



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 2/15

ENNIHASKHA (February)

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



**First Nation Public Library Week
Beadwork Show and Demo**



**At Kanhiote Library
February 9th to 12th**

Opening Reception Feb 9 from 4 to 5:30



Mohawks of the Bay of Quinte

The Sale Process

Step-By-Step Guide:

1. View the building at 104 Young St., during a scheduled open house or call and make an appointment to view.
2. Contact the Housing Department to be pre-authorized to submit a bid on the building.
3. After pre-authorization, you will receive a bidding number.
4. All or any bids may not be accepted.
5. Submit your sealed bid to Reception at the Administration Office from Monday February 23 to Thursday February 26th, between the hours of 8:30 am and 4:30 pm AND on Friday February 27th between 8:30 am and 2 pm. Bids will NOT be accepted after 2 pm on Friday February 27th, 2015
6. Ensure that your bid is stamped, dated and timed. Do not put your name on the outside of the envelope. Address your envelope as "104 Young St. Sale, Bidder Number _____".
7. Bidders may attend the Public Bid Opening on Friday, February 27th at 2:30pm in the Council Chambers of the Mohawk Administration Office, located at 24 Meadow Drive, Tyendinaga Mohawk Territory.

QUESTIONS? Contact:

The Housing Department

613-396-3424

Lori Maracle or Tina Brant

Building For Sale

Appraised at \$140,000

104 Young Street

Tyendinaga Territory, ON

K0K 1X0



Open House

Monday February 16th - 9am to 12pm

Thursday February 19 – 1pm to 4pm

Saturday February 21st - 9am to 12pm

Sale by Tender

- All or any bids may not be accepted.
- Sale by Tender which gives the pre-authorized community members an equal opportunity to bid on the property.
- The Mohawks of the Bay of Quinte have made a commitment to ascertain the highest dollar amount for the building.
- In the event of a tie for top bid, the bidders will have the opportunity to submit a written secondary bid. Secondary bids will be accepted from 8:30am to 12pm on Wednesday March 4th, 2015. Public bid opening of secondary bids will be held at 1 pm on March 4th in the Council Chambers.
- Only Mohawks of the Bay of Quinte Band members can submit a sealed bid.
- The successful bidder must make the property their primary place of permanent residence if utilizing the MBQ or Bank of Montreal Mortgage Program.
- The successful bidder must comply with the corresponding MBQ Policies. Policies are available upon request.

Bidding

- Sealed bidding will be accepted at the Administration Office from Monday February 23 to Thursday February 26th, between the hours of 8:30 am and 4:30 pm AND on Friday February 27th between 8:30 am and 2 pm. Bids will not be accepted after 2 pm on February 27th, 2015.
- Bidders may attend the Public Bid Opening on Friday February 27th at 2:30 pm in the Council Chambers.
- Bidders must be pre-authorized for financing through the Housing Department. Proof of mortgage authorization from the Bank of Montreal or proof of private financing required.
- MBQ Housing will work with any interested applicant with their request for pre-authorization.
- Bids will not be accepted by individuals who are not pre-authorized.
- All or any bids may not be accepted.
- The successful bidder will have 10 business days to close the sale and fulfil the necessary requirements.

—— REQUIREMENTS ——

You MUST be a registered member of Mohawks of the Bay of Quinte Band

You MUST make this house your primary place of residence if you are the successful bidder and requesting a mortgage

You MUST be pre-authorized and have a bidding number

~There will be no exceptions to these requirements~



Mohawks of the Bay of Quinte

Step-By-Step Guide:

1. View the building at 722 York Road, during a scheduled open house or call and make an appointment to view.
2. Contact the Housing Department to be pre-authorized to submit a bid on the building.
3. After pre-authorization, you will receive a bidding number.
4. All or any bids may not be accepted.
5. Submit your sealed bid to Reception at the Administration Office from Monday February 23 to Thursday February 26th, between the hours of 8:30 am and 4:30 pm AND on Friday February 27th between 8:30 am and 2 pm. Bids will NOT be accepted after 2 pm on Friday February 27th, 2015
6. Ensure that your bid is stamped, dated and timed. Do not put your name on the outside of the envelope. Address your envelope as "722 York Road Sale, Bidder Number _____".
7. Bidders may attend the Public Bid Opening on Friday, February 27th at 2:30pm in the Council Chambers of the Mohawk Administration Office, located at 24 Meadow Drive, Tyendinaga Mohawk Territory.

QUESTIONS? Contact:

The Housing Department

613-396-3424

Lori Maracle or Tina Brant

Building For Sale

Appraised at \$160,000

722 York Road

Tyendinaga Territory, ON

K0K 1X0



Open House

Monday February 16th - 9am to 12pm

Thursday February 19 – 1pm to 4pm

Saturday February 21st - 9am to 12pm

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ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO

an Ontario government agency
un organisme du gouvernement de l'Ontario

January 16, 2015

Dear colleague,

I am pleased to send you copies of the Ontario Arts Council's (OAC) 2015 deadline brochure, as well as a nomination postcard for the 2015 OAC Aboriginal Arts Award.

Please feel free to display these items in your office and/or distribute copies in your community. We would be happy to provide you with additional copies of either item (or both) – just contact Caleigh Alleyne, Communications Assistant, at calleyne@arts.on.ca or 416-961-1660 ext. 6297 (toll-free in Ontario 1-800-387-0058 ext. 6297).

About the deadline brochure

This handy pocket fold-out lists deadlines for OAC's programs, which support professional artists and arts organizations across the province. (As noted in the brochure, Aboriginal artists and arts organizations are welcome to apply for any OAC program, and not just those under the "Aboriginal Arts" category.)

Guidelines and application forms for these programs are available on OAC's website, www.arts.on.ca. If you have questions about OAC programs but are not sure who to contact, start with Janice Lambrakos, Information Services Coordinator, at info@arts.on.ca or 416-969-7429 (toll-free in Ontario 1-800-387-0058 ext. 7429). If you have questions about our support to the Aboriginal arts community, please contact Sara Roque, Aboriginal Arts Officer, at sroque@arts.on.ca or 416-969-7454 (toll-free in Ontario 1-800-387-0058 ext. 7454).

About the nomination postcard for the OAC Aboriginal Arts Award

Each year, the OAC Aboriginal Arts Award honours the outstanding achievements and distinguished career of an Aboriginal artist or arts leader in Ontario. We invite you to submit a nomination for the 2015 award by **Wednesday, February 18**.

The enclosed postcard has more information on who is eligible for the award and how you can nominate. For more information about this award, please contact Carolyn Gloude, Associate Awards Officer, at cgloude@arts.on.ca or 416-969-7423 (toll-free in Ontario 1-800-387-0058 ext. 7423).

Finally, we encourage you to follow us on Twitter, check us out on Facebook and visit our website for information on outreach activities and partnerships. All the best to you in 2015!

Yours sincerely,

Kirsten Gunter
Director of Communications



ONTARIO ARTS COUNCIL GRANTING PROGRAM DEADLINES

The Ontario Arts Council (OAC) has been supporting professional Ontario-based artists and arts organizations since 1963. In this brochure you will find the deadlines for granting programs serving various arts communities, artistic practices and disciplines. Applications, full program descriptions and eligibility criteria are available online at www.arts.on.ca.

Details to note this year:

- In 2014, we released a new strategic plan – *Vital Arts and Public Value: A Blueprint for 2014-2020*. We have identified Deaf artists and artists with disabilities as a new priority group and established the **Deaf and Disability Arts Projects** program.
- The **Community and Multidisciplinary Arts** office has been restructured into two offices – **Community-Engaged Arts** and **Multi and Inter-Arts**.
 - The Community-Engaged Arts office offers two programs – **Community-Engaged Arts Organizations** and **Artists in the Community/Workplace**.
 - The Multi and Inter-Arts office also offers two programs – **Multi and Inter-Arts Organizations** and **Multi and Inter-Arts Projects**.
 - The **Community Arts Councils** program can now be found as a stand-alone program.
- The Literature office has a new category for Writers' Works in Progress to support graphic novels and other book projects in the comic arts – **Writers' Works in Progress – Comic Arts**.
- The former Periodicals program has been renamed **Magazines – Operating** and a new project program has been added and named **Magazines – Projects**.
- The former **Choirs and Vocal Groups Projects** program has been renamed **Choirs & Singing Groups** and the former **Choirs and Vocal Groups Operating** program has been renamed **Choral Organizations**.
- Francophone applicants attending Contact ontariois can submit an application to the National and International Touring and Ontario Touring programs until March 18.

Some programs have more than one deadline per year, so you can apply at the deadline that suits you best. If your first application is not successful, we encourage you to apply again.

Ontario Arts Council Aboriginal Arts Award

- The annual award honours a distinguished career and outstanding achievements by an Aboriginal* artist or arts leader in Ontario.
- The winner receives a \$10,000 award and is invited to nominate an emerging Aboriginal artist who best exemplifies the next generation of Aboriginal leadership in the arts. The nominated emerging artist receives a \$2,500 award.

Nomination Information

- Nominations can be made by anyone, regardless of Nation or citizenship.
- Nominators can submit only one nomination at each deadline.
- Self-nominations will not be accepted.
- Nominations from members of the nominee's immediate family (spouse or equivalent, son or daughter, parent, sibling or member of the immediate household), members of the nominee's organization's board of directors, employees or employers of the nominee will not be accepted.

Contact the Ontario Arts Council or visit www.arts.on.ca for award guidelines and nomination forms.

151 Bloor Street West, 5th floor, Toronto, Ontario M5S 1T6
416-961-1660 or 1-800-387-0058 (toll-free in Ontario)
www.arts.on.ca | info@arts.on.ca

*The term "Aboriginal" includes Status, Non-Status, Métis and Inuit people.



IMPORTANT

OAC will be transitioning to an online application system this year. Please refer to OAC's website for updated information and current details on how to submit an application. Programs and deadlines are subject to change. When applying to a specific program, always confirm the application deadline by contacting OAC staff.

ACCESSIBILITY

OAC is committed to providing Deaf artists and artists with disabilities access to our programs and services. Please contact us well in advance of a deadline if you require an alternate format of our program guidelines or application forms or if you need assistance to complete an application. Funding is available for applicants who need support to complete an application or who have additional accessibility expenses related to realizing a project.

JURORS AND ADVISORS

Central to OAC's principles is its peer-review system, used in all granting programs. Every year, OAC invites hundreds of Ontario arts professionals to serve as jurors and advisors to its programs. If you are interested in putting your name forward, please email jurors@arts.on.ca.

Ontario Arts Council
151 Bloor Street West, 5th floor, Toronto, Ontario M5S 1T6
416-961-1660 | toll-free in Ontario: 1-800-387-0058
info@arts.on.ca | www.arts.on.ca



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO

an Ontario government agency
un organisme du gouvernement de l'Ontario





MOHAWK FIRE DEPARTMENT

The
Mohawk Firefighters
in 2014
responded to
89 calls.

Trustee Report for

January, 2015

The business of the Board has been related to budgeting, renovations and building schools and most recently the formation of a new Five Year AIM System Plan. HPEDSB is currently in the final year of a five year AIM Plan and is preparing to put a new five year plan in place. A District Survey is being released to the general public and will provide the Board with a set of data to be incorporated into the planning cycle this spring for the creation of the next Five Year AIM System Plan. This sight will be active until February 8, 2015. The survey represents an opportunity to have input into the overall goals and priorities of HPEDSB by all valued stakeholders. I would like to recommend that parents and interested individuals of Tyendinaga Territory take approximately ten minutes to complete the survey and offer their responses, which will contribute to a stronger voice from Tyendinaga Territory. Your answers are confidential and anonymous. Please take time to complete the survey at the following link: www.HPEschools.ca/PulicSurvey/ the link is also posted on the HPEDSB website.

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

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

Respectfully submitted

Mike Brant, HPEDSB representing Tyendinaga First Nations

Drop In Program

Tuesday & Friday 9:00am-11:00am

Afternoon Program

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

Junior Program

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

Gym & Swim at the Prince Edward Fitness & Aquatic Center Will run from 9:30am -11:00am, cost is \$3.00 per family and any additional adults the cost is \$3.00. Transportation is limited please sign up with Carla or you can meet us there! **Please note the drop in program is still open to those families that may not want to participate in the Gym & Swim**

Guardians must accompany their children in the pool

PEFAC Address:

13263B Loyalist Parkway,
Picton, Ontario K0K 2T0

Tahatikonhsontie Head Start: Drop In Program

February 2015

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|-----|---|--|----------------------|
| 1 | 2 | 3 Dancing with Keelan | 4 | 5 Free Community Breakfast @ 59 ers Club 7am-10:30am | 6 Show & Tell | 7 |
| 8 | 9 | 10 Dancing with Keelan | 11 | 12 | 13 Make & take gift for a loved one (Parent Workshop) | 14 Valentines Day |
| 15 | 16 <u>Family Day</u> Movie Day @ Head start 2pm-4pm | 17 Gym & Swim @ PEFAC 9:30am-11am | 18 | 19 | 20 Crazy Hair Day | 21 |
| 22 | 23 | 24 Sexual Predator Workshop @ 9am- 11am | 25 | 26 | 27 Sexual Predator Workshop @ 9am-11 am | 28 |

**** Please note: You must attend both classes to receive a certificate**

We have lots of books and resources to lend to the families in the community ! Please ask staff if you would like sign out a children's book to take home for your child/children to read each week.

SEXUAL PREDATORS LIKE SILENCE- CONVERSATION STARTS HERE!

February 24 & 27/14 9am-11 am
at HEADSTART

2 sessions: must attend both to receive certificate



The sexual abuse of children continues to thrive in an environment of silence. It continues to be the issue that few will talk about. It makes people uncomfortable. It is unimaginable. It couldn't possibly be happening in MY community or organization. **Here's the truth.** Children are being sexually abused in every community, in every city, province and territory in Canada and around the world. From the poorest to the richest and everyone in between. And over 95% of the time, these children are sexually abused by people known and trusted by the child and their family.

Wherever there are children, there will be pedophiles.

No organization, community or family is immune.

The good news is that YOU can do something to stop it. It takes courage, support and a willingness to take risks. The [Stewards of Children®](#) child sexual abuse prevention training provides you with tools and knowledge that will empower you to protect children. **Sexual predators like silence.**

5 Steps to Protecting Our Children

When you take Stewards of Children training you leave with valuable tools and a framework to reinforce what you have learned. The 5 Steps to Protecting Our Children outlines the core principles for preventing, recognizing and reacting responsibly to child sexual abuse.

Personal empowerment helps provide adults with the capacity and momentum to take action against child sexual abuse. With personal empowerment, we can make choices, take risks, and support each other – the foundation of The 5 Steps.

5 Steps to Prevention

Step 1: Learn the Facts

Step 2: Minimize Opportunity

Step 3: Talk About it

Step 4: Recognize the Signs

Step 5: React Responsibly

Take the Training

Child sexual abuse is a very complex problem. Take the [Stewards of Children training](#) for an in-depth understanding of child sexual abuse prevention.



Tahatikonhsotóntie Head Start

presents

Family Day movie

Monday, February 16th,
2015

From 2-4pm

Movie starts at 2:15

Snacks and refreshments
will be provided

**PLEASE BRING A
NON PERISHABLE
FOOD ITEM FOR
DONATION**





**Free
tuition**

for those accepted
into the program

We put you to work.

**Aboriginal Automotive Service Technician
Pre-Apprenticeship Training**

APPLY NOW FOR FEBRUARY

To determine eligibility, contact Deiana at the Loyalist Aboriginal Resource Centre
at 613-969-1913, ext. 2250 or aboriginalrc@loyalistic.on.ca

loyalistcollege.com

LOYALIST



COLLEGE



**WATCH FOR
MORE
DETAILS!**

**TUESDAY
APRIL 14
2015**

**ARE YOU READY TO
START YOUR OWN
BUSINESS? OR DO YOU
NEED TO ENERGIZE
YOUR EXISTING
BUSINESS?**

**4TH ANNUAL
ABORIGINAL
BUSINESS DAY**

CONTACT:

Renee Brant at 613-396-3424 or by
email at reeneb@mbq-tmt.org

**1807 YORK ROAD
MOHAWK
COMMUNITY CENTRE**



MOHAWKS OF THE BAY OF QUINTE
ECONOMIC DEVELOPMENT OFFICE AND
EMPLOYMENT & TRAINING

“There are no secrets to success. It is the result of preparation, hard work, and learning from failure.”

- Colin Powell

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

Sandy Sero

Employment and Training Coordinator

Email: sandys@mbq-tmt.org

Phone: 613.396.3424

Fax: 613.396.3627

www.mbq-tmt.org

For information regarding the economic development department, please contact:

Renee Brant

Business Development Worker

Email: reeneb@mbq-tmt.org

Phone: 613.396.3424

Fax: 613.396.3627

www.mbq-tmt.org

Are you interested in starting your own business?

Or do you need new ideas for an existing one?

Then the Self-Employment Training Course is for you!

Watch for more details!

**WE'RE LOOKING FOR
NEW IDEAS!**

Is there a workshop or business training that you would like to see offered here?

Contact the Economic Development Office with your ideas!

Knowledge Opens Doors

FNTI is accepting applications for programs
starting **September 2015 in Tyendinaga**

Mental Health and Addictions Worker

A two-year diploma program offered by FNTI in partnership with Canadore College

Mental Health & Addictions Workers assist individuals with mental health challenges, housing and addiction issues. They support skill training, daily living activities for improved quality of life, stability and independence for clients. They discuss, isolate and assess problems, develop a flexible plan of action, ensure basic needs are met, network clientele with needed services and provide crisis intervention as necessary.

Offered in an intensive delivery mode.

Personal Support Worker

A one-year certificate program offered by FNTI in partnership with Canadore College

A Personal Support Worker (PSW) is a valuable member of the modern health care team and in high demand in today's job market. In just a few short months you can acquire the knowledge, skills and hands-on training to begin a career in this challenging field. If you enjoy seeing people increase their independence, self-esteem, dignity and social interaction, consider this worthwhile vocation.

Offered 3 days per week - Monday to Wednesday.

Indigenous Community Diabetes Support

A one-year certificate program offered by FNTI in partnership with Canadore College

The ICDS worker functions within a community health care team by facilitating access to services, advocacy, health promotion, and self-management support for individuals, families and community members. Be the difference for people at risk for developing or living with diabetes.

Offered in an intensive delivery mode.

First Peoples' Aviation Technology - Flight

A three-year advanced diploma program offered by FNTI in partnership with Canadore College

The First Peoples' Aviation Technology - Flight Program is the only Indigenous aviation post-secondary program of its kind in Canada. This program provides hands-on flight training for students interested in pursuing a pilot licence or working in the aviation industry. Graduates will hold a commercial licence with their rating of choice and will also meet the eligibility criteria to obtain a Flight Dispatcher designation and a Two-Crew & Cruise Relief Pilot (IATRA) certification.



For more information or to start your registration,
contact Jake at recruitment@fnti.net
or call 613-396-2122, ext. 182 or 800-267-0637



TSI TYONNHEHT ONKWAWENNA
"Keeping the Language Alive"

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

Ennískha'- February

Shayà:ta raksá:'a, Tá:wit ronwá:yats, í:rate, Kayerihatón:ke, kayé:ri
One boy, David is his name, he is walking, Thursday, four

sha'tesewahsén:nen, yotohétston néntyé, akohserà:ke nikahá:wi, owisà:ke
half past (4:30) after noon winter time on the ice



kahyonha:tye, ohnà:ken tsi thonónhsote
along the river behind his house

né:'e tsi í:rehre tahatsihkwá:eke.
because he wants to play hockey.

Senya'taranhà:tsheren (s-uhn-yah-da-raw-n-ha-ts-air-r-uhn)- Put on a scarf/tie

Tehsa'nyá:nawenk (day-sa-nee-ya-na-w-uhn-k)- Put on gloves/mitts

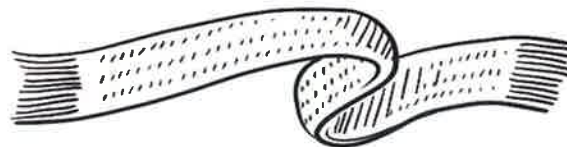
Sennonhwaró:rok (s-uhn-noon-h-wah-row-rook) - Put on a hat

Sattsihkó:ten (sah-t-gee-h-go-duhn) - Button it up

Sathserónnya't (sa-ts-air-roon-nee-ya-t)- Get dressed

Tehsahtsyànerenk (day-sa-t-see-ya-nay-r-uhn-k)- Tie your shoelaces

Skwatá:ko ne satyà'tawi't (s-qua-da-go nay sa-dyah-dah-wee-t)-- Fix your coat/shirt



Tsyeyà:ta yakón:kwe, Arisawhe yontatsya'ts, teyekyanénhtha, Yenaktóhares, oye:'ri
One woman Elizabeth is her name she is skiing Saturday ten

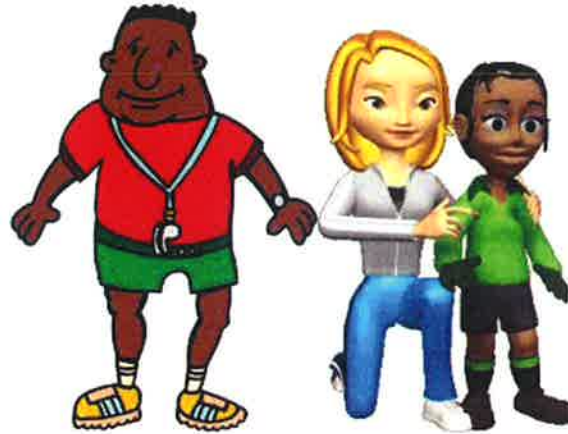
ní'yohwistá:'e, tsyotsyerenton néntyé, akohserà:ke nikahá:wi, átste, onontà:ke,
o'clock before noon winter time outside on the hill

kahyonháкта, ohnà:ken tsi yakonónsote, né:'e tsi,
beside the stream behind her house because

yah teyothó:re táhnon yakaon'wéskweni.
it is not cold and she enjoys it.



WE NEED COACHES!!!



Tsi Tyonnheht Onkwawenna is currently taking applications for **volunteer coaches** for the

Rotinohsyonni Traditional Sport Program

(Archery and paddling)



Please call (613) 967-3781 or email tto@kenhteke.org for further information.
Application on back

Your commitment will be to attend all coaching training (at no cost to you, travel may be required) and to coach two (2) sessions of an archery or paddling (your choice) program to a maximum of twelve (12) children 6-12 yrs old

RBC Learn to Play Project
Helping kids gain confidence through play.



Rotinonhsyonni Traditional Sport Program

Coaching Application

Name: _____

Address: _____

Phone Number: _____

Email: _____

Sport you wish to coach: Archery Canoeing

Previous coaching experience:

Current Certifications: CPR First Aid Other _____

NOTE: All coaches will be required to provide a clear CPIC and Vulnerable Screening Sector certificate.

Child Application

Name: _____

Address: _____

Date of Birth: _____

Parent Name: _____

Phone Number: _____

Sport: Archery Canoeing

Any previous experience in the sport: _____

The program is open to children 6 -12 years of age and is tentatively scheduled to begin in Spring 2015
Please return completed applications to Kawenna'on:we, 1658 York Rd. (below Kanhiote Library)



Santa's and Mrs. Claus would like to thank the following for their support in making this a very successful year:

Tara and John - Deseronto Art Gallery - donation of the building
 Jim & Pam - Deseronto Dollar Store
 The Christmas Store on 49 Hwy
 Deb's Restaurant
 Chief and Council
 Parish of Christ the King
 Orville Green
 Christine and Ava Johnson
 Adam and April Dutton
 Deseronto Dental
 Wellness Centre- Tyendinaga
 Judy Claus

Without your support this event would not be possible.

Special Thank You to all the Elves for making everyone welcome.

Santa's Livingroom was visited by a lot of children from local and neighbouring communities, (Kingston, Belleville, Foxboro, Deseronto, Picton, Napanee, Trenton).

Hope to see you in 2015

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



In loving memory of a wonderful brother,
 brother-in-law & uncle

Kenneth Norman (Kokamo) Carr-Braint

October 10, 1959 – February 11, 2010

You're still here in our heart and minds,
 still making us laugh cause your stories live on.
 We hold you in a thought and we can feel you.
 and this gives us strength and courage.
 The tears we have cried for you could flood the
 earth and we know you have wiped each one away.
 For you Brother, we promise you this,
 we will go on with our life and make you proud. we
 will always hold you in our hearts
 we promise you we will be missing you every day
 till the end of time,
 we need to love and miss you, but also need to live
 because through us you will live,
 you will still laugh and love,
 you will still sing and play guitar,
 you will still hug and kiss.
 You will forever be in our lives,
 you will forever be a brother,
 a son,
 an uncle
 and friend.
 We miss your smiling face
 We think of you and wonder why?
 we might cry or smile,
 but at the end of the day we are one day closer to
 you....

Forever loved & never forgotten

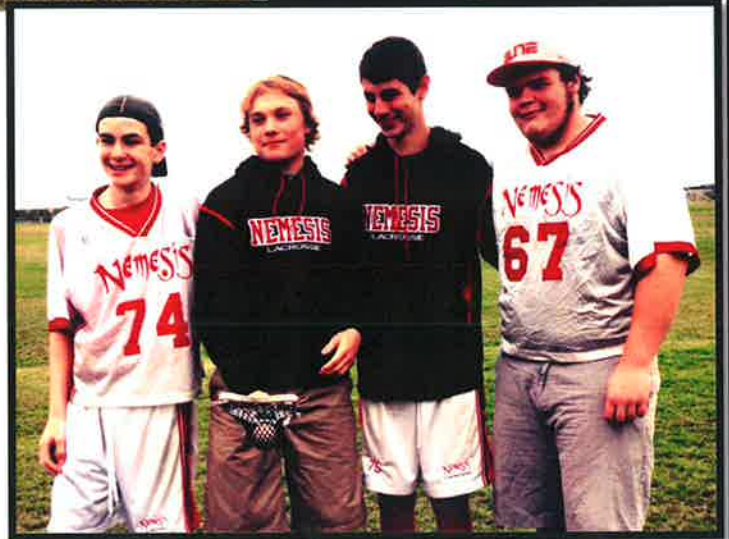
Carol & Manson, Harry & Eileen, Betty, Billy
 & Nancy, MJ & Bill, Marilyn & Rick, Mike &
 Wanda, Tracey & John & families. xoxo



Braiden Brant and Braeden Smith-Maracle and their parents from Tyendinaga wanted to take this opportunity to convey a heartfelt thank you to all who helped to support them on this amazing journey to their International Lacrosse Tournament.

Our boys and their team Ottawa Nemesis brought back 10th place for their division of the Dick's Tournament of Champions in Pasco County, Florida, one of the largest Lacrosse Tournaments in North America with over 150 registered teams.

TO OUR BOYS: Your parents and your community are so very proud of you both as you conducted yourselves with grace, dignity and respect throughout the tournament!"



Weekly Men's Group

Offered by the Enyonkwa'nikonhriyohake' Program

We will be running every Tuesday night

6 pm to 8 pm

In the Teaching Lodge at Community Wellbeing Centre

All men 17 & up are welcome!!

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



Trivia Challenge

February 15

Community centre

from 2 - 4 pm

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



**KANHIOTE
LIBRARY**
613-967-6264

Monday, Tuesday
and Wednesday Thursday 12 to 7

Knitting

Feb 10 to Mar 24 (no class Mar. 10)

\$20/ person

Material list and sample at library

Work on our slipper project or one of your own

Community kitchen

Feb 13 and Mar 13

Happy Birthday!



Happy 5th Birthday
Colton Cowie
Have an awesome day!
Love Chip & Allison

Happy Birthday
Nita 
Feb. 14
Love Wendy & Glenn

Happy Birthday
Mike – February 14th
Love Marilyn, Rick, Sam,
Emmett, Phill & Hayden

Happy Birthday
Ryan Brant
From Uncle Chip & Aunt Allison

Happy Birthday
Erin – February 4th
Love Aunt Marilyn, Uncle Rick,
Sam & Emmett

Happy Birthday
Joy – February 24th
Love Marilyn

Happy Birthday
To an amazing lady
Aunt Edith
Love Chip & Allison

Happy 6th Birthday to an awesome
grandson
Ethan – February 9th
Lots of Love Grandma & Papa

Happy Birthday
DJ – February 26th
Love Aunt Marilyn, Uncle Rick,
Sam & Emmett

Happy Birthday
Rain!!
Love Auntie Boo,
Jeffy and Ledge

Happy 6th Birthday
to a great nephew & cousin
Ethan – February 9th
Love Auntie Sam, Emmett,
Phill & Hayden

Happy Birthday
Alecia – February 28th
Love Aunt Marilyn, Uncle Rick,
Sam & Emmett

(Onekwenhtara Onen'takwenhten:tshera Kanonhsote) Red Cedars Shelter

IS a safe and secure environment for women & their children who are fleeing abusive situations/relationships. Our team will guide women in their healing with teachings of empowerment and holistic self care. Women will have a better understanding of family violence, it's impact, how to keep their family safe and work towards a better way of living.



We offer:

- Counselling
- Community Outreach Services (men & women)
- Healing Circles
- Grief Edu -Therapy Program
- Red Path Addictions Counselling Program
-and more.

IS NOT a shelter mandated for people who are homeless. Although we try our hardest to provide a referral or resource that will hopefully be helpful.

Our crisis line is available 24/7 to anyone in crisis or that may just need a gentle heart that will listen.

WE can help by sharing resources/information to those seeking help.

Contact us today: 613-967-2003/1-800-672-9515 (toll free)

Red Cedars Shelter is asking for your continued needed support of gently used clothing for all seasons for women and children of all ages.

Nia:wen for your Community Support





You are Invited!

Are you interested in learning about Sweats?

David Jock (Wenhiniseri:io) will be here to share Traditional Teachings on Sweatlodge



Weekly Session Topics

Feb 3: Fasting, Ceremony, Feasting Traditional Foods

Feb 10: Medicines used in Sweatlodge, Respect, Care & Proper use

Feb 17: Rounds of Sweatlodge, Grandfathers/mothers (stones), Drums, Rattles

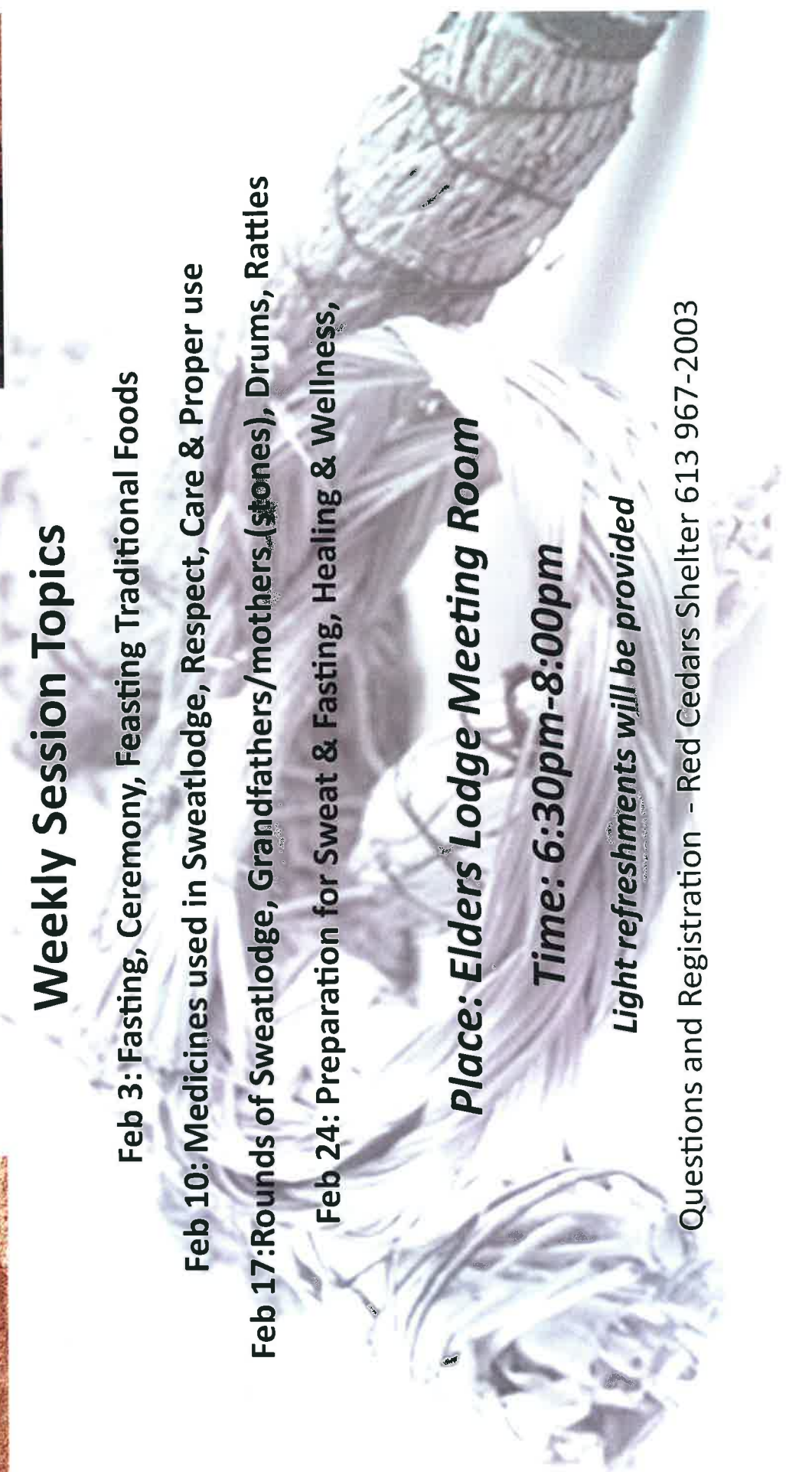
Feb 24: Preparation for Sweat & Fasting, Healing & Wellness,

Place: Elders Lodge Meeting Room

Time: 6:30pm-8:00pm

Light refreshments will be provided

Questions and Registration - Red Cedars Shelter 613 967-2003



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

February 2015

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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|---|--|---|---|
| 1 | 2 Ceramics Wii Bowling | 3 Meals on Wheels Walking Program | 4 Trip to Pat's Euchre | 5 Meals on Wheels Napanee Shopping | 6 Meals on Wheels Handivan Des | 7 |
| 8 | 9 Ceramics Wii Bowling | 10 Meals on Wheels Walking Program | 11 Diners Club & Bingo HOME SUPPORT @ Community Centre | 12 Meals on Wheels Friendly Visiting Lunch | 13 Meals on Wheels Handivan Des Scrapbooking | 14 Valentine's Dinner HOME SUPPORT @ Community Centre 5:30pm |
| 15 | 16 Breakfast Club Ceramics Wii Bowling | 17 Meals on Wheels Walking Program | 18 Euchre | 19 Meals on Wheels Belleville Shopping | 20 Meals on Wheels Handivan Des | 21 |
| 22 | 23 Ceramics Wii Bowling | 24 Meals on Wheels Walking Program | 25 Diners Club & Bingo HOME SUPPORT @ Community Centre | 26 Meals on Wheels Casino Trip | 27 Meals on Wheels Handivan Des Scrapbooking | 28 |

Nutrition-Know-How

Diabetes Prevention and Management

Join the Diabetes Education Program for three nights of
cooking and learning

Healthy Eating Basics + Easy and Affordable Recipes

March 12, 2015

March 19, 2015

March 26, 2015

5:30– 7:30 pm each night at the Community Wellbeing
Centre Teaching Lodge/Kitchen



Call Jodi to register 613 967-3603

Space is limited!

2015

March Break Mini-Extravaganza!

Date: March 16-20

Time: 8am-5pm

AGES 8-11

FUN & FREE ACTIVITIES!

- * Beaded craft & pizza
- * Ice skating
- * Bowling
- * Matinee movie
- * Sugar Bush trip
- * Laser tag & mini-putt
- * Gardiner Museum in Toronto*

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

Enyonkwa'nikonhrüyohake'
Youth Program

PHONE: 613-967-0122

TRACY HILL x 146 OR

LYNDSAY SCERO x 148

LIMITED SPACES!

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



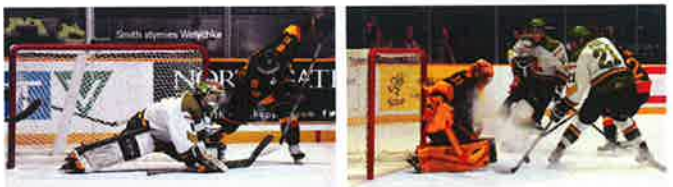
MARCH BEARS AND CUBS

IT'S TIME FOR THAT GOOD OLE HOCKEY GAME!!! HEY CUBS!!

Grab your jerseys and your bears and come on out to watch a Belleville Bulls game on Sunday March 15th, 2015 at the Yardmen Arena! We will be meeting in our very own private party room at 2:30 till 3:45 for cheese and pepperoni pizza, wings and root beer! Then heading inside the arena at 4:05 to watch the Belleville Bulls play the North Bay Battalion!

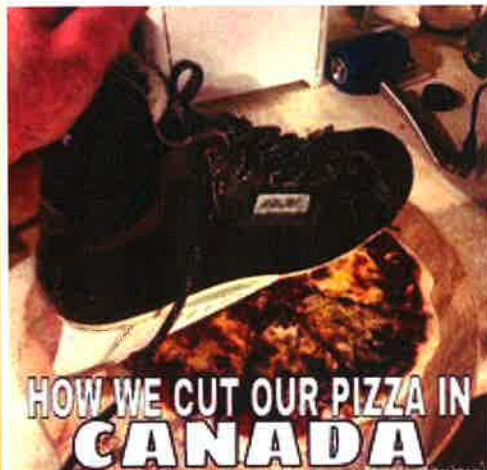


Sponsored by FASD - Enyokwa'nikonhriyohake' Program (Good Minds)



Transportation is not provided but if you are in need of transportation please let us know at the time of registration and we will be happy to help ensure your Bears & Cubs have a ride!

All participants are required to register and spaces are limited! So register today!



To register please contact Julie Brant @ 613 967 0122 Ext. 149 or email @ julieannb@mbq-tmt.org

Registration for this event closes Wednesday February 23rd, 2015 at 4:30pm

There is a \$5.00 charge for all Bears as a reservation and attendance fee that must be paid by 4:30 pm on March 4th, 2015. Payments can be left at social or health reception at the Community Wellbeing Centre, 50 Meadow Drive, TMT.

Also please make us aware of any food allergies or special requests upon registration and we will do our best to accommodate.



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 4:30pm | Order Arrives |
|------------------------------------|--------------------|
| February 10, 2015 | February 18, 2015 |
| March 10, 2015 | March 18, 2015 |
| April 7, 2015 | April 15, 2015 |
| May 12, 2015 | May 20, 2015 |
| June 09, 2015 | June 17, 2015 |
| July 7, 2015 | July 15, 2015 |
| August 11, 2015 | August 19, 2015 |
| September 8, 2015 | September 16, 2015 |
| October 13, 2015 | October 21, 2015 |
| November 10, 2015 | November 18, 2015 |
| 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 speciality 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



NEW SELECTION OF
FREE FRAMES

FEBRUARY 19, 10AM-4PM
INSIDE THE COMMUNITY WELLBEING CENTRE
TEACHING LODGE, 50 MEADOW DRIVE, DESERONTO

TO BOOK AN EYE EXAM YOU
MUST CALL MOBILEYEZ TOLL FREE:
1-866-920-6480



PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT



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!**

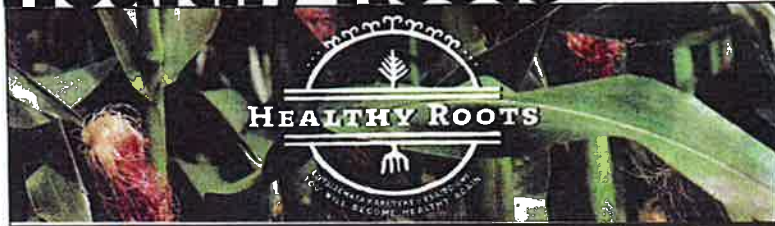
NOTE— passes are one pass per person per activity and must be left with Quinte Sports & Wellness staff at the time of use.

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



Need more info, please call 613-967-3603

Healthy Roots



Dreamcatcher Charitable Foundation

JANUARY 14TH, 2015

TWO ROW TIMES

9

HEALTHY ROOTS PARTICIPANTS



Kathy Isaacs

Seneca Turtle Clan
Age: 49

1. What was your biggest challenge?
Most of the week I felt good, only a few days at the beginning I felt really tired, I was worried that maybe my blood sugar was off, or that I wasn't eating enough. But by the end of the week I was feeling a lot better and proud that I completed week 1.

2. What was your greatest victory?
Completing the first week successfully and achieving my goal from week 1- trying new foods- tried quail and rabbit. I liked the quail, but didn't like the rabbit so much.

3. How are you gaging your success?
(Tracking steps, weight loss, inches, greater endurance, blood sugar levels, mood)
I am using my Two Row book to track my food each day, my activity, using my Fitbit Charge to track my steps and also tracking my blood sugars. I was tracking my blood sugars more than usual this past week, both before breakfast and 2 hrs after meals.

4. How did your tracking go this week?
I met my goal in steps each day and I was really pushing myself to do so and with the help from my Fitbit friends and our challenges it sure helps. Tracking food makes me more aware of what I'm eating and also what I have to look forward to.

5. Did you have any realizations or moments of awareness this week about your journey?
I realized just how bad I was eating. Although I thought it was good the extra sauces, salts, dressings, butter are not necessary to enjoy my food.

GOAL week 2: To journal. To write how I feel each day, even if it's just one word.



Karihwawihson

Mohawk Turtle Clan
Age: 37

1. What was your biggest challenge?
This week was really good my biggest challenge that I have is getting to the gym. And exercising in general.

2. What was your greatest victory?
I managed to get out hunting with my sons Isaac and Dakota this week. We managed to harvest two cottontail rabbits and a partridge.

3. How are you gaging your success?
I am gaging my successes day by day not really thinking of the long term. I am using my fitbit to track my progress with movement. I am shooting for 10,000 steps a day I have managed to hit that mark everyday this week with the exception of Thursday where I only made it to 7500.

4. How did your tracking go this week?
This week I lost 5 lbs and I have energy like I haven't had in a long time.

5. Did you have any realizations or moments of awareness this week about your journey?
On Wednesday I thought to myself "I'm really doing this" I have managed to quit smoking, quit consuming dairy, wheat, and sugar. As well I have gave up on coffee and replaced that with herbal teas. I have not had any processed food or farmed animal meats in a week. Thinking about all that was a pretty big ahha moment to me.



Julee Green

Mohawk Wolf Clan
Age: 38

1. What was your biggest challenge?
Biggest Challenge this week was figuring out what I was going to eat and how I was going to make it.

2. What was your greatest victory?
This week's greatest victory was being able to plan out my meals and to make them. I had some anxiety in the beginning about what I was going to eat. Then once I took a deep breath and just thought about what I usually eat and made the changes from that instead of trying all new recipes, that worked out a lot better.

3. How are you gaging your success?
I am gaging my success by tracking with my fitbit charger for sleep and steps. I am also taking note of my mood (i.e. happy, sad, content etc.).

4. How did your tracking go this week?
My results this first week were good, I was more active then I have been in the past few weeks, my moods with the exception of a bad day midweek have all been positive. The one bad day I think I lost a bit of my perspective and was feeling a bit down and hungry. However I pushed through, completed my daily tasks and felt better for it.

5. Did you have any realizations or moments of awareness this week about your journey?
I had a moment of awareness the second day when my body was responding to the food I was eating. Just in two days of clean eating. In the past I've had some digestive issues and once I changed my diet, there were no longer any issues. This to me was huge and quite amazing at how fast this happened. It really is true "you are what you eat!"

GOAL week 2: To get 30 minutes of activity in 5 days this week.



Johnny Powless

Mohawk Turtle Clan
Age: 21

1. What was your biggest challenge?
My biggest challenge this week was to cut out pop.

2. What was your greatest victory?
My biggest victory this week was successfully cutting out pop! I also stopped drinking coffee too. I am now drinking water and smoothies with almond milk and berries. Also I brought mixed nuts and dried berries and fruit to snack on while I am travelling, healthy choices are hard to find on the road, so I am learning that I need to bring my own foods with me.

3. How are you gaging your success?
(Tracking steps, weight loss, inches, greater endurance, blood sugar levels, mood)
I am writing in my Healthy Roots journal each day, recording what I eat and the activity I do. I am also aware of how I feel physically, I thought I may be tired cutting out caffeine, but I have felt really good. I have had a lot of energy and after my healthier meals I don't feel over full and tired.

4. How did your tracking go this week?
My results with food were cutting out pop and coffee and also eliminating bread from my meal. I did feel a bit hungry after meals, so I am trying to have more vegetables and healthy protein choices.

GOAL week 2: My goal is to drink 5 bottles of water a day this week, previously I only drank 3-4.





COLD

Stay safe and warm this winter with these cold weather tips

Winter brings an opportunity for more outdoor activities such as skiing, ice skating, sledding and snowmobiling; however, it can also bring extreme weather with blizzards, storms and very cold temperatures.



Here are some tips to keep warm and safe all season long:

Cover your head by wearing a hat and wear layers of tightly woven fabrics such as wool or synthetics.

Cover up exposed areas such as your fingers, cheeks, ears, and nose.

If your clothes get wet when you are in the cold, change into dry clothes as soon as possible.

Drink plenty of warm fluids to help your body stay warm, but avoid caffeine and alcohol.

Be on the look-out for cold-related emergencies such as frostbite and hypothermia and know what to do if they happen..

Vehicle safety

Also, make sure you prepare your vehicle for winter weather. Always check local weather conditions before heading out on the road, and create an emergency kit for your vehicle, which includes the following items:

Ice scraper and brush, shovel, sand (or cat litter), blankets, a candle in a deep can and waterproof matches, tow chain, warning light or flares, flashlight, hat and warm clothes, food bars, booster cables, first aid kit, road maps, fire extinguisher.

Dress Warmly and Stay Dry

Adults and children should wear:

- a hat
- a scarf or knit mask to cover face and mouth
- sleeves that are snug at the wrist
- mittens (they are warmer than gloves)
- water-resistant coat and boots
- several layers of loose-fitting clothing



Winter storms

As we all know, winter weather can turn sharply, with blizzards and ice storms most common in Canada, but we can plan for winter storms. The best way to protect yourself and your family is to know your risks, make a plan and get a kit.

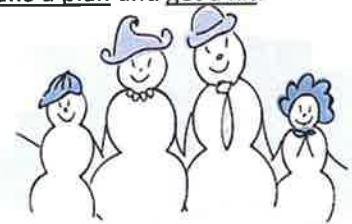
Following a winter storm, continue to take precautions and listen to local authorities for further information and instructions. Avoid travelling if possible and listen to local news and weather reports for current road and weather conditions.

Check on vulnerable family members, friends and neighbours (the elderly, ill, disabled) who may require special assistance.

If you have to go outside, dress appropriately, and watch for those signs of frostbite and hypothermia.

When you're prepared, you help ensure you and your family stay safe and warm this winter!

breeee...



One Last Cool Tip . . .

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.

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

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

February 2015 Discover the Balance We have Gift Certificates

Exercise For A Healthy Heart

Discovering the
Balance

By Working the
Mind, Body,
Heart and Spirit

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am-2:00pm

Fees

Senior (55+) \$20.00

Student \$25.00

Adults \$30.00

**We Are Open to
The Public**

TFRC Staff

Darlene Loft /
TFRC Manager

Sonya Maracle / P.T

Jayna Leland / P.T

Shanleigh Maracle

Taylor-Rain
Tabobandung

Ben Brant

Trey Bardy

An sedentary lifestyle is one of the top risk factors for heart disease. It is a risk factor that you can do something about. Regular exercise has many benefits such as:

- It strengthen your heart and cardiovascular system
- Improves your circulation and helps your body use oxygen better
- Lower blood pressure
- Improve muscle tone and strength
- Helps to reduce body fat and reach a healthy weight



Shared Fitness & Health Tips Websites

1) www.myfitnesspal.com - tracks calories and fitness activities

2) www.livestrong.com— everything you need to lose weight in one place

3) www.mensfitness.com—men's health information

4) www.womensfitness.com—women's health information

5) www.womenshealth.about.com—Exercise and physical fitness for women's health

TFRC Facebook has health tips , quotes and exercises

Welcome to the Fitness Studio

| Time | Sun-day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|---|-------------------------------|---|------------------------------|---|--------|--|
| 6:30 |  | | | | | | |
| 7:00 | | | | | | | |
| 8:00 | | | | | | | |
| 9:00 | | | | | | | |
| 10:00 | | | Seniors Functional Fitness 10:00-11:00 | | Seniors Functional Fitness 10:00-11:00 | | Yoga 10:30 – 11:30 |
| 11:00 | | | | | | | |
| 12:00 | | Better Butts 12:15 - 12:45 | Total Body Circuit 12:15 – 12:45 | Awesome Abs 12:15 – 12:45 | Exercise Without Weights 12:15 – 12:45 | | |
| 1:00 | | Awesome Abs 12:50 – 1:20 | | Better Butts 12:50 – 1:20 | | | |
| 2:00 | | | | | | | |
| 3:00 | | | | | | |  |
| 4:00 | | | | | | | |
| 5:00 | | | | | | | |
| 6:00 | | | | | | | |

Special Memberships Funded by Ontario Trillium Foundations

50 FREE memberships for each year we have the Fitness Studio Coordinator 2015 to 2017. These memberships are too help with life's challenging issues and have certain restrictions so the program is successful in helping specific people who require Personal Training. Please call and ask for details for the FREE Health Enhancement memberships.



Hanio Oksa Healthy Lifestyles Presenters

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

Psychotherapy and Healing the Soul

Thur. February 12th

6:00pm—7:00pm

Presenter: Eric Tenn



www.maraclechiropractic.ca

Chiropractic & Kids

Thur. February 19th

6:00pm– 7:00pm

Presenter : Dr. Jason Young

Reflexology and the Benefits

Thur. February 26th

6:00pm-7:00pm

Presenter: Mark Reynolds



**Hosted By Tyendinaga Fitness
Resource Centre in The Fitness Studio
14 York Rd Unit #1
Tyendinaga Mohawk Territory**

Funded by : AIAI

**Deadline to register is
February 10, 2015**

**Note: Dress casual
Spaces Limited!**

<<Urban Poling>>



Tyendinaga Fitness Resource Centre

Urban Poling

Wed. Feb.4 /15 - 6pm to 7pm

4 weeks of a **Great Safe Workout**

At Sports & Wellness Centre Belleville

FREE if you have experience / ages 12 +

\$20.00 for Beginners

(lessons complete when you know how to do it)

DEADLINE TO Signup - A.S.A.P. - We require at least 10 participants to run a program.

For more information contact : (613) 962-2822

Or email : tyfitnessres@mbq-tmt.org

Poles available to rent for \$5.00 a night
donation for classes appreciated

Welcome back "TFRC Urban Pole Group"

Poles Available to Purchase from Instructor



Functional Fitness

NEW!

50 + Tues. & Thur.



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

Funded by South East LHIN / VON Canada

Jan. & Feb. - 10:00am to 11:00am

Help Improve Your
Quality of Life. Come
Work on Functional
Fitness Balance &
Coordination

Only Dec.2 & 4

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



**Free Fun Call Today Limited
Space - also great for 50 +**

YOU'RE INVITED

*The Anglican Parish of Tyendinaga
invites you to a Shrove Tuesday
Celebration*

PANCAKE SUPPER

with
all the trimmings

Tuesday February 17, 2015
5:00 pm - 7:00 pm

Queen Anne Parish Hall
1295 Ridge Rd TMT

FREE WILL OFFERING



DESERONTO LEGION



UPCOMING EVENTS FOR SEPT.

Feb 14th- Valentines Dance 8pm to 12pm-upstairs hall

Host- Dee J Joseph

Door prizes & 50/50 draw

No charge- All welcome

Legion has booked Ambush for March 14th- Tickets will be
on sale for \$20.00 per person Feb 1st.



VALENTINE'S BENEFIT DANCE

For Donny & Patti Brinklow



Saturday, February 14th, 2015

Mohawk Community Centre



8:00 pm to 1:00 am



\$10.00 per person or \$15.00 couple

Toonie Toss

50/50

Chinese Auction

Martins Beads And Crafts Supplies

We are happy to bring to you Course Outline

Beginners to beading

Learn free hand beading

This lesson will include all materials
Learn to make your own bracelet
Making decorative bone bracelets
Make a beaded ring



Learn to bead with a loom

This will teach you how to string a loom
Make own key chain



Learn basic building of a dream catcher

We will teach you how to weave and
Decorate your own dream catcher

Advanced Beading

- Please NOTE you must have basic beading and dream catcher weaving for these courses

Learn how to make beaded earrings

Learn how to make beaded dream catcher

In this class you will learn how to bead around a ring

Learn to make beaded hair Brett or bracelets

This class will teach you how to build patterns
You will get to choose between two different designs

Learn the skills to do raised beading

You will learn specialized skills in developing
Patterns and the use of different materials



So come into your store and get the time and dates also the prices of what we are offering these courses for.

Store Hours Tues to Fri 4-8 Sat 10-6 Sun 10-4

Or Email us at martin_family_crafts@hotmail.com

You can also call us at 1-613-242-9130

Aboriginal Awareness

An **eight-week course** with Betty (Katsitsiase) Maracle and Alan (Anataras) Brant of Tyendinaga Mohawk Territory, offered free to the public - **EVERYONE WELCOME!**



Who Should Attend?

Individuals working with Aboriginal peoples – including educators, educational assistants, counsellors, service providers, front-line staff – and other people who have an interest in learning about the richness of indigenous cultures with a content focus on the Mohawk Nation.

Saturdays, February 7 - March 28, 2015
9:00 am - Noon

LOCATION: Loyalist College Kente Building (Main Entrance), Room 3H9

FOR MORE INFORMATION AND TO REGISTER:

contact Deiana at (613) 969-1913, ext. 2250 or 1-888-LOYALIST • T.T.Y: 613-962-0633
email: dgonyea@loyalistc.on.ca • **LoyalistCollege.com**

Sponsored by the Loyalist College Aboriginal Resource Centre

LOYALIST  **COLLEGE**

**Skating now available for our Community at the Lacrosse box.
Please be courteous to others while skating, most important
play safe & have fun!!**

**KARONHYAK'TATYE SPORTS COMPLEX
ICE SURFACE**

General Ice Surface Rules:

This ice rink was created by community volunteers for the use of those seeking outdoor physical activities. The rink and grounds are maintained by local residents and those who utilize the facility. Please be respectful to others and Mother Earth while you enjoy this sport. All skaters must abide by the posted rules and regulations. This rink has minimal supervision and any concerns should be reported to the Recreation Coordinator at the Community Wellbeing Centre (613-967-0122).

BE RESPONSIBLE FOR YOUR SAFETY AS WELL AS THE SAFETY OF OTHERS BY OBSERVING THE FOLLOWING GUIDELINES:

- All skating is done at the public's own risk.
- The use of helmets is strongly recommended.
- Children under 12 years of age must be under direct supervision of a parent or guardian.
- Only persons with skates shall be permitted on the ice surface.
- The middle of the ice surface is reserved for children and less confident skaters.
- The park is not to be reserved. Please take turns and do not interfere with others.
- Keep this area clean and surrounding area clean and free of litter and graffiti.

RULES FOR USE – THE FOLLOWING WILL NOT BE TOLERATED

- **NO DRUGS OR ALCOHOL**
- **NO VANDALISM OR GRAFFITI**
- **NO ABUSIVE LANGUAGE OR BEHAVIOUR**
- **NO MOTORIZED VEHICLES**
- **NO TAG, HORSEPLAY, SPRAYING OR THROWING SNOW**

THANK YOU FOR YOUR COOPERATION

The Tyendinaga Mohawk Council will not be liable for any personal injury, death or property damage that arises out of use of this area for recreational purposes. The Tyendinaga Mohawk Council reserves the right to close the park should illegal behaviours be observed.

Please contact the Tyendinaga Police Services at 613-967-3888 if any illegal behaviour is observed.

THIS PARK IS YOUR RESPONSIBILITY SO RESPECT IT.

Get Pumped for the Little NHL!

Meet your Atom/PeeWee Tyendinaga Thrashers

PEP RALLY

When: Sunday, February 22, 2015

Time: 2pm

Where: Mohawk Community Centre

Be sure to show your Thrasher spirit by wearing **BLUE** as we introduce you to our Tyendinaga Thrashers.

All Welcome

The Tyendinaga Thrashers would like to thank all our great sponsors and our community for there support.

**Mohawk Duty Free 5 Nations Fuel Free Flow Petroleum
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Village Variety KC Builders Mohawk O.N.E Arrow Head Excavation
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Tyendinaga Community Development Thread Works
Tyendinaga Police Service Tracey Garey**



Bottle Drive

Fundraiser For Tyendinaga Youth

For International Indigenous Youth Exchange Program
With "Mapovchi of Chile"

Drop off at Dan & Gudgies (Doreen) 8141 Old Hwy 2

Call for pick up 613-885-6331 Becky Maracle-Ashmann



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/> 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



Deseronto Transit

Will now have transit
Stops here on
Tyendinaga Mohawk Territory



**DESERONTO
Transit**

WESTBOUND
TO BELLEVILLE

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

EASTBOUND TO
NAPANEE

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

**BUS
STOP**

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



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

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



**DESERONTO
Transit**

WESTBOUND
TO BELLEVILLE

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

EASTBOUND TO
NAPANEE

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

**BUS
STOP**

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



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

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



**DESERONTO
Transit**

WESTBOUND
TO BELLEVILLE

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

EASTBOUND TO
NAPANEE

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

**BUS
STOP**

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



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

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

CLASSIFIED

LAND FOR SALE

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

Contact:
613-827-7253 via text

HAY FOR SALE

4X4 BALES
- \$20.00

Call WM J. Brant
613-967-1129

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

FOR RENT

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

For more information call:
613-967-2345

HOUSE FOR SALE

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

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

COTTAGE FOR SALE

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

Please call:
613-848-9929

LOT WANTED

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

Please call: 613-985-5308

FOR SALE

4 BEDROOM HOME
- large eat-in kitchen
- dishwasher, fridge, stove
- large bedrooms
- Updated 4 pc bathroom (ceramic floor)
- 3 pc bath w/shower
- large family room with updated woodstove (WETT certified)
- walkout basement
- lots of storage
- upgraded well with holding tank
- new roof and deck
- shed
- lot size 3/4 acre (approx)

PRICE RECENTLY REDUCED
(Serious offers will be considered)

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

BABYSITTING AVAILABLE

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

Call Fran - 613-396-2393

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

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

HOUSE FOR SALE

- 24 North St.
Deseronto

For more information
Please call:
613-354-3826

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 and leave a message





THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest
The Venerable Brad Smith
962-2787

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

SUNDAY CELEBRATIONS

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

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

UPCOMING EVENTS

Shrove Tuesday Pancake Supper
Tuesday 17 February, 5:00-7:00 p.m.
Queen Anne Parish Centre (1295 Ridge Rd)
A free meal consisting of pancakes, sausage, bacon,
and beverages for our community neighbours.

Ash Wednesday Liturgy
Wednesday 18 February, 7:00 p.m.
All Saints' Church
The traditional service to start the season of Lent.

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, including rental fees, please call Elsie at 962-2787.

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

“AA OPEN MEETINGS”

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

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

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

Losers Unite, Join Us!

WINTER HOURS

Thursdays

5 - 5:30 = Weigh in
5:30 - 6:30 = Meeting
Elders Lodge
(Bayshore Rd)

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

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

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

Contact: Joy Brant - 613-885-0506
Tree Good altree94@gmail.com



She:kan! Skennen:kowa! Greetings! Great Peace be with you!

KERISTOS NE KORAH:KOWA

THE MOHAWK PARISH OF CHRIST THE KING

Under the Patronage of Saint Kateri Tekakwitha

*A Catholic Community of the Ordinariate of the Chair of St. Peter
Tyendinaga, M. T.*



Morning Prayer and

Holy Communion from the Reserved Sacrament

10:00 AM → Most Sundays ↓



Divine Worship (Mass):

11:00 AM →

Month

(Please Call to Verify Time of Service) 4

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 ☎ 1-613-885-2499

✉ ChristTheKingParish@startmail.com



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



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



**MOHAWK
PENTECOSTAL
CHURCH**

WHEN WE MEET

Sunday 10:30 am Worship Service
11:30 am Sunday School
6:30 am Worship Service

Wednesday 7:00 pm Bible Study

Saturday 7:00 pm Prayer service

1984 York Road
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325

COMING EVENTS

- Feb 6, 2015 Revival Service 7pm at MPC
- Feb 22, 2015 Church Fellowship Luncheon 12:30
- Mar 6, 2015 World day of prayer held at MPC call for details/time
- Mar 6, 2015 Revival Service 7pm at Napanee Baptist Church
- Apr 3, 2015 Good Friday held at MPC hosting Deseronto Pentecostal Church
- Apr 5, 2015 Easter Sunday Service am only

The Mohawks have on all occasions shown their zeal and loyalty to the Great King; yet they have been very badly treated by his people.

Joseph Brant 1742-1807

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175.00 1- 46.5 x 36 Lt case
175.00 1- 48 x 34.5 Lt case
175.00 1- 24 x 48 Lt case
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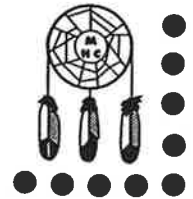
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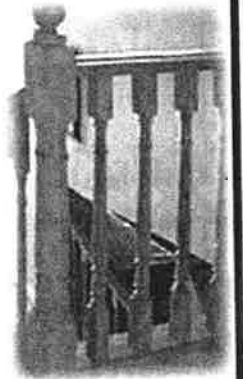
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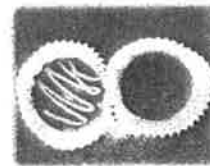
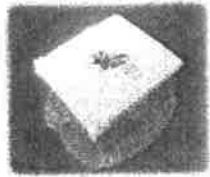


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