



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

**ORI:WASE** (NEWS)

ISSUE 2/14  
ENNIHASKHA (February)

*We are on the web [www.mbq-tmt.org](http://www.mbq-tmt.org)*



## Valentines Day Family Craft Night

Family Health and Child Development would like to invite your family to come and participate in an evening of Valentine activities. You will have the chance to make a Valentine craft to give to your own special friends and family member. We will be providing supper and dessert. If you have any food allergies please let us know when you call to register so we are able to have an alternative ready. The craft night will take place at the Community Wellbeing Centre in the Teaching Lodge.

Wednesday February 12th, 2014 from 6:00 - 8:00pm.

We do ask that you register your family to ensure we have enough supplies.

To Register please call: 613 967 3603 Ext. 149



**Happy Valentine's Day!**



## Statement of the Votes

Tyendinaga First Nation

December 7th, 2013

Name of Candidate for Chief	Total Votes Received
BRANT, Barbara Frances	86
BRANT, Shawn	358
HILL, Balin Isaac (Steve Simmons)	12
MARACLE, Corey T.	29
MARACLE, R. Donald	852

Number of valid ballots cast for chief: 1337

Number of rejected ballots for chief: 21

Name of Candidate for Councillor	Total Votes Received
BRANT, Barry D.	685
BRANT NEEPIN, Jennifer	413
CLAUS, Christine	330
LEWIS-DEN OTTER, Sandra	488
LOFT, Manson	413
MARACLE, Carl (Ted)	811
MARACLE, Curtis E.	287
MARACLE, Douglas E.	803
MARACLE, Melissa R. (Missy)	263
SERO, Keith A.	431
SIMMONS, Catherine	93

Number of valid ballots cast for councillor: 1331

Number of rejected ballots for councillor: 27

## ***Elected Candidates***

**To the Office of Chief:**

Name: R. Donald Maracle

**To the Office of Councillor:**

Name: Carl (Ted) Maracle

Name: Douglas E. Maracle

Name: Barry D. Brant

Name: Sandra Lewis-den Otter

This count was diligently conducted in accordance with the *Indian Band Election Regulations*.

  
\_\_\_\_\_  
Electoral Officer

Kelly Maracle  
831 Lower Slash Road  
Tyendinaga Mohawk Territory  
K0K 1X0

613-396-5994

kelly.elections@yahoo.ca

  
\_\_\_\_\_  
Witness

JAN 2014

## **MOHAWKS OF THE BAY OF QUINTE HUMAN RESOURCES**

### **CASUAL RESUMES**

Casual resumes are kept on file for a period of six months. If you wish to be on the casual list for Mohawks of the Bay of Quinte, and you have not submitted your resume and Criminal Reference Check/Vulnerable Sector Check in the last six months, please forward up to date information to:  
[resume@mbq-tmt.org](mailto:resume@mbq-tmt.org)



**Kelly Maracle**  
Human Resources Manager  
613.396.3424 ext.112

**"If you cannot do great things, so small things in a great way." ~Napoleon Hill**

### **Job Postings**

All internal postings are posted on job boards located at the Administration Office, Community Wellbeing in Ontario Works and in the Employment Office. They are also shared by Facebook and Twitter through our communications department and can also be found on our website [www.mbq-tmt.org](http://www.mbq-tmt.org)

## **TransCanada Energy Ltd. Power Engineering Scholarship Program at Cambrian College**

TransCanada Energy Ltd. (TransCanada) has established a Power Engineering Scholarship Program in association with the development of the Napanee Generating Station, TransCanada's Ontario operating power facilities, Cambrian College in Sudbury, Ontario and the Cambrian College Foundation (the "TransCanada Power Engineering Scholarship Program").

The TransCanada Power Engineering Scholarship Program will fund the costs of tuition, books and residence (or if not in residence provide a fixed allowance to assist with the cost of living) for 3 eligible high school graduate students from the Town of Greater Napanee and the surrounding First Nations Communities. Eligible candidates will have received offers of admission into the Power Engineering Techniques (PETQ) program at Cambrian College starting in the fall of 2014. The PETQ prepares the candidate for examinations leading to the Technical Standards Safety Authority (TSSA) 4<sup>th</sup> Class Operating Engineering Certificate of Qualification. The successful graduates of the PETQ program will be eligible for continued support for the costs of tuition, books and residence (or if not in residence provide a fixed allowance to assist with the cost of living) if the candidate receives offers of admission into the Power Engineering Technician (PWTN) program at Cambrian College. Upon graduation from this program, candidates are prepared to write the examinations leading to the Technical Standards Safety Authority (TSSA) 3<sup>rd</sup> Class Operating Engineering Certificate of Qualification. Total value of the scholarship over two years is approximately \$22,000.00 per student.

In addition to the funding support, and depending on position availability, TransCanada will provide opportunities for students enrolled in the TransCanada Power Engineering Scholarship Program to get their required practical experience for the 4<sup>th</sup> and 3<sup>rd</sup> Class Operating Engineering Certificates of Qualification at one of TransCanada's existing power generation facilities in Ontario. This is estimated as 3 months of practical experience for the 4<sup>th</sup> Class and 1 month of experience for the 3<sup>rd</sup> Class. Students will be paid by TransCanada during their employment at these facilities.

The TransCanada Power Engineering Scholarship Program is open to two high school graduates from the Town of Greater Napanee who has received offers of admission into the Power Engineering Techniques (PETQ) program at Cambrian College starting in the fall of 2014. In the event there are more than 2 qualifying students TransCanada reserves the right to select the students with the best qualifications for the program.

The TransCanada Power Engineering Scholarship Program is open to a high school graduate who has received an offer of admission into the Power Engineering Techniques (PETQ) program at Cambrian College starting in the fall of 2014 from a First Nations Community.

The TransCanada Power Engineering Scholarship Program shall be first offered to candidates from Tyendinaga – Mohawks of the Bay of Quinte and Alderville First Nation. In the event that no qualifying student is identified from within the Tyendinaga – Mohawks of the Bay of Quinte and Alderville First Nation, consideration will be made to off Reserve members of the two communities. If no qualifying candidates from off the Reserve are identified then consideration will be extended to qualifying students of Curve Lake First Nation, Hiawatha First Nation, Métis Nation of Ontario's Region 6 area, Mississaugas Scugog Island, and, Kawartha Nishnawbe First Nation. In the event there is more than one qualifying student from an Aboriginal community,

TransCanada reserves the right to select the student with the best qualifications for the program.

If either program is not fully subscribed TransCanada reserves the right to offer the unsubscribed scholarship(s) to members of the other program and if still unsubscribed to offer to candidates from outside Napanee or the First Nations Communities

Applications for the TransCanada Power Engineering Scholarship Program must be received no later than February 14, 2014 for the fall 2014 enrolment at Cambrian College by the Cambrian College Foundation through their web portal.

<http://www.cambriancollege.ca/Departments/CambrianFoundation/Pages/default.aspx>.

Click on the picture under the TransCanada logo to go directly to the TransCanada Application Form and other application requirements.

Applicants from the Town of Greater Napanee must be a resident of the Town of Greater Napanee as of February 1, 2014 and must provide proof of residency.

Applicants from Aboriginal communities must demonstrate proof of Aboriginal status and proof of residency in one of the Aboriginal communities listed above.

TransCanada will contribute funds to the Cambrian College Foundation in two installments equal to the total cost for each qualifying student's tuition fees and books for each term, and residence or in not in residence a fixed allowance of \$6120.00 per school year as to assist with the cost of living.

Students working at a TransCanada facility for the required qualifying steam time will be paid salary and receive benefits in accordance with TransCanada's applicable rates. There will be no living allowance payable while working for TransCanada.

Graduates of the Power Engineering Technician (PWTN) who have passed the qualifying exams for 3<sup>rd</sup> Class Operating Engineering Certificate of Qualification will be given consideration for permanent employment at the Napanee Generating Station should such opening be available.

The full time employment candidate must demonstrate their intention to complete the requirements leading to a 2<sup>nd</sup> Class Operating Engineering Certificate of Qualification within 2 years of full-time employment with TransCanada.

TransCanada makes no representation of any guarantee of permanent employment to graduates under this program nor will TransCanada demonstrate any preference with respect to hiring of graduates of this scholarship program.

## Power Engineering Student Program Road Map

	Ontario College Admissions Process	TransCanada Power Engineering Scholarship Process
<b>Opens October</b>	Submit your application to ontariocolleges.ca along with the application fee and all transcripts.	Submit your application to TransCanada Power Engineering Scholarship through Cambrian College Foundation website ( <a href="http://www.cambriancollege.ca/Departments/CambrianFoundation/Pages/default.aspx">http://www.cambriancollege.ca/Departments/CambrianFoundation/Pages/default.aspx</a> )
	ontariocolleges.ca electronically forwards applications and program choices to Cambrian College. Cambrian confirms receipt of your application with an acknowledgement package.	Cambrian College Foundation confirms receipt of your application for the TransCanada Power Engineering Scholarship
<b>February 1</b>	Applications received at ontariocolleges.ca on or before February 1 are given equal consideration; applications received after February 1 are considered on a first come, first served basis providing there is space available.	
<b>February 14</b>		New extended date for application to TransCanada Power Engineering Scholarship through Cambrian College Foundation website
<b>February 17</b>	Applicants to limited enrolment programs must submit all transcripts by February 17 to be considered in the selection process.	
<b>March 31</b>	Admissions decisions are sent to all applicants for limited enrolment programs	Cambrian College Foundation provides Scholarship applicants to TransCanada. TransCanada begins scholarship selection process.
<b>April 16</b>	Applications for residence received with the required deposit on or before this date will be given priority.	TransCanada selects candidates for scholarships and notifies Cambrian College Foundation.
<b>April 23</b>		Cambrian College Foundation provides scholarship offers to students selected by TransCanada.
<b>May 1</b>	Confirm your acceptance at ontariocolleges.ca online or by phone by this date.	Confirm your acceptance of scholarship offer.
<b>Starting May 2</b>	An acknowledgement that Cambrian College has received your acceptance will be sent.	Cambrian College Foundation acknowledges receipt of your scholarship acceptance and informs TransCanada.
<b>June 1</b>		TransCanada forwards funding to Cambrian College Foundation for accepted student.
<b>June 30</b>	You must pay your tuition fees by this date to hold your seat in your program.	Cambrian College Foundation pays tuition, residence if applicable, book allowance and if not in residence pays living allowance to qualifying students.

## Trustee Report for January 2014

It's hard to believe that the school year is at the halfway point, with the 1<sup>st</sup> semester ending and the 2<sup>nd</sup> semester about to begin.

At the Board Office, we are welcoming Mr. Mark Fisher, who will be replacing Ms. Colleen DeMille, Superintendent of School Climate and Student Well-Being, who has been seconded to the Ministry for a 3 year term.

Our tuition agreement renewal is underway with one meeting completed and another scheduled to continue the process of getting approval from AANDC for an updated draft that has been completed by personnel from Mohawks of the Bay of Quinte and Hasting Prince Edward District School Board. It is our goal to make this a five year tuition agreement. More information will be reported as the process continues.

For more detailed information on Board or Committee minutes, please go to [HPEDSB.on.ca](http://HPEDSB.on.ca) > Board and Committee meetings.

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

Respectfully submitted,

Mike Brant, HPEDSB, representing Tyendinaga First Nations



## News from the Ohahase Education Centre

It's that time of year again ... a new semester, new courses ... and new students! The Ohahase Education Centre is pleased to welcome eight new students in Grades 9 - 11 who are joining us for second semester. It is exciting to see our school grow, and to be part of that growth. There is still time to register if you'd like to join us for Semester II.

We've got some exciting trips planned for early February - to the Trent University Elder's Conference and Social on February 1<sup>st</sup>; to the Art Gallery of Ontario on February 7<sup>th</sup>; and to Carleton University's Round Dance on February 8<sup>th</sup>.

Don't forget .... we are always accepting new registrants for our Adult Ed program, and most adults can achieve their OSSD by completing as few as four credits, depending on life and work experience. Call or drop by FNTI any time between 8:30 and 4:30 and we'll get the process started.

3 Old York Road  
Tyendinaga Mohawk Territory  
613-396-2122



# EMPTY NET. SCORE YOURSELF A FUTURE.

FNTI IS YOUR TICKET TO A HIGHER EDUCATION.

Excellent programs available... right in your own back yard!



3 Old York Road | Tyendinaga Mohawk Territory, Ontario | K0K 1X0 | Canada

[www.fnti.net](http://www.fnti.net)



## Happy Birthday!



- ☆ Happy 14th Birthday
- ☆ Destiny - Feb. 1
- ☆ Love Mom, Dad, Trinity & the hounds
- ☆ Happy 14th Birthday
- ☆ Destiny - Feb. 1
- ☆ Love Gram & Poppa
- ☆ Happy Birthday
- ☆ Chris—Feb. 20
- ☆ Love Dad & Mom
- ☆ Happy 30th Birthday
- ☆ Natalie—Feb 16
- ☆ Love Cory, Courtney, Karly & Wade
- ☆ Happy 4<sup>th</sup> Birthday
- ☆ Colty!
- ☆ You are growing into such a smart, energetic and fun young boy.
- ☆ We love you!
- ☆ Mom, Dad and Wadey
- ☆ XOXOXOXO

Very Happy Birthday Aunt Edie!!  
Lots of love on your special day!  
Your Greats and Double Greats,  
Shane, Amy, Colton & Wade  
XOXOXOXO

Happy 4<sup>th</sup> Birthday  
Colton  
Love Uncle Chip & Aunt Allison

Happy Birthday  
Ryan  
From Uncle Chip & Aunt Allison

Happy Birthday  
Aunt Edith  
Love Chip & Allison

Happy Birthday  
Nita on Valentines Day  
Love Wendy & Glenn.





Tribute to the passing of a beautiful Onkwehonwe spirit.

Kariwahawi - Sharon A. John - Wolf Clan

January 31st 2013

She will be missed by family, friends and community. She was a mother and grandmother with the utmost love and integrity. She was dedicated and committed to preserving the culture, language and original laws of the Onkwehonwe. She inspired many directly and indirectly to also follow the path. To preserve those things that give us the right to identify ourselves as a distinct "Nation" in this world.

To honor her memory and the many before her; is for each of us to remain mindful and continue to give thanks for those things that creation has provided for the Onkwehonwe of this land.

With respect and love

Kiotehariyo (Son), Nikaa ("Daughter-in-law")

Kanatenhawi (Granddaughter)

Kahentes ("Sage")

Tesakotenhsta (Grandson)

Karonhiate'a (Granddaughter)

Don Brant ("Husband")

We extend a tremendous amount of gratitude and respect to friends, family and the Traditional People of Tyendinaga and Ganienkeh for their support and tireless and selfless efforts to help throughout this time. It is heartening to see the result of dedication given by many to revive the Longhouse at Tyendinaga. For without the efforts of the many volunteers, this ancient Longhouse funeral and peaceful Condolence ritual could never have been possible.

Niawenkowa

We encourage all who can - to donate in memory of Kariwahawi to:

The Tyendinaga Haudenosaunee Longhouse Fund

1327 Ridge Road

Tyendinaga K0K 1X0

Contact Jan Hill



## Thank you!

*The family of the late Phyllis Green would like to extend their gratitude and appreciation to all our relatives, friends and community members for the thoughtful donations of food, flowers and monetary contributions to the Cancer Research Centre in Kingston and Christ Church and to the Christ Church Restoration fund. It was very overwhelming to see the number of people that came out and offered their support during our time of loss. With Mom working for the band office for 52 years had touched many people in her lifetime and will be sadly missed.*

*We would also like to send our thanks to Kathy Vick for her touching service as well as McGlade Funeral Home for their help in making arrangements. The Home and Community Care nurses and workers that went into Mom's for the special care and use of equipment as she needed it.*

*We also thank the Mohawks of the Bay of Quinte Band Council for the use of the Community Centre for the fellowship gathering after the service. The lovely luncheon by the Native Womens Association and Betty Carr-Braints program, it was excellent and very much appreciated.*

*We would also like to extend a final "Special thank you" to Chief Don Maracle for the kind words and to Doug Green and Debra Reid for reading scriptures. It was very much appreciated and to Aunt Marilyn for taking lunch to Mom and sitting with her through the day and Edith for popping in. Also to Charlie, Carla, Sandy and Molly for taking lunch down and visiting with Mom, Ainsley Leween for helping with the arrangements that we didn't think of.*

*Forever loved and never forgotten.*

*The Family*

*In Loving Memory of Nancy Branchaud  
Who passed away February 6, 2013*

*A daily thought, a silent tear,  
A constant wish that you were here.  
Words are few but thoughts are deep.  
Memories of our friendship we will always keep.*

*Missing our dear friend and "royal" scrapbooking pal,  
Angela, Shirley and Victoria Maracle*



### **THANK YOU FOR YOUR SUPPORT!**

**Re: *Santa's Living Room* in Deseronto  
December, 2013**

On behalf of the planning committee and the families in our community who attended, we extend a heartfelt thank you to all who helped make our ninth annual *Santa's Living Room* a huge success. Our vision of providing families with warm memories of a traditional old fashioned holiday celebration was once again fulfilled.

It is impossible to list all of the hardworking Elves and other volunteers, but you know who you are and we are truly grateful to each and every one of you for your part in making this event a special one. In addition to the Photographer Elf, Kitchen Elves, and Office Elves, we give acknowledgment and thanks to the following for their support:

- John and Tara (Dancing Moon Gallery) for supplying the space for Santa's Living Room
- Santa and Mrs. Claus, for taking time out of their busy schedule to come and visit
- Little Turtle 2 for hosting Santa's Breakfast with the kids
- Lori and Rob Maracle for donating crayons for Santa's Living Room
- Barb (O'Connor House, Deseronto)
- Pat Gartland Plumbing & Heating
- Monetary donations courtesy of:
  - Native Women's Association
  - Chief and Council
  - Debbie's Gas Bar
  - Joan Andrews
  - Mr. Fry and Mrs. Cone
  - Church of Christ the King

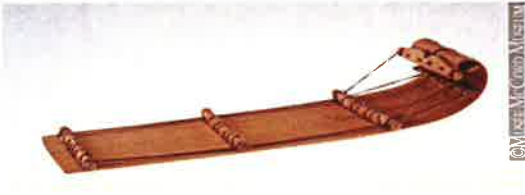
Thank you as well to all who purchased Santa calendars, the proceeds of which went to help with the costs of this event.

Sincere thanks once again to everyone; your support is not taken for granted, and will help us ensure that *Santa's Living Room* will continue to be an annual tradition, and we look forward to another successful *Santa's Living Room* in 2014. All the best in the New Year!

Sincerely,

Dan Whalen / Teri Ward  
Santa's Living Room Events Committee

# FEBRUARY 2014



The toboggan was created by the native tribes of northeast America and Canada. The people of the Cree and Innu tribes, as well as the Anishinabe tribes can claim the privilege of first using the sled. These early sleds consisted of thin wooden boards that curved around at the front by use of heat. Wooden bars

## History

S	M	T	W	T	F	S
						1
2	3 Breastfeeding Support Group 10:30am-12pm Parish Church	4	5	6	7	8
9	10 Breastfeeding Support Group 10:30am-12pm Parish Church	11 Diabetes Social Circle @CWC 6:00-8pm	12	13	14	15
16	17 Breastfeeding Support Group 10:30am-12pm Parish Church	18	19	20	21	22
23	24 Breastfeeding Support Group 10:30am-12pm Parish Church	25	26	27	28	

# COMMUNITY HEALTH



**HEART &  
STROKE  
FOUNDATION**

# Taking Control

*Lower your risk of heart disease and stroke*

## Taking Control

Paying attention to risk factors that you can do something about and maintaining a healthy lifestyle will help to reduce our risk of heart disease and stroke.

Talk to your healthcare provider.

### High Blood Pressure

- also known as hypertension, happens when the force of blood pushing against artery walls (the tubes that carry blood away from your heart) is too high. To know whether your blood pressure is too low or high, a healthcare provider has to measure it using a blood pressure device.

- High blood pressure is the **#1 Risk factor for Stroke** and a **Major risk factor for Heart Disease**. That's why its important to keep high blood pressure under control.

### Lack of Physical Activity

People who sit or do not move around much during the day have a higher risk of heart disease and stroke than those who are active. An active, healthy lifestyle can help prevent and manage high blood pressure, high blood cholesterol, excess weight and stress—all of which increase your risk of heart disease and stroke.

### Smoking

Smoking and being exposed to 2nd-hand smoke increase your risk of heart disease and stroke. The bad health effects of smoking and 2nd-hand smoke include:

- ♥ **The build up of plaque in your arteries**
- ♥ **Higher Risk of blood clots**
- ♥ **Lower oxygen levels in your blood**
- ♥ **Strain on your heart**

### Overweight

Being overweight, at any age, means you are at higher risk of having high blood pressure, high blood cholesterol, diabetes, heart disease and stroke. Maintaining a healthy weight is one of the best things you can do for your heart.

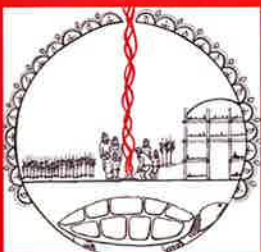
- ♥ **Eat a healthy diet**
- ♥ **Lose weight slowly**
- ♥ **Avoid "New" or "Fad" diets**
- ♥ **Eat healthy foods that are lower in fat**
- ♥ **Manage the size of food portions**
- ♥ **Drink plenty of water**
- ♥ **Calm your stress**

### Diabetes

First Nations, Inuit and Métis Peoples are at a higher risk of developing Type 2 Diabetes, the most common form of this serious medical condition that may lead to heart disease and stroke.

### If you have been diagnosed with diabetes

Work closely with your healthcare team to set goals for your blood glucose levels. Make sure you know what your target levels are, and how to maintain that target.



Community Health Team  
Community Wellbeing Centre  
50 Meadow Drive,  
Deseronto, ON K0K 1X0  
613-967-3603

# Good Food Box



Dates: Order By and Paid 4:30pm	Order Arrives
January 7, 2014	January 15, 2014
February 11, 2014	February 19, 2014
March 11, 2014	March 19, 2014
April 8, 2014	April 16, 2014
May 6, 2014	May 14, 2014
June 10, 2014	June 18, 2014
July 8, 2014	July 16, 2014
August 12, 2014	August 20, 2014
September 9, 2014	September 17, 2014
October 7, 2014	October 15, 2014
November 10, 2014	November 19, 2014
December 9, 2014	December 17, 2014

Calendar For  
2014

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**

# 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



## *Spring Session Traditional & Western Prenatal Classes - 6 Weeks starting*

Wednesday April 16th, 2014  
6:00 pm - 8:00 pm  
at the Community Wellbeing Centre  
50 Meadow Drive, Tyendingaga  
Mohawk Territory

For more information and register  
call 613-967-3603  
and speak with a Community Health  
Nurse or Aboriginal Midwife

Classes are free  
We encourage partners/support  
persons to participate  
Lots of information and giveaways for  
parents and babies



## **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**



## 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



*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

Queen Anne Parish Centre

1295 Ridge Road TMT

Lactation Consultation available

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

MARCH BREAK

Community Health Programs are offering to youth a

rattle making workshop

March 10 & 11/14

9 am-4 pm

Community Wellbeing Centre

Teaching Lodge

50 Meadow Drive,

Tyendinaga Mohawk Territory

Grab a friend and come on out.

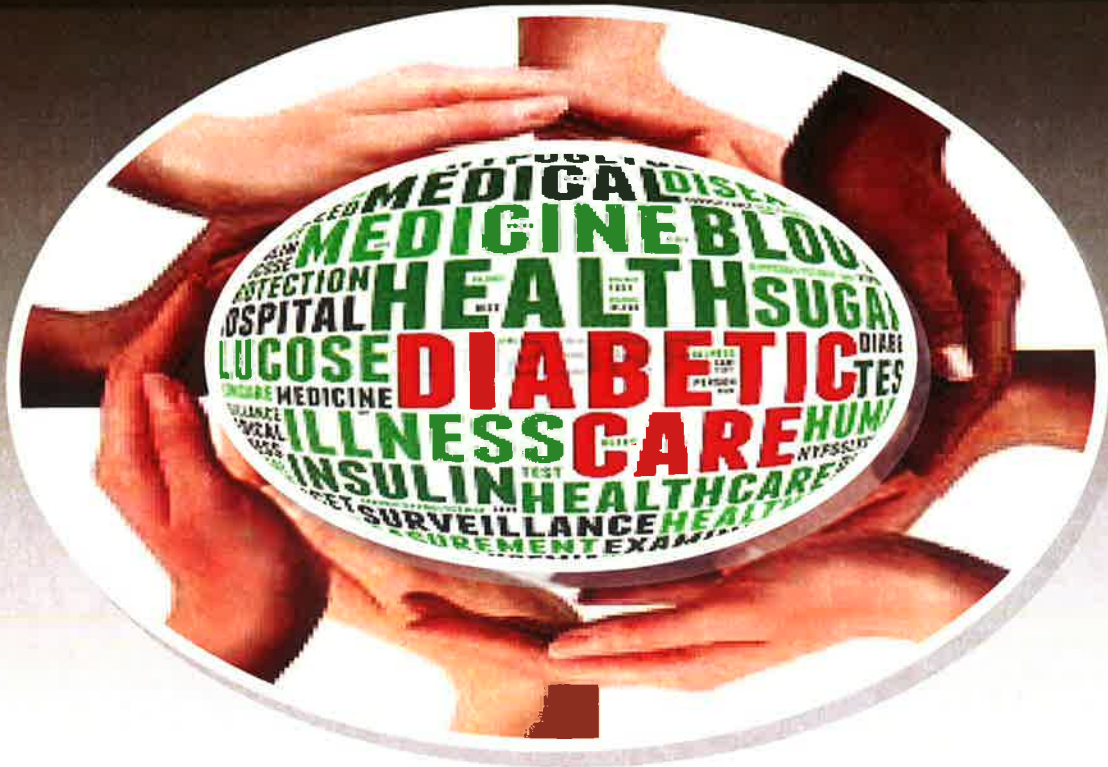
Looking for the first 12 people to call and pre-register by

March 3rd by calling Denise Leafe @613-967-3603

Must pre-register so we are sure we have enough supplies for everyone.

Youth ages 12-18 years Welcome





# **DIABETES SOCIAL CIRCLE**

**Next meeting: Tuesday February 11, 2013**

**6 pm to 8 pm at the Community Wellbeing Centre**

**50 Meadow Drive, Deseronto**

**If you know or care for someone with Diabetes, have Diabetes yourself or want to learn how to prevent Diabetes, the community health team invites you to join our circle.**

**For more info please contact:**

**Denise at 613-967-3603 ext 128**

# FAMILY FUN NIGHT

Have you ever wondered how you get diabetes?  
Would you like more information about diabetes?  
Would you be willing to sit at your kitchen table and discuss diabetes?

If so, Community Health Programs offer you, in your home, an evening of information about diabetes but made fun for everyone.

You provide the home, family & friends and we will do the rest.

We bring the education, information and snacks and come to you!

To schedule your in home family fun night please call Denise @ 613-967-3603 ext 128





# Diabetes Care Sheet

## Stress and Diabetes

### Stress & Diabetes

#### What is Stress?

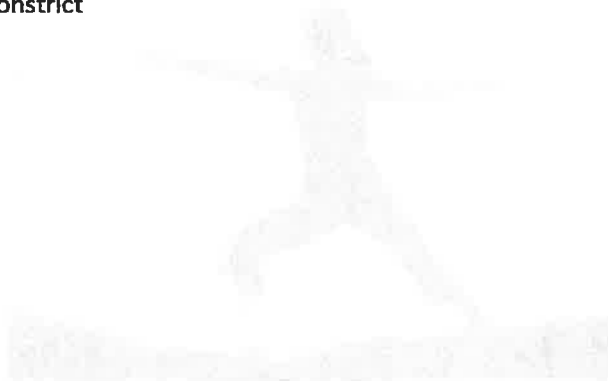
Physical, mental, or spiritual tensions that can make you feel out of balance. If you are living with diabetes it is important to understand stress and how to cope in order to manage your diabetes.

#### Symptoms of Stress

- Blood pressure & pulse rate increase
- Blood sugar elevates
- Blood vessels in the hands and feet constrict
- Pupils dilate
- Insomnia or sleep irritation
- Nervousness & depression
- Pounding, rapid heartbeat
- Dry mouth
- Rapid, shallow breathing
- Inability to relax or calm down

#### Stress Reducing Techniques

- Good diabetes control
- Walking
- Eating well
- Plenty of rest & sleep
- Meditation or yoga
- Talking about your feelings
- Helping others
- Doing enjoyable activities
- Learning to say no to things you do not enjoy
- Taking time out for you



*"...everything on the earth has a purpose, every disease an herb to cure it, and every person a mission. This is the Indian theory of existence."*

#### -Mourning Dove

\*Information Provided by Southern Ontario Aboriginal Diabetes Initiative (SOADI)



 **mobileyez** Eyecare. Everywhere.™

**EVERYDAY LOW PRICES ON GLASSES**

**TYENDINAGA MOHAWK TERRITORY**

**FEBRUARY 12<sup>TH</sup>, 10AM - 4PM**



**\$0\***

Sporty, lightweight men's design. Full frame or semi-rimless. Colors: Black, brown and navy.



**\$29\***

Elegant ladies frame with jewelled temples. Choose from assorted styles and colours.



**\$69\***

Selected RayBan frames only. Colours: Tortoise, black, and purple.

\* Price includes frame and complete pair of single vision lenses or bifocal lenses, net of NIHB contributions. While quantities last.

**OPTOMETRIST EYE EXAMS & GLASSES**

COMMUNITY WELLBEING CENTRE, 50 Meadow Drive,

TYENDINAGA M.T., ON CASE CONFERENCE ROOM

TO BOOK YOUR EYE EXAM CALL TOLL FREE:

**1-866-920-6480**

**WE DO DIRECT INSURANCE CLAIMS**

**ALL MAJOR CREDIT CARDS AND DEBIT ACCEPTED**

**PLEASE HAVE YOUR BAND REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT**

**BOOK EARLY  
ONE DAY ONLY**

# **ATTENTION LOCAL HUNTERS & COMMUNITY MEMBERS BEWARE!!**

LYME DISEASE....is a serious illness spread by the bite of certain species of ticks. Ticks are small insect-like parasites that feed on the blood of animals, including humans.

For most Canadians, the risk of getting LYME DISEASE is fairly low, but it is increasing.

You should take steps to reduce your risk if you spend time outdoors in areas where there may be ticks.

## **EDUCATIONAL INFORMATION SESSION**

TO BE HELD ON: THURSDAY APRIL 3, 2014

LOCATION: 59ER`S HALL, 8011 OLD HWY #2, TMT. ON

TIME: 7:00PM

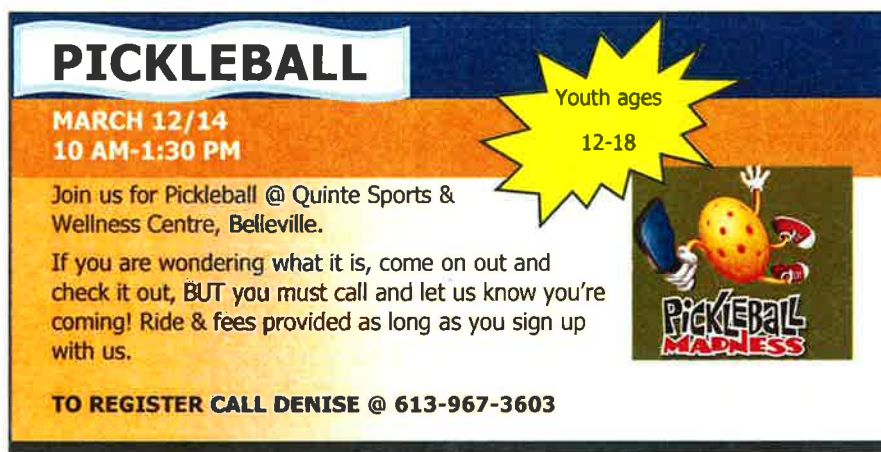
GUEST SPEAKER: TRUDY STANSFEILD, ZONOTICS,  
HEALTH CANADA

“YOU ARE INVITED TO ATTEND TO HEAR UPDATES ABOUT LYME DISEASE AND  
LEARN HOW TO PROTECT YOURSELF AND YOU`RE FAMILY AGAINST THE  
DISEASE”

*Information: Community Well Being Centre, 613-962-3603*

“ALL WELCOME”

“REFRESHMENTS WILL BE SERVED”



**PICKLEBALL**

**MARCH 12/14**  
**10 AM-1:30 PM**

Join us for Pickleball @ Quinte Sports & Wellness Centre, Belleville.

If you are wondering what it is, come on out and check it out, BUT you must call and let us know you're coming! Ride & fees provided as long as you sign up with us.

**TO REGISTER CALL DENISE @ 613-967-3603**

Youth ages  
12-18

**PICKLEBALL  
MADNESS**

The flyer features a blue header with the word 'PICKLEBALL' in white. Below is an orange band with the date and time. The main body is white with black text. A yellow starburst graphic contains the text 'Youth ages 12-18'. On the right, there is a cartoon illustration of a pickleball character with arms and legs, holding a tennis racket, with the words 'PICKLEBALL MADNESS' written below it.

# 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 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° C (hypothermia can occur when indoor temps are 16° C 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

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

# February 2014

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club—8:00 to 9:30 a.m. Diners Club—12:00 to 1:00 p.m. Handivan Departure—9:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Bingo/Lunch—12:00 to 3:00 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m. Afternoon at the Movies—1:00 to 4:00 p.m.			Birthday Tea—2:00 to 4:00 p.m. Euchre —6:30 to 8:30 p.m. Wii Bowling—6:30 to 8:30 p.m. Walking Program—10:00 to 11:00 a.m. Ceramics—1:00 to 3:00 p.m. Pen & Ink—1:00 to 3:30 p.m. Library—2:00 to 4:00 p.m.			1
2	3 Ceramics Wii Bowling	4 Meals on Wheels Walking Program @ QS&WC Library	5 Trip to Pat's 1:00 to 3:00 pm Euchre	6 Meals on Wheels Napanee Shopping	7 Meals on Wheels Handivan Des	8
9	10 Ceramics Wii Bowling	11 Meals on Wheels Walking Program @ QS&WC Library	12 Diners Club & Bingo HOME SUPPORT @ Community Centre	13 Meals on Wheels Birthday Tea	14 Meals on Wheels Handivan Des 	15
16	17 Breakfast Club Pen & Ink Wii Bowling	18 Meals on Wheels Walking Program @ QS&WC Library	19 Euchre	20 Meals on Wheels Belleville Shopping	21 Meals on Wheels Handivan Des	22
23	24 Pen & Ink Wii Bowling	25 Meals on Wheels Walking Program @ QS&WC Library	26 Diners Club & Bingo HOME SUPPORT @ Community Centre	27 Meals on Wheels Afternoon at the Movies	28 Meals on Wheels Handivan Des	



Canadian Cancer Society  
Société canadienne  
du cancer



## FACT SHEET:

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This year, the Canadian Cancer Society Driven to Quit Challenge is presented by McNeil Consumer Healthcare, a division of Johnson & Johnson Inc., makers of Nicorette® and Nicoderm®.

Driven to Quit (D2Q) is a health promotion campaign that engages smokers and tobacco users in Ontario to make a quit attempt for the month of March 2014. Participants are encouraged to take advantage of the free support services of Smokers' Helpline (and Smokers' Helpline Online) to help them with their attempt.

Entrants – who must sign up with a support buddy – will be entered into a prize draw to take place the first week of April 2014. Potential winners must prove that they have remained tobacco-free for the month of March. Participants may quit smoking or stop using tobacco any time after they register for the challenge as long as they quit by March 1, 2014 and stay tobacco-free for the whole month of March. Those who have recently quit may also be eligible to enter.

### PRIZES:

- Grand prize: **A choice of either a Dodge Avenger or Dodge Journey**
- Regional prizes: **Seven \$1000 cash prizes**
- Buddy prizes: **Eight \$100 cash prizes**

### WHO CAN ENTER:

Residents of Ontario aged 19 and older as of March 1, 2014, who have used tobacco at least once weekly for at least 10 months in 2013, and who have used tobacco at least 100 times in their life can enter. (Tobacco use includes cigarettes, cigars, cigarillos, pipes, snus, snuff and/or chewing tobacco.)

### HOW TO REGISTER:

Participants can register at [DrivenToQuit.ca](http://DrivenToQuit.ca). Individuals needing assistance with registration can call toll-free, 1-877-513-5333. For assistance in person, they may visit a Canadian Cancer Society Community Office.

### NEW FEATURES:

**Quit Centre** - D2Q participants will have the ability develop a public profile on [www.DrivenToQuit.ca](http://www.DrivenToQuit.ca), which they can share with other friends and family to support them in their quit journey. It will include tools to deepen their experience, including e-mail templates and social media sharing to encourage others within their social networks to join the Challenge. These tools will also allow participants to publically declare their quit intention, and ask family, friends or other supporters to pledge their support of their quit-attempt by making a financial donation to the Canadian Cancer Society.

Creating a profile, online social sharing and getting pledges are all voluntary elements of D2Q. Participation or lack thereof will in no way influence challenge outcomes, or increase or decrease quitters' chances of winning a prize.

**Coupons for Nicotine Replacement Therapy** – Every person who registers for The Challenge will receive a confirmation email that includes a \$4 discount coupon for either NICODERM® or NICORETTE®. In addition, any person who is registered for D2Q and calls Smokers' Helpline for support will have the option of being emailed an additional \$6 discount coupon.

### HISTORY:

This is the eighth time the Canadian Cancer Society has presented D2Q. Since 2006 D2Q has inspired more than 202,500 quit attempts, with over 37,000 in the 2012 Challenge alone. (The Challenge was not hosted in 2013.) It takes the average smoker five to seven attempts to successfully beat tobacco addiction for good: every quit attempt is important. D2Q has had a significant impact on the amount of smokers receiving cessation support from Smokers' Helpline through increases in call volumes and registrations to the online community.

The 2012 evaluation demonstrated that 28% of tobacco users who made a quit attempt as a result of their participation in D2Q remained smoke-free for more than 90 days, while 51% remained smoke-free longer than 30 days.

### To speak with a Canadian Cancer Society spokesperson, contact:

Linda Domenichini  
**416-323-7023**  
[ldomenichini@ontario.cancer.ca](mailto:ldomenichini@ontario.cancer.ca)

Zoë Siskos  
**905-387-4322 ext. 5627**  
[zsiskos@ontario.cancer.ca](mailto:zsiskos@ontario.cancer.ca)



## *Have A Heart Day*

On Valentine's Day, February 14, 2014, celebrate Have a Heart Day by supporting First Nations children to grow up safely at home, get a good education, be healthy and proud of their cultures.

Have a Heart Day is about caring Canadians working together to ensure First Nations children have proper services that make them feel proud of who they are. You can help by sending a Valentine's Day card or letter supporting Have a Heart Day to the Prime Minister and your area's Member of Parliament, or by spreading the word through social media like YouTube, Twitter, and Facebook.

For more details, to send an e-Valentine or to print and sign a valentine visit the website, [http://www.fncaring\\_society.com/](http://www.fncaring_society.com/) and click on Have a Heart Day. Also, letters for signature are available at the Community Well-Being Centre.

For information, please call Tracey Gazley, FNCYWW at 613-967-0122, Ext 175



\*\*\*\*\*



### Moon Ceremony

Women / girls are invited to join us to honour and seek guidance from Grandmother Moon on February 14 / 2014 at Dusk (Approx. 6:30 pm. Facilitated by Betty Carr-Braint.

Women / girls are encouraged to bring:

Tobacco for offering ( if they would like to use their own)

A bottle of water

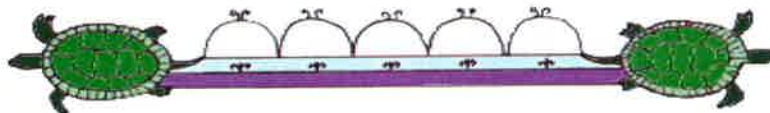
A lawn /camp chair

A small pot Luck Item

And to wear a skirt.

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

Questions can be directed to Diana at (613) 967-0122 Ext. 133 or Betty Ext. 102.



# Influenza (FLU) Bulletin

**There has been laboratory-confirmed influenza A (H1N1) cases reported in Ontario First Nations communities**

**Most importantly, this year's influenza strain is affecting children, resulting in severe illness with many requiring hospitalization**

**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**

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

**1 BILLION RISING FOR JUSTICE** RISE RELEASE DANCE!  
FEBRUARY  
**14 2014** [WWW.ONEBILLIONRISING.ORG](http://WWW.ONEBILLIONRISING.ORG)

**FREE COMMUNITY  
BREAKFAST**



Free Carnation  
While Supplies  
Last!!!



**When: February 14/14**

**From: 7:30am—10:30  
am**

**Where : 59ers Club**

ONE IN THREE WOMEN ON THE PLANET  
WILL BE RAPED OR BEATEN IN HER  
LIFETIME.

THAT IS ONE BILLION WOMEN.

IN 2013, ONE BILLION WOMEN AND MEN  
SHOOK THE EARTH THROUGH DANCE TO  
END VIOLENCE AGAINST WOMEN AND  
GIRLS.

THIS YEAR, ON 14 FEBRUARY 2014 WE ARE  
CALLING ON WOMEN AND MEN  
EVERYWHERE TO HARNESS THEIR POWER  
AND IMAGINATION TO RISE FOR JUSTICE.

JOIN US FOR BREAKFAST AND TO LEARN  
MORE ABOUT STANDING UP AGAINST VI-  
OLENCE AGAINST WOMEN.

**HOSTED BY THE  
ENYONKWA'NIKONHRIYOHAKÉ'  
PROGRAM**

# Weekly Men's Group

Offered by the Enyonkwa'nikonhriyohake' Program

Every Tuesday at Community Wellbeing Centre

6 pm to 8 pm

All men 17 & up are welcome!!

Contact Jill Beck, NNADAP Worker for information, 613-967-0122



## Fetal Alcohol Spectrum Disorder (FASD) is a **preventable** disability.



When a pregnant woman drinks alcohol, there is a chance that her baby will be born with an FASD.

Alcohol can damage or destroy the cells of the developing baby.

FASD is a lifelong condition that can result in learning and behavioural disabilities.

- \* About 1 in 100 people are diagnosed with FASD
- \* FASD is preventable

Remember...

- \* It is best not to drink alcohol while you are pregnant
- \* Damage can occur at any time during pregnancy

If you need help to stop or reduce your drinking, call Motherisk at 1-877-327-4636 and check out their website for more information [www.motherisk.org](http://www.motherisk.org) or talk to a health care provider.

# Spring Cleaning.... For the Spirit

**The  
Enyonkwa'nikonhriyohake'  
Program is hosting:**

**An Introduction to the Redpath  
Wellness Program: (6 weeks)**

**Date: March 20/14**

**Time: 6 pm—8 pm**

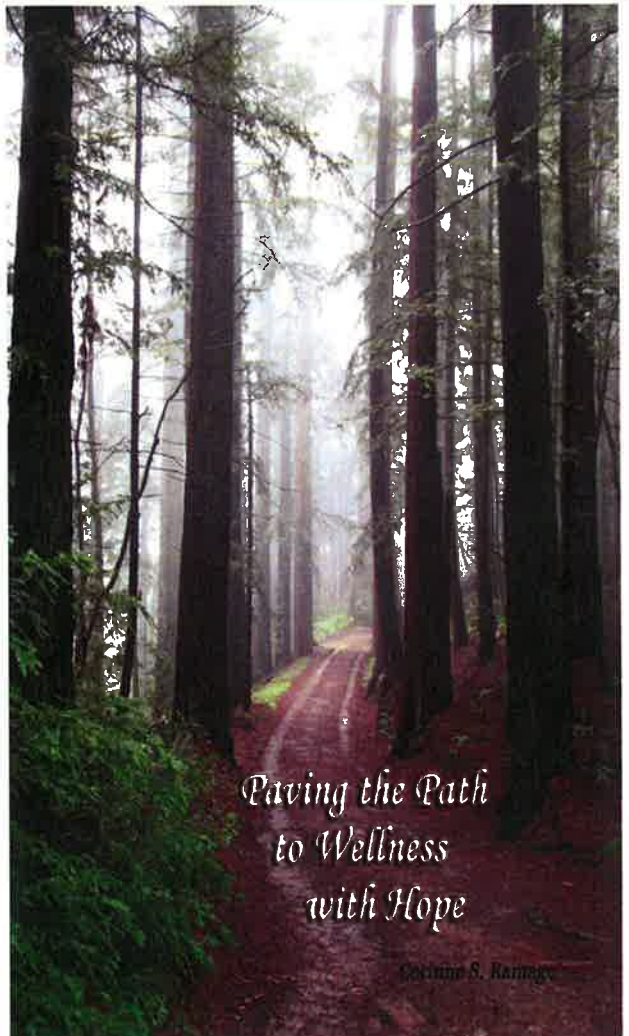
**Where: Teaching Lodge @  
Community Wellbeing Centre**

**To register, call (613) 967-0122**

**Jill Beck, Ext. 125 or**

**Diana Barlow, Ext. 133**

**Limited Spaces Available**



**What behaviours are cluttering up your life?**

**Do you turn to substances, gambling, sex, shopping, etc.  
to cope with unresolved issues in your life?**

**In-depth workshops will be available based on demand!**



---

# FREE

**Have the winter blues? Looking for fun activities for you or the whole family?**

**Community Health Program offering *free* swimming passes to be used at Quinte Sports & Wellness Centre at your convenience.**

**It's simple.**

- 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 swim schedule, pick a time, gather the family & go!**



**Community Wellbeing Centre  
50 Meadow Drive  
Tyendinaga Mohawk Territory**

**For more information please call Denise Leafe @613-967-3603**

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# Tahatikonhsotóntie Head Start Family Day Fun & Open House!

**DOOR PRIZES!**



**Snacks!**

**Fun**

**Activities!**

**Date:** February 17, 2014

**Time:** 9:00am—12:00pm

**Where:** Tahatikonhsotóntie Head Start

9 Deserontyon Dr.

Tyendinaga Mohawk Territory, ON

**~For more information please call 613-396-6716~**

**Everyone is welcome to come and join the family fun and  
check out our newly renovated centre!**



Enyonkwa'nikonhriyohake' Program Presents:

# Youth Group!

All activities are FREE  
FEBRUARY 2014



## NOTES FOR FEBRUARY:

- REMINDER: \* Calendar of events mailed out for THURSDAY'S GROUP - *registered children must sign-up - limited spots available!*
- REMINDER: if school buses are cancelled or leave early due to weather, Youth Group will also be cancelled
- MANDATORY registration for *all* ages (must be completed on 1<sup>st</sup> visit)
- For more info, please call Tracy Hill at CWC @ 613-967-0122 x 146

Tuesdays

AGES: 6-8  
TIME: 6-8PM



AGES: 13-18  
TIME: 6-8PM

Wednesdays

Thursdays

AGES: 9-12\*  
TIME: 6-8PM



2014

# March Break Mini-Extravaganza!

Date: March 10-14

Time: 8am-5pm

AGES 8-11

## FUN & FREE ACTIVITIES!

- \* Pizza & Games
- \* Music & songwriting
- \* Ice skating
- \* Bowling
- \* Matinee movie
- \* Sugar Bush trip
- \* Laser tag & mini-putt
- \* Ontario Science Centre in Toronto\*

\*Day will be approx. 7:30am-5:30pm

*Enyonkwa'nikonkrüyohake'*  
Youth Program

PHONE TRACY HILL AT  
613-967-0122 x 146

LIMITED SPACES!

Sign-up starts Monday,  
February 24th at  
8:30am



# **Bears & Cubs**

## **Wednesday February 19, 2014**

### **6:00 - 8:00 PM**



Ice fishing will be our focus for February Bears & Cubs!! We will participate in a fun filled interactive evening of ice fishing games and crafts. We do require all participants to register to ensure there are enough supplies!!!

**If you are interested in participating or require more information, please contact - Julie Brant at 613 967 3063 Ext. 149**

We will be providing a lasagna and garlic bread supper and dessert for the Bears & Cubs. If you have any special allergies please let us know when you register your child.

Bears & Cubs is a program for men in our community who would like to spend an interactive evening bonding with that special child in their life.

The program is open to boys and girls ages 12 and under.

Bears & Cubs will take place at the Community Wellbeing Centre, Teaching Lodge located behind the Tyendinaga Police Station—beginning at 6:00pm and ending at 8:00pm.

**\*\*\*Please note Bears & Cubs has moved to Wednesday Night this month\*\*\***



# Alphabet Soup in Motion



- 📖 **Alphabet Soup in Motion is a FREE 5 week program for families with children 2.5 to 5 years of age**
- 📖 **This family literacy program focuses on emergent literacy, active play, and good nutrition**
- 📖 **Parents and children will participate in stories, rhymes, songs, yoga and healthy snacks**

**Monday mornings @ Family Space**

**February 3, 10, 24, March 3, 17**

**Note: no program on Family Day (17) & March Break (10)!**



**10:00 to 12:00 pm**



**Great take-home resources!**

Please register with Thelma

613-966-9427 x 225 or [tperry@familyspace.ca](mailto:tperry@familyspace.ca)



# COMMUNITY CIRCLE



The Community Circle is being held at the Community Wellbeing Centre

February 17th, 2014 6:00pm - 8:30pm

We have had lots of great ideas from our last community circle! We're excited to offer these awesome evenings of creating crafts and traditional teachings. Our focus for February is going to be terrariums. You will need to provide your own glass jar that comes with a lid and we will provide the rest of what you need.

We do require registration as the circle is becoming more popular and we want to ensure we will have enough supplies for everyone.

\*\* Just a reminder that the circle is only open to participants 18 years and older. We encourage our elders to participate as well! \*\*

To register please call: Julie Brant 613 967 0122 ext. 149

Or email [julieannb@mbq-tmt.org](mailto:julieannb@mbq-tmt.org)



The circle is open to men and women 18 years and older.

**"The Circle has healing power. In the Circle, we are all equal. When in the Circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The Sacred Circle is designed to create unity. The Hoop of Life is also a circle. On this hoop there is a place for every species, every race, every tree and every plant. It is this completeness of Life that must be respected in order to bring about health on this planet."**

The Community Wellbeing Centre





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

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

**February 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 /**

**Fitness Staff & P.T**

**Sonya Lueth**

**Mahaley Brant**

**Shanleigh Maracle**

**Kiowa Bernhardt**

**Isaiah Loft**

**We Welcome Co-op**

**5 Components of Fitness**

1. **Warm up-** prepares your body mentally and physically by increasing your body temperature, heart rate, respiration and blood flow. Also increases synovial fluid to the joints.
2. **Cardio Training-**achieved through activity that maintains 30-60 min of continuous movement, walking, running, cycling, swimming, rowing, etc.
3. **Resistance Training-**getting results does not require hours of time lifting weights. Gains can be realized with 2-3 30 min strength workouts per week. Strength training when done right is the most important component in terms of weight maintenance, weight loss and overall health.
4. **Cool Down-**bring the body temperature, respiration, heart rate down to pre exercise rate 3-5 min at the end out your workout. If you are running, take it to a jog then to a walk.
5. **Flexibility-**stretch when your muscles are warm at the end of your workout. Hold each stretch at the point of tension not pain.

**Thank You / nia;wen :** To our co-op student Casey Doggett , all your hard work was greatly appreciated, we enjoyed your time with us and you will be missed.

**Congrats to The Winner of the Xmas Draw**

Beryl Fry won one month membership , gym bag, water bottle, key chain and head phones. Thank you for your support.

**Watch for our Staff Challenges on FACEBOOK**

**HAPPY VALENTINES DAY TAKE CARE OF YOUR HEART**





# Tyendinaga Fitness Resource Centre

**\*NO CONTRACTS \*NO TAXES \*CHILDCARE\***

**(613) 962-2822 14 York Rd. Unit 1 Shannonville**



## TOMPKINS MARTIAL ARTS

**Mondays & Thursdays ~ 6:30pm-7:45pm**

## TAI CHI



**Wednesdays ~ 10am-11am**

## Zumba



**Tuesdays ~ 6pm-7pm**

Cancelled for February if not enough signed up

## VIDEO FITNESS



**~ Your choice of time pending availability**

## **YOGA! COMING SOON**

## WILSON&REYNOLDS REFLEXOLOGY

**Watch for future dates! Call if Interested**

**TFRC also offers healthy lifestyle and active workshops!**

**\*Call or come in for more info**

**\*look us up on Facebook**

**\*[tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)**

**\*[www.mbq-tmt.org](http://www.mbq-tmt.org)**

**NOTE: Programs require at least 10 participants to be successful and to continue.**





FOR CLASS DETAILS  
CONTACT YOUR LICENSED ZUMBA® INSTRUCTOR:



**Brigitte Cole**  
**613-968-2861**  
thomascrown2000@hotmail.com

JOIN ME FOR AN HOUR OF GREAT MUSIC, FRIENDLY FACES,  
LAUGHTER AND THE ULTIMATE SWEATFEST! ☐  
TUESDAY EVENINGS AT 6:45PM AT THE TYENDINGAGA  
FITNESS RESOURCE CENTRE, 14 YORK RD. SUITE 1,  
SHANNONVILLE...  
DROP-IN FEE IS ONLY \$5.00!!

[zumba.com](http://zumba.com)

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JOIN THE  
**party**

# BENEFIT DANCE

SATURDAY, FEBRUARY 8, 2014

MOHAWK COMMUNITY CENTER SPH-1A1H  
TICKET ONLY \$10 EACH OR \$15 A PAIR

COME ON OUT & HELP SUPPORT  
LITTLE 7 YEAR OLD AYA BRANT WHO  
NEEDS OPEN HEART SURGERY

DAUGHTER OF  
GEORGE & SARANTHA BRANT



Put the Fun  
back in Fundraising  
& join us Saturday Feb 8.

# Benefit Dance for Ava Brant



**Ava is the youngest daughter of George and Samantha Brant**

**Ava was born with a heart murmur that typically goes away as a child grows. However, Ava's murmur has never faded resulting in annual echocardiograms and check ups in Kingston.**

**Two years ago we learned that Ava's murmur is caused by a growth that is located below a valve in her heart cavity. A growth with a rating of 40 is when surgery is required and when irreversible damage can occur. At the beginning of Ava's appointments her number was at 9.**

**2 years later her number has soared to approximately 31, which is much faster than the doctors ever anticipated it could grow in such a short time. We learned that the growth is not only causing a dangerous blockage to the blood flow, but the growth is now obstructing one of her heart's valves ability to close properly resulting in a back flow of blood which will cause damage to the valve itself.**

**We received the call just before Christmas that as a result from the rate of the growth it is crucial for Ava to have open heart surgery to remove it before irreversible damage occurs.**

**Ava's first appointment at CHEO is on Feb 20th, at which point we are hoping to have a date for her surgery. The doctor informed us that Ava could be in CHEO for up to two weeks and be required to stay in Ottawa for a week after she is discharged to be seen as an out patient. Ava will not be able to return to school for a minimum of seven weeks after she has returned home where we will be having a tutor see her for school work.**

**We are having a benefit dance for Ava to help support the costs associated with the surgery required to repair Ava's heart.**

**Join us February 8th, 8pm-1am at the Mohawk Community Center to show your support for Ava. There will be cash bar, door prizes, 50/50 and a light meal provided.**

**We are extremely grateful to everyone for their support.**

**Please see Danielle Brant (613-921-3501) if you would like to help in any way. Tickets to the Benefit are \$10 each/ \$15 a pair.**



# Indigenous Music, Arts and Culture Celebration at Fanshawe College

Please join us on  
Feb 12, 2014, from 10am-2pm

### In the Morning:

Hoop dancer and hand drummer Nimkii-nini of @dnastage will share his talents.

### For Lunch:

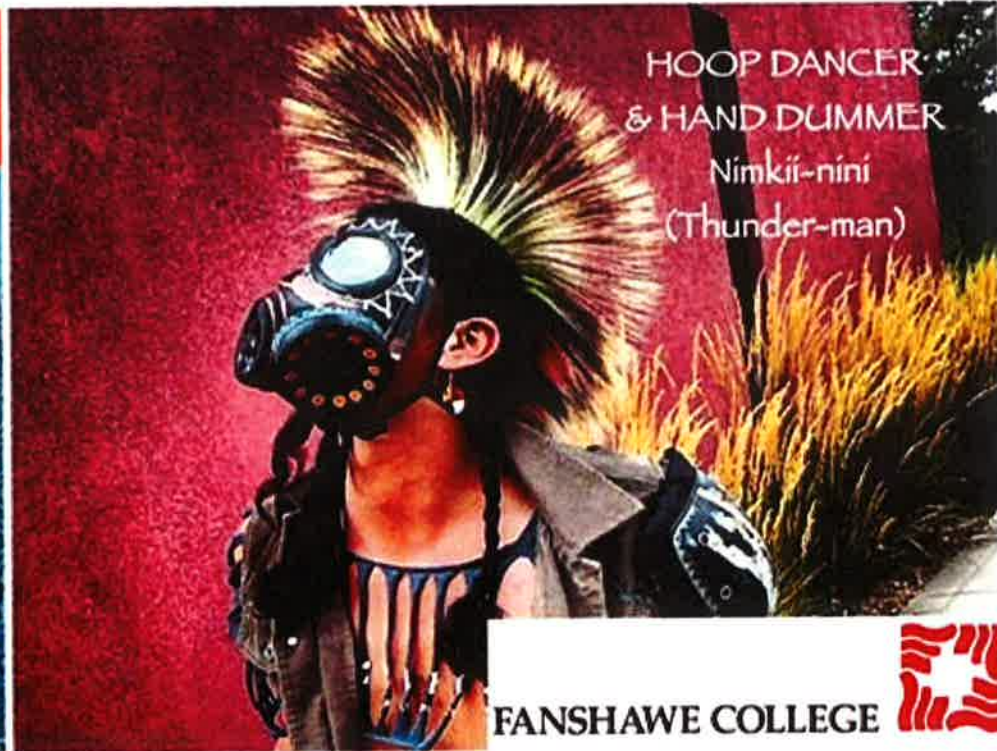
Try a free sample of three sisters soup

### In the Afternoon:

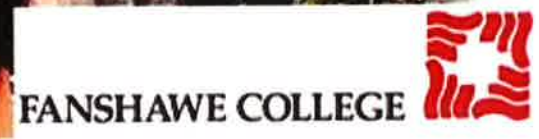
World renowned musician and artist David R. Maracle - Tehenneia'kwe:tarons - will share a concert using instruments from around the world!

With arts and crafts vendors throughout the day.

Brought to  
you by:



HOOP DANCER  
& HAND DUMMER  
Nimkii-nini  
(Thunder-man)





## *St Patrick's Day Dance*

Mohawk Community Center

15 March, 2014

8:00 pm

D.J.

Spot Dances

Silent Auction

Late Snack

Tickets \$10.00/single \$15.00/couple

Proceeds to NWA Building Fund

Contact Carol LaVecque 613-968-4398



# Sweetheart Dinner

**Saturday, Feb. 15th, 2014**

**5:00 to 7:00 pm**

*(2 Settings)*

**Queen Anne Parish Centre**

**1295 Ridge Rd. T.M.T.**



**Roast Beef Dinner**

**Country/Gospel Entertainment**

**\$35.00 Couple**

**\$20.00 Single**



**Gail 613-396-2367**

**Shirley 613-962-6137**



# Notice of Completion of the Environmental Review Report Napanee Generating Station

## TransCanada has completed the Environmental Review Report (ERR) and Supporting Documents for the Napanee Generating Station (NGS).

TransCanada is continuing its work to build, own and operate the NGS, a 900-megawatt (MW) combined cycle, natural gas-fuelled electricity generating station in the Town of Greater Napanee, County of Lennox and Addington.

The NGS will provide reliable on-demand power to Ontario homes, schools, institutions and businesses by replacing retired coal and nuclear capacity, supporting nuclear refurbishment and backstopping wind and solar resources.

The NGS is subject to the Ontario Environmental Assessment Act and requires an Environmental Assessment be undertaken in accordance with Regulation 116/01, including the Ministry of the Environment's "Guide to Environmental Assessment Requirements for Electricity Projects." The Environmental Screening/Review Process under the Guide has two possible stages – the Screening stage and the Environmental Review stage. TransCanada has chosen to undertake the comprehensive Environmental Review rather than a Screening Report.

The results of the studies undertaken for the project indicate that the NGS will not have significant net environmental effects, both during construction and operation. TransCanada intends to proceed with the NGS subject to mitigation, impact management measures and obtaining the necessary approvals.

This notice is to advise the public and all other stakeholders that the ERR and Supporting Documents for the NGS will be available for a 30-day review and comment period from January 21 to February 20, 2014. These documents can be accessed electronically on the NGS website (<http://www.napaneeegs.com/>) and in hard copy at the following locations during the aforementioned time period:

**Town Hall – Town of Greater Napanee**  
124 John Street  
Napanee, ON K7R 3L4

**Lennox and Addington Public Library – Napanee Branch**  
25 River Road  
Napanee, ON K7R 3S8

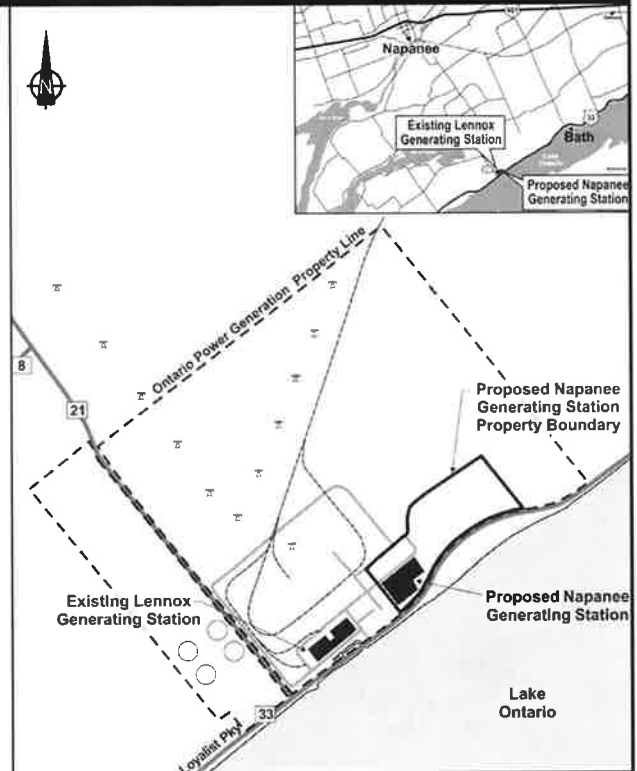
**Lennox and Addington Public Library – South Fredericksburgh Branch**  
2478 County Road 8  
Napanee, ON K0H 1G0

**TransCanada's Napanee Generating Station Project Office**  
113 Richmond Blvd – Unit 4  
Napanee, ON K7R 3Z8

**Administration Office – Mohawks of the Bay of Quinte**  
13 Old York Road  
Tyendinaga Mohawk Territory, ON K0K 1X0

**Land Code Coordinator's Office – Alderville First Nation**  
11696 2nd Line Road  
Alderville, ON K0K 2X0

TransCanada is dedicated to consulting with the public and other stakeholder groups throughout the development of this project. If, upon review of the ERR and Supporting Documents, an interested party has outstanding environmental concerns about the project, they should be raised with TransCanada at the contact information below. If the parties are unable to resolve the matter, a written request may be sent to the



Director of the Environmental Assessment and Approvals Branch, Ministry of the Environment at the address below, to elevate the project to an individual Environmental Assessment under the Environmental Assessment Act. All elevation requests must be made in accordance with the provisions set out in the Ministry of the Environment's Environmental Screening Process for electricity projects. A copy of the elevation request must be sent to TransCanada. The last date for the receipt of requests for elevation is **February 20, 2014**.

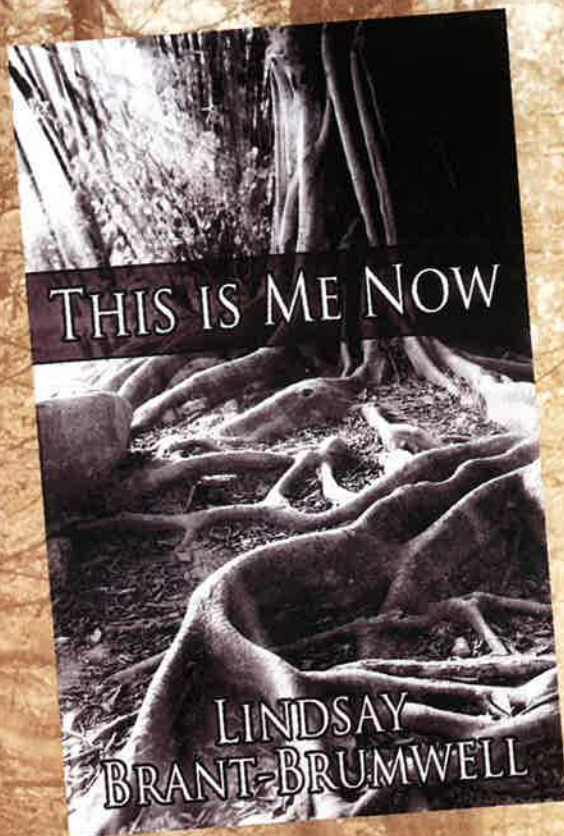
### Ministry of the Environment

Environmental Assessment and Approvals Branch  
2 St. Clair West, 12A Floor  
Toronto, ON M4V 1L5  
Attention: Agatha Garcia-Wright, Director

### Napanee Generating Station

TransCanada Energy Ltd.  
200 Bay Street, South Tower  
Suite 2400, P.O. Box 43  
Toronto, ON M5J 2J1  
Phone: 1-866-317-9887  
Email: [ngs@TransCanada.com](mailto:ngs@TransCanada.com)  
Attention: Christine Cinnamon





*You're invited to come out and celebrate the books of **Lindsay Brant-Brumwell**. Lindsay has written a poetry collection "**This is Me Now**", a self-improvement book "**The Unshackled Soul: A Shy Gal's Guide to Self-Confidence**", and several children's books, such as **The Adventures of Fiddle and Dee** series.*

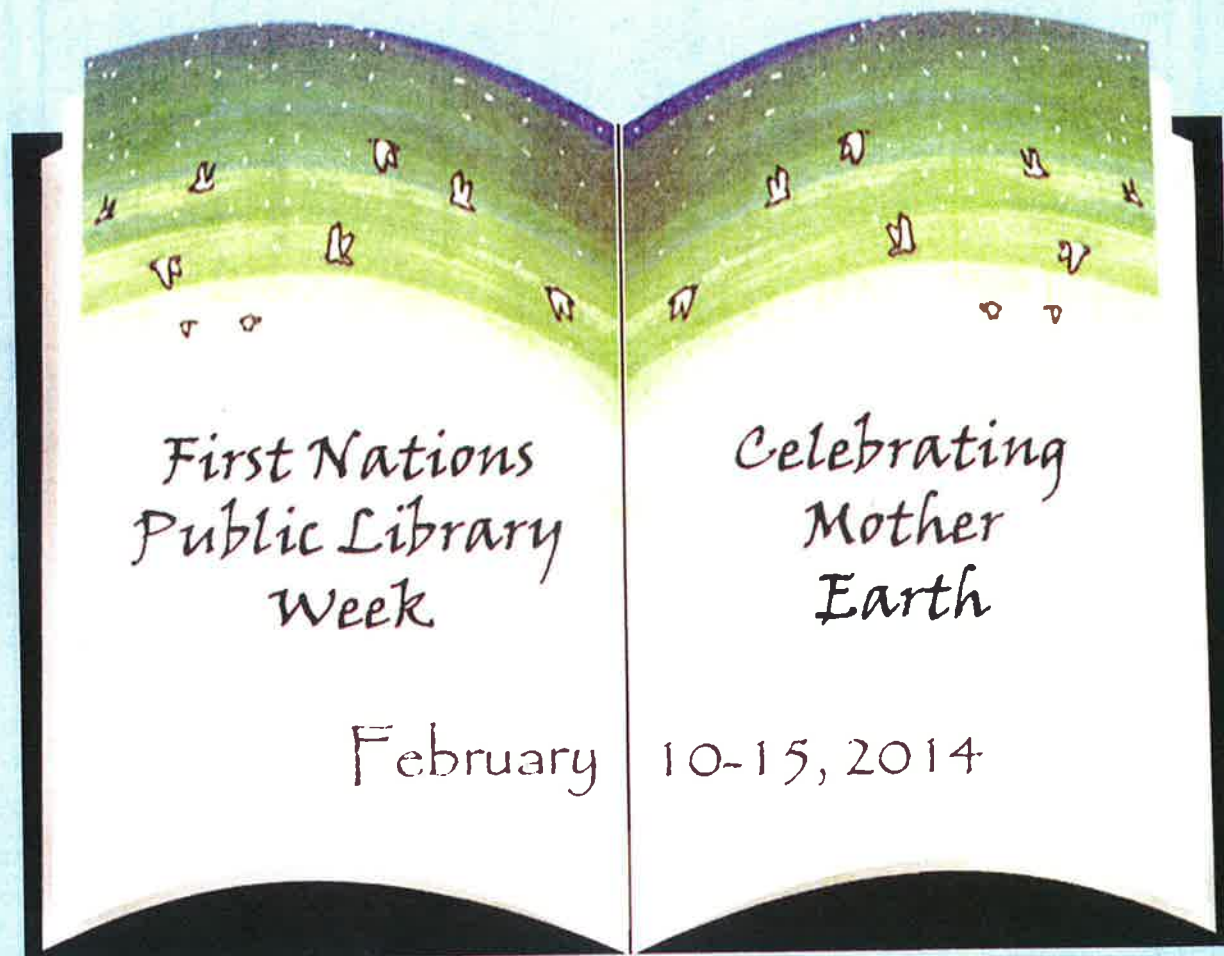
*Come on out and celebrate with Tyendinaga's newest author as she speaks about her books, the journey back to herself, and the realization that worthiness has an "i" in it for a reason.*

*ALL are welcome and there will be cupcakes!*



**Where:** Kanhiote Public Library, 1658 York Rd. Tyendinaga Mohawk Territory  
**When:** Saturday, February 22nd, at 1:00 pm.

*Please connect with her on Facebook at [www.facebook.com/lindsaybrantbrumwellauthor](http://www.facebook.com/lindsaybrantbrumwellauthor).  
Check her out on the web at: [www.lindsaybrantbrumwell.ca](http://www.lindsaybrantbrumwell.ca)*



Check with your local librarian for events and activities taking place in your community!

### **Annual Trivia Challenge**

Feb. 16

Downstairs at the Community Centre  
from 2 to 4

Teams of up to 6 people - \$5/person

### **Senior's Craft**

Felted Bookmark

Feb 11 make book mark

Feb. 18 decorate bookmark

No Knitting required

### **Community Kitchen**

Feb. 21

from 9 to 1

at CWC

### **Art Group**

Wednesdays from 10am to 1pm

Join the group to work on your art projects.

### **Beading**

Thursdays from 7pm to 9pm

Beginners welcome - some supplies provided



## WE GOT IT

Too busy to read?

We have the solution. Try the Playaway system which is a 2 inch by 3 inch slim unit containing a

narration of a work of fiction or non-fiction. This little unit comes with a battery and earbuds and that's

it. Just turn it on, set your volume, pop it in your pocket and you are ready to enjoy your walk with the

dog, household chores, ice fishing vigil, snow shoveling - all the while being read to.

Our titles include mysteries (Black List), classics (A room with a View), romance (Persimmon Tree), selfhelp

(Change your Thoughts -Change your Life).

Check it out.

American Indian Art Quarterly magazine

A beautifully produced glossy publication featuring first class photographs of North American art and

artifacts. It is a visual feast for those loving Indian handcrafted works.

Well researched articles are supported by excellent photos of the various subjects. In the 2013 Winter

issue the 4 articles deal with woven baskets, art as assimilation, arrow points and Plains Indian

beadwork and regalia.

For the scholars among you, a detailed bibliography accompanies each article and at the back is an

annotated listing of 24 available books e.g. On the Trails of the Iroquois; the Pottery of the Acoma

Pueblo; Hunters, Carvers and Collectors.

The Inconvenient Indian: a curious account of Native people in North America

Thomas King writes a history of Native North Americans which is not a history in the academic sense but

has history in it. Mr. King treats our people's trail on this continent using typical Indian humour to deal

with the hard realities of the Indian experience past and present. While the material is easily accessible,

its content is both serious and compelling. It is the result of years of experience and study in both the US

and Canada.

King has been a long-time resident of Canada and is now living in Guelph Ontario so his observations on

our issues are particularly relevant. Bill C31 and Harper's legislations and their implications for us are

truly sobering.

The Inconvenient Indian was published in 2013. by Anonymous



**Pancake Supper**

**All  
Welcome**

Free Will  
Offering

**Shrove Tuesday**

Queen Anne Parish Centre

1295 Ridge Road

**March 4, 2014  
5 - 7 PM**

Sponsored by Parish of Tyendinaga



## 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.*

It has been particularly cold and snowy this winter. We encourage all members of our community to take a minute to think about their neighbours who might be elderly or infirm. Perhaps you might offer to shovel a walk. On the very cold days, a quick phone call to make sure someone is alright is a very kind gesture.

### SUNDAY CELEBRATIONS

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

*Worship Schedule - 9:30 a.m.  
Christ Church - May to October  
All Saints' - November to April*

### UPCOMING EVENTS

**Men's Breakfast**  
Sat 22 Feb, 8:00 a.m., Small Town Café, Deseronto  
A time of fellowship and food for Christian men.

**Shrove Tuesday Pancake Supper**  
Tue 4 Mar, 5-7 p.m.  
Queen Anne Parish Centre  
This annual event features pancakes, bacon, and sausage and coffee/tea/juice. Admission is free.

**Ash Wednesday Liturgy**  
Wed 5 Mar, 7 p.m., All Saints' Church  
The traditional start to the season of preparation for Easter includes a celebration of the Holy Eucharist and the sign of the cross in ashes on our foreheads to remind us that we come from the earth and will return to the earth, from which God created us.

FOR THE MOST UP-TO-DATE INFORMATION,  
VISIT [WWW.PARISHOFTYENDINAGA.ORG](http://WWW.PARISHOFTYENDINAGA.ORG)  
OR [WWW.FACEBOOK.COM/TYENDINAGAANGLICAN](http://WWW.FACEBOOK.COM/TYENDINAGAANGLICAN)

## “AA OPEN MEETINGS”

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

For more information call:  
Bev 613-962-5183

## 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](mailto:altree94@gmail.com)



*She:kan! 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*

*Tyendinaga, M. T.*



**Morning Prayer with**

**Communion from the Reserved Sacrament**

**10:00 AM → 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Sundays**



**Holy Eucharist (Complete Mass):**

**11:15 AM → 2<sup>nd</sup> Sunday of the Month**

**Services are held at: The Elders' Lodge Common Room**

**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

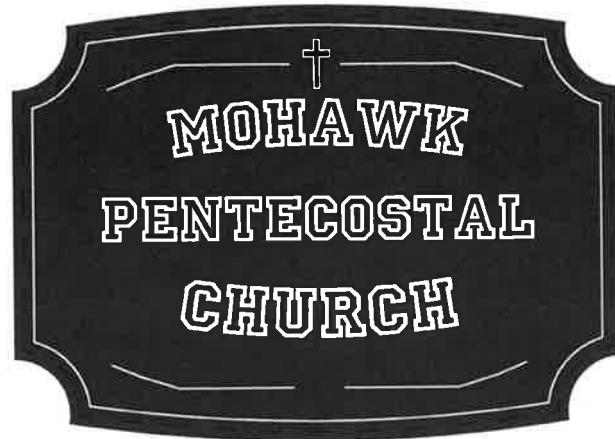
Minister Gérard Trinqué at ☎ 1-888-831-4145 ✉ [gtplus@yahoo.com](mailto:gtplus@yahoo.com)



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)**



**TYENDINAGA MOHAWK TERRITORY**

**1984 YORK ROAD**

**CHURCH - 613-396-5329**

**PARSONAGE - 613 - 396 - 5325**

**Sunday**

**10:30 am Worship Service**

**11:30 am Children's Church**

**6:30 pm Worship Service**

**Wednesday**

**7:00 pm Bible Study**

**Saturday**

**7:00 pm Prayer**

**Coming Events**

Feb 23 - "True Vine Generations" family singing group will be giving a contemporary gospel musical in the morning service.

March 30 - "Days of Grace" (formaly the Masters) in the am service.

Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it.

Bruce Lee

# CLASSIFIED

## LOT FOR SALE

HY 49 & BAYSHORE RD  
Partial dwelling located there

Phone: 613-243-9079

## FOR SALE

FIREPLACE WITH CONSOLE

- with remote control & shelves for a disk player
- to view located 458 York Rd
- brand new, never used

Call: 613-967-3345

## FOR SALE

4 BEDROOM 1800 sq. Ft  
BUNGALOW

- on 1 full acre
- master bedroom is 15ft X 15ft, has a walk-in closet, drywall & pine, carpeted, 2 bedrooms are 12 ft X 11ft
- 1 bedroom is 15ft X 11ft
- living room is 25ft X 16ft, all pine walls & open concept with kitchen
- kitchen is 15ft X 16ft, oak cupboards, brick & drywall
- bathroom is 8ft X 10ft, completely renovated 2 yrs ago, ½ wood walls & drywall with crown molding, claw foot bathtub, all new fixtures
- central air, insulated full basement, electric furnace, 2000 gallon holding tank
- new windows last fall, new flooring throughout 3 yrs ago, metal roof
- double wide driveway, wheelchair ramp
- large shed
- includes fridge, stove, washer & dryer
- located at 554 Norways Rd
- \$135,000.00 (negotiable)

Please call for a viewing appointment  
(613) 962-3748 or (613) 968-6626

## 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

## 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 7.23 acres

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

## LOOKING FOR LAND

- vacant land
- 1 - 10 acres

Please Call: 1-289-600-6891

## FOR SALE

BALES OF STRAW  
- 4 x 4 round  
Call: William J. Brant  
613-967-1129

## 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](mailto:tyendinaga11@yahoo.com) OR  
416-938-4157 or 613-396-2151

## FOR SALE

2010 CHEVY SILVERADO

- 25000 kms, 4.3 L V6,
  - automatic, 2 wheel drive, AC
  - power rack and pinion steering
  - factory warranty, on star, still smells new \$14,999.00
- She's a must see!

Call Teresa or text 613-391-1617



## 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 dinning 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 Wendy & Bill 1-587-276-1092 and leave a message

## FOR RENT

### PRIME OFFICE SPACE

- Central location to Wellness Building & new Band Office
- 68 Sadies Lane
- Unit 1** - 12 X 12 \$550/month including heat & hydro
- Unit 2** - 13 X 19 \$750/month including heat & hydro
- Phone & internet connection in building extra
- Rent both units for \$1000.00/month
- Contact Jim McMurter 613-849-3436

### \* PLEASE \* NOTE

We are looking for the person who was looking for pictures of Myrtle & Roy Sager.

Please call: 967-1129

## 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. Price \$725.99.
- Great buy n excellent condition!

Contact Marilyn at 613-967-1129 if interested.

## 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.
- In my home.

Call Fran - 613-396-2393

## HOUSE FOR SALE

41 Upper Slash Road  
\$185,000

- 1 Acre Lot with Plenty of Road Frontage
  - 1640 Sq. Ft – Main Level
  - Propane Furnace and Hot Water Heater
  - Hardwood and Ceramic Floors Throughout
  - Large Eat-in Kitchen
  - Dining Room opens to Multi-level Deck
  - Living Room with Large Picture Window
  - Main Floor Laundry
  - 3 Bedrooms Upstairs with Potential for More Downstairs
  - Large Master Bedroom with Private Deck and Soaker Tub
  - 1 Full Bath and 2 – ½ Baths (1 main floor and 1 on lower level)
  - Large Rec Room on Lower Level with Walk-out and Corner Propane Fireplace
  - Craft Room on Lower Level
  - Outdoor Hot Tub and 27' Round Pool
  - Attached 2 Car Garage Shed
- Call to view (613)967-8230

# *Brittany Brant Music Centre*



*Offering lessons in Voice, Piano, Guitar and Bass*

**613.438.SONG**

*For enrollment and inquiries call...  
Or email...*

*info@BrittanyBrantMusicCentre.com*

**(7664)**

*\*Lessons are taught within Tyendinaga Computers, 5521  
Old Hwy#2 Shannonville. Lesson rates are \$20/half hour.*

# Time for You Salon

613-968-9459

*Hair Styling And Esthetics Services*

**HAIRSTYLING FOR THE WHOLE  
FAMILY!**

*Gift Certificates Available!*

5717 Hwy #2

*Tyendinaga Mohawk  
Territory*



**LUCKY Leprechaun**

## **FLEA MARKET**

**300 Dundas St. W.  
Napanea**

(Beside Tammy's  
Country Kitchen)

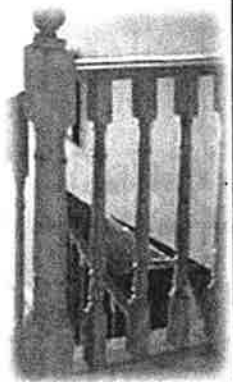
## **Sam's Custom Railings**

*Specializing in Oak & Maple  
Free Estimates*

**Ken (Sam) Barnhardt**

1467 York Rd  
Tyendinaga Mohawk Territory, ON  
K0K 1X0

**613.966.9734**



## **Lucky Leprechaun Painting & Landscaping**

*Now offering Window, Deck &  
Laminate Floor installation  
Painting from \$150.00 per room*

**"Quality is remembered long after price is  
forgotten" 20 Years Experience.**

**E-mail: [andrewmcnally73@g-mail.com](mailto:andrewmcnally73@g-mail.com)**

**Andrew - 613- 403- 5373**

## **ATTENTION MORTGAGE HOLDERS**

It has come to our attention that many insurance companies will ONLY notify the MOHAWKS OF THE BAY OF QUINTE if your existing house insurance policy has been cancelled however will NOT when the policy has been renewed. This creates a problem when incentives, rewrites and renovations are requested. You will not qualify if your house insurance policy on file is not up to date. In order to ensure your policy is current, we ask that you mail, fax or deliver renewal form when received.

# Rez Boyz

CUSTOM WHEELS, TIRES & ACCESSORIES

**CARS & TRUCKS** rezboyz.com

**(613) 968-6333 1-888-730-2690**

rez\_boyz-07@hotmail.com

**5976 Old Hwy. #2 Shannonville Ont.**

**TAX FREE**

## **Bowden's Accounting Services**

### **Accounting, Bookkeeping & Tax Preparation**

Offering income tax preparation service that is affordable and professional.

- **Personal Income Tax Returns**
- **Small and Medium Business Tax Returns**
- **Self employed Income Tax Returns**
- **Assistance with Revenue Canada Tax Assessments**
- **Year-round Support**
- **Authorized E-filer**

**Accounting and Bookkeeping Services Available  
For Small and Medium Businesses**

**5976 Old Highway #2  
Shannonville, ON K0K 3A0**

**613-813-1526/613-968-9777  
[tbowden98@hotmail.com](mailto:tbowden98@hotmail.com)**

**Located at Rez Boyz**



## Pelletier Law Firm

**Bonnie Pelletier, R.N., LL.B**

Barrister · Solicitor · Adjudicator

14 York Road, Tyendinaga, ON K0K 3A0  
Tel 613-969-9000 · Cell 613-305-3050 · Fax 613-969-9007  
Email: pelletierlawfirm@bellnet.ca

## McMurter **ACE**

The helpful place.

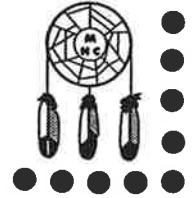
**Lumber & Building Supplies**

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



### ☰ Your Sustainable Building Partner



**Solar** - For your Home, Camp, RV, Farm  
Rainwater, Graywater, Air Conditioning/  
Heating, Energy Conservation

71 Industrial Park Road  
Tyendinaga Mohawk Territory  
K0K 3A0

Phone: 613-921-1164  
E-mail: info@tabmech.com

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



25% off art sale  
Rheana Maracle Photography  
Quality photos at reasonable prices

Phone: 613-848-7457  
Email: rheana.maracle@hotmail.com  
Facebook: Rheana Maracle Photography

*You could  
advertise  
in this space!*  
613-396-3424

## Pelletier Law Firm

**Bonnie Pelletier, R.N., LL.B**

Barrister · Solicitor · Adjudicator

300-797 Princess Street, Kingston, ON K7L 1G1  
Tel 613-542-1000 · Fax 613-542-1003  
Email: bonnie@pelletierlawfirm.com

**Bowden Contracting**  
Licensed Carpenter

Home Renovations  
New Construction  
Free Estimates



**Ron Bowden**  
Cell - 613-848-5331

613-962-0082

*\*\*Serving clients in Kingston, Napanee & Belleville\*\**

The Christmas Shop may be closed for the season, but

# Gift Baskets

are available for all occasions!

Call

# The Lazy Gardener

~ 613-966-7985 ~

Sometimes gift buying can be a challenge.  
It won't be with a one-of-a-kind gift basket!

See our ready-made baskets or we will customize one for you!!

Order your  
Valentine's Day  
(Feb. 14)  
basket!

The Lazy Gardener  
is now on-line

[shop.thelazyg.ca](http://shop.thelazyg.ca)



*Soy candles and tarts by April sold  
exclusively at The Lazy Gardener.*

*Hand-knitted mittens and gloves with  
the Native confederation design, also  
sold exclusively at The Lazy Gardener!*



~ 1154 York Rd., Tyendinaga Mohawk Territory ~  
"Unearth your Imagination" ©





**Tim Reynolds** CFP, CHS  
**Dianne Dowling** CHS  
**Bob Vrooman** CFP, CLU, Ch.F.C.



109 John Street  
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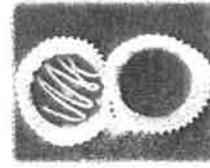
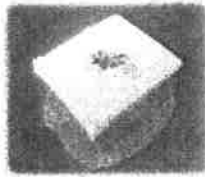


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