



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 12/15
TSI YOTHORHA (Dec.)

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

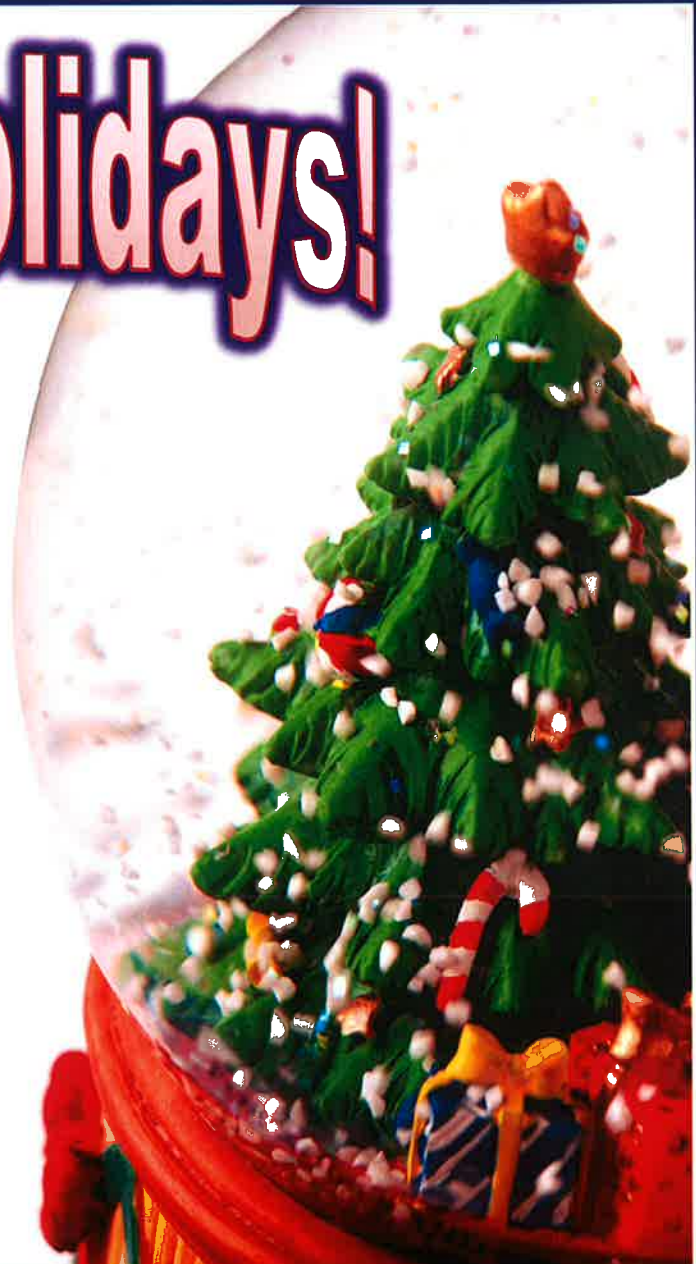
Happy Holidays!

*To you and
yours from
all of us at
MBQ!!*

Christmas

Closure:

Dec. 23, 2015 at 4:30
and will reopen on
Monday Jan. 4, 2016



Self-Employment Training Course

Everything you need to know when starting a business!

This course starts January 2016

**The first week of classes will be
January 19th & 20th.**

The following topics to be covered:

- **Branding**
- **Website**
- **Marketing Plan**
- **Bookkeeping**
- **Accounting**
- **Business Plan**

**To register for this workshop or for more information
contact Renee Brant at 613-396-3424 or by email at
reneeb@mbq-tmt.org.**

**This course runs from 9am - 3pm every Tuesday and Wednesday
for 5 consecutive weeks. Course ends February 17th, 2016**



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in October responded to 11 calls:

2 Medical Assist
1 Vehicle Accident
1 Public Service
1 Mutual Aid
6 Auto Alarm

This brings our total to 96 calls for the year 2015



KANHIOTE
LIBRARY
613-967-6264

Hours

Tuesday 10 -2

Wednesday and Thursday 1-7

Saturday 10-2

Closed for Christmas Dec 23rd at 4:30 pm until January 5th at 10am.

Audio books and e-books are available on Overdrive through the library website.

You can read or listen with your computer, phone, iPad or other device.

All free with your library card.

Pancakes and Pajamas family storytime will return in the New Year



and Happy New Year !

Trustee Report for November, 2015

Since this issue of our newsletter is designated the Christmas Issue, I would like to wish everyone a Safe, Joyous Christmas and a Happy and Prosperous New Year.

At Hasting Prince Edward District School Board, members (Trustees) are selecting the various committees that they want to be represented on for the calendar year of 2016. My selection will include the following:

Standing Committees of the Board

1. Operations and Finance Committee
2. Program and Human Resources Committee
3. Student Enrolment School Capacity Committee (Full Board)

Statutory Committees of the Board

1. Supervised Alternative Learning (SAL)

Administrative Committees of the Board

1. Aboriginal Education Advisory Committee
2. Equity and Inclusivity Advisory Committee

Legislated Committees of the Board

1. Student Discipline Committee

I will confirm in the next newsletter the final selection to the above Committees of the Board. For more detailed information, please go to HPEDSB.on.ca> Board and Committee Minutes. 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 Nation

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

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

WARM WISHES

TO ALL



May Our Families

And

Community be Wrapped in
the Love And Compassion
of the Holiday Season

Throughout the Year

Red Cedars Shelter Staff

Wishing You
and
Your Family
a Wonderful
Christmas Season!

FNTI



First Nations
Technical
Institute

THE 2015 HAUNTED CANTEEN AND THE 1ST HALLOWEEN LACROSSE BOX WERE A GREAT SUCCESS THIS YEAR, AND IT COULD NOT HAVE BEEN DONE WITHOUT THE HELP OF MANY!

Nya:wen to the following:

- Bill & Marilyn Brant for the straw used in the lacrosse box maze
- The students at H.O.P.E. for your time and creative thinking to set up the lacrosse box graveyard and redesign the maze so that it didn't collapse on the "trick or treaters"
- Red Cedars for the movie screen and A/V personnel
- The community volunteers and the other students from Moira that came out to either decorate or "man" a booth at the lacrosse box - your help was very much appreciated
- Our Haunted Canteen student volunteers Emily, Logan & Allie

... And congratulations to our two lacrosse box winners: Karissa M. & Aaron H.!

Thank-you from Team Halloween at the Good Minds Program!



Happy Birthday!

- ★ Happy 9th Birthday
- ★ Landon – December 2nd
- ★ Love Aunt Marilyn, Uncle Rick, Sam, Emmett, Phill & Hayden
- ★ Happy 30th Birthday
- ★ Jeff – December 13th
- ★ Love Aunt Marilyn, Uncle Rick, Sam, Emmett, Phill & Hayden
- ★ Happy Birthday
- ★ Tiffany – December 13th
- ★ Love Mary Moo Moo & Rick
- ★ Happy 8th Birthday
- ★ Gavin – December 18th
- ★ Love Aunt Marilyn, Uncle Rick, Sam, Emmett, Phill & Hayden

- Happy Birthday
- JoDee – December 21st
- Love Marilyn & Rick
- Happy Birthday
- Merg – 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, Phill & Hayden
- Happy Birthday
- Tim – December 31st
- Love Aunt Marilyn, Uncle Rick, Sam, Emmett, Phill & Hayden



Honouring our Women's Day

Red Cedars Shelter

Thank You

Lead Story Headline - Women's Day A Huge Success!!

Nia:wen Kowa to the following business, individuals and MBQ programs for donating to this event::

Thanks to all the Women who came out and enjoyed the day and for providing us positive feedback for next year's event!

Tyendianga Fitness Centre

Trent Valley Distributor

Best Buy

Arnies

First Nations Technical Institute

Native Renaissance II

Staples

So Fine Foods

The Lazy Gardener

Quinte Trades Services

Tyendinaga Justice Circle

Maunco Cleaning Supplies

Home Depot

Build All Construction

Greg Loft

Kelly Haight

Tim Hortons

Proctor and Gamble

Aaron Auto

Shoppers Drug Mart—Belleville and

Napanee

Reid's Dairy

Donini Chocolate

Smokin Speedway

Village Variety

The Sacred Circle

Good Minds Program

Home Support Program

Mohawk Family Serv. Program

Home and Community Care Program

Otsitsia Brant

Brittany Brant Dance Studio

Samantha Ford

Special thanks to all of the following service providers for our day:

Mary Ann Spencer—Card Reading

Barb Brant—Seer

Peggy Goslin—Masseuse

Trillium College Students—Masseuse

Tracey Garey—Haircuts

Dillon Brinklow—Haircuts

Lia Del Grosse—Haircuts

Jessy Maracle—Manicures

Kaila White—Manicures

Erin Ferrante—Manicures

Samantha Spencer—Stylist

Kayla Hill—Facials

Michelle Fleming—Facials

Thomas Krusniuk—Self Defence Skills

Jennifer Westgate—Zumba

Mary Maracle—Lunch

Maracle Chiropractor Serv.

Finally, thank you to the following individuals who helped organize and bring this event to our community:

Sheila Stacey, Alanna Maracle, Linda Lefort, Julie Conger, Yvonne Comeau-Sexsmith, Kayla Hill, April McEwen, Shannon Butcher, Matt Del Grosso, Brandy Maracle, Joanna Goodfellow, Crystal Sommerville, Liz Brant

Our apologies if we have forgotten anyone.

MARTIN'S BEADS AND CRAFT SUPPLIES



YOUR SELECTION
HAS GROWN MORE
COLOUR AND
CHARMS

ALL NEW CRAFTS IN SOME OF THE MOST UNIQUE
BEADED CRAFTS EVER SEEN COME IN AND GET THE
GIFT THAT WILL WOW ANYBODY

WE LIKE TO THANK ALL
THOSE THAT HAS HELP US
KEEP THE STORE GOING FOR
YOUR FIRST YEAR



NEW STORE HOURS
TUE-WED 4-8
THURS 12-6
FRI 12-8
SAT-SUN 10-4

5717 OLD HWY2 AT THE
VILLAGE VARIETY MALL
AFTER HOURS CALL LISA
613-242-9130





The Mohawk Agricultural Society would like to send its most sincere gratitude to the following sponsors and supporters who have made the 2015 fair a possibility:

GOLD LEVEL SPONSORS

49 Quik Stop
Bob's Toilet Rentals
Burr Insurance Brokers
Build All Contractors
Cash Auto
Community Wellbeing Centre
Darran Green Sandblasting
Duty Free Gas Bar
Eagle Orthopaedics
First Nations Technical Institute
Free Flow Petroleum
KC Builders
L&M Enterprises
McMurter Home Centre
Mohawk Recreation Committee
Mohawks of the Bay of Quinte
Mohawk Pentecostal Church
Nation 2 Nation
Quinte Variety Video & Your Town Grocery
Sacred Circle
Snookies Hideaway
Speedway Gas
Threadworks
Total Source Construction
Tyendingaga Computers
Tyendingaga Fitness Resource Centre
Tyendingaga Propane
Village Variety

SILVER LEVEL SPONSORS

Anglican Parish of Tyendingaga
Bowden's Accounting Services
Briar Fox Golf
Lewis Lacrosse
Loyalist Asphalt
Mike's Restaurant
Mr. Fry & Mrs. Cone & U-Haul
OSR Performance
QTS Electrical Services
Rez Boyz
Signs Unlimited
Smokin' Coffee Xpress
United Restaurant
Xpress Gas and Variety
Your Town Grocery

BRONZE LEVEL SPONSORS

Bernhardt Cabinetry & Flooring
Bowden Contracting
Buck or More Store
Clayton Long Trucking
Conz Cutz
Deb's Gas Bar & Restaurant
Elton Brant Barrister & Solicitor
Joe's Personal Training & Fitness
Kagita Mikam
Kevin Brant Auto Body
Little Lynn's Restaurant
Maracle Touch Detailing
M-Cal Heating, Air Conditioning, Refrigeration
McGlade Funeral Home
Native Renaissance II
Post Garage
Quinte Cycle & Marine
Randy's Leather
Sam's Little Variety
Smokin' Pit Stop
The Lazy Gardener
Tsi Tyonnheht Onkwawenna
Tyendingaga Police Service
Tyendingaga Wood Products
Ward's Gas Bar

SUPPORTERS

Gates Men & Women
MBQ Staff
Security Staff
Community Volunteers
TNT Sound
Tyendingaga Fire Dept
Elsie Dowdle
Quinte Mohawk School
Elvin Green
Crown Amusements
Kanhiote Library



Mohawk Family Services

NEEDS YOUR DONATIONS!

Children's Shopping Day 2015 – Every year over 250 children at Quinte Mohawk School enjoy shopping for loved ones during the Children's Shopping Day at QMS. The items they purchase are comprised of community donated items.

We are looking for new or gently used, clean donations again this year. Please make sure all donations are in working order and have been thoroughly cleaned. Of particular interest are donations that would make great presents for Men.

Donations can be dropped off at:

COMMUNITY WELLBEING CENTRE (Social Side)

ANYTIME between 8:30 am and 4:30 pm Monday to Friday

OR at the Tyendinaga Fitness Resource Centre during Gym hours.

Drop off on a weekend can be arranged ahead of time by contacting **Mohawk Family Services at 613 967 0122** during business hours.

We can also help by picking up donations if you are not able to lift them or have transportation issues.

DONATION deadline is December 11, 2015

Tahatikonhsotontie Head Start Community Skate Day

Hot Chocolate!
Treats!
Lots of FUN!



Activity Table!
Snacks!
Holiday Music!

No Childrens Skates? No Problem! **We have bob skates we can lend!**

Where: Deseronto Arena

51 Mechanic St.

Deseronto, ON K0K 1X0

When: Saturday, December 12, 2015

Time: 4:30-6:00pm

The Tahatikonhsotontie Head Start team would like to host a community skate day for all

Tyendinaga community members as a way of thanking everyone for a great 2015 and to start off our Christmas holiday! Please feel free to invite others to come with you for some skating fun and festivities!

Food Donations are welcome. All donations going to the Tyendinaga Food Resource Centre!

EATING IN SEASON– LET NATURE GUIDE YOU!

Join us as we enjoy the tastes of the seasons!

One Friday morning each month, over the next year, we will be cooking a selection of healthy seasonal recipes. As the seasons change, come share healthy new ideas for wild greens, maple, berries, wild game, fish, corn, beans, squash and more!

Keep an eye out each month for more details. Sign up for one or all nine sessions!

December 18, 10am-1 pm

Community Wellbeing Teaching Lodge

Wild Meat



Call the Diabetes Education Program for more information
or to register. Space is limited

613 967-3603

Tahatikonhsotontie Head Start

Thursday Workshops From 2-4PM!

Open to Community Members (by sign up)



December 3— Acrylic Canvas Painting

December 10 - Homemade Christmas Gifts



To take part in a workshop, please contact Kienni at 613-396-6716 to sign up as **spaces are limited!**

Workshops will be held at Tahatikonhsotontie Head Start

9 Deserontyon Dr., TMT

Community Kitchen



December 11, 2015

9am-1pm

Community Wellbeing Centre
Teaching Lodge

Cook and sample new foods, try new recipes, discover healthy eating on a budget, and take some home for the whole family to try!

Space is limited! Call Jodi or Jill to register 613 967-3603

REZ WALK

Walk your
way in to
2016

Will your New Year's Resolution be to become more active? Looking to start 2016 off right?

Gather your team! Rez Walk begins January 4/16.

To register your team of 4, visit Community Wellbeing Centre, (health reception) 50 Meadow Drive, TMT, on the following dates.

Dates to register

Wednesday, December 2/15 from 9 am – 4 pm

Wednesday, December 9/15 from 9 am – 4pm

Wednesday, December 16/15 from 9 am – 4 pm

After hours registration times available on the above dates, by appointment only.

For after hours appointment time OR for more information email denisel@mbq-tmt.org
subject line REZ WALK.

All Welcome

Influenza (FLU) Bulletin

Immunization remains the most effective way to prevent the spread of the infection

Everyone six months of age and older can get the flu shot at no cost in Ontario

The Community Health Team is encouraging all community members 6 months of age and older to get their Flu shot

Please call 613-967-3603 today to make an appointment if you were unable to attend one of our walk-in clinics

Thank you for protecting yourself, your family and your community!



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYEN'KEHÀ:KA

COMMUNITY WELLBEING CENTRE

50 Meadow Drive, Tyendinaga Mohawk Territory, ON K0K 1X0

Phone Health 613-967-3603 Social 613-967-0122

Health Fax: 613-962-4210 Central Fax 613-967-3618

24 November 2015

Dear Patient Transportation Clients,

The holiday season is almost upon us and we are looking ahead to ensure everyone gets to their appointments.

The Mohawks of the Bay of Quinte Administrative Office and the Community Wellbeing Centre will be **closed Wednesday, December 23, 2015 at 4:30 pm and will reopen Monday, January 4, 2016 at 8:30 am** for regular business. If you have a medical emergency during this time please call 911.

Please have all **medical appointments from December 22, 2015 to January 6, 2016 called into the Medical Transportation clerk NO later than December 21, 2015**. The phone number for Medical Transportation is 613-967-3603, ext. 127.

The Medical Transportation Program is not considered an emergency or essential service, therefore there will be **no one available to contact about rides from Wednesday December 23, 2015 at 4:30 pm to Monday January 4, 2016 at 8:30 am**.

Thank-you for all your understanding and cooperation in the past, the upcoming season and the New Year.

Happy Holidays,

Wendy-Joy Sero

Wendy-Joy R. Sero
Medical Transportation Clerk, Community Wellbeing Centre MBQ
Tel. 613-9673603 ext. 127



You are invited to attend....

Salve making workshop.

We will be making white pine & peppermint

JANUARY 6 2016

9:30 – 3:30

Community Wellbeing Centre
50 Meadow Dr.
T.M.T

All Welcome

**Spaces are limited. To reserve
your seat please call Denise
Leafe @ 613-967-3603 by Dec
22/15.**

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

Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

MONTHLY FOOD VOUCHERS are offered to women during their pregnancy. For more information please call Community Wellbeing at 613-967-3603 and speak with the Community Health Nurses who will outline the program

We want you to have a healthy pregnancy and a healthy baby

Mary McCauley R.N.
Community Health Nurse

GOOD FOOD BOX

(Items in each)

Large Food Box

5 lb. Potatoes
2 lb. Carrots
2 lb. Onions
1 Broccoli
1 Celery
1 Romaine Lettuce
1 Cucumber
1 Green Pepper
1 Green Onion
3 Tomatoes
5 Mac Apples
2 lb. Bananas (6)
5 Seedless Oranges
4 Bartlett Pears

Small Food Box

2.5 lb. Potatoes
2 lb. Carrots
2 lb. Onions
1 Broccoli
1 Celery
1 Romaine Lettuce
1 Green Pepper
1 Green Onion
2 Tomatoes
2 Mac Apples
1 lb. Bananas (3)
2 Seedless Oranges
2 Bartlett Pears

Fruit Bag

5 Mac Apples
2 lb. Bananas (6)
5 Seedless Oranges
1 Lemon
5 Bartlett Pears

Good Food Box



Dates: Order By and Paid by 4:30pm	Order Arrives
December 8, 2015	December 16, 2015



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

Calendar For
2015

Large Food Box \$15.00

Singles Box \$10.00

Fruit Bag \$5.00

COMMUNITY HEALTH



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



Promote

Protect

Support Breastfeeding

Nursing mothers and babies, siblings, pregnant women, grandmothers, interested women and young girls are all welcome

Nursing Mothers Support Group

Tuesdays 10:30-12:00 noon

G-Tech Training Centre

5701 Old HWY 2

Shannonville, On

K0K 3A0

Lactation Consultation available

For more information contact Community Wellbeing Centre 613-967-3603

Looking for fun activities for the whole family?

Community Health Programs are offering

FREE swim, skate & gym passes

To be used at Quinte Sports & Wellness Centre at your convenience.

- 1. Stop in to Community Wellbeing Centre during regular business hours (8:30-4:30) Mon-Fri and pick up passes.**
- 2. Check out the Quinte Sports & Wellness Centre's schedule, pick a time, gather the family & go!**

NOTE— passes are one pass per person per activity and must be left with Quinte Sports & Wellness staff at the time of use.

Community Wellbeing
Centre
50 Meadow Dr.
Tyendinaga Mohawk
Territory
Health Reception



Need more info, please call 613-967-3603

Tyendinaga Fitness Resource Centre

Discover the Balance 14 York Road Unit #1&2B Shannonville, Ontario K0K 3A0

December

2015

*Discovering the
Balance by working the
Mind, Body,
Heart and Spirit*

Contact

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

Hours

Monday - Thursday
6:30am-8:00pm

Friday

6:30am -6:00pm

Saturday

8:00am -2:00pm

Fees

Senior (55+) \$20.00

Student \$25.00

Adult \$30.00

OPEN TO THE PUBLIC

TFRC Staff

TFRC Manager

Darlene Loft

Personal Trainer

Carole Lasher

Fitness Studio Coordinator

Alexis Lightfoot

Casual

Tristen Nugent

Taylor-Rain Tabobandung

Shanleigh Maracle

Mahaley Brant

Sonya Lueth



Special Memberships Funded by Ontario Trillium Foundation

FREE 1 Month Health Enhancement memberships available. Each year that TFRC has our Fitness Studio Coordinator TFRC will be able to help 50 people get started with working out. These memberships are to help with life's challenging issues and those who have certain restrictions. Please come in and speak to our Fitness Studio Coordinator to see if you meet the specific criteria.

Email: studiocoordinator@mbq-tmt.org

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

An agency of the Government of Ontario.
Relève du gouvernement de l'Ontario.

DON'T LET A LITTLE SNOW SLOW YOU DOWN!

UPCOMING RACES IN THE TORONTO AREA

Date	Race	Distance
December 6, 2015	The Tannenbaum 10k	10k
December 12, 2015	Santa 5k Burlington	5k
December 26, 2015	Boxing Day 10 & 4 Miler	Other
December 31, 2015	Resolution Run Toronto	5k, 10k
December 31, 2015	Toronto Midnite Run and Party	5k
January 1, 2016	Hair of the Dog Fun Run	Other

FOR MORE INFORMATION, VISIT: [HTTP://WWW.RUNGUIDES.COM/TORONTO/RUNS](http://www.runguides.com/toronto/runs)



TYENDINAGA FITNESS AND RESOURCE CENTRE

Welcome to the Fitness Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30AM			YOGA			YOGA
12:15PM	BETTER BUTTS	HIIT	CORE TRAINING	CIRCUIT TRAINING		
12:45PM	CORE TRAINING		BETTER BUTTS			
6:30PM	YOGA			POWER YOGA		

PLEASE NOTE:

HOLIDAY HOURS BEGIN DECEMBER 23/15 AND END JANUARY 3/16.

FOR MORE DETAILS, CALL 613 962-2822 OR VISIT OUR FACEBOOK PAGE AT WWW.FACEBOOK.COM/TYENDINAGAFITNESS. ENJOY A HAPPY, HEALTHY AND SAFE HOLIDAY SEASON FROM TFRC!

Better Butts - Train and tighten all regions of the lower body with this toning class. Workout will focus on the glutes, legs, and lower back using light weights and body resistance.

Core Training - Looking to build strength and gain flexibility? This class will challenge you! Be ready to feel energized and powerful. Develop sculpted abdominals, increased core strength, and greater stability.

HiIT Training - Take your workout to the next level with High Intensity Interval Training. This class will build muscular strength and improve cardiovascular fitness through various exercises performed at specific intervals.

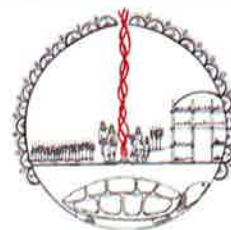
Yoga - This class combines breath work (pranayama), postures (asana), and basic meditation techniques to reduce stress, stretch and strengthen muscles, and encourage you to breathe more fully. All levels welcome.

Circuit Training - Full body circuit training that works cardio, strength, and core. It's a great way to keep your workout fun and your body guessing.

Power Yoga - A more vigorous, fitness based approach to traditional vinyasa yoga. All the benefits of a regular yoga practice—but with more sweat! All levels welcome.

TYENDINAGA FITNESS AND RESOURCE CENTRE

ENYONKWA'NIKONHRIYOHAKE' PROGRAM (WE ARE ALL BUILDING A GOOD MIND)



The Enyonkwa'nikonhriyohake' (Good Minds) Program currently offers the following:

Children & Youth

- One-on-one counselling
- Roots of Empathy program
- Girl Power group
- Youth group (ages 6-18)
- March Break camp (ages 8-11)
- Skatne Summer Camp
- Annual community events such as Our Dreams Matter Too, Have a Heart campaign & Haunted Canteen
- Other programming/workshops may be offered throughout the year

Adults

- One-on-one counselling
- Grief Edu-therapy
- NNADAP (National Native Alcohol & Drug Program) Worker
- Men's Group
- Living Without Violence program
- Drumming & Singing group
- Moon Ceremony
- Fasting & Sweats
- Annual community events such as NDHR, breakfasts & guest speakers
- Other programming/workshops

If you would like to inquire about our programs or receive counselling services through Good Minds, please call:
613-967-0122 x 167, Monday - Friday 8:30-4:30pm

Are you in crisis and need to talk to someone *right now*? The following crisis lines are open 24/7:

Adults:

1-800-672-9515 Red Cedars Shelter (on Territory)
613-310-6736 Open Line Open Mind (off Territory)

Kids & Teens:

1-800-668-6868 Kids Help Phone

ENYONKWA'NIKONHRIYOHAKE' PROGRAM
(WE ARE ALL BUILDING A GOOD MIND)

Community Wellbeing Centre Phone: 613-967-0122
50 Meadow Drive Fax: 613-967-3618
Tyendinaga Mohawk Territory, ON Website: www.mbq-tmt.org
K0K 1X0



December 2015

All Home Support Programs are for Seniors 55+ or 18+ with physical challenges

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Ceramics 1-3:30 Scrapbooking 10-3 Wii Bowling 6:30-8:30 Euchre (All above held at Activity Centre)		1 Meals On Wheels	2 Euchre	3 Napanee Shopping Trip Meals On Wheels	4 Handivan Des Meals On Wheels Seniors Dinner @ Com Centre/ 5:30pm	5
6	7 Breakfast Club Ceramics Wii Bowling	8 Meals On Wheels	9 Good Food Market Trip	10 Meals On Wheels Christmas Lights Trip	11 Handivan Des Meals On Wheels Scrapbooking	12
13	14 Ceramics Wii Bowling	15 Meals On Wheels	16 Diners Club Bingo	17 Belleville Shopping Trip Meals On Wheels	18 Handivan Des Meals On Wheels FV @ Activity Centre	19
20	21 Ceramics Wii Bowling	22 Meals On Wheels Craft @ Activity Centre	23 Handivan Des	24	25	26
				OFFICE CLOSED FOR THE HOLIDAYS		
27	28	29	30 Handivan Des	31	Diners Club 12-1 Bingo 1-3 (All above held at Com Centre)	
	OFFICE CLOSED FOR THE HOLIDAYS					



**SANTA'S LIVING ROOM
IS COMING TO 336 MAIN ST.
DESERONTO**



Come and Enjoy a cup of hot chocolate and cookies

Enter a colouring contest.

Have your pictures taken with Santa

(ready to take home)

Cost per photo or all pics put on memory stick for a cost of \$20.00

* Proceeds will go to support Candies for Kids *



starting November 20nd to December 20nd 2015

HOURS



(Friday, Saturday, Sunday only)

Friday -- from 4 pm to 9 pm

Saturday -- from 1 pm to 6 pm

Sunday -- from 1 pm to 6 pm



SERVICE OF NINE LESSONS AND CAROLS



Christ Church — Tyendinaga

Saturday, December 19th, A.D. 2015 at 3 P.M.

THE CATHEDRAL CHOIR OF MEN AND BOYS, *CHRIST CHURCH CATHEDRAL, OTTAWA*

MATTHEW LARKIN, *DIRECTOR*

Welcome To

**THE CANADIAN FIREARMS SAFETY COURSE (CFSC)
And/or
THE HUNTER EDUCATION COURSE (OHEC)**

.....

The courses will be held at 14 York Rd. Shannonville at the corner of Hwy # 2 and York Rd. (next to Tyendinaga Fitness Centre)

The next One Stop(CFSC and OHEC) will be Jan 15/16 and Jan 22/23, 2016.

Each candidate must bring ONE (1) piece of Government issued Identification for the CFSC and TWO pieces of I.D. for the Hunter Education Course OHEC (I.D. can be Health Card, Drivers Licence, Status Card, Birth Certificate, S.I.N, Passport, etc.)

The cost for the CFSC or the OHEC is \$150 or \$300 for both courses combined(One Stop). The manual, instruction, tests and all the paperwork needed to obtain the PAL or Hunting licence is included. To reserve a spot a \$75 or \$150 deposit is required.

The course schedule is Friday evening, 6-9pm AND Saturday 8:30am-5pm. Facilities include washrooms, refrigerator, coffee maker, microwave, etc.

We take a thirty minute lunch break on Saturday.

Please take some time to read the study manuals before the course begins. Please bring the balance owing to course start. Thank-you.

If you any questions contact:

ED MARACLE at emaracle@xplornet.ca or (613) 970-5452



Keristos Ne Korah:Kowa

A Catholic community of the
Anglican Ordinariate of the Chair of St. Peter

The Mohawk Parish of Christ the King

At Christ Church / Tyendinaga M.T.

O come all ye faithful...

Wise men still seek Him!



Advent Service:

Saturday December 19th 3 P.M.



December 24th, A.D. 2015 at 7 P.M.



December 31st. A.D. 2015 at 7 P.M.



(Anglican Ordinariate Liturgy)

Christ Church remains an Anglican Church and maintains its status as her Majesty's Chapel Royal. It is being used as a place of regular worship with the permission of the Anglican Bishop of the Diocese of Ontario and the Tyendinaga Mohawk Council.

Our Goal: To maintain Christ Church as an open, active, viable house of worship for all! Contact: G. Trinqué for spiritual or pastoral care at 613-885-2499. For Christ Church bookings: please contact Delores Maracle-Whalen at:

dwn.gram@gmail.com



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
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325
www.tmpc.ca

COMING EVENTS

Dec 13, 2015	Church Christmas Concert 10:30am
Dec 13, 2015	Christmas Dinner 5:30pm
Dec 16, 2015	Christmas Carolling meet at MPC at 5:30pm
Dec 24, 2015	Christmas Eve Service 7pm
Dec 27, 2015	Morning service only
Jan 3, 2016	Regular service times resume

"For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life."

John 3:16



THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Office

parish@parishoftyendinaga.org
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. Please join us on a journey of discovering and deepening our relationship with the Creator.

SUNDAY CELEBRATIONS

All Saints' Church (Upper Church)
1295 Ridge Rd
9:30 a.m.

Queen Anne Parish Centre Rental

If you're looking for a space that is a little smaller than the community centre, consider the parish hall. A modern and bright space with a kitchen, small meeting room and large gathering space, the parish hall is ideal for workshops for 10-40 people and for social gatherings such as dinners and teas. For more information, please call Elsie at 962-2787.

The Bishop, the Rt. Rev. Michael Oulton will be in the office on Wednesday mornings beginning December 16th for community members requiring visitation or for appointments. Please call the parish office at 613-962-2787.

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

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

Losers Unite, Join Us!

**NEW* HOURS*

Thursday Evenings

5:00 - 5:30 p.m. - Weigh In

5:30- 6:00 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:

Dale & Lorna Vos

613-968-8586 or 613-921-8015

CLASSIFIED

FREE WOOD

To anyone who comes & removes it IMMEDIATELY
- had a tree cut down, some small pieces but also some large pieces

Call: 613-885-7865 for more information

LAND FOR SALE

Lot 9A -2-2. Concession A
- 22 acres

Please contact:
Leonard Brant
1-905-871-6509

HOUSE FOR SALE

4 BEDROOM HOME

- bright/large eat-in kitchen
 - dishwasher, fridge, stove
 - large bedrooms/large closets
 - Updated main floor 4 pc bathroom
 - 3 pc bath w/shower
 - large family room with energy efficient woodstove (WETT certified)
 - walkout basement/Shed
 - lots of storage
 - upgraded well with holding tank
 - new roof and deck
 - New Windows and door on main floor
- Lot size 3/4 acre (approx)

PRICE REDUCED
(Serious offers will be considered)

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

FOR SALE

WATERFRONT PROPERTY

- 3 Bedroom House
 - water & sewer
 - natural gas
 - paved driveway
 - 1 car garage
 - 3 sheds
 - back deck
 - RV hook up
 - approx. 2 acres
 - \$125,000.00 negotiable
 - 16 Ferry Lane
- If interested serious
"inquires only"

Please contact:
613-396-9934
or 613-234-2040



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

WANTED

WATERFRONT COTTAGE/ HOME/LOT WANTED

I am a status member of MBQ, and am wanting to move onto Tyendinaga next spring when my husband retires. If you might be selling, or are thinking of selling. Please contact me at [705-632-0957](tel:705-632-0957) or ruthglisinski@gmail.com

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ZERO CLEARANCE FIREPLACE INSERT

- Insta Flame
- 17000 BTU PROPANE
- available to be seen
- \$700.00

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19 FT PROWLER TRAILOR

- suitable for a Hunting camp
- sleeps 6
- \$600.00

If interested please call:
613-962-4675

FOR SALE

3 BEDROOM HOME

- with 1 large bachelor apartment in lower part of home (which, can be converted back into a 4 bedroom house).
- house is located on Old Hwy #2, situated on approximately 1 acre of property and is serviced by the town of Deseronto municipal water
- New roof in 2008, natural gas heating, central air, - location on school bus route, Deseronto transit, is approximately 30 minutes to Belleville and 15 minutes to Napanee
- Large yard, perfect for children and pets. Deck has been re-painted with patio furniture, canopy included.
- a 12 x 12 fenced in garden area is an option for those who want to grow their own vegetables.
- Large heated attached garage.
- House includes, stainless steel fridge, stove, stackable front loading washer and dryer and all newly installed lighting

Serious inquiries only please.

Contact number:
613-813-9005

LOT FOR SALE

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

Call John Maracle
1-716-826-4208



CHILD CARE AVAILABLE

- Smoke Free home
- meals provided
- accommodating hours
- \$23.00 pd/per child

Call Amanda
- 613-243-7945

WOOD FOR SALE

9 CORDS OF OAK
-\$200.00 per cord

Ask for Willy at
613-396-2823

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 Call 1-780-224-7336 OR 1780-972-3641 and leave a message

FOR SALE

- Waterfront LOT
- Bayshore Road
 - Deseronto water and sewer available.
 - \$80,000
- Contact: tyend.ingawaterfront@gmail.com



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

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

For Sale - Waterfront Lots

Waterfront – Bay of Quinte

Ridge Rd.

Lot 13M- 2.23 AC

Lot 13N- 2.15 AC

Lot 13P-2.11 AC

Lot 13Q -2.03 AC

Lot 14G-1.98 AC

\$108,000.00 each

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For Sale - Waterfront Lot

Waterfront – Bay of Quinte

Corner or Snookies & Toms Rd.

3 Parcels of Lots , 1 lot with waterfront

7.23 Acres

\$169,900.00

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Monument Sales
Monument Lettering & Cleaning



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613-396-1882

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613-396-6273

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 www.kellymcmurter.com



Water View of Home with Covered Patio, Sunroom, Second Level Deck and Stone Retaining Wall

Price: \$650,000	MLS® #: 15608839
Status: Active	Sale Type:
Property For: Sale	Waterfront: Yes
Address: 518A RIDGE RD	
City: TYENDINAGA, HASTINGS, K0K 1X0	
Legal Descr.: SEE INTERNAL REMARKS	
District: 65 - Deseronto/Quinte	Age (Yrs):
Zoning: RESIDENTIA	Approx SqFt:
Taxes: 0	Lot Size: IRREGULAR
Tax Year: 2015	Acreage: 0.95
	Side of Road: East
Possession: TBD	

Public Remarks

Whether you're on the covered patio, in the 4 season sunroom, at the dining room table, cozied up in the living room or cooking in the kitchen the views of the Bay of Quinte from all these rooms are amazing! The kitchen boasts granite countertops, oak cabinets and ceramic floor and is open to the dining room with its hardwood floor. The 4 season sunroom has double doors that open up into the dining room and kitchen area giving plenty of entertaining area. This home's spacious entry has plenty of closets and laundry area. The library and office complete the main floor of this home. The master bedroom has his & her walk in closets and a walk out deck with stunning views of water. Need extra parking or need a place to store your boat? Don't worry this home has a boat house complete boat ramp, a single car & double car garage and plenty of paved parking area. Purchaser must be a Status Member of the Mohawks of the Bay of Quinte.

Directions

York Rd to Wyman's Rd turn right on Ridge Rd.

Bedrooms: 3+0	Exterior: Stone, Stucco	Fireplace Type: Free Standing, Wood
Bathrooms: Full:1 Half:1	Roof: Shingles - Asphalt	# of Fireplaces: 1
Amperage: 200	Foundation: Concrete / Poured	Exterior Features: Balcony, Hot Tub / Spa, Landscaped, Patio
Access: Private - Maint. Fee, Waterfront Owned	Basement: Crawl	Services Avail:
Type: Single Family	Bsmnt Features: Not Applicable	Pool:
Style: 2 Storey, Detached	Heating: Forced Air, Radiant Flr, Furnace	Flooring: Carpet, Ceramic, Hardwood
Property Size: 0.5 -0.99 Acres	Fuel - Heating: Oil	Site Features: Bay / Lake, Level
Building Age: 11-25	Water Supply: Well - Dug, UV Light, Water Softner	Doc's Available: Land Survey
Construction: Frame	Sewer Type: Septic Installed	Waterfront Features: Boat Lift, Boat House, Dock, Sea Wall
Garage: Detached	Rentals: Alarm System	Shoreline: Natural, Deep, Mixed
Garage Features: Double	Hot Water Heating: Electric	Waterfront Name: BAY OF QUINTE
Driveway/Parking: Paved	Energy Code:	Water Frontage:
# Parking Spaces:		Indoor Features: Air Exchange / HRV, Alarm System, Built-In Appliances, Built-In Dishwasher, CO Detector, Central A/C



Price: \$149,900	MLS® #: 15608656
Status: Active	Sale Type:
Property For: Sale	Waterfront: No
Address: 1188 RIDGE RD	
City: TYENDINAGA, HASTINGS, K0K 1X0	
District: 65 - Deseronto/Quinte	Age (Yrs): 33
Zoning: RESIDENTIA	Approx SqFt: 1200
Taxes: 0	Lot Size: 148 X 149
Tax Year: 2015	Acreage: 0.50
	Side of Road: South
Possession: TBD	

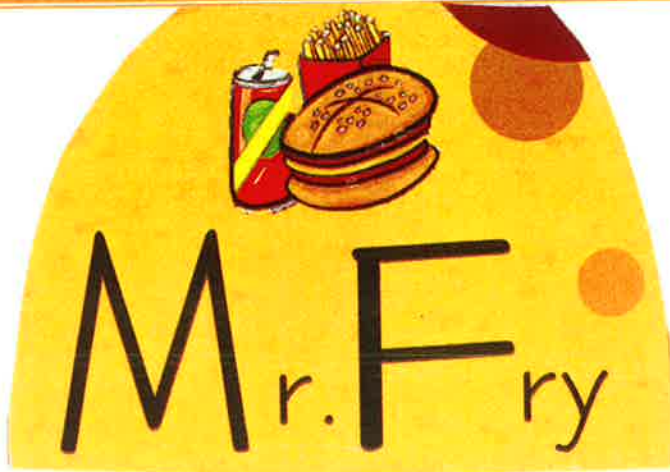
Public Remarks

Bigger than it looks!! This home has approx. 2400sq ft of living area between main floor and lower level. Upstairs boasts open kitchen and dining room, glass doors to deck, large living room, large master bedroom, 4pc bath and a second large bedroom. The lower level is finished with a 24 x 16 rec room with woodstove, 3rd bedroom, a den or office, laundry area and a walk out to the private backyard. Many updates over the years have kept his home in good repair; Windows & doors, Deck, Woodstove, and Septic. This home is on the route for the new water plant. Purchasers must be a Status Member of the Mohawks of the Bay of Quinte.

Directions

HWY # 49 TURN LEFT ONTO BAYSHORE RD, JUST BEFORE SKYWAY BRIDGE

Bedrooms: 2+1	Exterior: Hardboard	Fireplace Type: Free Standing, Wood
Bathrooms: Full:2 Half:0	Roof: Shingles - Asphalt	# of Fireplaces:
Amperage: 200	Foundation: Block	Exterior Features: Deck, Fenced - Partial, Landscaped, Satellite Dish, Storage Shed(s)
Access: Municipal Road	Basement: Full	Services Avail:
Type: Single Family	Bsmnt Features: Fully Finished	Pool:
Style: 1 Storey, Detached	Heating: Baseboard	Flooring: Carpet, Ceramic, Lino / Vinyl
Property Size:	Fuel - Heating: Electric, Wood	Site Features:
Building Age: 26-50	Water Supply: Cistern	Doc's Available: Land Survey
Construction: Frame	Sewer Type: Septic Installed	
Garage: None	Rentals: Water Heater	
Garage Features: Not Applicable	Hot Water Heating:	
Driveway/Parking: Gravel	Indoor Features: Built-In Dishwasher	
# Parking Spaces:	Energy Code:	



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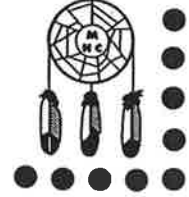
P.O. Box 755

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Jim McMurter
Owner / Manager

E-mail: jmcmurter@mcmurterhome.com

BUS: (613) 396-1607 ~ FAX: (613) 396-6897



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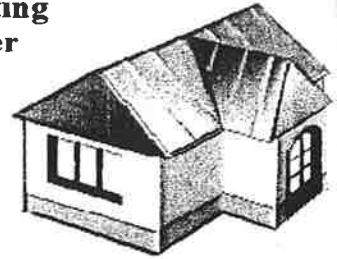
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The Christmas Shop

OPEN EVERYDAY

until **December 23, 2015**

Sunday: 11:00am – 5:00pm

Monday - Friday: 10:00am – 6:00pm

Saturday: 9:00am – 5:00pm

Home-made wreaths and arrangements, hand-knit items, hand-poured soy candles and accessories, ornaments, ribbon by the roll, deco poly mesh, decorations, and gifts galore!



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~ 1154 York Rd., Tyendinaga Mohawk Territory ~

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



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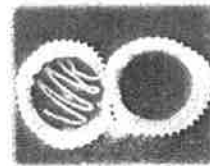
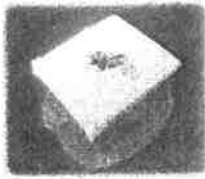


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