



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 12/14
TSI YOTHORHA (Dec)

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



**** PLEASE NOTE ****

Christmas Closure

Dec. 24 at noon and

Reopen Monday, January 5 at 8:30



NOTICE

Tyendinaga Mohawk Council is requesting that all motorized vehicles avoid the mound area at the landfill site. It has been brought to our attention that four wheelers and other motorized vehicles are continuing to access the decommissioned Tyendinaga landfill site and driving on top of the mound causing damage to the cap. We have had to make repairs to the mound in the past and it now requires repair again in the same locations because motorized vehicles continue to access the site and cause damage.

Please avoid the mound area. Damage to the protective cap compromises the clay cap and vegetation that shields the buried waste from exposure to surface water that could adversely influence groundwater. The costs for repair place a burden on limited resources and we are requesting your cooperation in avoiding the landfill area.

Thank you for your cooperation

Tyendinaga Mohawk Council

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

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



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in Oct.
responded to 7 calls:

3 Medical Assists
1 Vehicle Fire
3 Vehicle Accidents

This brings our total to 62 calls for the year 2014

We would like to thank everyone who came out to the Water and Septic Information night. It was great to see you come out and participate. The winners of the kids coloring contest were Adrianna and Wacahte. Thanks kids for the fantastic job coloring.

Liz, Crystal and Carrie



December 2014 CURB SIDE AND RECYCLING SCHEDULE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8		10		12	13
14		16	17	18	19	20
21	22	23	24 TRANSFER STATION CLOSSES AT NOON	25 CHRISTMAS DAY NO RECYCLING	26 BOXING DAY NO RECYCLING	27
28	29 EAST END REGULAR HOUSEHOLD PICKUP	30 WEST END REGULAR HOUSEHOLD PICKUP	31 EAST END RECYCLING	JANUARY 1 NEW YEARS DAY CLOSED	JANUARY 2 WEST END RECYCLING	





7TH GEN TECHNOLOGIES

ENLIGHTENING GENERATIONS

Billing: (613) 396-3424 | 24Hr Technical Support: (613) 827-4817

7th Gen Technologies Needs Your Help!



7th Gen Technologies is conducting a market research survey on the viability of offering Telephone and Television service on our network. Your input is vital in our decision!



Take the survey on our website

www.7thGenTech.com

for your chance to **WIN** a 48" Samsung TV



Please note: One entry per household. Contest open to residents with a valid address on the Tyendinaga Mohawk Territory. Prize has no cash value. By entering into this draw you are not obligated to sign up for any service listed in this survey and are not registered on any lists. 7th Gen Technologies respects your privacy; any personal information gathered will be used only for the purposes of the television draw and will be destroyed after the draw closes. All survey data will remain anonymous. **Contest closes on December 18th 2014 11:59 PM.**

Tyendinaga's Annual Pre-Christmas Food Drive

Community volunteers will be circulating around the community on **Wednesday Dec 10th and Thursday Dec. 11th, 2014** between the hours of **5pm-8pm** to pick up your donations.

As an alternative, you can drop by the food bank with your donation. The food bank is open every 2nd, 3rd, & 4th Friday each month from 10-1pm at the back of the 59er's Club (although hours are flexible in December due to demand).

If you are not home when our volunteers stop by and you have mobility issues we will try and send a volunteer back for your donation.

Additionally, donations can be dropped at FNTI between business hours of 8:30 a.m. - 4:30p.m. Monday - Friday.



If you would like to be a volunteer, or require pick up on a different day, please feel free to contact Shannon Butcher at 396-2122 ext. 166.

If you have any other questions regarding the Food Bank, or the food drive please call Mary McCauley at CWB at 396-3606 ext. 122.

**Merry Christmas
and
Happy Holidays!**



Suggested non perishable food items for the food bank includes:

* 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.

Black Ash Basket Making workshop

If you are between the ages of 12-21 years of age and interested in learning how to build a black ash basket please

contact Mark Brinklow at markb@fnti.net.



Tyendinaga Justice Circle
Tontakaiê:rîne
(It has become right again)



Trustee Report for November, 2014

At the Inaugural Meeting Monday December 1, 2014, Board Members (Trustees) will be sworn in for a new four year term. I am honored to serve our Territory in this capacity and look forward to continued success for our First Nation's Students.

The November Board meeting of HPEDSB was held on the Territory with Quinte Mohawk School hosting this event. This started with a tour of the school including history and cultural information depicted in various murals and exhibits throughout the school. A delicious meal of traditional food was offered with everyone commenting on how much they enjoyed it. The Committee of the Whole session (confidential) was held in the library followed by the Public Board session held in the gymnasium. A traditional opening was offered by QMS students in our Mohawk Language. Chief Don Maracle welcomed the HPEDSB to the Territory and spoke about the value of the work the Board does and how vital a good education is to the community. He also wished the Board a productive meeting.

Members of Band Council were present during the opening with Councilor Doug Maracle continuing to be a strong advocate for education on the Territory. The HPEDSB meeting on the Territory continues to demonstrate the strong relationship that exists between HPEDSB and TMC in providing the best opportunities in education for our First Nations Students.

A student presentation was offered on the Outdoor Education Project at QMS with pictures and information on the Outdoor Literacy Program. This has been a very successful program and has provided a focus for students to develop their writing skills discussing topics that they are interested in and value.

Following the regular business of the Board, the meeting ended with mutual feelings that this indeed had been a successful and productive evening.

A very big thank you to Principal Kathleen Manderville and all those who made this such a successful evening.

For more detailed information, 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 mbranthpedsb.on.ca

Respectfully submitted

Mike Brant, HPEDSB. Representing Tyendinaga First Nations

**** JOB OPPORTUNITY ****

Looking for experienced
Window Installer

First Priority to person with Native Ancestry

Call for more information and ask for Yolanda
613-396-3338



Kagita Mikam Aboriginal Employment & Training Services have made contacts with many construction trade unions through our work and in partnership with the Aboriginal Apprenticeship Board of Ontario.

If you are a Kagita Mikam registered client that is unemployed or under employed and seeking work in the construction trades (Ironwork, Electrical, Carpentry, Solar, Heavy Equipment, Welding and Pipe etc.)

Visit us at a location near you:

Algonquins of Pikwakanagan First Nation –

Amanda @ 613-625-2800 ext.249

Curve Lake First Nation–Bridget @ (705)-657-9455

Hiawatha First Nation -Vanessa @ (705)-295-7110

Mohawks of the Bay of Quinte-Sandy @ (613)-396-3424

Wahta Mohawks-Kristal @ (705)-762-2354 ext. 230

Kingston-Natasha @ (613)-536-7054

Ottawa-Lydia @ (613)-565-8333

Peterborough-Jo-Anne@ (705)-749-0101

Bring in your resume and cover letter and we'll be sure it gets to the appropriate union contact or employer. We can even help you with this!



Interested in working in the construction trades – We can help!

Like us on Facebook /Kagita Mikam & follow us on Twitter @KagitaMikam



**KANHIOTE
LIBRARY**
613-967-6264

Monday, Tuesday

and Wednesday Thursday 12 to 7

Community Kitchen at Community Wellbeing Centre Dec. 12 from 9 to 1

**Library Cookie sale
and Chinese auction Dec. 13
starting at 10am**



Some thoughts on Christmas:



From Caroline Kennedy: It's true, Christmas can feel like a lot of work, particularly for mothers. But when you look back on all the Christmases in your life, you'll find you've created family traditions and lasting memories. Those memories, good and bad, are really what help to keep a family together over the long haul.

from Dr. Seuss: Maybe Christmas, the Grinch thought, doesn't come from a store.



TSI TYONNHEHT ONKWAWENNA
"Keeping the Language Alive"

314 Airport Road, Tyendinaga, Ontario K0K 1X0
Tel: 613-396-1081 Fax: 613-396-1083

Upcoming Community Meeting

Tsi Tyonnheht Onkwawenna is looking to hold a community meeting in regards to moving forward with a language and culture complex. We are looking for input from the community as to what you believe should be included in the building eg. rooms, resources, learning environment, etc.

The meeting will be hosted by tentative speaker, Rick Hill, Projects Coordinator at Six Nations Polytechnic.

The meeting will take place mid January, please keep an eye out for future flyers and our ad in the January newsletter.

Nya:wen



Akohsera'kè:ne-Wintertime

Shayà:ta raksá:'a, Sewatis ronwá:yats, tehanyehtohrtárhos, Yawententa'ón:'ke,
One small boy John they call him he cleans the snow up, Monday,

kayé:ri sha'tesewahsén:nen, yotohetston néntyé,
four half past after noon

akohserà:ke nikahà:wi, raononhsákta, né:'e tsi
winter time beside his house because

é:so kanyétayen tánon yah teyohá:te.
lots it has snowed and there's no path.



Yo'kerén:'onh (yo-gey-ren-un) – Snowing

Tekato'tsinehtha' (de-ga-doe-gee-nay-h-ta) - I skate

Tektsiré:re (dek-gee-ray-ray) – Chickadee

Tkákonte akhní:non (t-ga-goon-day a-k-nee-noon) – I have to buy

...ne akohsera'kékha ahta (a-go-say-ra-gey-caa aw-ta) – winter boots

...ne akohsera'kékha atyà:tawi (a-dee-ya-da-we) – a winter coat

...ne akohsera'kékha anòn:warore (a-noon-wa-roe-ray) – a winter hat

Tsyeyà:ta yeksá:'a, Wa:ri yontátyats, teyethwen'karóntha, Tekeníhaton, éntyé
One small girl Mary they call her she is snowshoeing Tuesday noon

ní:kare, akohserà:ke nikahá:wi, átste, onontà:ke, kaniatarákta, né:'e tsi
hour winter time outside on the hill beside the river because

wenhniserí:yo tánon yah teyothó:re.
it is a nice day and it is not cold



Editorial

Konwanonhsiyohstha yonkyats, wakenyahton, Kanyen'kehá:ka niwakwentsyó:ten...

Over the past ten years the regeneration of Kanyen'ke'ha'né'ha has become the focus of my life. The significance of learning our traditional ways only came to me in adulthood becoming most important after the birth of my daughters. I set a personal goal that by the time I became "Akhsótha" I would be a proficient speaker so that I could pass it along to my grandchildren – neither of my parents were speakers but I am told that several of my grandparents were. At present I am a novice speaker so with the help of one of my language mentors I was able to learn a "welcoming" speech in time for the birth of my first grandson this past September. I welcomed him by telling him how long we waited for him, how happy we were that he arrived safely and by introducing him to Creation and his family aókson Kanyen'kéha – it was the first sound he heard as he took his first breath and it was one of the most profound moments in my life thus far. It was also a realization that I can still achieve the goal of passing the language onto him. I will continue to speak what I can to him. When I sing to him in the language it never ceases to amaze me at how it soothes him every time. And of course I like to believe it also has a lot to do with the fact that it is my voice he is hearing ☺

My first encounter with language/cultural revitalization came when in grade 3, my teacher, Lorraine Hill kénha began to teach us our traditional social dances which we practiced and performed to a "cassette" tape. I was raised by my parents as Anglican and I do not recall anything "cultural" in my world up to that point in time. I now know that that experience was another defining moment in my life. I have actively been working in language revitalization since 1996 when as an employee of FNTI I was given the task to investigate offering formal Mohawk language education for adults.

I am very passionate about the regeneration of our language, our culture, our tradition. Personally those buzzwords "culture" and "tradition" are not my favourite terms because they don't come near to capture the essence of what it is that is in my heart and soul. We have to start thinking of it and understanding it as more than that before we can truly place its importance in the lives of our children and grandchildren.

I have been a language activist for many years and I would like to provide an opportunity for you to gain a deeper understanding of the importance of our survival as Onkwehòn:we and more specifically Kenhtehkerónon. I am not asking you to change your personal beliefs I am merely asking you to keep an open mind as I share what I have learned through both formal education and personal experience. This column and my future articles are dedicated to the regeneration of our civilization for "táhatikonhsotontye", those faces yet unseen. Tho'k nikawénnake

Konwanonhsiyohstha (Callie Hill) is Turtle Clan of the Mohawk Nation and has lived in Kenhtè;ke for her entire life. She has worked for the Tsi Tyonnheht Onkwawenna Language and Cultural Centre for the past ten years and holds the position of Executive Director.

Konwanonhsiyohstha is currently working on her Masters degree in Indigenous Language Revitalization at the University of Victoria, B.C. She is active in the traditional community in Kenhteke where she spends much time working towards language and cultural education/revitalization.

OFFICE ADMINISTRATION PROGRAM

PROGRAM DELIVERED IN ORILLIA, JANUARY 2015



FIRST NATIONS TECHNICAL INSTITUTE In partnership with ST. LAWRENCE COLLEGE

In order to be successful, every organization or business requires exceptional administrative skills to manage work flow. If your career needs a kick start or you need to add significant administrative skills to your resume, then consider the Office Administration Program offered by FNTI, in partnership with St. Lawrence College. Embrace the advantage of our Intensive Learning approach – 1 week of classroom instruction every 4 to 6 weeks. Funding assistance is available. For further information, contact Jake Brant at FNTI.



Drop In Program

Tuesdays & Fridays 9:00am-11:00am

Afternoon Program

Monday & Friday 1:00pm-4:00pm

Junior Program

Monday & Thursday 9:00am-11:00am

Happy Holidays! We look forward to seeing everyone back on ...

Monday January 5th, 2015



Tahatikonhsontontie Head Start: Drop In Program

December 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Music Time with Donna K @10:00am	3	4	5 Show and Tell	6
7	8	9 Santa Visit @ 10:00 am	10	11	12 Last Day of Program & Pot Luck	13
14	15	16	17	18	19	20
21	22	23	24 Christmas Eve	25 Christmas Day	26	27
28	29	30	31 New Years Eve			



IAPO Small Business Financing

IAPO offers small business financing to support First Nations entrepreneurs and businesses. IAPO small business financing includes:

Equipment

- Production machinery and equipment
- Commercial vehicles
- Construction equipment
- Technology - servers, network, telephone, computers

Business Start- Up & Expansion

- Working capital
- Bridge financing
- Term loans

Commercial Real Estate Financing

- Purchase of land and buildings
- Construction of new premises
- Expansion or renovation of existing premises

For more information on how IAPO can help you grow your business contact:

South Western Ontario

Grant Edwards
1-800-663-6912

Eastern and Northern Ontario

Mark Leahy
1-800-363-0329

Indian Agricultural Program of Ontario 220 North Street, Stirling, Ontario K0K 3E0
1-800-363-0329 info@indianag.on.ca

IAPO'S 30th ANNIVERSARY 1984 - 2014

We Rocked Our Moccasins!
Aonata'kariteshera ne Komonkwe

"Women's Health & Wellness Day"
Red Cedars Shelter Fundraiser

Tyendinaga Mohawk Territory
November 15, 2014

**Women's
Health & Wellness Day**
was held on
Saturday November 15th, 2014
at the
Community Centre.

110 community women
attended the event, that offered
something for everyone!

Proceeds for Red Cedars Shelter
*"To continue to provide support
to women and children who are
fleeing family violence situations."*

Nia:wenkowa to the
Educational Service Providers
Craft Vendors
&
Volunteers
who made this day possible!!

Photo courtesy of Annie Sakkab Photography

We, the family of Gene Laverne (Fish) Maracle, would like to thank everyone for all the love, prayers, cards, hugs and support we received upon Fish's passing.

Thank you to Marion, Donna, Bill & Mare, and Will & Caroline for coming so quickly when called and for helping us over the initial shock.

Thank you to Carol and her family for coming as quickly as possible and for staying with us throughout.

Thank you to Officers Tony and Sam for their care and compassion that night.

What a wonderful community we live in as we did not have to prepare a meal for the week as the food just kept coming in and we do thank everyone who brought food. It was so much appreciated and gave us one less thing to have to concern ourselves about.

Thanks to Bill for all the prayers he offered for us and also to Rod for his prayers and kind words.

Thank you to Father Brad for his guidance and for the wonderful service and for ensuring that it could be seen and heard by those who were seated in the back of the Church.

Thanks to Pastor Bowbeer for his kind words and prayers.

Thank you to Mohawk Fire Department for their support and to Greg Lewis, Trevor Brant, Steve Maracle, Dave Leafe, Keith Brant and Kirk Brant for acting as pall bearers and to all the firefighters who came from so many different departments to provide the honour guard. It was so appreciated.

Thank you to Chuck Naphan and Robert Rutter for acting as an honorary pall bearers and to Chuck for the kind words spoken at the service.

Thank you to Belleville's Fire Chief, Mark McDonald, for offering to sing at the service. It was wonderful and greatly appreciated.

Thank you to Cassie Thompson for watching the children when needed.

Thank you to the Mohawk Guild for organizing and preparing the luncheon after the funeral and thank you to any and all who helped them by working in the kitchen and donating food.

Thank you to Michelle and staff at the McGlade Funeral Home for their kind and thoughtful service.

We certainly do appreciate all the many wonderful people who surrounded us during this most difficult time, so thank you to all.

Norma, Scott & Angela, Suzanne, Sandy & Karl, Ian & Meagan, Malory & Jeff, Brenna, Chrystal, Colin, Jady and Easton



Congratulations to the Ottawa Nemesis Elite U16. Coach Kevin Wallace has received the notification that our team have qualified for the Dick's Tournament of Champions U15 Division in Pasco County, FLORIDA. Special congratulations goes out to our Tyendinaga boys Braiden Brant and Braeden Smith-Maracle on your accomplishments!!!

Your Parents and Community are so very proud of you.



Happy Birthday!



Happy 8th Birthday
Landon – December 2nd
Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
Phill & Hayden

Happy Birthday
JoDee – December 21st
Love Marilyn & Rick

Happy Birthday
Jeff – December 13th
Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
Phill & Hayden

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

Happy Birthday
Tiffany – December 13th
Love Mary Moo Moo & Rick

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

Happy Birthday
Tiff – December 13th
Love Sam & Emmett

Happy 30th Birthday
Tim – December 31st
Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
Phill & Hayden

Happy 7th Birthday
Gavin – December 18th
Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
Phill & Hayden

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



COLOUR ME!!

'Twas the Night Before Christmas

'Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there;
The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads;
And mamma in her 'kerchief, and I in my cap,
Had just settled down for a long winter's nap,
When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.



Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.
The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below,
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer,
With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by
name;

Now, Dasher! now, Dancer! Now, Prancer and Vixen!
On, Comet! On Cupid! On, Donder and Blitzen!
To the top of the porch! to the top of the wall!
Now dash away! dash away! dash away all!



As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky,
So up to the house-top the coursers they flew,
With the sleigh full of toys, and St. Nicholas too.
And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my hand, and was turning around,
Down the chimney St. Nicholas came with a bound.



He was dressed all in fur, from his head to his foot,
 And his clothes were all tarnished with ashes and soot;
 A bundle of toys he had flung on his back,
 And he looked like a peddler just opening his pack.
 His eyes – how they twinkled! His dimples how merry!
 His cheeks were like roses, his nose like a cherry!
 His droll little mouth was drawn up like a bow,
 And the beard of his chin was as white as the snow;

The stump of a pipe he held tight in his teeth,
 And the smoke it encircled his head like a wreath;
 He had a broad face and a little round belly,
 That shook, when he laughed like a bowlful of jelly.
 He was chubby and plump, a right jolly old elf,
 And I laughed when I saw him, in spite of myself;
 A wink of his eye and a twist of his head,
 Soon gave me to know I had nothing to dread;



He spoke not a word, but went straight to his work,
 And filled all the stockings; then turned with a jerk,
 And laying his finger aside of his nose,
 And giving a nod, up the chimney he rose;
 He sprang to his sleigh, to his team gave a whistle,
 And away they all flew like the down of a thistle.
 But I heard him exclaim, ere he drove out of sight,
 "Happy Christmas to all, and to all a good-night!"



**Merry
 Christmas**

All programs held at the
Home Support Activity Centre
 1794 York Rd
 Unless otherwise stated

December 2014

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Ceramics Wii Bowling	2 Meals on Wheels	3 Euchre	4 Meals on Wheels Napanee Shopping	5 Meals on Wheels Handivan Des Christmas Dinner Comm Centre 5:30 p.m.	6
7	8 Ceramics Wii Bowling	9 Meals on Wheels	10 Diners Club & Bingo HOME SUPPORT @ Community Centre	11 Meals on Wheels Birthday Tea	12 Meals on Wheels Handivan Des Scrapbooking	13
14	15 Ceramics Breakfast Club Wii Bowling	16 Meals on Wheels	17 Afternoon at the Movies Euchre	18 Meals on Wheels Belleville Shopping	19 Meals on Wheels Handivan Des Friendly Visiting Christmas Tea	20
21	22 Ceramics	23 Meals on Wheels	24	25	26	27
			<i>Office will be closed Wednesday, December 24 at 12:00 p.m.</i>			
28	29 Handivan Des MUST CALL IN	30	31			
<i>Office will reopen Monday, January 5th at 8:30 a.m. Wishing you and your family a very Merry Christmas & Happy New Year!!!</i>						



GOOD BABY FOOD BOX

The Good Baby Box helps families residing in Mohawk Territory to stretch their food dollar, reduce cost, and meet nutritional cost food needs of their infants and toddlers. Please contact Vanessa @613-967-3603

Price List:

Infant:-\$6.00

- 20 pack of diapers
- 1 chosen speciality item

Over 6 Months-\$10.00

- 20 pack of diapers
- 6 small or 4 large jars of baby food
- 1 choice of cereal, cookies or juice

Toddlers:-\$6.50

- 20 pack of diapers
- 1 chosen specialty item

Speciality Items are:

- Wipes
- Shampoo
- Kleenex
- Vaseline
- Lotion
- Soap
- Other items as available

Formulas:

Good Start
Enfamil lower iron
Enfamil with iron
Parent's Choice with iron
Parent's Choice lower iron
Powder: \$16.00 per can
Concrete: \$2.25 per can or 8 cans
for \$17.00

Good Food Box



Calendar For 2014

Order By and Paid By 4:30pm	Order Arrives
December 9, 2014	December 17, 2014

Please note all orders must be placed and paid on the Health side of the Community Wellbeing Centre by order deadline at 4:30 pm.



For more info call
Vanessa, at CWC
613-967-3603

Large Food Box \$15.00

Singles Box \$10.00

Fruit Bag \$5.00

COMMUNITY HEALTH

Ronata'karite tahnon Sken:non Ronnonhtónnyons

Community Health: "They are of good health, peaceful thinking and are able to contribute to the community in ways that help others maintain the first two".

Winter Weather Safety & Falls Prevention

Winter can be a challenging time of year to get out and about. Freezing rain, icy surfaces and piles of hard-packed snow pose a hazard for all of us!



A few simple measures can make it safer to walk outdoors in winter:

- Removing snow and ice
- Putting sand or salt on areas where people walk
- Wearing the right footwear

Just one bad fall on ice can have long-term consequences:

- Chronic pain in the affected area
- A disabling injury that may mean loss of independence, or fear of another fall, which discourages a healthy, active lifestyle.

Quick Facts...

- The risk of falling increases with age and is greater for women than for men.



- Two-thirds of those who experience a fall will fall again within six months.
- A decrease in bone density contributes to falls and injuries.
- Failure to exercise regularly results in poor muscle tone, decreased *strength, and loss of bone mass and flexibility.*
- *At least one-third of all falls in the elderly involve environmental hazards in and around the home.*

COMMUNITY HEALTH TEAM
Community Wellbeing Centre
50 Meadow Drive,
Deseronto, ON K0K 1X0
613-967-3603



Ronata'karite tahnnon Sken:non Ronnonhtónnyons

Community Health: *"They are of good health, peaceful thinking and are able to contribute to the community the community in ways that help others maintain the first two"*

Cold Weather...

Brings an increased risk of hypothermia and frostbite for people who stay outside for long periods of time without adequate protection. Overexposure to cold temps can result in severe injury and even death.

People at greatest risk from cold injuries are:

- Infants less than a year old
- Elderly
- Homeless
- Outdoor Workers & Recreation Enthusiasts



Prevention:

- * Wear several layers of clothing and make sure that the outer layer protects you from wind & wetness
- * Covered exposed skin (hats, mittens, face mask) to protect against frostbite
- * Drink warm fluids that do not contain caffeine or alcohol to prevent dehydration
- * Check frequently on elderly and vulnerable people
- * Maintain a heated indoor environment above 20^o C (hypothermia can occur when indoor temps are 16^oC or lower).
- * Avoid strenuous exercise during cold spells.



FALL Prevention Tips!

All Living Spaces:

- Avoid throw rugs
- Reduce Clutter
- Ensure adequate lighting

Bathrooms:

- Install grab bars on walls, around the tub and beside the toilet
- Add non-skid mats or appliques to bathtub

Kitchen:

- Keep common items within easy reach
- Use a sturdy step stool when you need something from a high shelf

Stairways, Hallways & Pathways:

- Install tightly fastened hand rails running the entire length and along both sides of stairs



feeling overwhelmed?

Mental Health
Helpline

1.866.531.2600
www.MentalHealthHelpline.ca

Live answer 24/7
Confidential, Anonymous and Free





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

14 York Road, Unit #1 & 2B
Shannonville, Ontario

December 2014

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+) \$20.00

Student \$25.00

Adults \$30.00

We Are Open to

The Public

TFRC Staff

Darlene Loft /

TFRC Manager

Sonya Maracle / P.T

Jayna Leland / P.T

Shanleigh Maracle

Mahaley Brant

Taylor-Rain

Tabobandung

**Happy Holidays from the staff at
TFRC**

TFRC Holiday Hours

Dec 24 6:30am-12pm

Dec 25 **CLOSED**

Dec 26 **CLOSED**

Dec 27 8am-2pm

Dec 29 7am-3pm

Dec 30 7am-3pm

Dec 31 7am-3pm

Jan 1 **CLOSED**

Jan 2 7am-3pm

Jan 3 8am-2pm

Back to regular hours January 5, 2015

Congratulations to Cheryl Richards. Cheryl was the winner of our Lose to Win Contest that was held over September and October. Thanks to the 14 participants!!!! **She won \$140.00**

Silent Auction December 1st—12th, 2014

Come by TFRC and check it out. Lots of gift cards and items that would make great Christmas Gifts.

Help support Tyendinaga Fitness Resource Centre.

**TFRC's Team wish
for
everyone!**

Gift of...

*Health &
Fitness*

We have Gift Certificates



Welcome to the Fitness Studio

Time	Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30							
7:00							
8:00							
9:00							
10:00			Seniors Functional Fitness 10:00-11:00		Seniors Functional Fitness 10:00-11:00		Yoga 10am – 11am
11:00							
12:00		Better Butts 12:15 - 12:45	Total Body Circuit 12:15 – 12:45	Awesome Abs 12:15 – 12:45	Exercise Without Weights 12:15 – 12:45		
1:00		Awesome Abs 12:50 – 1:20		Better Butts 12:50 – 1:20			
2:00							
3:00							
4:00							

*Note Last day for **Seniors Functional Fitness** Classes is on December 9, until the New Year

*Note **No Yoga** in the month of December 2014 – **No yoga** on Jan 03 & 17th 2015.

*Note Last day for **Lunch Time** Classes will be Dec 18, and will start back up Jan 5 2015

Awesome Abs– A workout designed to strengthen the core muscles.

Better Butts– A workout for the lower body with extra focus on the butt area and legs.

Circuits—A full body workout that uses weights.

Body Weight– A workout that uses entirely your own body weight to perform different exercises.

Seniors Functional Fitness– A gentle workout that focuses on balance, coordination, and everyday functional movements. Includes light cardio with light resistance using bands.

Yoga - Great for flexibility, strength, posture and balance.



TFRC Studio Testimonials

Functional Fitness— Certified Instructor Darlene J. Loft

I found the Functional Fitness 8 week course for Seniors very helpful, especially after re-hab. Working out on my own, I concentrated my focus on the main weak areas and not the many other joints and muscles. This course reminded me that they were there. A good course, great company and an **excellent instructor**.



-Marilyn M

Member since Dec.2007

Senior's Exercise & Fall Prevention

Lunch Time Workouts—Certified Instructor Sonya Maracle

Over the past 5 months I have been going to the TFRC where I have been participating in Sonya's group fitness classes. The classes run everyday except for Fridays. There are 4 different classes that keep your body guessing. Each class is challenging yet fun for everyone wanting to improve their fitness goals. From doing these classes I have noticed a huge change in weight loss and increase in muscle tone. Sonya keeps each class fun by using different equipment each time. What I enjoy most is that Sonya is constantly motivating us to move through the difficult movements, but most importantly she ensures that we are doing each exercise correctly while adding the benefits of why we should be doing it. Sonya is very knowledgeable about her job and always has the answers to your questions. Since starting at the TFRC I have met some amazing people on the same fitness journey as me and I will continue to return for the positive, fun atmosphere.



Erin V

Member since June 2014

Canadian Physical Activity Guidelines

FOR YOUTH - 12 – 17 YEARS

Tyendinaga Fitness Resource Centre
14 York Road Unit # 1 & 2
Shannonville (613) 962-9822
www.mbq-tmt.org

Guidelines



For health benefits, youth aged 12-17 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:



Vigorous-intensity activities at least 3 days per week.



Activities that strengthen muscle and bone at least 3 days per week.



More daily physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause teens to sweat a little and to breathe harder. Activities like:

- Skating
- Bike riding

Vigorous-intensity physical activities will cause teens to sweat and be 'out of breath'. Activities like:

- Running
- Rollerblading

Being active for at least 60 minutes daily can help teens:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

Parents and caregivers can help to plan their teen's daily activity. Teens can:

- Walk, bike, rollerblade or skateboard to school.
- Go to a gym on the weekend.
- Do a fitness class after school.
- Get the neighbours together for a game of pick-up basketball, or hockey after dinner.
- Play a sport such as basketball, hockey, soccer, martial arts, swimming, tennis, golf, skiing, snowboarding...

Now is the time. 60 minutes a day can make a difference.





Tyendinaga Fitness Resource Centre Studio Classes Dec & Jan 2014/2015

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30							
7:00							
8:00							
9:00							
10:00			Seniors Functional Fitness 10:00-11:00		Seniors Functional Fitness 10:00-11:00		Yoga 10am – 11am
11:00							
12:00		Better Butts 12:15 - 12:45	Total Body Circuit 12:15 – 12:45	Awesome Abs 12:15 – 12:45	Exercise Without Weights 12:15 – 12:45		
1:00		Awesome Abs 12:50 – 1:20		Better Butts 12:50 – 1:20			
2:00							
3:00							
4:00							

*Note Saturday and Sunday November 22 & 23 Vintage Christmas Photos in the Fitness Studio 9:00a.m-5:00p.m. Reservations Required.

*Note No Seniors Functional Fitness Classes on December 04, 11, 30th 2014

*Note No Yoga in the month of December 2014 – No yoga on Jan 03 & 17th 2015.

*Note Please Call to see about our Christmas hours. TFR 613-962-2822



Hanio Oksa Healthy Lifestyles Presenters

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

Wholeness and Happiness

Thur. February 12th

6:00pm– 7:00pm

Presenter: Psychotherapist Eric Tenn



www.maraclechiropractic.ca

Chiropractic & Kids

Thur. February 19th

6:00pm– 7:00pm

Presenter: Dr. Jason Young

Organic Music & Meditation

Thur. February 26th 2015

6:00pm—7:00pm

Presenter: David R Maracle



www.davidrmaracle.com

Hosted By: Tyendinaga Fitness Resource Centre

Located in the TFRC Fitness Studio

14 York Rd. Unit #1, Shannonville

Tyendinaga Mohawk Territory

Funded by: AIAI

Spaces Limited!

Registration Deadline

February 1st, 2015

Tyendinaga Fitness Resource Centre

14 York Road Unit #1 & 2 Shannonville

613-962-2822

tyfitnessres @mbq-tmt.org



Beginner Fitness 101

TFRC is offering a Beginners Fitness Program for community members who are **NEW** to the Fitness Centre.



Beginning **February 2, 2015** you & one friend will be able to work with a Certified Personal Trainer 2 times per week doing a program that is set up just for you.

Deadline to sign up **January 16, 2015**

Sessions are available by appointment only
& spaces are limited.

Presentation by a Registered Dietitian for all
participants

Call or email to sign up

Funded by : ALAI



FUN Movement for Life

55 + Tues. At TFRC

NEW

8 Week Program



Come join a FREE FUN filled group fitness class designed for seniors. Enjoy a gentle workout while socializing.

Funded by South East LHIN / VON Canada

Starts Jan. 13 - 2pm to 3pm

Help Improve Your Quality of Life.
Low Impact Exercises, Balance,
Strengthen & Endurance that will
help with Illness, Pain,
Boost Energy & Laughter for Health

Western Canadian Centre for Activity & Aging Senior
Certified Fitness Instructor : Darlene J. Loft



Partnering with Home Support for a New Adventure at TFRC

To Register call Darlene Loft at 613-962-2822.

Transportation may be available. If you would like to attend and require transportation please contact Cindy Loft at 613-967-0122 by Dec. 19, 2014.

14 York Rd. Unit #1 Tyendinaga Mohawk Territory On, Canada K0K 3A0

December 9th and December 11th



Receive your Chiropractic New Patient Exam and Report of Findings in exchange for a \$20 food or Toy Donation.

All Toy Donations will go to the Angel Tree and food donations will go to the Local Food Bank.



To book your appointment please call 613-876-5855

Tis the Season to take Care of You

Other Services available:



Registered Massage Therapy by
Morgan Young

30 - 90 min appts

Doctor of
Naturopathy by
Dr. Alanna Kuhn
Free 15min Consults



Hypnotherapy &
Reiki by Michelle
Breede

30 - 90 min appts

To book your
appointment
please call
613-876-5855

JUST IN TIME FOR THE HOLIDAYS
THE MOHAWK GUILD PRESENTS THE
ANNUAL 2014

COOKIE WALK

SATURDAY DECEMBER 6TH, 2014

10:00 AM - ???

QUEEN ANNE PARISH CENTER
1295 RIDGE RD TMT

HERE'S HOW IT WORKS

1. BUY YOUR CONTAINER
2. TAKE A WALK AROUND TABLES FILLED WITH WONDERFUL HOME MADE COOKIES
3. FILL YOUR CONTAINER
4. ENJOY

BAKE TABLE * JEWELRY TABLE *
CHRISTMAS ORNAMENT TABLE
PROCEEDS TO AID IN THE WORK OF THE TYENDINAGA MOHAWK
GUILD

DON'T BE LATE DON'T BE DISAPPOINTED



CHRISTMAS CRAFT SALE

SATURDAY, DECEMBER 6

9am - 4pm

COMMUNITY CENTRE

GREAT GIFTS FOR EVERYONE
ON YOUR CHRISTMAS LIST!!

IF YOU WOULD LIKE TO BOOK A TABLE, CALL
BONNY OR RENEE AT 613-396-3424



**SANTA CORDIALLY
INVITES EVERYONE TO VISIT
HIM IN HIS LIVING ROOM**

AT

366 MAIN ST. DESERONTO



starting November 21nd to December 21nd 2014

*** IN SUPPORT OF CANDIES FOR KIDS***



**Deseronto
Transit**
Will now have transit
Stops here on
Tyendingaga Mohawk Territory



**DESERONTO
Transit**

WESTBOUND
TO BELLEVILLE

- *5:20 a.m.*
- 6:55 a.m.
- 1:05 p.m.
- 4:25 p.m.

EASTBOUND TO
NAPANEE

- *5:55 a.m.*
- 8:15 a.m.
- 2:35 p.m.
- 5:20 p.m.

**BUS
STOP**

Note: Times encased with *asterisks* denote an "on request" stop. You must call to arrange ride.

613-396-4008
* AT THE NEW BAND OFFICE *

All times are approx. and may be later than indicated but will not be earlier.



**DESERONTO
Transit**

WESTBOUND
TO BELLEVILLE

- *5:25 a.m.*
- 7:00 a.m.
- 1:15 p.m.
- 4:35 p.m.

EASTBOUND TO
NAPANEE

- *5:50 a.m.*
- 8:10 a.m.
- 2:30 p.m.
- 5:15 p.m.

**BUS
STOP**

Note: Times encased with *asterisks* denote an "on request" stop. You must call to arrange ride.

613-396-4008
* QUEEN ST. & YORK
SHANNONVILLE *

All times are approx. and may be later than indicated but will not be earlier.



**DESERONTO
Transit**

WESTBOUND
TO BELLEVILLE

- *5:15 a.m.*
- 6:50 a.m.
- 1:00 p.m.
- 4:20 p.m.

EASTBOUND TO
NAPANEE

- *6:05 a.m.*
- 8:25 a.m.
- 10:50 p.m. - Thurs Only
- *11:50 p.m.*
- 2:50 p.m.
- 5:30 p.m.

**BUS
STOP**

Note: Times encased with *asterisks* denote an "on request" stop. You must call to arrange ride.

613-396-4008
* HURON BRANT
AND HWY 2 *

All times are approx. and may be later than indicated but will not be earlier.



Attention

Hunters & Shooters!

Firearms Course (CFSC) or PAL will be offered Friday & Saturday Jan. 16 & 17th 6-9pm and the Hunting Course will be offered Friday & Saturday Jan 23 & 24th 8:30am until 6pm.

Cost is \$140 which includes a manual, 2 tests, instruction and all paperwork needed to acquire the PAL. The course will be run in Shannonville and the space is limited to the first 10 paid students. If you have your own manual the cost is \$125.

Anyone interested in doing a challenge please make prior arrangements. The cost for a challenge is \$40 and can be arranged at anytime.

Call Ed (613) 396-3077 or email emaracle@xplornet.ca for more information.



SAMS LIL VARIETY

2ND FUN DAY WALLEYE DERBY

Saturday February 7, 2015

6:00 AM – 6:30 PM

1st Prize - \$200.00

2nd Prize - \$150.00

3rd Prize - \$75.00

Hidden Weight - \$100.00

Additional Draw Prizes

Tickets \$5.00 each

1 Fish per ticket



CLASSIFIED

LAND FOR SALE

- 1 acre located on Bells Side Rd
- Beautiful Pine Forest
- Spring on property

Contact:
613-827-7253 via text

FOR RENT

OFFICE/BUSINESS SPACE 1000 sq. ft.
- 5717 Old Hwy 2 in Shannonville at the Village Variety

Call 613-967-7920 for inquiries

LOT FOR SALE

8 plus acres of prime area on the York Rd
\$40,000.00 or Best Offer

Call John Maraacle
1-716-826-4208

FOR RENT

ROOM IN MY HOUSE
- Looking for a clean, neat border to share my house
- complete access to the house
- located at 458 York Rd.
-\$500.00 complete

For more information call:
613-967-2345

HAY FOR SALE

4X4 BALES
- \$20.00

Call WM J. Brant
613-967-1129

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

COTTAGE FOR SALE

Charming 2 Bedroom, 3 Season cottage on the beautiful Bay of Quinte
- tastefully decorated boasting new Bathroom and Kitchen
- appliances as some furnishings included (some finishing touches required)
- water softener, u.v. light, holding tank and well,
- private dock, back and front decks
- on leased land at \$1000.00/year
- on a gorgeous mature treed lot, with great neighbours
- asking \$76,000.00
O.B.O.

Please call:
613-848-9929

LOT FOR SALE

HY 49 & BAYSHORE RD
Partial dwelling located there

Phone: 613-243-9079

FOR SALE

4 BEDROOM HOME
- 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
- lot size 3/4 acre (approx)

PRICE RECENTLY REDUCED
(Serious offers will be considered)

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

BABYSITTING AVAILABLE

- certified in First Aid, CPR & AED, Social Worker Diploma, Outside playtime healthy snacks, lunch
Story time, songs, games & crafts. Monday-Friday reasonable rates.
- \$25.00 per child
In my home.

Call Fran - 613-396-2393

BABYSITTER AVAILABLE

Hello, my name is Mackenzie Bowden. I am a responsible 15 year-old who loves kids. I can baby-sit evenings and week-ends. I have 2 years of experience babysitting and have completed the Red Cross babysitting course. If you need a night out call me at 613-849-4305

HOUSE FOR SALE

- 4 BEDROOM
- 2 full baths, split level house on Beach Rd.
- 2 car garage,
propane furnace /hot water tank /
cook stove
2 yr old pellet stove secondary
heat source in the basement
- partially completed basement
which could host another
bedroom
-large master bedroom, living
room and full bath (Jacuzzi tub)
above the garage
-main part of the house has a
large dining room, kitchen and 3
bedrooms and a full bath
-all laminate flooring throughout
-large yard with a 27 ft. above
ground pool
-\$160,000.00 negotiable

If interested serious "inquiries
only" please call and leave a
message with your name and
number to Bill1-587-276-1092
or Wendy -780-972-3641

**Classified Ads
Are
"Free"
Please call
613-396-3424**

FOR SALE

Used Michelin Snow Tires
- latitude X-ice 245/65R17
- \$100.00

Call 613-967-1129

LOT WANTED

- Looking for land with or
without a house
- 1-5 acres-non-farmland

Please call: 613-985-5308

HOUSE FOR SALE

- 24 North St.
Deseronto

For more information
Please call:
613-354-3826

FOR SALE

WINDOWS VARIOUS SIZES
Low-e Argon Gas
Call 780-224-7336

150.00 1- 36" right hand door
400.00. 1- 93.5 x 72 1/4-1/2-1/4
casements

175.00 1- 39x60.5 Lt case
175.00. 1- 58.5 x 36 Lt case
175.00 ea. 2- 48.5 x 36 Lt case
175.00. 1- 48 x 31 Rt case
175.00 ea. 2- 48 x 36 Lt & Rt case
175.00 1- 47 x 35 DBL slider
175.00 1- 46.5 x 36 Lt case
175.00 1- 48 x 34.5 Lt case
175.00 1- 24 x 48 Lt case
150.00 1- 34.5 x 30.5 Vert Single
slide tilt sash

FOR SALE

Honey Oak 2 PEDESTAL OVAL
DINING TABLE 40"X60"
- Quality handcrafted by Tompkins
Furniture Deseronto
- Includes 2 leaves to extend it 24
more inches.
- Will fit large or small space and
includes 6 matching oak chairs.
- **REDUCED NEW Price \$599.99.**
- Great buy in excellent condition!

Contact Marilyn at 613-967-1129 if
interested.



WATERFRONT LOTS FOR SALE

- located on Snookies Rd
- with road frontage on Toms Rd.
- Lots 3C-6, Lot 3C-7,
and Lot 3C-8 Con. 2
- 140 ft of waterfront with total
acreage of 7.2. acres

For further information, please
call: Scott Maracle 613-396-1327



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

Christ Church (Lower Church)
52 South Church Lane
9:30 a.m.

*Worship Schedule - 9:30 a.m.
All Saints' - Jan-Mar and Jul-Sep
Christ Church - Apr-Jun and Oct-Dec*

CHRISTMAS CELEBRATIONS

Blue Christmas - Sun 21 Dec
5 p.m. - All Saints' Church

A service for those who find Christmas hard to celebrate due to loss or grief. Come and hear how the birth of Jesus fulfils God's promise to bring hope and comfort to the world. Followed by a potluck supper and fellowship in the parish hall.

Christmas Eve, Wed 24 Dec
Christ Church

6 p.m. - Social Hour with Refreshments
The social hour before the Christmas Eve service will feature family-friendly activities and live Christmas music. Join us before worship to get to know your neighbours and share in some Christmas cheer!

7 p.m. - Family Candlelight Service
Worship by candlelight and sing your favourite Christmas hymns as we celebrate the birth of Jesus. This service is family-friendly and includes activities for children.

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

FOR THE MOST UP-TO-DATE INFORMATION,
VISIT WWW.PARISHOFTYENDINAGA.ORG
OR WWW.FACEBOOK.COM/TYENDINAGAANGLICAN

“AA OPEN MEETINGS”

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

For more information call:
Dale & Lorna Vos
613-968-8586 or 613-921-8015

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

Losers Unite, Join Us!

WINTER HOURS

Thursdays

5 - 5:30 = Weigh in
5:30 - 6:30 = 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 - 613-885-0506
Tree Good altree94@gmail.com



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

KERISTOS NE KORAH:KOWA

CHRIST THE KING

Under the Patronage of Blessed Kateri Tekakwitha

A Catholic Anglican-Use Parish

Tyendingaga, M. T.




**Christmas Eve
Service
6:00 p.m.
Elders Lodge**

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

OR

Minister Gérard Trinqué at ☎ 1-888-831-4145 ✉ gtplus@yahoo.com



The Cross represents our *Christ-Centred Faith* adorned with the colours of the "*Four Sacred Directions*" which indicate the redeeming power and truth of the Gospel of Jesus Christ for all places, times, and nations. The four eagle feathers represent the four Gospels of Saints Matthew, Mark, Luke, and John. They remind us of the *good news* of salvation in Christ given for the whole world. The wolf, turtle, and bear explicitly represent our Mohawk clans, blessed by the light of the Gospel and called to faith in Jesus Christ. The eagle, which flies the closest to Heaven, symbolises the grace and power of God in receiving and answering our prayers.



"For the word of the cross, to them indeed that perish, is foolishness; but to them that are saved, that is, to us, it is the power of God." (1 Corinthians 1:18)



MOHAWK PENTECOSTAL CHURCH

WHEN WE MEET

Sunday	10:30 am Worship Service 11:30 am Sunday School 6:30 am Worship Service
Wednesday	7:00 pm Bible Study
Saturday	7:00 pm Prayer service

1984 York Road
Tyendingaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325

COMING EVENTS

Dec 5, 2014	Revival Service @7pm, Mohawk Pentecostal Church.
Dec 14, 2014	Church Christmas Program @10:30am and Dinner @5pm NNBC
Dec 16, 2014	Packing Cookies boxes for Seniors @7pm
Dec 17, 2014	Christmas Caroling meet MPC @5:30pm
Dec 24, 2014	Christmas Eve service 7pm till 8pm

I will honor Christmas in my heart, and try to keep it all the year.

Charles Dickens



Turtle Island Park

5965 Hwy#2 East, Shannonville, Ontario K0K 3A0

Email; turtleislandpark@live.com Phone; 613-966-2553

Holiday Catering

We do Cold Meat Trays, Cheese & Pickle Trays, Cheese Trays, Sandwich Trays and any Hot Meal Catering and Soups!!

Give us a call at 613-966-2553 for your holiday Catering.

Rental Units

New Restaurant Unit with Equipment.

Store Frontage with Walk-In Cooler and Office Space

Available for Rent at 5965 Old Hwy #2



Turtle Island Park & Turtle Island Deli & Catering would like to wish everyone a Safe & Healthy Holiday Season!!



KTA

General Maintenance

Brian Branchaud
Master Plumber
Owner/Operator

Rob Wallace
Apprentice Plumber

613 849 3773

www.ktaplumbing.wix.com/ktagm
ktageneralmaintenance@outlook.com

The Christmas Shop

OPEN EVERY DAY

IN DECEMBER (until Dec. 23rd)

Monday to Saturday: 10:00 am – 6:00 pm

Sunday: 11:00 – 5:00 pm



Drop in and see exciting new items
hand-crafted exclusively for The Lazy G.

Home-made wreaths, soy crumble, tarts and candles,
ornaments, mesh-by-the-roll and ready-made bows,
ribbon, decorations and many other gifts

Let US help take the stress out of
shopping this Christmas season.
Order a one-of-a-kind gift basket!

“You name the price, we’ll make it nice!”

A good selection of ready-made
containers are also available.



The Lazy Gardener

~ 1154 York Rd., Tyendinaga Mohawk Territory ~

~ 613-966-7985 ~ www.thelazyg.ca ~



“Unearth your Imagination”©



Choice

Roofing & General Contracting

Dean Brant
Tyendinaga

Tel: 613-968-7814
Cel: 613-961-9103

Shingles, Flat Roofs, Decks,
Drywall, Siding, Soffit & Facia

McMurter ACE

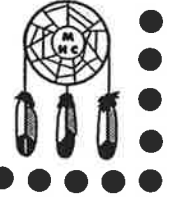
The helpful place.

Lumber & Building Supplies

Tyendinaga Mohawk Territory
P.O. Box 755
Ontario, Canada K0K 1X0

Jim McMurter
Owner / Manager

E-mail: jmcmurter@mcmurterhome.com
BUS: (613) 396-1607 ~ FAX: (613) 396-6897



You can advertise
Your Business here
Call for more info
613-396-3424

Telephone 613 396-3570



GARTLAND

New Installations and Repairs

Residential and Commercial

Cellular 613-827-1050

PLUMBING

Heating & Air Conditioning

2040 Melrose RD. Marysville, ON., K0K 2N0

Pelletier Law Firm

Bonnie Pelletier, R.N., LL.B

Barrister Solicitor Adjudicator

Formerly Maracle Law Office



Divorce
Separation
Custody and Access
Child Protection Cases
Wills
Powers of Attorney
First Nations Law
Tribunal Hearings
Legal Aid Accepted

613-969-9000

14 York Road · Mohawk Business Centre
Shannonville, Ontario K0K 3A0 · Fax: 613-542-1003

EMAIL: info@pelletierlawfirm.com

Sam's Custom Railings

Specializing in Oak & Maple

Free Estimates

Ken (Sam) Barnhardt

1467 York Rd
Tyendinaga Mohawk Territory, ON
K0K 1X0

613.966.9734



Bowden Contracting
Licensed Carpenter

Home Renovations
New Construction
Free Estimates



Ron Bowden
Cell - 613-848-5331

613-962-0082

GRAND OPENING

DEC 6 2014

MARTIN'S BEADS & CRAFT'S
SUPPLIES

COME OUT AND SEE US AT
VILLAGE VARIETY
Old Hwy 2 SHANNONVILLE
TYENDINAGA ONTARIO

WE HAVE ALL SIZE AND COLOURS SEED BEADS, CHARMS,
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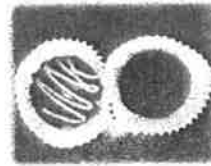
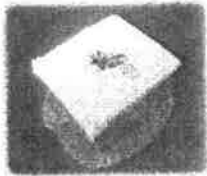
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