



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 12/12

TSI YOTHORHA (December)

We are on the web www.mbq-tmt.org



MBQ WILL BE CLOSED

DECEMBER 24, 2012 - JANUARY 1, 2013

THE OFFICE WILL BE CLOSED DECEMBER 21ST

(4:30) AND WILL REOPEN JANUARY 2, 2013 (8:30)



Tyendinaga Mohawk Council Meetings
for December 2012

TMC Meetings	Agenda Deadlines
Regular – Friday , December 7, 9:00 a.m.	Monday , December 3, 12:00 p.m.
Local Business – Wednesday , December 12, 7:00 p.m.	Thursday , December 6, 12:00 p.m.
Regular – Wednesday , December 19, 9:00 a.m.	Thursday , December 13, 12:00 p.m.

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.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in November responded to 5 calls:

- 1 Medical Assist**
- 1 Structure Fire**
- 1 Mutual Aid call**
- 1 Vehicle Accident**
- 1 Public Service Call**

This brings our total to 92 calls for the year 2012

SELF-EMPLOYMENT WORKSHOP

Have you ever asked yourself any of these questions?

- ⇒ What do I need to know before starting a business?
- ⇒ How do I develop my product idea?
- ⇒ How do I get money to start up?
- ⇒ How can I market my business?

If so, this workshop is for you!

**Learn everything you need to know before you
start a business!**

This workshop will start the one-on-one consultations customized to the specific needs of each participant.

REGISTER TODAY!

To register or for more details about this workshop, please contact

Renee Barnhart-Brant at the Economic Development Office

Phone: 613-967-3616

Email: reeneb@mbq-tmt.org

Date and Time TBA to accommodate majority of participants



Wartenberg Business Consulting

Helping Clients Succeed





MOHAWKS OF THE BAY OF QUINTE ECONOMIC DEVELOPMENT AND
EMPLOYMENT OFFICE PRESENT:

December 2012 Business of the Month

Hours of Operation

Monday to Thursday

9:30am - 5pm

Friday

9am - 12pm

Saturday

By Appointment

Sunday

Closed



220 Milltown Side Road, Tyendinaga Mohawk Territory

613-966-9640

Millside Ceramics is the December Business of the Month!

Millside Ceramics is owned and operated by Marleen Murphy and has been in existence since 1998. Over the past 14 years, she has created a number of unique pieces and has taught many how to create their own. Currently her focus is finishing and selling her own products, which she does by travelling the Pow Wow trail, going to craft shows and conferences across Ontario. She also wholesales her products to various stores in Canada and the United States. All of Marleen's finished products are handcrafted from earthenware clay from molds and made into bisque ware after a firing in the kiln.

In 2010 Marleen was given the amazing opportunity to attend the Vancouver Olympics to sell her products. She has even sold her products to celebrities such as Brett Wilson from the Dragon's Den and Jeff Martin lead singer from The Tea Party. Marleen has had her items shipped all over the world, from the Netherlands to the Bahamas and everywhere in between. She's even had her Medicine Wheel Circle of Friends piece present in a television commercial.

Marleen is now in the process of starting up workshops again. Her workshops entail her instruction on how to create the product, while she also provides you with the traditional story or meaning behind what you are creating. She has been invited to teach a group of 110 students in the Os-hawa area.

Millside Ceramics has a number of unique products that would make great gifts for the upcoming season so stop in or call to see what is available!

www.millsideceramics.com

millsideceram63@hotmail.com

Support Local Business

For information regarding the employment and training program, please contact:

Sandy Sero

Employment and Training Coordinator

Email: sandys@mbq-tmt.org

Phone: 613.967.3603 Fax: 613.967.3816

Or visit us on our website at www.mbq-tmt.org



“It’s not the employer who pays the wages. Employers only handle the money. It’s the customer who pays the wages.”

– Henry Ford



CHRISTMAS CRAFT SHOW!!

SATURDAY, DECEMBER 8, 2012

9AM TO 6PM

COMMUNITY CENTRE

\$2 ENTRY FEE OR A DONATION TO THE FOOD BANK

December’s Tip - 10 Steps to Getting Started in Social Media Marketing

- 1. Determine your goals**—What do you want to get out of your social Web participation? Why are you doing it?
- 2. Evaluate your resources**—Who is going to create your content? Who is going to maintain your social media accounts? Who is going to respond to questions and be the face of your business online?
- 3. Know your audience**—Where does your target audience spend time online? What kind of content and conversations do the audience members get most vocal about? What kind of information do they want from you? What do they dislike?
- 4. Create amazing content**—Once you know where your audience spends time and what kind of content audience members want, take the time to give them more of that kind of content
- 5. Integrate your marketing efforts**—All of your efforts at social media marketing should feed off each other. Cross-promote your efforts both online and offline, and make sure your social media and traditional marketing efforts work together seamlessly.
- 6. Create a schedule**—Allocate specific times during your day to devote to social media marketing.
- 7. Adopt an 80-20 rule**—Always spend at least 80 percent of your time on social media activities that are not self-promotional and no more than 20 percent of your time on self-promotional activities.
- 8. Focus on quality, not quantity**—It can be easy to get caught up in the numbers, but don't become a slave to followers and subscribers. It's better to have 1,000 highly engaged, loyal followers than 10,000 followers who sign up to follow you but then never acknowledge you again.
- 9. Give up control**—You must let your audience take control of the online conversation and make it their own so they develop an emotional attachment to you, your brand, and your business.
- 10. Keep learning**—You can never stop listening and learning. For success in social media marketing, you need to be flexible and accept that change is good.

HEALTH CANADA
First Nations, Aboriginal and Inuit Health
Non Insured Health Benefits

Medical Transportation Benefits

Medical transportation benefits are covered in accordance with the policies set out in the Non-Insured Health Benefits (NIHB) Medical Transportation Policy Framework to assist eligible recipients to access medically required health services that cannot be obtained on the reserve or in the community of residence.

What is covered?

- **Ground Travel:** Private vehicle; commercial taxi; fee for service driver and vehicle; band vehicle; bus; train; snowmobile taxi; and ground Ambulance.
- **Water travel:** Motorized boat; boat taxi; and ferry.
- **Air travel:** Scheduled flights; charter flights; helicopter; air ambulance and Medevac.

How do eligible recipients access medical transportation benefits?

- Recipients who live within a First Nations or Inuit community should contact their local Health Centre or First Nations Administration Office, or a local First Nations and Inuit Health Authority for information to request transportation
- Recipients who do not live on a reserve should contact their Regional NIHB Office or their own First Nations Administration Office to request transportation.

Is there an appeal process when a benefit is not covered?

Eligible recipients can appeal a decision of declined coverage for a benefit. Please refer to official Health Canada website and review the Appeal Procedures section.

Medical Transportation Policy Framework

The Non-Insured Health Benefits Medical Transportation Policy Framework outlines the policies and benefits that help recipients access medical services, the types of medical travel eligible for coverage and the benefits provided.

Volunteer Drivers

Those who wish to participate in the local Medical Transportation Program as a volunteer driver can do so by initially contacting the Medical Transportation Program Clerk. The Clerk will advise what expectations are necessary in making application to provide transportation through the program itself. As well, the volunteer will need to provide the following documentation:

- Vehicle Safety Certification
- Volunteer CPIC
- Copy of Valid Driver's License
- Proof of current vehicle insurance
- Copy of vehicle ownership
- Agreement to sign a program confidentiality form

Any other questions may be made directly to the Medical Transportation Clerk at the Community Well Being Centre.

Contact info: 613-967-3603 or 1-866-967-3603 Health Canada Website for Medical Transportation Benefit:

(highlight, then cut and paste the address into your internet browser)

www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/medtransport/index-eng.php

HEALTH CANADA
First Nations, Aboriginal and Inuit Health
Non Insured Health Benefits

Benefits Information

Health Canada provides eligible First Nations people and Inuit with a specified range of medically necessary health-related goods and services when they are not covered through private insurance plans or provincial/territorial health and social programs. Non-Insured Health Benefits (NIHB) include prescription drugs, over-the-counter medication, medical supplies and equipment, short-term crisis counseling, dental care, vision care and medical transportation.

Benefit Criteria

A benefit will be considered for coverage when:

- The item or service is on a NIHB program benefit list or NIHB schedule;
- It is intended for use in a home or other ambulatory care settings;
- Prior approval or predetermination is obtained (if required);
- It is not available through any other federal, provincial, territorial, or private health or social program;
- The item is prescribed by a physician, dental care provider or other health professional licensed to prescribe; and
- The item is provided by a recognized provider.

Who is an eligible recipient?

An eligible recipient is someone who is entitled to receive benefits such as vision care, prescription drugs or other benefits or services from the NIHB Program.

An eligible recipient must be identified as a resident of Canada and one of the following:

- A registered Indian according to the *Indian Act*;
- An Inuk recognized by one of the Inuit Land Claim organizations; or
- An infant less than one year of age, whose parent is an eligible recipient.

When recipients are eligible for benefits under a private health care plan, public health or social program, claims must be submitted to these plans and programs first before submitting them to the Non-Insured Health Benefits program, NIHB is payer of last resort.

Official NIHB website: <http://www.hc-sc.gc.ca/fniah-spnia/index-eng.php>

Direct Toll-free NIHB Client Contact Line: 1-800-640-0642

Community Contact Information:



Non Insured Health Benefits Analyst
Community Wellbeing Centre
50 Meadow Drive
Tyendinaga Territory K0K 1X0

Tel: 613-967-3603
T/F: 866-967-3603
Fax: 613-962-4210

Payment of Non Insured Health Benefits outside Canada

The NIHB Program will provide **some** benefits outside Canada provided you possess a valid Ontario Health Insurance Plan (OHIP) health card.

What is covered?

- The cost of privately acquired health insurance for approved students or migrant workers and their legal dependents
- Transportation benefits, when eligible recipients are medically referred and approved for treatment outside of Canada by a provincial or territorial health care plan

Who can access the benefits?

- A student following a course of post-secondary training or education from a recognized institution
- A migrant worker
- A legal dependent of a student or migrant worker

What are the NIHB client's responsibilities?

- Ensure that you have been approved by a provincial or territorial health insurance plan to obtain medical treatment in another country before leaving Canada
- Contact your FNIHB Regional Office at 1-800-640-0642 with specific questions or to discuss details of your impending request.

IMPORTANT!

PLEASE NOTE: This federal health services benefit CANNOT be used as an insurance plan when First Nations members travel outside of Canada on their own volition for leisure or recreation. Each First Nations member registered with the Canadian federal government (including minor children) must obtain appropriate private health insurance for the duration of their travel plans. This type of insurance can be privately purchased through a local travel agent, bank or insurance company. This purchase of private insurance is the responsibility of the First Nations members travelling outside of Canada and will not be entertained for reimbursement by Health Canada under any circumstance.



Just found out you're pregnant?
It's never too late to get the facts about alcohol and pregnancy

- Many pregnancies are not planned. If you drank alcohol before you knew you were pregnant, you can make a confidential call to Motherisk for helpful information.
- There are still many things you can do to have a healthy pregnancy and a good start for your baby.
- If you are pregnant or planning a pregnancy, it is safest not to drink any alcohol, because no amount of alcohol has been proven safe.

CALL: **1-877-327-4636** OR VISIT: **www.motherisk.org**

FASO Stakeholders for Ontario
Funding for this poster was provided by Public Health Agency of Canada

Happy Holidays From



7TH GEN TECHNOLOGIES

ENLIGHTNING GENERATIONS

Get Reliable Fibre Optic High-Speed
Internet Starting At:

\$34.99*

Free Installation**



Fibre Optic lines are buried
underground. Always
remember to

**Call
Before
You Dig.**

Packages				
Package	Download (Mbps)	Upload (Mbps)	Limit (GB)	Price (Monthly)
Lite	4	1	20	\$34.99
Medium	8	1	40	\$39.99
Extreme	12	2	80	\$54.99
Business	14	4	120	\$79.99
Corporate	16	16	unlimited	\$199.99
Network Maintenance Fee				\$6.99
Data Upgrades			Per 25 GB	\$5.00

Data Overage Fee: \$1.50 / GB up to \$60.00

Connections Starting in December

*Monthly charges start at \$34.99 plus monthly network maintenance charge of \$6.99

**Free Installation for Mohawks of the Bay of Quinte Band Members under 500ft to the nearest connection point

Trustee Report for November, 2012

The Hastings and Prince Edward District School Board continues to negotiate with federations and unions of education staff to sign agreements that are necessary for the education system to work effectively. Bill 115 "Putting Students First Act" signed into law by the Ontario Government has made it very difficult because of the implications that it has for teachers. (Implications discussed in a previous newsletter). This has caused some withdrawal of services by teachers in schools which continue to be a concern of senior administration in making sure that students remain safe while continuing to provide a learning environment for all students.

It is also that time of year when Trustees are being asked to indicate which committees they would like to serve on for the next calendar year. I will indicate which committees that I am represented on in my December Trustee Report.

For more detailed information on Board or Committee Minutes, please go to HPEDSB.on.ca>Board and Committee meetings.

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

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

Nia:wen Kowa!

The members of the Quinte Mohawk School Builders Club would like to say a big thank you to the students of QMS and their families. We have been working on two fundraising activities and thanks to the generous support of our community we have been able to buy toys for children in our community through the Angel Tree program. We work together with the Community Well-being center on the Angel Tree project.

Also, we have had a fundraising campaign to raise money to install a new swing set on the Quinte Mohawk School playground. We would like to say a special thank you to Soaring Eagle for the great opportunity. What a great team effort by the students, parents and community members. Nia:wen kowa for your amazing support!!!!

We will update you in January in regards to the amount of money raised and the prize winners for each initiative!

Thanks again for your fantastic support and participation.

Sincerely,
Quinte Mohawk School Builder's Club

The EarthCare Team Helps Build a Wetland

Quinte Mohawk School's EarthCare Team is an environmental leadership program which strives to promote outdoor education and environmental stewardship for Quinte

Mohawk Students in grade 4 to 8. Students carry out responsibilities within the school such as daily monitoring of classroom recycling, role modeling environmental care and concern, and sharing their knowledge through presentations and projects with other students. The team meets weekly to discuss our recycling initiatives and ongoing projects, and monthly to actively participate in several areas of the curriculum in an outdoor learning environment. Each activity allows for the EarthCare students to develop team building skills and create both a deeper connection with the environment and their culture.

Recently, the EarthCare team has taken on a very large project. In the spring of 2012, the team put together a proposal that they presented to Band Council, requesting the development of a wetland at Quinte Mohawk School. This request was made because there is a natural wetland area in the front yard of the school, and it presents wonderful opportunities for an outdoor learning environment for all students at the school. With the approval of Band Council and support from CN Rail, Ducks Unlimited, Build All Construction and QMS staff & students...we have begun the development of the wetland!

Development of the wetland area has already begun, with the installation of fencing and the grading of the yard to create a barrier to catch



runoff, rainwater and melt water. Over the next several months and into the spring, we will see nature take back the space and it will be an area of great learning opportunities for students in all grades. The EarthCare team will continue to post updates about the wetland progress, and looks forward to the arrival of many species such as frogs, turtles, ducks, minnows and various forms of plant life.

Environmentally Yours,
Mrs. Robin Green, Ms. Laura Schwager & Mrs. Joy Maracle
QMS EarthCare Team Leaders





SPACES AVAILABLE — JOIN US!

FNTI, in partnership with St. Lawrence College, is offering a one year

Office Administration Certificate Program

in Tyendinaga, starting January 2013.

Courses include: Office Procedures* • Computer Applications
• Communications • First Nations Governance
Bookkeeping & Computerized Accounting • Work Placement*

*Advanced standing may be awarded through Prior Learning Assessment

Learn how to:

- create PowerPoint presentations
- produce great-looking reports
- answer telephone calls and emails professionally
- set up formulae in Excel

... and much more

This is a full-time accredited Ontario College Certificate delivered over 8 week-long sessions.

Financial assistance may be available, contact us for more information

For more information or to register, contact us at:
registrar@fnti.net or 613-396-2122

Community Wellbeing

Phone: 613-967-3603

Community Health

*Flu Shoots-By Appointment
Please call: Mary McCauley*

Diabetes Wellness Circle
Tuesday Dec. 11
Community Wellbeing Center from 7 - 9 p.m.

SUN	MON	TUE	WED	THU	FRI	SAT
						1

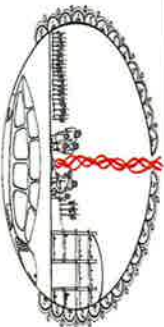
2	3	4	5	6	7	8
	Breastfeeding Support 10:30am-12:00pm Parish Church					

9	10	11	12	13	14	15
	Breastfeeding Support 10:30am-12:00pm Parish Church					

16	17	18	19	20	21	22
	Breastfeeding Support 10:30am-12:00pm Parish Church					

23	24	25	26	27	28	29
Community Health Closed Christmas Holidays	Community Health Closed Christmas Holidays	Community Health Closed Christmas Holidays	Community Health Closed Christmas Holidays	Community Health Closed Christmas Holidays	Community Health Closed Christmas Holidays	Community Health Closed Christmas Holidays

30	31
Community Health Closed Christmas Holidays	Community Health Closed Christmas Holidays



Everytime we love, every time we give.. it's Christmas

"Merry Christmas"
From Community Health



Get certified as a Postpartum Doula!

A postpartum doula is a woman who assists the new mother, baby, and the rest of her family within the first few weeks after the birth of the baby.

Postpartum doulas should be good with children, patient, non-judgmental, and knowledgeable about newborn care and breastfeeding. The postpartum doula may offer the following:

- Basic Breastfeeding tips
- Baby care and advice
- Household help
- Sibling care
- Meal preparation
- Errand running
- Community Resources Information

Please Note: They do not offer any form of medical advice regarding either the mother or the baby, nor do they perform any clinical tasks .

Description:

This Canadian Postpartum Doula Training is a 20 hour, 2-day workshop which will give you the knowledge to begin working with the whole postpartum family giving them emotional, physical and informational support.



For more information, cost and to register, please contact Dorothy Green at CWB
613-967-3603 ext 166 or email at chp_cwb@mbq-tmt.org



Let's Walk & Beat Diabetes Together!

Community Healthy Lifestyle Walking Program

Monday Evening Walking Group
in the December 3rd - 17th, 2012
Quinte Mohawk School Gym 6pm - 7pm
Walk at your own pace. Approx 30-minute walk.
Please use **East entrance**
snacks provided

"Season's Greetings"
from the
Healthy Moms, Healthy Babies
Project Team!!



Yonata 'kari:te Konwati' ninshenha,


Yonata 'kari:te Rotiwirá:a'
Healthy Moms, Healthy Babies

Dorothy Green & Gale Hayward
Healthy Moms, Healthy Babies
Community Healthcare Professionals
Community Wellbeing Centre
50 Meadow Drive

Tyendinaga Mohawk Territory, ON K0K 1X0
Phone: 613-967-3603 Extension 166 Email: chp_cwb@mbq-tmt.org
www.tndms.ca/HIMB-Tyendinaga.html

December 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Evening Walk @ QMS Gym 6-7pm	4	5	6	7	8
9	10 Evening Walk @ QMS Gym 6-7pm	11	12	13 ● New Moon	14	15
16	17 Evening Walk @ QMS Gym 6-7pm	18	19	20	21 	22
23	24	25	26	27	28 Winter Solstice	29
30	31					○ Full Moon

Happy Holidays!

Maternal Child Health
and
Healthy Babies, Healthy Children
would like to thank you all for your
participation in our programs
Best wishes from our families to yours for a
Safe and Happy Holiday Season
Julie, Carla, Johanna and Esther

Community Wellbeing Centre
613-967-0122 or 613-967-3603 ext 143 or 149



The Community Health Representatives would like to
wish everyone a Very Merry Christmas and a safe
and Happy New Year!!

Tyendinaga Home Support Program
 Community Wellbeing Centre
 50 Meadow Drive, Deseronto ON K0K 1X0
 613-967-0122

December 2012

All Home Support programs are for seniors 55+ or 18+ with physical challenges.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Diners Club—12:00 to 1:00 p.m. Handivan Deseronto—10:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m. Wii Bowling—7:00 to 9:00 p.m.		Birthday Tea—2:00 to 4:00 p.m. Bingo/Lunch—12:00 to 3:00 p.m. Euchre —5:30 to 8:30 p.m. Library—2:00 to 4:00p.m. Friendly Visiting—1:00 to 4:00 p.m.				1
2	3 Wii Bowling	4 Meals on Wheels Library	5 Diners Club Deseronto	6 Meals on Wheels Blvl Shopping	7 Meals on Wheels Handivan Des Friendly Visiting <i>Home Support's Senior's Dinner</i>	8
9	10 Breakfast Club (8:00 a.m. to 9:00 a.m.) Ribbon Wreath Craft	11 Meals on Wheels Library	12 Diners Club HOME SUPPORT BINGO Beading Euchre Night	13 Meals on Wheels Birthday Tea	14 Meals on Wheels Handivan Des Scrapbooking	15
16	17 Wii Bowling Ribbon Wreath Craft	18 Meals on Wheels Library	19	20 Meals on Wheels	21 Meals on Wheels Handivan Des Friendly Visiting	22
23	24	25 	26	27	28 Handivan Des (MUST CALL)	29
OFFICE CLOSED FOR THE CHRISTMAS HOLIDAYS MERRY CHRISTMAS & HAPPY NEW YEAR!!!!						
30	31 					

Merry Christmas

Mohawk Family Services

is wishing you all a happy Holiday Season
and hope that you enjoy all of your time
spent with friends and
family this holiday season!

WOULD YOU LIKE TO BRIGHTEN THE LIFE OF A CHILD?

For many children, a loving and secure home environment would make a huge difference in their lives. Fostering is a meaningful experience for both the parent and the child.

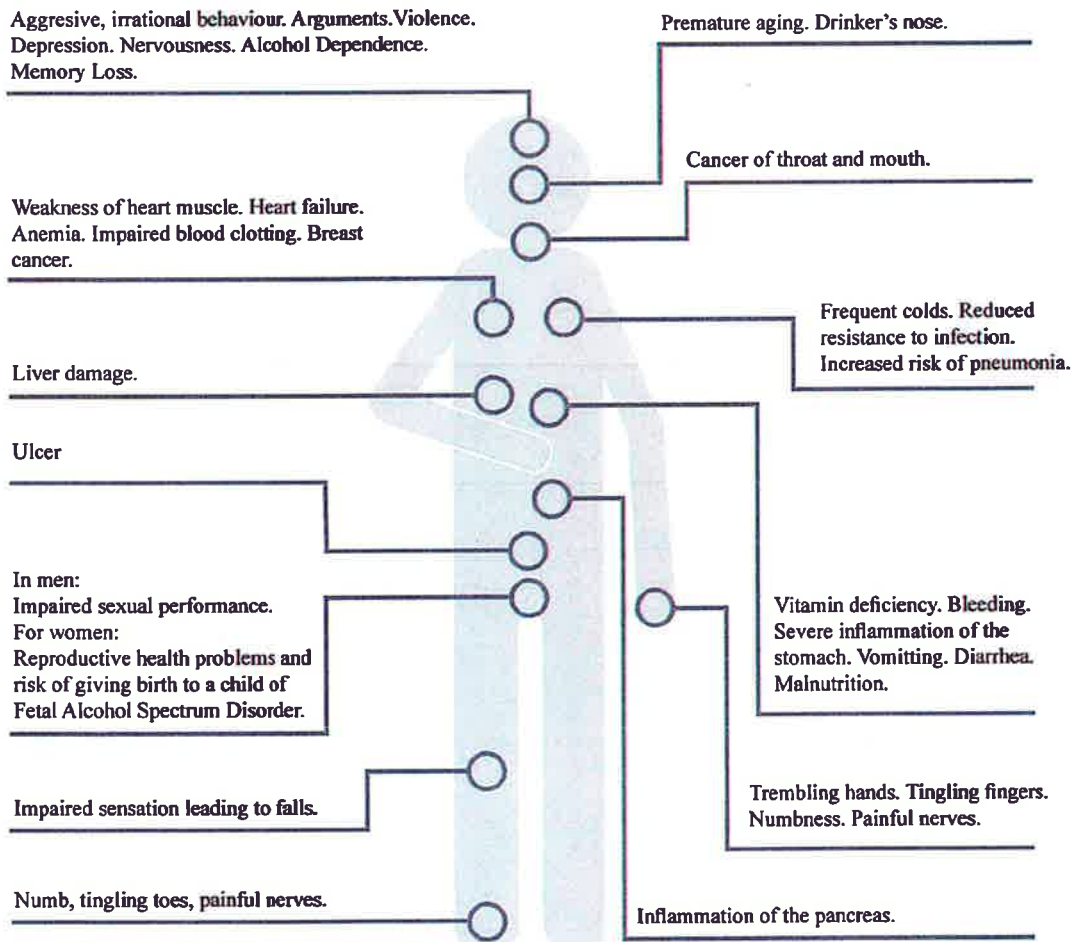
Talk to us about how you can brighten the life of a child in need.

Financial assistance may be provided, in partnership with Highland Shores CAS.

Contact Lacey Maracle at Mohawk Family Services for more information at 613-967-0122 ext. 145

Merry Christmas

Effects of High-Risk Drinking



Adapted from Babor, T.F. et al. (2001). The alcohol use disorders identification test: Guidelines for use in primary care (p. 7). 2nd ed. Geneva: World Health Organization.

Please feel free to give me a call if you have concerns about alcohol. We can talk over the phone and/ or if you prefer we can meet together for a private & confidential appointment. It will be my pleasure to help.

Jill Beck, NNADAP Worker

Enyonkwa'nikonhriyohake' Program

613-967-0122, ext 125



BULLYING:

Support for Teachers

What is bullying?

Bullying happens when someone hurts another person physically, socially, or emotionally. Bullying can look different at different ages. Sometimes bullying can be obvious but usually it isn't. Often, it is very subtle and may not seem like bullying, even to the person doing it. Whatever it looks like, it is a problem that affects the people involved even after the bullying is over.

What kinds of bullying are there?

Physical bullying: hitting, pushing, kicking, etc.

Verbal bullying: insulting, name-calling, belittling, threatening, mocking, etc.

Social bullying: spreading rumors, gossiping, ignoring, excluding, destroying relationships, etc.

Cyber bullying: using technology to bully (texts, Facebook, emails, etc).

What should I know about bullying?

- Bullying happens in all cultures.
- In Canada at least 1 in 10 kids bully others regularly.
- 1 in 3 children have been bullied.
- About one-third of bullied children will go on to bully others.
- Even if a child isn't being bullied, they can be affected by it. No one can thrive in an environment that is unsafe and unpredictable.

Why does bullying happen?

Bullying is a relationship problem – to self, others, and the community. Bullying is an abuse of power. It can be totally random, but can also be brought on by differences in ethnicity, sexual orientation, religion, disabilities and abilities or anything that creates a difference between one child and another. **Bullying can stop when everyone involved makes an effort to stop it.**

Consequences of Bullying

On the child being bullied: Being bullied can affect everything about a child: how they see their friends, school, future and themselves. This can lead to bad grades, depression and possibly a child hurting him or herself.

On the bully: Children who bully can become isolated and lose their ability to connect with others. This can lead to trouble at school and/or with the law.

On others: Even if a child isn't being bullied, they can be affected by it. No one can thrive in an environment that is unsafe and unpredictable.

What are some signs that a child is being bullied?

Look at both the child and their relationships. A child who is being bullied will often show changes in behaviour. They may be:

- Isolated with no friends.
- Withdrawn, anxious, irritable.
- Missing school; grades dropping.



- Complaining of headaches and stomachaches.
- Showing physical signs – injuries, bruising, torn clothing.

How can I address bullying in my class?

Teachers play a very important role in preventing and stopping bullying. The first thing you as a teacher can do is understand this fact. Other ways of dealing with and preventing bullying are:

- Know your students and classroom dynamic. The better you do, the easier it is to notice trouble.
- Make time to be available to your students so they feel comfortable coming to with any problems.
- Take it seriously when it happens. If a student comes to you, help and support them. Follow up and make sure it's not continuing.
- Create opportunities for students to learn about and develop positive relationships.

Focus on healthy relationships

Bullying is the opposite of a healthy relationship. Though it is important for students to understand bullying – its impact and how to prevent and deal with it – moving forward the focus needs to be on creating and maintaining health relationships. Try to:

- Role model positive behavior.
- Create opportunities for students to develop positive relationships, like games and group activities.
- Be positive. Reprimanding students frequently makes them think focusing on the negative is the norm.
- Make your classroom a place of open discussion – talk about healthy relationships (and bullying).

NAHO has developed three lesson plans to help teachers talk about bullying with their students. There are also tip sheets for students and parents: www.naho.ca/bullying

How can I address bullying in my school?

Bullying can happen anywhere in a school. Consider the following:

- Get your colleagues involved. Talk with them about their experiences with bullying, how to deal with it and prevent it. Develop a school bullying policy.
- Get students' input on a school bullying policy.
- Get parents involved in a bullying policy.
- Be present in the school. Bullying often happens away from authority. Being out on the playground and in the halls gives you a better sense of what's happening so you can reduce the opportunities for bullying to happen.
- Stick with it. Don't make it something that you talk about once or only when it's a problem. Change takes a long time.

What does the Indigenous way of thinking say about bullying?

Bullying is inconsistent with the Indigenous worldview. Indigenous knowledge sees all creation as being equal and connected. All living things should be in balance and harmony with each other. Bullying exists in an environment of individualism where a person puts himself above others.

A child who understands healthy relationships will understand the value of others and their responsibility to others. Respect is at the heart of Indigenous values. Respect and kindness is necessary to live in balance and harmony with yourself, others, and the community. By being kind to others, a child can learn the importance of community, family, and themselves.

Where can I get information and help?

Kids Help Phone is a great resource for parents and kids 5–20 years old. Counsellors are there 24/7 to help kids talk about their problems. www.kidshelpphone.ca 1-800-688-6868

Prevnet has excellent parent and teacher information and research findings. www.prevnet.ca

REFERENCES:

- Dumont, J. (2005, February). *First Nations Regional Longitudinal Health Survey (RHS) Cultural Framework*. Ottawa (ON): RHS.
- Kids Help Phone. www.kidshelpphone.ca.
- Nishnawbe Aski Nation. (2005). Stand up for yourself and for others. *Anti-Bullying Newsletter*, 1(1).

For more information: www.naho.ca/bullying

220 Laurier Ave. W. Suite 1200 Ottawa, ON K1P 5Z9

Phone: (613) 237-9462 | Toll Free: 877-602-4445 | Fax: (613) 237-1810 | E-mail: info@naho.ca | www.naho.ca



National Aboriginal Health Organization (NAHO)
Organisation nationale de la santé autochtone (CNSA)
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National Aboriginal Health Organization
Tip Sheet | March 2012



I Am

I am the person you bullied at school,
I am the person who didn't know how to be cool,
I am the person you alienated,
I am the person you ridiculed and hated.

I am the person who sat on her own,
I am the person who walked home alone,
I am the person you scared every day,
I am the person who had nothing to say.

I am the person with hurt in her eyes,
I am the person you never saw cry,
I am the person living alone with her fears,
I am the person destroyed by her peers.

I am the person who drowned in your scorn,
I am the person who wished she hadn't been born,
I am the person you destroyed for 'fun',
I am the person, but not the only one.

I am the person whose name you don't know,
I am the person who just can't let go,
I am the person who has feelings too,
And I was a person, just like you.

Anonymous

~~SOUP FOR COMFORT~~

COMMUNITY WELLBEING CENTRE

WOULD LIKE TO GIVE BACK TO THE COMMUNITY DURING
TIMES OF SORROW!!! We know what it is like to lose a
loved one and we would like to help.



A WARM BOWL OF SOUP CAN SEND A MESSAGE OF COMFORT. IT WARMS US UP.

PLEASE REQUEST:

FRIENDS AND/OR FAMILY MEMBERS CAN CALL. Please let us know
and we will be happy to help.

CALL CWB AT (613) 967-0122.

Let the receptionist, Seaira know that you would like a pot of soup.
Give her the details and we can deliver the soup to the venue or you
can pick it up.

SOUP BECAUSE WE CARE.

Sponsored by:
CWB PROGRAMS

Nya:wen Ki'wahi!!!!

The Enyonkwa'nikonhriyohake' Program would like to take this time to thank everyone who helped organize events for Addictions Awareness & Bullying Awareness week November 12-17, 2012. Our Theme for the week was Sa'nikonhriyohst...Have a Good mind.

On Tuesday November 13th we hosted comedian Howie Miller and his son Tyson Houseman. Howie was very impressed with our students and our community as whole and boy did he make us laugh! Tyson shared his love for acting and reaching for your dreams. His efforts landed him a role in the Twilight movies!

On Wednesday November 14th we had a team of people go into QMS, HOPE & Ohahase to talk about bullying. Different activities were done with each grade in regards to bullying awareness.

On Thursday November 15th we had an FASD lunch & learn where service providers learned more about Fetal Alcohol Spectrum Disorder and strategies for working with individuals who may suffer from FASD.

On Friday November 16th there was an HIV/AIDS presentation/workshop for the students at Ohahase which was very successful.

If you had any part of the week-organizing, presenting, driving around here & there, participating, winning a prize, laughing & having fun-thank you very much!!!

Sa'nikonhriyohst...Have a Good Mind

Be Kind & Make Healthy Choices

Enyonkwa'nikonhriyohake' Program

~ Sharing Circle ~



The National Native Alcohol and Drug Abuse Program (NNADAP) will be offering an opportunity for community members to participate in a sharing circle. To share concerns about how alcohol and drugs have affected their lives. Every Wednesday starting in November, from 6:45-7:45pm we will offer a safe place to meet and share. There will be some structure & guided discussions each week with a comfortable & casual atmosphere. Some light refreshments will be provided. The sharing circle will be held in the Teaching Lodge at Community Wellbeing Centre.

The following is a list of topics for each week:

Week One: Ohen:ton Karihwaterhkwen

How can giving Thanks help?

Week Two: Skennen

Where do you get Peace?

Week Three: Ka'satstenhsera

What gives you Strength?



Week Four: Ka'nikonhriyo

How does a Good Mind help?

Week Five: Smudging

Praying & Meditating

Week Six: Awareness Wheel

Self Awareness Tool

Week Seven: Maintaining Wellness

A 4D Approach

Please keep the following dates open:

November 7, 14, 21, 28, December 5, 12 & 19

Vision

The Enyonkwa'nikonhriyohake' Program will build safety, encourage & promote wellness through practising: peace, inclusiveness & respect inspired by our cultural beliefs, values & teachings.

Community Wellbeing Centre

50 Meadow Drive
Tyendinaga, ON
Telephone: 613-967-0122
Fax: 613-967-3618

Contact Jill Beck, NNADAP Worker



REMINDER:

DUE TO THE FACT THAT THERE ARE SO MANY GREAT HOLIDAY EVENTS HAPPENING IN OUR COMMUNITY AND IN OUR SISTER COMMUNITIES, WE WILL NOT BE HOSTING A BEARS & CUBS FOR THE MONTH OF DECEMBER.

We will return in January of 2013 for another all new and exciting year of Bears and Cubs... Keep your eye out in the newsletters for our January Event!

Nya:wen to our Bears & Cubs who have participated over the last 10 months we have had a great year and we couldn't have done it without all of you!!



Many Thanks! From Esther, Carla, Johanna and Julie



THANK YOU

We would like to say a HUGE thank you to everyone in our amazing community for all the support, encouragement, prayers and well wishes while our son is in Sick Kids Toronto. Lucas suffered a brain tumor that was removed successfully and he is well on his way to recovery!

We couldn't have done it without the support of our family and community.

We love you and are so thankful for everyone!

Niawen

Angie & Josh Brant & families



Thank you!

We would like to thank all our customers, MBQ programs, F.N.T.I., Community and surrounding area and our staff for your patronage of our business.

May you have a Merry Christmas and Happy New Year.

We look forward to seeing you in the new year. Thank you again.

Cubby's Chip Truck & Catering

WINNER, WINNER, WINNER!!!



The winner of the Native Women's Quilt raffle was Father Gerard Trinque. He is seen here receiving his prize from Delores Maracle-Whalen. Thank you to everyone who sold and especially to those who purchased tickets in support of our group. We have dreams of a building to call home and it is our 30th anniversary next year so expect to see and hear more of us in the New Year.

Executive Committee

Carol L LaVecque	613-968-4398
Carol Potts	613-966-8106
Delores Maracle Whale	613-396-6561
Donna Crouse	613-396-2229
Erma Gray	613-396-3728
Barb Howard	613-969-2136

Happy Birthday!



★ Happy 15th Birthday!
★ Chevon Leween - Dec. 23
★ Love Kolie and all your
★ friends
★ Happy 17th Birthday!
★ Nick Maracle - Dec. 11
★ Love, Kolie /Mamma Brenda
★ Happy 11th Birthday!
★ Ashton Maracle - Dec. 10
★ Love you mucho mucho much!
★ Auntie Ang
★ Happy 11th Birthday!
★ Ashton Maracle
★ Lots of love,
★ Mom, Dad, Tori & Nan
★ Happy 10th Birthday!
★ Ethan - December 23
★ We Love You Very Much!!
★ Mom, Dad, Sierra
★ XO XO XO
★ Happy 10th Birthday!
★ Ethan -Dec. 23
★ Love from Gramma &
★ Grandpa
★ Happy 60th Birthday!
★ Bernard - Dec. 19
★ Love Carol-Ann
★ Happy 60th Birthday!
★ December 19
★ Dad / Grandpa
★ Love Always
★ Susanne, James, Sierra, and
★ Ethan

Happy Happy Birthday!
Lissy – December 14
Greg – December 30
*Sending just the warmest wish
A birthday ever brought,
And adding that the wish is
sent
with many a loving thought.
Love always & have a great
day.*
Mom, Pappy, Haley & Nate
OXOXOX

Happy 6th 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 Birthday!
Tiffany – December 13th
Love Marilyn, Rick, Sam,
Emmett, Phill & Hayden

Happy 5th Birthday!
Gavin – December 18th
Lots of Love Aunt Marilyn,
Uncle Rick, Sam & Emmett

Happy Birthday!
JoDee – December 21st
Love Marilyn & Rick

Happy Birthday!
JoDee – December 21st
Love Sam, Emmett, Phill &
Hayden

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

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

Happy Birthday!
Tim – December 31st
Love Aunt Marilyn, Uncle
Rick, Sam & Emmett



*Also would like to wish my
family & friends a Merry
Christmas and all the best in
the New Year!!
Lots of Love!!
Marilyn*



I would like to thank the following people who have made contributions to MOVEMBER.

Sarah Hughes
\$25.00

Curtis Maracle, Jan Hill, Charity Martin, Sharon Hill, Joe Brown, Deb Brant, Hal Cowie and Shawn Sager
\$20.00

Wendy Hutt, Melissa Maracle (lil melis), Jiggy Hill, Shannon Butcher and Dustin Brant
\$10.00

Sandy Maracle, Amy McEwen, Sue Maracle, Shelly Bowden and Lorn Lewis
\$5.00

Special Thanks to SACRED CIRLE and SMOKIN' COFFEE EXPRESS for thier donations of
\$200.00

Village Variety
\$360.00

**A HUGE NYAWENKOWA AND SHOUT-OUT TO TREVOR LEWIS
AND VILLAGE VARIETY FOR PUTTING MY MOVEMBER
CONTRIBUTIONS TO \$1,000.00**

You may view all the donations at Joe Brown's Mo Space <http://ca.movember.com/mospace/5215053>



Nya:wen & Thank You

Nya:wen/Thank you to everyone who participated in making the purse auction a huge success. We were able to raise **\$1738.00** this year with your support! This has made it possible for all children who are on our Angel Tree to be warm and cozy this winter!

We truly couldn't have done it without all of you!!!! - Angel Tree Committee

Special Nya:wen/Thank you to the following:

- | | |
|---------------------|------------------------------------|
| * Carol Loft | * Missy Maracle |
| * Marleen Murphy | * Darleen Loft |
| * Ashley Baldwin | * Lynn Brant |
| * Connie Bain | * Johanna Goodfellow |
| * Teana Danford | * Mohawk Family Services |
| * Brenda Brant | * Good Minds |
| * Cheryl Brant | * Community Health |
| * Corinna | * Community Home Support |
| * Patsy Keith | * Elder's Lodge |
| * Brandi Hildebrand | * Mill Side Ceramics |
| * Lea Green | * 49 Quick Stop |
| * Ainsley Leween | * Tyendinaga Fitness Centre |
| * Seairra Maracle | * Sacred Circle |
| * Lacey Maracle | * Maternal Child Health |
| * Tracey Bunnett | * Healthy Babies, Healthy Children |
| * Jessica Loft | * McMurter's Home Centre |
| * Lynn Brant | |

We apologize if we have forgotten anyone. We appreciate everyone who came out to support the Angel Tree Program! Keep an eye out for our next Purse and Garden Décor Auction in the spring!!

Aboriginal HIV/AIDS Awareness week is December 1-7,
2012



Aboriginal Fact Sheet on HIV/AIDS



HIV test reports and AIDS diagnoses indicate that Aboriginal cases tend to be younger than non-Aboriginal cases.

Between 1979 and 2008, 19.3% of reported AIDS cases among Aboriginal people were between 15 and 29 years of age compared with 14.8% of reported AIDS cases among non-Aboriginal people in the same group.

What is HIV/AIDS?

The Human Immunodeficiency Virus (HIV) is the virus that causes Acquired Immunodeficiency Syndrome (AIDS). HIV attacks the immune system, resulting in a chronic, progressive illness that makes infected people vulnerable to infections and cancers. Although there are treatments available for HIV/AIDS, there is no cure.

How can you get HIV?

According to Health Canada, HIV is transmitted through the following:

- Unprotected sexual intercourse (vaginal, anal, oral)
- Shared needles or equipment for injecting drugs
- Unsterilized needles or paints, for tattooing, skin piercing or acupuncture
- Pregnancy, delivery and breast feeding (from an HIV-infected mother to her infant)
- Occupational exposure in health care settings.

It is not transmitted through the following:

- Casual, everyday contact
- Shaking hands, hugging, kissing
- Coughs, sneezes
- Giving blood
- Swimming pools, toilet seats
- Sharing eating utensils, water fountains
- Mosquitoes, other insects, or animals.

How you can protect yourself through the following:

Sexual activity:

- Abstaining from sexual intercourse
- Having sex with only one partner and you and your partner are monogamous (only participating in sex or sexual activities with each other)
- Having protected sex using condoms (male or female) correctly and consistently. Reminder: While spermicides may prevent pregnancy, they do not protect against HIV
- Engaging in activities that are safe such as kissing, masturbation, mutual masturbation and massage

Drug use:

- Do not share equipment (needles, syringes, cookers, cotton or rinse water)
- Always use new equipment for each injection
- If you share equipment, clean syringes with bleach and water several times
- Use community resources such as needle exchange programs

Mother to child transmission:

- Being aware of one's HIV status
- Consider taking antiretroviral drugs during pregnancy and labor
- Reduce the baby's exposure to mother's bodily fluids: consider the best course of delivery (i.e. caesarean section)
- Mothers with HIV are advised not to breastfeed: breast milk may be available from a milk bank

Tattooing and piercing:

- When getting tattoos or piercing, ensure that the shop is reputable and uses only new or sterilized equipment
- Artists should take care not to dip into a large quantity of ink. Instead each individual should have their own small pot of ink as to avoid contamination

If you would like more information on HIV/AIDS please contact myself Melissa R Maracle, CHR,CDPW at 613-967-3603 ext 121.



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

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



Free ADULT AQUAFIT CLASSES

The healing properties of water are an excellent place to provide calm but revitalizing mind and body exercise. Discover ways to increase your flexibility, core stability, coordination, and muscular endurance. Aqua fit classes are adaptable to all fitness levels and are an excellent way to obtain and maintain an active lifestyle.

Sorry there are no dates available as of yet please call beginning of January to find out dates and times.

For further information or to register please call Melissa Maracle CHR, CDPW at

613-967-3603

Are you ready for...

Participants take out of shape, could be better, uncooperative body parts and turn them into strong, toned energetic bodies in a race to raise funds for BGH and the bragging rights of being Quinte's Biggest Loser.

Tyendinaga Fitness Resource Centre is pumped to be part of this years Biggest Loser event with the BGH Foundation!

Be sure to join by registering online at www.bghf.ca or by calling 613-969-7400 ext 2528 in December. One lucky participant will get to be our Super Contestant and win free training and support during the competition!

See the club for more details!



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

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

December 2012

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- 2:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

**We Are Open to
The Public**

Staff

**Darlene Loft /
Recreation Manager**

**Sonya Maracle /
Fitness Staff & P.T**

Part -Time Staff

**Mahaley Brant
Taylor Lefort C.
Ashley Weldon**

Need a New Years Resolution?

- Choose an attainable goal
- Avoid choosing a resolution that you have been unsuccessful at year after year
- Break it down to make it less intimidating
- Don't do it alone.....come into TFRC for help

TFRC would like to wish everyone a happy and safe holiday season. We hope to see everyone in January 2013.



Christmas Hours

Dec 24th - CLOSED

Dec 26th - CLOSED

Dec 28th - 7am - 1pm

Dec 31st - CLOSED

Jan 2nd - OPEN REGULAR HOURS

Dec 25th - CLOSED

Dec 27th - 7am-1pm, 4pm-8pm

Dec 29th - 8am-12pm

Jan 1st - CLOSED

Silent Auction

Our annual silent auction will begin on December 3rd, and end on Dec 14th at 5pm. All winners will be contacted by phone. Please stop in and place a bid to help support TFRC

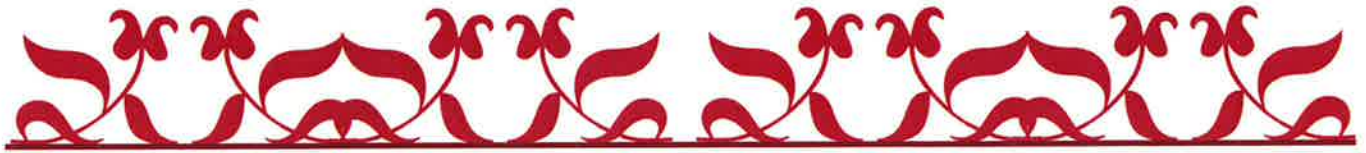
NEW STAFF

Hey there all, my name is Ashley Weldon also know to some as Kahsen-ni:saks. I am a mother of two beautiful wolf clan children; I have lived on the territory my whole life. I am currently employed at the fitness centre and am looking forward to meeting and helping new people move forward in their journey through life ... nai:wen kowa

Thank You

To all the moms and babies who participated in the Go Ihsten'a program. Also to Dorothy and Gail from the Healthy Moms, Healthy Babies Research Project, as well as all the presenters and instructors who offered their time. Thank you for making this program a success
 Dwayne Cowey for our new squat rack, thank you

Tyendinaga Fitness Resource Centre



Get your new years resolution kick started with
your own Personal Trainer !



New clients who join Tyendinaga Fitness Resource Centre

In **December** will be put into a

Draw for a free Personal Trainer & learn how to Urban
Pole for FREE with a Certified Instructor (4 P.T sessions)

Come out to Tyendinaga Fitness Resource Center to start a new and better you !



14 York Road Unit #1 Shannonville

Tyendinaga Mohawk Territory

Phone: 613-962-2822

E-mail: tyfitnessres@mbq-tmt.org

Tyendinaga Fitness Resource Centre

SILENT AUCTION

Do you have something hanging around
the house that doesn't really have a
place?

TFRC is hosting an annual silent auction
starting on **December 3rd** & we are
accepting donations of any kind!

Stop by today and drop off your artwork, unwanted mov-
ies, any good not so used items ...You do not need to be a
member to take part.

Auction Open - Dec.3 to Dec.14 closing at 5pm

Any participation will be greatly appreciated!

For more information : (613) 962-2822

tyfitnessres@mbq-tmt.org /



SMALL PERCENTAGE TOWARDS THE ANGEL TREE

PILATES

Pilates is a method of core conditioning which can help in-
crease your muscular strength, flexibility and endurance with-
out building bulk or stressing your joints. This class will cover
mat work exercises that will leave you feeling revitalized.

Every Wednesday

January 9, 16, 23, 30

Time: 5:50pm to 6:50pm

\$10.00 a night - limit of 10 Participants

The Fitness Instructor has 30 years experience with Pilates — Wendy Meraw
(Drop—In's are welcome but please let us know the day before)

For a successful program sign - up & pay before Jan. classes

AT - Tyendinaga Fitness Resource Centre

14 York Rd Shannonville / Unit # 1

(Limited Space per class but classes will continue)

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



Any questions on Pilates please e-mail: wmeraw45@gmail.com



Urban Great Gift for Xmas! Poling

www.urbanpoling.com

Great Benefits for All Ages !

90 % of your Muscles Used

Increase Energy

Improves Balance & Confidence

Full Body Workout

Weight Loss & Reduce Stress

Easy to Learn & You Pick the Time

\$25.00 for Individual Lessons

Local Certified Instructor / Poles Available to Purchase

Call today (613) 243-0170



Happy Holidays

Now is the time for Compassion and Hope!

Receive a New Patient Exam and 2 weeks of care for **FREE!**

AND

With each new patient that takes advantage of this generous offer,
**Dr. Jason and Dr. Rebecca will donate \$20 to Chiropractors with
Compassion.**

Chiropractors with Compassion has raised over \$2 Million in the fight against children's poverty around the world.

To make an appointment please call our office before January 31, 2013 and let them know payment will be made with this certificate. **613.507.5007**

We Wish You the Warmest and Happiest of Holiday Greetings.



Gift of Health and Hope

(Value \$300)



Receive a New Patient Exam and 2 weeks of Adjustments. Must be presented on the date of the initial visit. No cash Value. **Expires** January 31, 2013.

Call to Book An Appointment 613-507-5007



Kanhiote Tyendinaga Territory Public Library

Thanks to everyone who supported our Everyday Style fundraising.

Annual Cookie Sale and Chinese Auction

December 15th starting at 10 am

Cookies \$4.00/dozen Auction tickets 5 for \$1.00

Knitting starts again in the New Year. Please join us if you would like to learn to knit or work on your own project or our slipper project.
\$20/person instruction fee.




Hours
 Monday: 10:30 - 5:30
 Tuesday: 10:30 - 5:30
 Wednesday: 10:30 - 5:30
 Thursday: 12 - 7

Christmas Open House Day



Dec. 20th 12 to 7pm.

Refreshments will be served.

Drop in to see the changes at the library, visit, make an ornament for our tree or yours.

Have a Safe and Happy Christmas!

Karen Lewis
Kanhiote Tyendinaga Territory Public Library
1658 York Road
RR1 Deseronto, ON
K0K 1X0

613-967-6264



Moon Ceremony

*Women are invited to join us to honour and seek guidance from
Grandmother Moon on Dec 26 / 2012 at Dusk (Approx. 6.30 pm)*

What to bring:

Tobacco for offering (if you have it)

A skirt to wear

A bottle of water

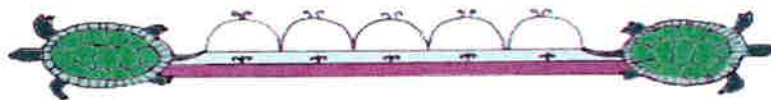
A lawn /camp chair

Pot Luck Feast

*(If you are unable to bring any of the following please give us a call,
we keep a limited supply on hand.)*

*The Ceremony will be held behind the Community Wellbeing Centre
and will be followed by a pot luck feast.*

Questions can be directed to Diana at (613) 967-0122 Ext. 133



Enyonkwa'nikonhriyohake' (Good Minds) Program

Youth Drop-In 6-8pm @ Youth Centre/Canteen



All events are FREE
DECEMBER 2012



↓ Tuesday: AGES 6-10	↓ Wednesday: AGES 11-14
4 th Games & Crafts 	5 th Games & Crafts 
11 th  Games & Christmas Crafts	12 th  Seasonal Crafts & Games
18 th Reindeer Games & Holiday Crafts 	19 th Games & Christmas Crafts 
25 th / Jan 1 st 	26 th / Jan 2 nd  No drop-in next 2 weeks HAPPY HOLIDAYS!

ENYONKWA'NIKONHPYOHAKÉ'
YOUTH PROGRAM & **RIGHT TO PLAY** PRESENT:

FAMILY/INTERGENERATIONAL SKATE DATE

WHEN: SATURDAY, DECEMBER 22: 1-2 PM

WHERE: DESERONTO COMMUNITY CENTRE
51 MECHANIC ST.

FREE COFFEE, TEA & HOT CHOCOLATE
TO KEEP YOU WARM!



THERE IS NO FEE, BUT PLEASE BRING A NON-PERISHABLE
ITEM FOR THE TYENDINAGA FOOD BANK.



DESERONTO LEGION

Coming events...

December 8 - 3 to 6 pm. the Deseronto Legion brings you Jamie Spurvey, Havelock Idol winner of 2011. A native of Trenton, Jamie was in the armed forces for years and is now enjoying a successful recording career. All are welcome, no cover charge as usual.

Dec. 31 - 8pm to 1am. Our New Year's Party is hosted by DJ Paul Martin. Tickets go on sale at the Legion on Dec. 1. Cost is \$10.00 per person in advance, \$12.00 at the door. There will be door prizes, party favours and beef on a bun provided. Designated drivers will be available.

The Legion mitten tree is in the downstairs club room.
Please help decorate with new or gently used mittens, scarves, hats etc.

Bingo continues every Tuesday night with doors open at 5:30 and play at 7:00.

Memberships for 2013 are being sold. New members are invited to join us.

Merry Christmas and Happy New Year to all from Branch 280 executive and members!



HO HO HO

Santa will be stopping by **KWE Radio** on

December 8th from 6p.m. until 9p.m.

Come in and get your picture taken with Santa. Also enjoy Christmas caroling and goodies to eat.

So kids bring your wish list and your parents and have fun.

(Proceeds to KWE Radio and Candies for Kids)



SANTA'S LIVING ROOM

WILL BE IN DESERONTO



Come visit Santa at 380 Main St.

Come and have a tour of Santa's Living Room
Enjoy a cup of hot chocolate and cookies

Have your pictures taken with Santa
(printed and ready to take home while you wait)
Cost only \$5.00 per photo

*** Proceeds in support Candies for Kids ***



1:00 pm to 5:00 pm

Friday Saturday Sunday

December	7	8	9
December	14	15	16
December	21	22	23

December Schedule

Sun., Dec. 2 @ Port Hope (1:30 start)

Tues., Dec. 4 @Napanee

Fri., Dec. 7 @ Home vs Picton

Thurs., Dec. 13 @ Picton

Fri., Dec. 14 Home vs Napanee

Thurs., Dec. 20 @ Picton

Fri., Dec. 21 Home vs Campbellford

Fri., Dec. 28 Home vs Port Hope

Sat. Dec. 29 @ Campbellford

~ All HOME games have an 8:30 start ~ Away games have a 7:30 start ~



Looking for a Christmas Gift for a hard to buy student?

Student 5 game pass - \$25.00

(Save \$5.00 off the regular price!)

A ticket to a Storm home game makes a great stocking stuffer for everyone!

Call Dave at 613-391-1480

For more information and all the latest updates, please go to www.pointstreak.com



Attention

Hunters & Shooters!

Interested in getting your PAL and/or Hunting Licences?

“ONE STOP” courses will be offered.

The Firearms Safety Course (PAL) portion will be Jan. 25/26

The Hunter Education Course portion will be Feb. 1/2 (Outdoors card)

Both Courses will run Fri. 6 - 9 p.m. and Sat. 8:30 - 5 p.m.

Anyone interested in challenging the firearms tests should set up a time and date in advance. The cost for a challenge is \$45.00.

Courses include instruction, study manual, tests and paperwork required to apply for your PAL and Hunting licences. Courses will be offered here in Tyendinaga Territory at a “*New Location*” in Shannonville at the corner of Hwy #2 and York Rd. (next to Tyendinaga Fitness Centre)

There is limited space.

For more information or to reserve your spot please call Ed Maracle at (613) 396-3077 or email at emaracle@xplornet.ca

OPERATION RED NOSE IN TYENDINAGA!

Operation Red Nose is a designated driver service that operates on weekends beginning early December through to New Year's Eve. We offer a free service to individuals in the community to ensure you and your vehicle get home safely. There is no cost, however, donations are accepted to go towards future Tyendinaga Block Parent® events.

Volunteers are needed! Please help keep the community safe by spending one night as a volunteer driver.

For more information or to get a ride, call or text:

613-885-2751

On behalf of the Tyendinaga Block Parent® Program, we wish everyone a Happy Holiday Season!



JUST IN TIME FOR THE HOLIDAYS
THE MOHAWK GUILD PRESENTS THE
ANNUAL 2012

COOKIE WALK

SATURDAY DECEMBER 8TH, 2012
10:00 AM - ???
QUEEN ANNE PARISH CENTER
1295 RIDGE RD TMT

HERE'S HOW IT WORKS

1. BUY YOUR CONTAINER - \$5.00 OR \$10.00
2. TAKE A WALK AROUND TABLES FILLED WITH WONDERFUL HOME MADE COOKIES
3. FILL YOUR CONTAINER
4. ENJOY

BAKE TABLE (ASSORTMENT) ALSO AVAILABLE
PROCEEDS TO AID IN THE WORK OF THE TYENDINAGA MOHAWK GUILD

DON'T BE LATE DON'T BE DISAPPOINTED

Three chocolate chip cookies are arranged horizontally at the bottom of the poster. They are dark brown with visible white chocolate chips and are set against a light brown, parchment-like background.

Dr. Gabor Maté Is Coming to Tyendinaga

**SAVE THE DATE
FEBRUARY 6, 2013**

**TIME TO BE
ANNOUNCED**

**Our Event
Entewatsyenhonniseke
“We Will Continue
to Build Our Spirits”**

**Hosted by the
Enyonkwa'nikonhriyohake'
Program**



“I still don’t accept that things are hopeless for any human being. I believe there is a natural strength and innate perfection in everyone.”

**“Not why the addiction but why the pain.”
— Gabor Maté**



THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest
The Venerable Brad Smith
962-2787

Our worship uses a mixture of traditional and contemporary language and music, including Mohawk. All people are welcome to worship and participate in fellowship and parish life. We don't think we have all the answers—if you have questions, please join us on a journey of discovering the sacred One.

SUNDAY CELEBRATIONS

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

Christ Church (Lower Church)
52 South Church Ln
10:30 a.m.

UPCOMING EVENTS

Parish Fun Night
Wed 19 Dec, 7 p.m.
Queen Anne Parish Centre
Bring a game, a friend, and a snack!

Men's Breakfast
Sat 39 Dec, 8 a.m.
Small Town Cafe, Deseronto
The men of the Parish (and friends) gather once a month for breakfast and fellowship.

CHRISTMAS CELEBRATIONS

Blue Christmas - Sun 23 Dec
5 p.m. - All Saints' Church
A service for those who find Christmas hard to celebrate due to loss or grief.

Christmas Eve, Mon 24 Dec
4 p.m. - All Saints' Church - Family Celebration
7 p.m. - Christ Church - Traditional Candlelight Service

Christmas Day, Tue 25 Dec
9 a.m. - All Saints' Church

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

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: Joy Brant - 613-967-0411
Tree Good altree94@gmail.com

“AA OPEN MEETINGS”

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

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

She:kon! Skennen:kowa!

Great Peace be with you!



Keristos Ne Korah:Kowa

*The Mohawk Sodality of Christ the King
Under the patronage of St. Kateri Tekakwitha
A Catholic « Anglican-Use » Community
Tyendinaga, M.T.*



Have a blessed Advent!

"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 last words of the New Testament... "Come, Lord Jesus!" May our hearts be filled with the joy of the Lord as we anticipate His arrival...

All Services are held at

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

Regular Sunday Services

Usually at 10 AM—Best to call to verify!



CHRISTMAS EVE SERVICE

6 PM, Monday, December 24th, A.D. 2012

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

No Services Are Scheduled on Dec. 25th!

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, PFOLW ☎ 1-888-831-4145 ✓

✉ gtplus@yahoo.com



TYENDINAGA MOHAWK TERRITORY

1984 YORK ROAD

CHURCH • 613-396-5329

PARSONAGE • 613-396-5325

Sunday	Morning service @ 10:30am Sunday School @ 11:30am Evening Worship @ 6:30pm
Wednesday	Bible Study Group @ 7:00pm
Saturday	Prayer Meeting @ 7:00pm

Coming Events

**Dec 16 • Annual Christmas dinner 6 pm.
Native new life centre. Tickets on sale
now. Call church for more info.**

**Dec 19 • community carolling night
please feel free to join us. Call
Church for more info.**

**Dec 24 • Christmas Eve candlelight
communion service at 7pm.**

**A drop box for used clean clothing and
footwear is available, see details posted
outside of shed. This is a fund raising
project.**

CLASSIFIED

FOR SALE

WASHER/ DRYER SET

- new, unable to use
- large capacity
- Inglis Whirlpool
- asking \$900.00 for set

Call: 613-396-5923

FOR SALE

BALES OF STRAW

- 4 x 4 round
- small square bales

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

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

- LAND approx. 23.89 acres
- surveyed
- York Rd. frontage and backing onto the Slash Rd.
- creek, good land
- well & roadway

Best reasonable offer

Call: 613-967-8935

For Sale

4 BEDROOM HOME

- (approx 3/4 acre)
 - large eat-in kitchen
 - dishwasher, fridge, stove
 - large bedrooms
 - Updated 4 pc bathroom (ceramic floor)
 - 3 pc bath w/shower
 - large family room with updated woodstove (WETT certified)
 - walkout basement
 - lots of storage
 - upgraded well with holding tank
 - new roof and deck
 - shed
- PRICE RECENTLY REDUCED
(Serious offers will be considered)

Please contact:

tyendinaga11@yahoo.com OR
416-938-4157 or 613-396-2151

FOR SALE

INCOME PROPERTY FOR SALE

- 12 acres
- 3 Apartment Rentals- new cedar shake roof and windows
- Excellent Business location -
- Hobby Farm with 2 barns with

- water & chicken house
- 3000 sq ft. 5 bedroom brick house, wood pellet stove, fireplace, new water softener & UV light, lots of water with trickle system
- inground pool, some new windows, 4 bay metal drive shed & paved driveway,
- 251 York Road, Shannonville

Call: 613-962-9187

FOR SALE

- 60 ACRES OF LAND
- located on the Slash Rd (Near Hwy 49)
- \$90,000.00

Please call Bill: 613-966-1092

FOR SALE

- Has been converted into 2 apartments
- 3 Bedrooms upstairs & 1
- Large Bachelor apartment downstairs
- Natural gas heating, central air, 1 bedroom apartment contains fireplace
- Municipal water supply, with access to municipal sewage hook up
- New roof recently done
- Property is approximately 1 acre
- Located on Old Hwy #2

Serious inquiries only
Call: 613-396-5879

FOR SALE

4 BEDROOM HOUSE

- 376 Beach Rd in Shannonville
- 3300 square ft. living space
- full basement
- 2 full bathrooms
- 2 car garage
- 27' above ground pool
- utility shed

Please call Bill: 613-966-1092

Babysitter Available

Are you looking for a full-time reliable babysitter? If so please give Sandy a call at 613-967-0091

Child Care Available

Hello My name is Donna Glass

- mother of one & starting childcare in my home
- experience at day cares, day camps, before & after school programs
- accepting ages up to 10
- spots available for before & after school
- healthy lunch, snacks, crafts
- walks, nap time if needed & more

For more information
Call: 613-309-9272 or leave a message. I will gladly get back to you & look forward to looking after your children.

FOR SALE

- 26 ACRES, 2 HOUSES
- includes apartments for extra income
 - ponds, ATV trails, quiet rural location near Deseronto.
 - Owner will hold mortgage for qualified buyer.
 - Make a reasonable offer. Owner is Retiring.

Call 613-847-9761

Available

BABYSITTING OR SANTA LETTERS

- babysitting of Christmas shoppers

Call: 613-921-3898

HOUSE FOR SALE

- 840 # 49 Hwy Tyendinaga Territory
- lot 150' X 200'
- House, Garage, Store front, Utility shed
- 1735 sq. ft. main floor
- full basement
- 4 bedroom, 2 bathroom on suite has jacuzzi tub
- above ground pool
- large deck
- 5 X 10 pool table included
- appliance included/and some home decor
- sunroom - leads from master bedroom to pool area

Details call: Rick 613-827-2988
Jackie 613-849-4559

HOUSE FOR SALE

- 2 YEAR OLD HOME
- 100' X 200' lot
 - 2000 sq. ft. open concept/side split
 - 2000 sq. ft. Basement
 - 3 bedroom, 2 full baths plus jacuzzi
 - ceramic & laminate flooring throughout, in floor heating
 - 9' ceilings (main floor & basement)
 - central vac, central air, HRV
 - four star propane furnace
 - heated 1 1/2 car garage (24'X24')
 - town water & sewer
- ### BASEMENT
- basement 30% completed (framed, wired, drywall half complete)
 - 3 additional bedrooms, 1 full bath
 - open concept - large rec room with bar/kitchen roughed in
- * Possible investment/income property easily converted into Duplex. Ideal for Retirement Residence or Foster/Group home *

Please call for viewing and more information: Cell: 613-848-0117
Home: 613-396-3971

****SERIOUS INQUIRIES ONLY****

HOLIDAY DESSERT TRAYS AND DESSERTS!!

No time to bake for the holidays?
Need to bring a wonderful desserts to a party or family dinner?
Looking for a unique gift?

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Assorted Squares/Cookie Trays and Boxed Gifts

\$25 - small, \$35 - med, \$45 - large

10' Pies - \$8

Doz Tarts - \$8

various desserts also available

We build trays and gifts to your request

Peanut Free Available!!

call: Mary Maracle

849 Lower Slash Rd

613-396-2057

OR

613-966-5876

Don't loose out! Order NOW!!

Pick-up dates until Dec 24th

ROOM FOR RENT

FURNISHED OR UNFURNISHED ROOM

- \$400.00 per month
- 20 minutes from Belleville
- 10 minutes from Napanee, just a few minutes from 401
- includes: utilities, use of laundry, high speed internet service, satellite t.v., shared fridge and use of kitchen, parking space and shared living room.
- looking for someone who is neat, clean and respectable of others

If you have any questions please call:
613-396-2176 or 613-922-5356

LOT FOR SALE

Corner lot on Bayshore Rd & Hwy #49

- terms available

Call: 613-396-3378 or 613-827-4338

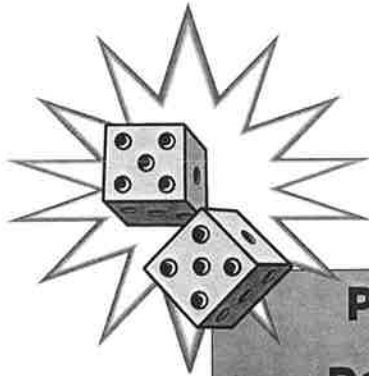
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**Pregnancy & Alcohol?
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Have an Alcohol Free
Pregnancy.**





Christmas Trees For Sale

- Holiday Arrangements
- Holiday Gifts

For every tree sold we will donate to the Angel Tree Program

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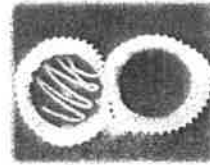
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