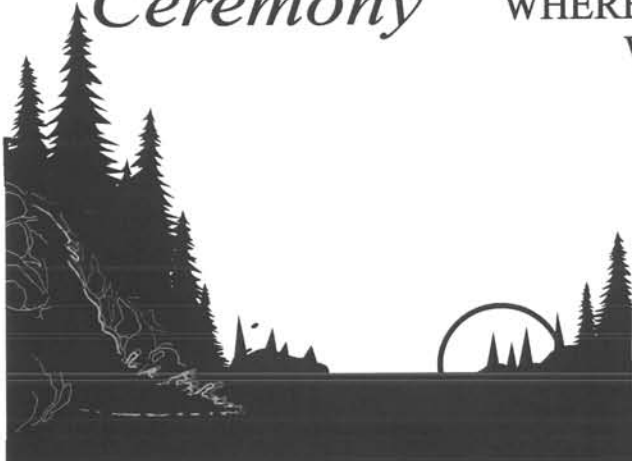
The first meeting is FREE. Its time to be a loser, come see for yourself.

Contact: Donna Crouse 613-396-2229
Tree Good altree94@gmail.com

**Bag Tags for your Waste Disposal
are available at the following businesses:**

49 Quick Stop
Village Variety
L. & M. Enterprises
Administration Office

Moon Ceremony



All Women Welcome!

WHERE: *NEW* Community Wellbeing Centre

WHEN: Dec. 21st at Dusk - 6 p.m.

Please wear a
dress/skirt and
bring tobacco, lawn chair
& water if possible.

Call for more
information:

613-969-2215 or 967-2003
POTLUCK MEAL SHARING



THE ANGLICAN PARISH
OF TYENDINAGA

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

SUNDAY CELEBRATION

All Saints' Church
and Queen Anne Parish Centre (QAPC)
1295 Ridge Rd
8:30 a.m.*

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

*On 19 Dec, the only service is at 8:30
at All Saints' Church

CHRISTMAS CELEBRATIONS

Sunday 19 December, Blue Christmas
5:00 p.m., All Saints' Church
For those who feel mourning, loss, loneliness, or
sadness at Christmas time, this quiet service is
sensitive to how you feel. A potluck supper follows.

Friday 24 December, Christmas Eve
7:00 p.m. – Christ Church
9:00 p.m. – All Saints' Church

Saturday 25 December, Christmas Day
9:00 a.m. – All Saints' Church

Sunday 26 December, First Sunday of Christmas
9:00 a.m. – Christ Church

UPCOMING EVENTS

Wednesday 15 December, 7 p.m., QAPC
Parish Fun Night
Bring a game, a friend, and a snack!

Advent Study
Tuesdays in Advent, 30 November, 7, 14, 21 December
at 7 p.m. at All Saints'. Please bring your Bible.

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 Keristos Ne Korah:kowa



Christ the King



"Rejoice: the Lord is nigh!" As Christmas draws near, the Church emphasises the joy that should be in our hearts over the celebration of our Saviour's advent (coming) not only at Christmas but also at His coming again in glory to lead us into His kingdom. The oft-repeated *O Come Emmanuel* is an echo not only of the prophets but also of the conclusion of the Revelation to St. John: "*Come, Lord Jesus,*" the last words of the New Testament. May our hearts be filled with the joy of the Lord as we anticipate His arrival... Have a blessed Advent!

All Services are held at

The Elders' Lodge Common Room
301 Bayshore Road, Tyendinaga, M.T.

Sunday Services—10:00 AM



CHRISTMAS EVE MASS:

4:00 PM, Friday, December 24th, A.D. 2010

The Creator gave us His greatest gift on that First Christmas Day—May Our Lord's coming again bring life, hope, and peace to you and yours at Christmas and always...

For additional parish information, please call:

Mr. Charles E. Maracle, Rector's Warden, at 613-396-3089
OR

Ms. Lorna J. Moses, People's Warden, at 613-396-2538

Food Bank Day: Third Sunday of each Month

For Sacramental or Pastoral Services, please call:

Fr. Gérard Trinque ☎ 613-919-1020 ☒

✉ gtplus@yahoo.com



CLASSIFIED

FOR SALE

TWIN BED
wood platform chest with curved
headboard & 3 large under-bed
drawers

- matching night stand with 2
doors
 - matching large 6 drawer
dresser with wood framed mirror
- LIKE NEW \$325.00 or B.O.

HIGH CHAIR
Antique wood with flip back
tray. \$40.00

NATIONAL GEOGRAPHIC
1998- 2010
Entire box. \$40.00

Call Deseronto cell:
613-827-7992 (p.m. Only)

FOR SALE

CRIBBAGE BOARDS
Make great Christmas Gifts!
24" X 7" - \$20.00
24" X 7" (fold up) - \$25.00

Call: Collins Maracle
613-396-3038

FOR SALE

BALES OF STRAW
4 X 4 round

Call: William J. Brant
613-967-1129

HOUSE FOR SALE

3 BEDROOM HOUSE
- 6 years old
- in floor heat, on town sewer
and water, ceramic tile & carpet
- open concept
- 2000 sq. ft includes 2 car
garage
- living room has vaulted ceiling
and view of Bay of Quinte
on (TMT)
613-827-1513

FOR SALE

NURSING UNIFORMS
-Nursing tops or pants
\$5.00 each at former Lofts
Variety (656 Norways Side Rd.)

613-969-8924

LAND FOR SALE

- located on the York Rd
- approx. 23.8 acres (can be
severed into building lots)

For more information please
call: 613-967-8935

FOR SALE

MOBILE HOME
- 192 Church lane
- must be moved
-\$15,000.00

Call: 613-396-1607

HOUSE FOR SALE

- locate at 467 York Rd.
- this home also contains an apartment
- asking price \$75,000.00
- (open to offers)
- to view this property please call:
Diane Clench at 613-966-7758

HOUSE FOR SALE

2 BEDROOM, ONE
STOREY (built in 1960)
- 879 sq. ft wood frame house
- 60 amp electrical, sump
pump, oil furnace, well water
- single paned windows
- full bath, hardwood floors
(Unfinished), open concept
living and kitchen area, panel
wood walls and composite
tile ceiling
- new roof, full height
unfinished basement
- located 17 Iona Rd.
Shannonville
- asking \$60,000.00

Call: 416-845-9425 and leave
a message for a return call

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

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

BABYSITTING

Available for babysitting
anytime. My name is Allison
and I am 13 yrs old and willing
to babysit any age child.

Phone: (613) 966 -1936

CHILD CARE

Unlicenced Child Care
\$15/Day, 6 A.M. - 6 P.M.
All Ages
Call: Amanda (613) 309-9134

BABYSITTING AVAILABLE

If you are looking for a
full-time, reliable
babysitter, please give
Sandy a call at
613-967-0091

Rooftop **Solar Panels** at your home or business can **earn** you **\$10,000** to **\$12,000** every year through the Ontario government's "MicroFIT" program!

Larger Projects **can earn much much more** through the Ontario Government's "Feed in Tariff" (FIT) program!

The process is easy when you work with a qualified company that is able to meet all the rules and has the training and experience needed to do a professional FIT.

Solar Panels make you money through renewable energy; they are sleek and modern looking; and a "GREEN" Project that makes a positive statement to the public!

For more information and a **Revenue Assessment**, contact the Pro-FIT Solar Corporation.



Pro-FIT Solar Corporation

Regional Offices in Blind River,
Deseronto, London, Sarnia, and
Bancroft.

Servicing Ontario's Solar Needs!

Call Rick Brant at (613) 921-3893
or e-mail: rick@pro-fitsolar.com



Kelly McMurter

Sales Representative
Re/Max Finest Realty, Inc., Brokerage
9 Commercial Court
Napanee Ontario
K7R 4A2

(613) 929-7355 - direct
(613) 354-5435 - office
(613) 354-9949 - fax
kelly.mcmurter@gmail.com
www.kellymcmurter.ca

www.napaneefinesthomes.com

Dear Fellow Community Members,

I have joined RE/MAX Finest Realty, Inc., Brokerage under Cindy Haggerty Broker/Owner. Backed by the renowned RE/MAX brand I now have access to the resources, technology, and unlimited networking opportunities on a global basis that will allow me to serve you even better.

Please feel free to pass my name on to friends, family, colleagues and acquaintances that may be looking to sell or buy.

Thank-you,

Kelly McMurter



Our children's boutique is now online

www.kaystotandteen.com

Gusti

Bench

Deux par Deux

Ripzone

Powder Room

Alessia

Jolene

JoJoe

Petit Lem

Girl & Company

and many more!

BEAR CLAWZ VARIETY

416-A Hwy #2
613-396-5555

Open 7am-10pm EVERYDAY

We have **ALL** your last minute grocery needs!

- * Bread & Milk
- * Eggs & Bacon
- * Pop & Chips
- * Noodles & Sauces
- * Seasonings
- * Canned/Frozen Veggies
- * Fish
- * Hamburger
- * Frozen Pizza
- * Hamburgers/Hot Dogs
- * Side Dishes
- * Lunch Snacks (peanut free also)
- * Juice Boxes
- * Feminine Needs
- * Personal Needs – Shampoo, Toothpaste
- * Household Needs
- * Baking Needs
- * Tobacco Products



XMAS DRAW DEC.22ND

**Great Gift
Baskets to
Choose From**

And MUCH MUCH more!!

COME CHECK US OUT!

Time for You Salon

613-968-9459

*Hair Styling for the
Whole Family!*

Gift Certificates Available!

- Waxing Services
- Eyelash & Eyebrow tinting
- Ear Piercing & Facials
- Manicures & Pedicures



Diane
Esthetician & Hairstylist
5717 Hwy #2
Tyendinaga Mohawk Territory

Hair Styling and Esthetics Salon

Facials!
\$40.00

121 HURONBRANT DR. N.
TYENDINAGA MOHAWK TERRITORY
NO TAX ON PICK UPS



Sue's Miracles
ALTERATIONS, TAILORING, REPAIRS
LEATHER & CUSTOM WORK

FITTINGS ARRANGED
NAPANEE DROP- MALL
SALMON RIVER, SHANNONVILLE

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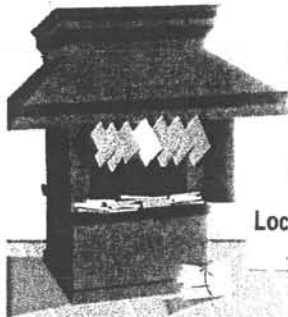
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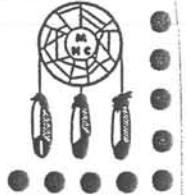
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