



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 2/16
ENNIHASKHA (February)

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



TSI NIYOHT WENHTSYA:KE

(IT IS ABOUT THE EARTH)



CURBSIDE PICK-UP:

For the past few weeks, a number of garbage bags have been placed at the curbside with cash left in lieu of Bag Tags. For the purpose of Transparency, Accountability and Reporting **we cannot accept your cash in lieu of Bag Tags**. I apologize for the inconvenience. Bag Tags can be purchased individually at 49 QuickStop and Bayview Variety. For other locations where Bag Tags are available, please contact Nicole Storms at (613) 396-3424.



Waste Depot:

Hours of Operation:

Mondays, Wednesdays & Saturdays

8:30am – 4:30pm

Household Garbage with or without Bag Tags are not accepted at the Depot. Large Items Only.

For a list of acceptable items, please see 'Waste & Recycling' (under Environment) on our website @ www.m bq-tmt.org.

SHE:KON

My name is Melissa Maracle; I have lived here on the Territory for most of my life. My parents are Bob and Vi Maracle and my paternal Grandparents were James and Mary Ellen Maracle. I have been with Chad Maracle for 26 years and married for 17 years, we have 4 children.

I am currently working on my Bachelor of Social Work student with Ryerson University/ FNTI. I have begun my student placement with Red Cedars Shelter. I am working on developing and implementing a support group for individuals who are affected by someone's Mental Health and/or Addiction.

I would love to incorporate any ideas provided to me through community support and input, so please feel free to call me at (613)967-2003. Look for our upcoming flyer in the next newsletter as a reminder.

Nia:wen

Melissa



NEW

Community support group for individuals who are affected by someone's Mental Health and /or Addiction.

Supporting people who are struggling

***Unburdening**

helps to prevent sickness*

**Understanding
you are not alone**



Helping each other

Learn teachings to maintain your wholisitic wellness



Watch for more information in the next newsletter.

CORN HUSK DOLL MAKING WORKSHOP

Hosted by Red Cedars Shelter

**Bring a friend, or family member and join us to
make your own corn husk doll.**

This workshop includes lunch and is open to
the first 20 people who register.

***Call Red Cedars Shelter to reserve a
spot.***

613-967-2003

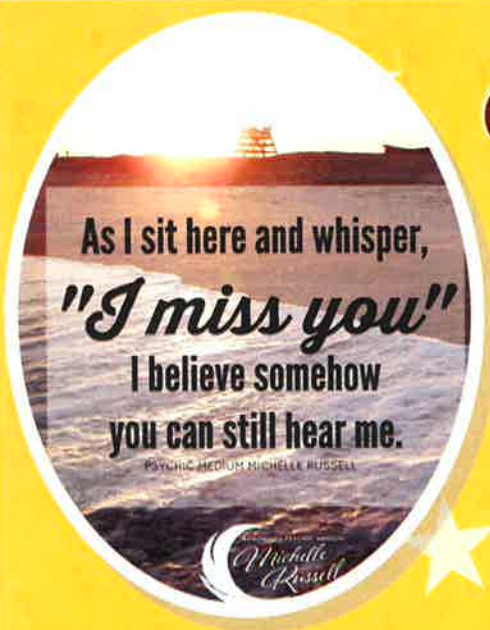


When: Saturday February 20th, 2016

Time: 10am to 3pm

**Where: Community Wellness Centre -
Teaching lodge**

outreach



My name is Sheila Stacey, and I am certified to deliver the Grief Edu-Therapy program. I have been running this program for 5 years with positive outcomes.

This 8 week session program helps individuals with grief and the conflicting emotions caused by loss.

If you are interested in the program or just want to talk about grief, please call me at the shelter. 613-967-2003

Red Cedars Shelter

We provide a relaxed, safe and confidential environment for provision of this program, to support your healing and transformation of your thinking pattern.

Coming to
TYENDINAGA
IN 2016

FNTI's two-year
**SOCIAL SERVICE
WORKER DIPLOMA**

Delivered in partnership with St. Lawrence College.
Graduates receive a Social Service Worker (SSW)
Diploma from St. Lawrence College.

INTENSIVE DELIVERY MODE
one week of classes every 4-6 weeks

FNTI



First Nations
Technical
Institute

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

Tahatikonhsotontie



Head Start Programs!

Morning Preschool Program: is a licensed program for 24 children. This program runs from Monday to Friday, 9am-12pm. The morning preschool program is based on the High Scope curriculum model using play based learning. **Interactive learning and engagement, cultural teachings, Mohawk language, school readiness and social skill development** are some of the areas focused on. We also offer the Seeds of Empathy program during this time which fosters empathy in children. Transportation is provided to those on a first come, first serve basis (by sign up). Children are selected from a wait list for enrollment.

NEW!!! Toddler Afternoon Program: is a program for 6 toddlers between 1 ½ - 2 ½ years of age, who are not quite ready for the morning preschool program. This program runs Monday and Friday from 2-4pm. The toddler program acts as a stepping stone for children to enter into the morning preschool program. There is no transportation available for this program. Children are selected on a first come, first serve basis as spaces are limited.

Drop In Program: this program runs Tuesday and Thursday from 2-4pm and is designed for children newborn to 6 years of age and a parent/guardian etc. The drop in program curriculum includes a variety of fun, hands-on learning activities which encompass the six components of Head Start. Adults who attend have opportunity to interact with other adults, engage with all children and lend support to other participants.

*It's never too early to put your child's
name on our list!*

Please call today!

613-396-6716

Tahatikonhsotóntie Head Start Family Day Movie!

Snacks!



**Fun
Activities!**

Date: February 15, 2016

Time: 1:00-3:00pm

Where: Tahatikonhsotóntie Head Start

9 Deserontyon Dr.

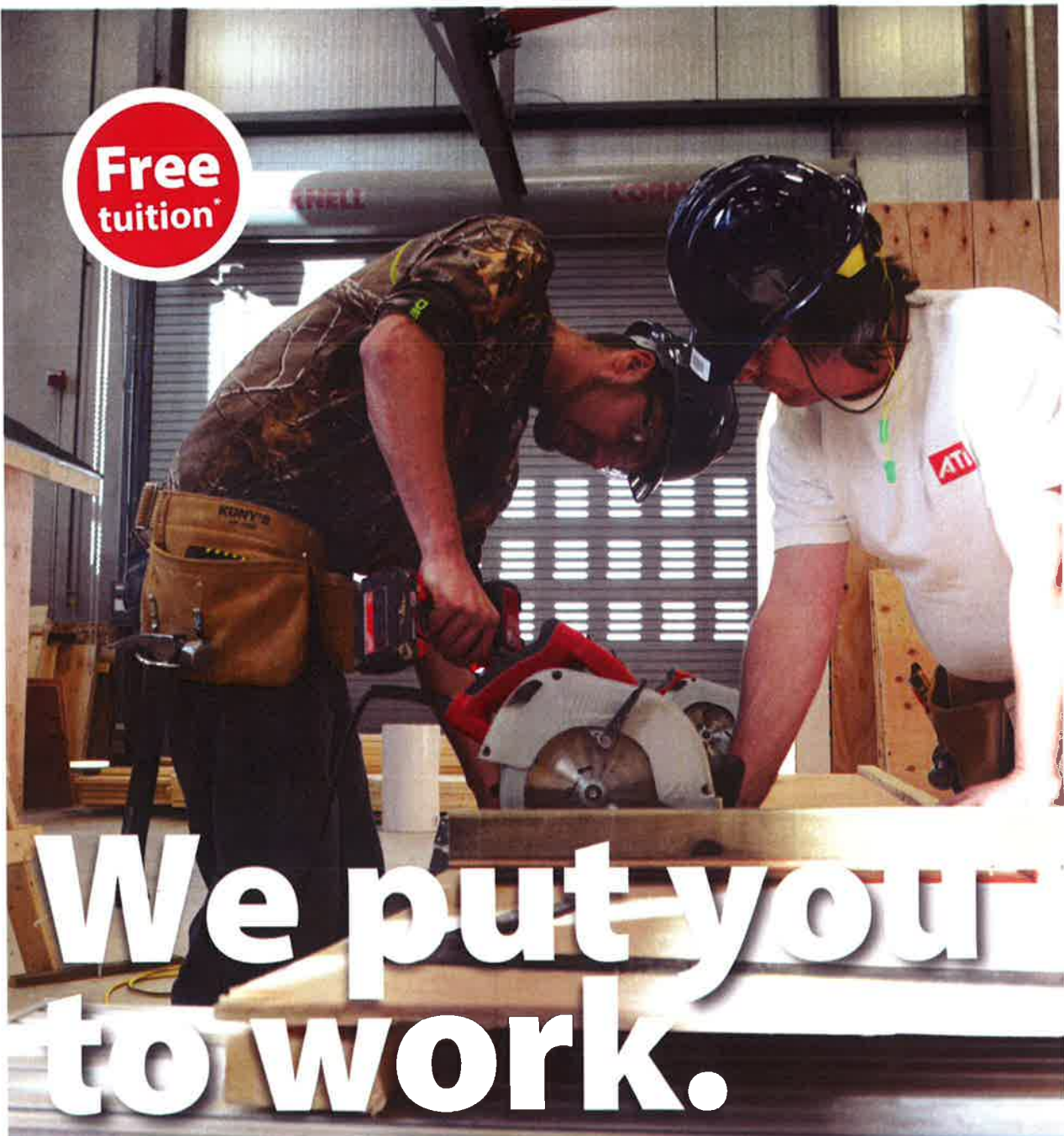
Tyendinaga Mohawk Territory, ON

For more information please call 613-396-6716

Everyone is welcome to join us in celebrating Family Day!



**Free
tuition***



We put you to work.

Aboriginal Construction Renovation

Earn a Loyalist College Certificate in only 16 weeks

Classes begin February 16, 2016

Contact Deiana – Aboriginal Resource Centre, 613-969-1913 ext. 2250, aboriginalrc@loyalistic.on.ca

* For those accepted into the program

#1 in grad jobs!*
* KPI stats released April 2015



Building up experience and skills at Loyalist

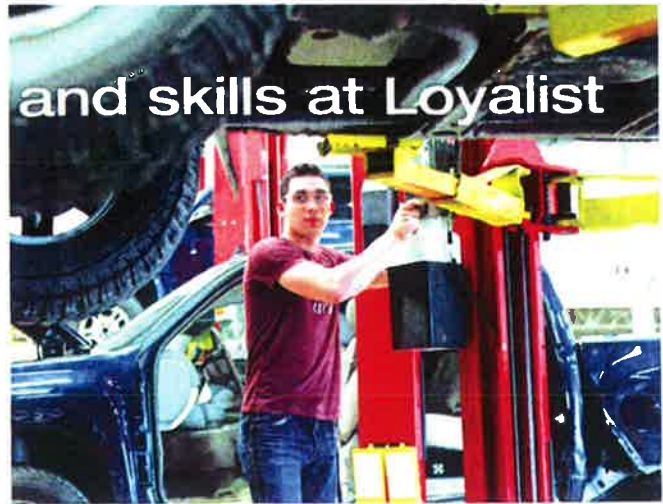
The key to success for Aboriginal Construction Renovation and Aboriginal Automotive Service Technician Pre-Apprenticeship students at Loyalist College is to learn in collaboration with community partners.

The free automotive training program prepares Aboriginal students to enter an Automotive Service Technician Apprenticeship, ahead of a rewarding career in this fast-paced trade. In 26 weeks, students gain job-readiness skills, practical workplace experience and support for workplace transition, as well as Level 1 in-class training. The program started in May 2015 and the first intake of students headed out on 10-week field placements in September. Some have earned opportuni-

ties with licensed car dealers, while others are sharpening their skills on agricultural machinery and collision repairs.

"Employers were very receptive to welcoming our students for placements," said Paul Larchford, Manager of Aboriginal Services at Loyalist. He noted that many students are likely to return to the College upon earning their certificate to further their studies in the automotive field.

Skilled workers in construction and renovation are also in high demand. Employers include general contractors, subcontractors, new homebuilders, woodworking shops and restoration contractors. There are opportunities for graduates to sell building materials in hardware stores, lumberyards and building centres. Training



in entrepreneurship and estimating can also help them run their own business as an independent contractor.

Upon graduating from the Aboriginal Construction Renovation program, Shane Kimball felt he had found something that he could do well,

"As students, we built storage sheds for Bon Echo Provincial Park and a floating dock at Quinte Mohawk School," he

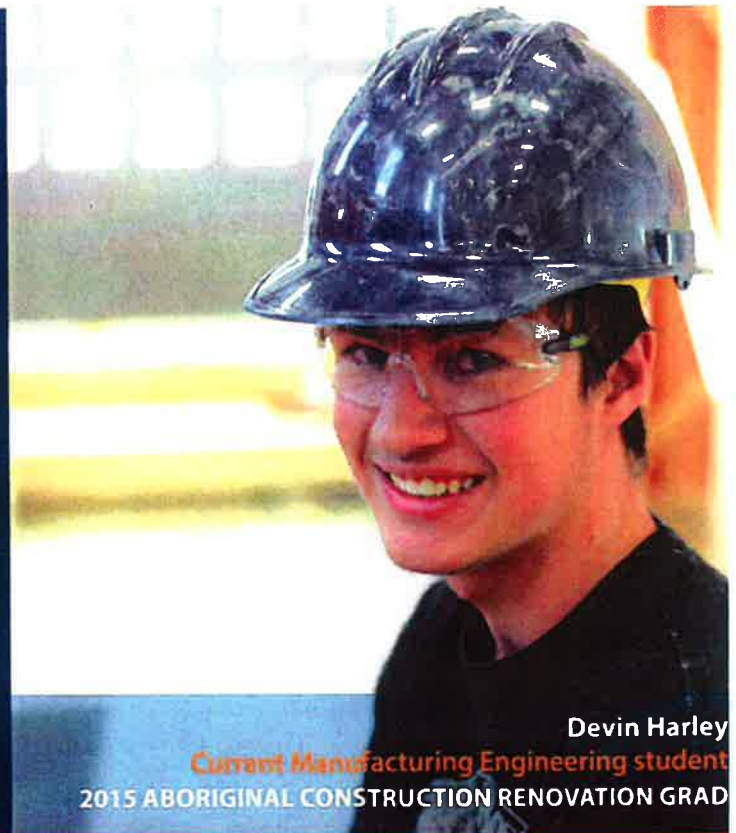
stated. "They were real projects, things that were of value to the communities. My success in the certificate program prompted me to pursue this career path further by enrolling in the Construction Renovation Technician program."

Contact the Aboriginal Resource Centre at 613-969-1913 ext. 2250 or visit loyalistcollege.com for more information and/or to apply.

#1

in grad jobs!*

* KPI stats released April 2015



Devin Harley

Current Manufacturing Engineering student
2015 ABORIGINAL CONSTRUCTION RENOVATION GRAD

loyalistcollege.com

LOYALIST COLLEGE



ABORIGINAL CONSTRUCTION RENOVATION PROGRAM



CONTACT

Deiana Gonyea, Assistant, Aboriginal Services
email: dgonyea@loyalistc.on.ca

OCTOBER ENTRY

PROGRAM LENGTH

16-week Loyalist College Certificate

HIGHLIGHTS

- Skilled workers in construction and renovation are in high demand
- Apply your knowledge with work visits to a community construction project
- Develop valuable contacts with local employers
- Obtain industry-required certificates in the program, such as fall arrest/prevention and first aid
- Graduates may be awarded direct entry into Construction Renovation Techniques Certificate or Construction Renovation Technician Diploma programs
- The skills you acquire may assist in obtaining licences and accreditations such as Red Seal

CAREER OPPORTUNITIES

- Employers include general contractors, subcontractors, new home builders, woodworking shops and restoration contractors; there are also opportunities selling building materials in hardware stores, lumberyards and building centres.
- Training in entrepreneurship and estimating can help you work toward running your own business as an independent contractor.

PROGRAM DESCRIPTION

- Learn as you work on a community project with environmentally sound construction principles
- Get hands-on instruction in construction techniques, proper tool usage and jobsite safety
- Learn to work from blueprints, produce basic sketches, develop building details, and create computer-assisted drawings using SketchIt
- Gain skills in carpentry, from base footings to framing, interior and exterior finishing, and fine finishing techniques
- On-site learning is supported by classroom instruction in construction principles, OBC, local regulations and by-laws, contract documents and tenders. Students learn to interpret the Ontario Building Code as it applies to renovations and new construction, and how to apply for the necessary permits

APPROXIMATE COSTS

- Tuition is free to those accepted into the program.
- Any travel expenses associated with on-site renovation projects are the student's responsibility

ADMISSION REQUIREMENTS

- Aboriginal people who are unemployed or underemployed
- To determine your eligibility, contact the Aboriginal Resource Centre at 613-969-1913 Ext. 2250 or by fax to 613-969-0411

LINK TO APPLICATION FORM

https://docs.google.com/forms/d/1BISmXK-AUrHz15iiYz1w_B9Ah0diy7E513hxrQnIHXY/viewform

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 - March 2016
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



Craft Days



**Every Wednesday in the
Aboriginal Resource Centre
at Loyalist College**

9:00am – 12:00pm

**Crafts are fun and are also a
natural stress reliever!**

Everyone Welcome!

Thank You from the family of the late Lloyd "Snooky" Green
August 18, 1927 – January 6, 2016



We would like to take this opportunity to say thank-you to our family, friends and community for their love and support with the passing of Snooky. Loving son, brother, husband, dad, poppa, uncle and friend to many. Proud owner of Snookie's Hideaway campgrounds and the best darn dozer operator in Tyendinaga.

Thank-you to everyone for your thoughts, prayers, flowers, cards, donations and food. A special thanks to Alfred and Gwen for feeding us so well for days.

Thank-you to those who visited from near and far.

Thank-you to Father Hal Graham, Cathy Vick, Pat Brant, Bill Brant and Narda Iulj for the lovely funeral service at All Saints Anglican Church.

Thank-you to Murray O'Coin, Dana Green and Joyce Johnson for their readings and to Robin Green for composing the eulogy.

Thank-you to Snookie's grandsons for carrying their Poppa as pallbearers.

Thank-you to Pam Detlor and the Mohawk Guild for the wonderful luncheon provided at Queen Ann Parish Hall.

A special thanks to Michelle Smith and her staff at McGlade Funeral Home for all their time and compassion. Their efforts made things so much easier for us at such a difficult time.

And, we must not forget to mention the excellent care provided by Tyendinaga Home and Community Care, especially Sherry, Kim, Ann, Karen, Gloria, Kelsey and Nicole.

Thank-you to those not specifically mentioned, you know who you are!

Sincerely,
the family of the late Snooky Green

In loving memory of a special brother
 Norman (Kokamo) Carr-Braint,
 who left us 6 years ago.
 October 10, 1959 – February 11, 2010



*Today is full of memories of a brother laid to rest,
 And every single one of them is filled with happiness,
 For you were someone special, always such a joy to know,
 And there was so much pain when it was time to let you go,
 That's why this special message is sent to heaven above,
 For the angels to take care of you and give you all our
 love.*

Love you forever and miss you always Bro!!

Carol, Harry, Betty, Billy, MJ, Marilyn, Mike, Tracey & families.



Happy Birthday!

- ☆ Happy 6th Birthday
- ☆ Colton Cowie
- ☆ Love Chip, Allison, Kody & Kamryn
- ☆ Happy Birthday
- ☆ Ryan Brant
- ☆ Love Uncle Chip, Aunt Allison, Kody & Kamryn
- ☆ Happy Birthday
- ☆ Aunt Edith
- ☆ You are a very special to all of us have a wonderful birthday.
- ☆ Love Chip, Allison, Kody & Kamryn
- ☆ Happy Birthday
- ☆ Mom (Allison Brant)
- ☆ Love Chip, Kody & Kamryn
- ☆ Happy Birthday
- ☆ Rain
- ☆ Love Auntie, Jeffy and Ledgie
- ☆ Happy Birthday
- ☆ Nita
- ☆ on Valentine's Day
- ☆ Love Bin and Glenn



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

Happy 7th Birthday to an awesome grandson
 Ethan – February 9th
 Lots of Love Grandma & Papa

Happy 7th Birthday
 to a wonderful nephew & cousin – February 9th
 Love Auntie Sam, Emmett, Phill & Hayden

Happy Birthday
 Mike – February 14th
 Love Marilyn & Rick

Happy Birthday
 Joy – February 24th
 Love Marilyn

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

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



FIRST NATIONS PUBLIC LIBRARY WEEK

The Art of Storytelling
February 8-12, 2016



Kanhiote Library Programming

February 9 - Knitting from 7 to 9pm - Runs on Tuesday night until March 22. Project is knitted/felted mittens - or - work on your own project - beginners welcome too - \$20 - Many interesting stories at knitting!

February 10 - Adult Colouring from 1 to 3 - Relaxation trend - Have you tried it yet? - Come see and try adult colouring pages

Teddybear Sleepover - Hey kids the library teddybear invites other bears to come spend the night at the library. Dress your bear in pjs or bring a baby blanket and tuck your teddybear in for the night. Come back the next day to pick him/her up.

February 11 - Home Remedies from 6 to 7 pm- Do your parents or grandparents remember going to the Doctor when they were young? Or were they doctored at home? Let's share Home Remedies and trusted healing recipes.

February 13 - Make a Mini Storybook from 11 to 12 for kids and 1 to 2pm for adults-use it to write your own story whether serious or happy or funny. Share with family and friends later on!

Stop in for a coffee during the week or attend some of our activities to help us raise Awareness of our Library resources, services, programs and activities.

Amnesty International book club

January selection

Dogs the perimeter by Madeleine Thien

February selection

Station Eleven by Emily St. John Mandel

Freedom to Read Week Feb 21-27

See list of 30 challenged items from recent decades

Community Circle February 29th, 2016

We invite our circle participants to come spend the evening at our own Ka:nihoite Library - 1664 York Road, from 6:30—9:00 pm indulging in the history of Tyendinaga Mohawk Territory and our individual family ancestry. We will be able to explore the history of our own families with the help of those who have been working on their own ancestry for some time now. Whether you have a good start on your family tree, if you are looking for more information to complete your own lineage, or you need help on how to get started this circle is perfect for you! We have a few community members who have spent years working on their own history and are excited to help us along the way of exploring our ancestry.

All participants must register to participate to ensure there are enough supplies for everyone.

To register please contact : Julie Brant at 613 961 9762 - Email: julieannb@mbq-tmt.org or check out our Facebook page.



ancestry

**Main Office – Belleville**

179 North Park Street, Belleville, ON K8P 4P1
T: 613-966-5500 | **1-800-267-2803** | **F:** 613-966-9418
TTY: 711 or 1-800-267-6511
www.hpepublichealth.ca

2016 January 21

Over Due Notices for Students

To All General Practitioners, Nurse Practitioners, and Pediatricians:

Under the *Immunization of School Pupils Act*, students must provide evidence of adequate immunity for Measles, Mumps, Rubella, Tetanus, Diphtheria, Poliomyelitis, Pertussis and Meningococcal. If students do not have the above information on file with Hastings Prince Edward Public Health (HPEPH), they may be suspended from school. Exemptions may be granted for conscience or religious belief, or for medical reasons that meet certain criteria.

Some parents may have already received a notification letter from HPEPH informing them of the immunization requirements that are due for their child.

Notices for secondary schools (17-year-olds only) are in the process of being sent out.

Notices for elementary schools (7-year-olds only) are scheduled to be sent out the first week of February.

Note - this is an initial Overdue Notice. Students that remain overdue for mandatory immunizations (after Feb 15th for 17 year-olds and after Feb 22nd for 7 year-olds) will receive a Suspension Notice in March or April.

Please inform parents to call HPEPH to update their child's immunization information by:
phone: 613-966-5500 x221 OR fax: 613-966-8145 OR email: CDCImm@hpeph.ca

You may experience an increase in vaccine demand; therefore, your monthly orders may need to be increased.

If you have any questions, please call our Vaccine Preventable Disease intake line at 613-966-5500 x313.



Bill Sherlock, RN, BScN
Manager, Health Protection Dept.
BS/tb

North Hastings

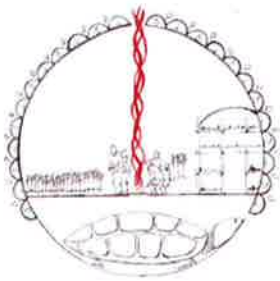
1P Manor Ln., L1-024, P.O. Box 99, Bancroft, ON K0L 1C0
T: 613-332-4555 | **F:** 613-332-5418

Prince Edward County

35 Bridge St., Picton, ON K0K 2T0
T: 613-476-7471 | **F:** 613-476-2919

Quinte West

499 Dundas St. W., Trenton, ON K8V 6C4
T: 613-394-4831 | **F:** 613-965-6535



Alzheimer Society

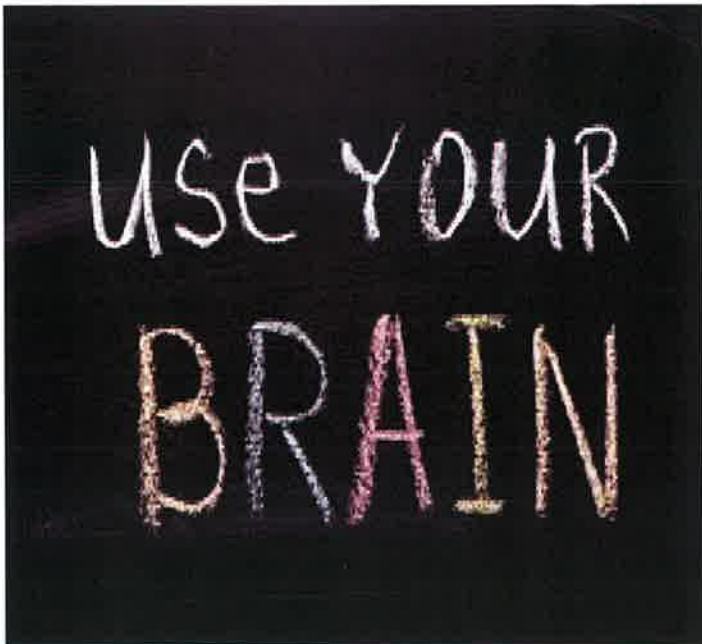
HASTINGS - PRINCE EDWARD



MBQ Community Health and Home Support Programs are partnering with the Alzheimer Society to offer

Memory Loss & Brain Health An Information Session

**Are you worried about your memory?
Would you like to learn more about brain
health and strategies to boost your memory?
Do you support a family member with
Memory loss?**



**ALL WELCOME
PLEASE JOIN US**

Date: March 29th, 2016

Time: 2-4pm

Place: Activity Center

Address: 1794 York Rd

**Presenter: Darlene Jackson with the
Hastings Prince Edward
Alzheimer Society**

Refreshments provided

Transportation available

To register for the event or if you require
transportation please contact:

Hannah Hill **613-967-3603 ext #166**

By Tuesday March 22, 2016 at 4:30 pm

Standard First Aid Level "C"/CPR/AED (FULL) Course

Sat, Feb 27 & Sun, Feb 28/16

9:00 am – 4:00 pm

Community Wellbeing Centre

50 Meadow Dr. TMT

Teaching Lodge

Cost- \$115. Per person due upon registration.

**Participants must register at Community Wellbeing on or before FEB 18th
@ 4:30 with payment.**

Recertification Course

Mon, Feb 29/16

9:00 am – 4:00 pm

Community Wellbeing Centre

50 Meadow Dr. TMT

Teaching Lodge

Cost- \$ 70. Per person due upon registration.

**Participants must register at Community Wellbeing on or before FEB 18th
@ 4:30 with payment.**

Recertification means you must have prior full certification with Red Cross.

For more information please call Denise Leafe 613-967-3603, ext 128

Cash or cheque made out to Mark Brinklow accepted

TRANSITION LENSES

50% OFF

MARCH 03

Can't make it? We are back APRIL 06

COMMUNITY WELLBEING CENTRE
TEACHING LODGE 50 MEADOW DRIVE

☰ TO BOOK YOUR EYE EXAM
CALL MOBILEYEZ TOLL FREE:

1-866-920-6480

PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT

We do direct insurance claims. Please have your band registry number when you schedule appointment.
Questions? Contact Mobileyez at 416-619-0064 (toll free 1-866-920-6480) info@mobileyez.com



SAVE THE DATE

SADIE'S WALK

2016

***Please note - the location of Sadie's Walk
has CHANGED.**

Due to increased number of participants, Sadie's Walk will
begin at Community Wellbeing Centre

50 Meadow Dr. TMT.

Friday, March 25/16

at 8 AM.

Route TBA but will be 5 km as usual.

ALL WELCOME



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



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

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



Calendar For 2016

Order By and Paid By 4:30pm	Order Arrives
February 9, 2016	February 17, 2016
March 8, 2016	March 16, 2016
April 12, 2016	April 20, 2016
May 10, 2016	May 18, 2016
June 7, 2016	June 15, 2016
July 12, 2016	July 20, 2016
August 9, 2016	August 17, 2016
September 13, 2016	September 21, 2016
October 11, 2016	October 19, 2016
November 8, 2016	November 16, 2016
December 13, 2016	December 21, 2015



Large Food Box \$15.00

Singles Box \$10.00

Fruit Bag \$5.00

COMMUNITY HEALTH

LET'S LEAVE
DRIVING IN **TEXT**ICATED
TO THE
CRASH **TEXT** DUMMIES



The infographic is set against a dark grey background. On the left is a steering wheel. To its right is a red oval containing the number "5" in white, followed by the word "SECONDS" in white. A white arrow points from the "5 SECONDS" sign to a black smartphone. To the right of the smartphone is a green shopping bag with a red apple on it.

The minimal amount of time your attention is taken away from the road when you're texting and driving

If you're traveling at 55mph, this equals driving the length of a football field without looking at the road



**Good
Food**

MARKET

Deseronto

**Second Wednesday of every month
Starting December 9th**

9:30am-12pm



Fresh produce at affordable prices. Year round!

Location: Royal Canadian Legion, 340 Main Street



www.cdcquinte.com



65 Station Street, Belleville, ON K8N 2S6 • p: 613.968.2466 • f: 613.968.2251



February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Ceramics Wii Bowling	2 Fitness & Falls Meals on Wheels	3 Walking Program Euchre	4 Napanee Shopping Meals on Wheels	5 Deseronto Run Meals on Wheels	6
7	8 Ceramics Wii Bowling	9 Fitness & Falls Meals on Wheels	10 Diners Club Bingo	11 Meals on Wheels Friendly Visiting Outing	12 Deseronto Run Meals on Wheels Scrapbooking	13
14 	15 Breakfast Club Ceramics Wii Bowling	16 Fitness & Falls Meals on Wheels	17 Walking Program Euchre	18 Belleville Shopping Meals on Wheels	19 Deseronto Run Meals on Wheels	20 Supper Club
21	22 Ceramics Wii Bowling	23 Fitness & Falls Meals on Wheels	24 Diners Club Bingo	25 Meals on Wheels Movie Club	26 Deseronto Run Meals on Wheels Scrapbooking	27
28	29 Ceramics Wii Bowling	Ceramics 1-3:30 Wii Bowling 6:30-8:30 Scrapbooking 10-3 Euchre 6:30-8:30 Movie Club 1-3 ← @ Activity Centre @ Community Centre → Diners Club 12-1 Bingo 1-3 Fitness & Falls 10-12				

Standard First Aid Level "C"/CPR/AED (FULL) Course

Sat, Feb 27 & Sun, Feb 28/16

9:00 am – 4:00 pm

Community Wellbeing Centre

50 Meadow Dr. TMT

Teaching Lodge

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@ 4:30 with payment.**

Recertification Course

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9:00 am – 4:00 pm

Community Wellbeing Centre

50 Meadow Dr. TMT

Teaching Lodge

Cost- \$ 70. Per person due upon registration.

**Participants must register at Community Wellbeing on or before FEB 18th
@ 4:30 with payment.**

Recertification means you must have prior full certification with Red Cross.

For more information please call Denise Leafe 613-967-3603, ext 128

Cash or cheque made out to Mark Brinklow accepted

craft night

Wednesday February 11th 2016

6:00-7:30pm

Community Wellbeing Teaching Lodge

Each child will make a card and canvas art piece

As there will be paint involved please wear appropriate clothing, or an old shirt to put on.

For children ages 0-13

Please call to register by February 5th, for this fun filled evening.

Register with Allison Brant@613-967-0122 extn#139 or email allisonb@mbq-tmt.org

Parents are required to stay with there children. If you have a food allergy please let us know when registering.

Light refreshments will be provided.



Community Kitchen



Friday February 12, 2016

9am-1pm

Community Wellbeing Centre
Teaching Lodge

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

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

EATING IN SEASON

Please join the Diabetes Education Program as we cook and sample a selection of healthy seasonal local foods.

February 19, 2016 10am-1pm

Community Wellbeing Teaching Lodge

Fish



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

613 967-3603

Tyendinaga Fitness Resource Centre

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

February 2016

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

Contact

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

Hours

Monday - Thursday

6:30am-8:00pm

Friday

6:30am -6:00pm

Saturday

8:00am -2:00pm

Fees

Senior (55+) \$20.00

Student \$25.00

Adult \$30.00

OPEN TO THE PUBLIC

TFRC Staff

TFRC Manager

Darlene Loft

Personal Trainer

Carole Lasher

Fitness Studio Coordinator

T.B.A

Casual

Mahaley Brant

Shanleigh Maracle

Tristan Nugent

Taylor-Rain Tabobandung

Diio Maracle

Happy
Valentine's
Day

Special Memberships Funded by Ontario Trillium Foundation

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

Email: studiocoordinator@mbq-tmt.org

Ontario
Trillium
Foundation



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Trillium
de l'Ontario

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

FEBRUARY IS
**HEART
MONTH**
GIVE WITH HEART!

TIP 1: IF YOU SMOKE, QUIT!

TIP 2: KNOW YOUR "NUMBERS"

Know your "numbers": Blood pressure, Cholesterol Level, Weight, and Waist Measurement.

TIP 3: LOSE WEIGHT THE HEALTHY WAY

Choose more whole grains, less red meat, more vegetables and fruit, and aim to eat fish at least twice/week.

TIP 4: CHECK YOUR BELT SIZE

If you are a woman, get your waist circumference below 35 inches (88 cm), if you are a man, below 40 inches

TIP 5: EAT HEALTHY

Our mothers were right—an apple a day keeps the doctor away. Eat seven to ten servings of fruits and vegetables a day.



TIP 6: WALK

A journey begins with a single step. Aim for 10,000 steps per day (wearing a pedometer will help you keep track). Walk your dog for 30 minutes every day; even if you don't have a dog

TIP 7: RELAX

"Take what you do seriously; don't take yourself seriously"...find time each day for laughter, relaxation and reflection—perhaps while you're walking that dog.

TIP 8: DRINK ALCOHOL IN MODERATION

Alcohol is only good in moderation: two servings per day for men (max: 14 drinks/week) and one serving per day for women (max: nine drinks/week). *A serving is 5 oz of wine, 12 oz of beer or 1.5 oz of hard liquor

TIP 9: KNOW YOUR HEART HISTORY

You can pick your friends but not your relatives! Know your family heart history.

TIP 10: EAT LESS SALT

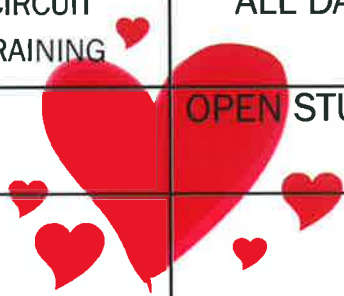
Shake the salt out of your diet. Processed foods (including fast foods) are the biggest source of salt in our diets. Anything your grandmother wouldn't recognize is suspect.

<http://foundation.ottawaheart.ca/understanding-heart-disease/hard-facts-about-heart-disease>

TYENDINAGA FITNESS AND RESOURCE CENTRE

Welcome to the Fitness Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM					
12:15PM	BETTER BUTTS		CORE TRAINING	CIRCUIT TRAINING	ALL DAY
12:45PM	CORE TRAINING		BETTER BUTTS		OPEN STUDIO
6:30PM	YOGA	BETTER BUTTS & CORE TRAINING			



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

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

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

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

“YOGA TEACHES US TO CURE WHAT NEED NOT ENDURED AND ENDURE WHAT CANNOT BE CURED.”

- B.K.S IYENGAR -

TYENDINAGA FITNESS AND RESOURCE CENTRE

TYFITNESSRES@MBQ-TMT.ORG

(613) 962-2822

FACEBOOK.COM/TYENDINAGAFITNESS



Attention

Hunters & Shooters!

Welcome To

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

.....

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

The next One Stop(CFSC and OHEC) will be March 4/5 and March 11/12, 2016.

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

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

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

We take a thirty minute lunch break on Saturday.

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

If you any questions contact:

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



Valentine's Dance

MOHAWK COMMUNITY CENTRE

Saturday, February 13th, 2016

8:00pm TO 1:00am

\$5.00 PER PERSON

Music

Chinese Auction



50/50

19+ Event. ID will be required at the door.

ALL PROCEEDS TO THE TYENDINAGA THRASHERS NOVICE, ATOM, PEEWEE AND BANTAM HOCKEY TEAMS WHO WILL BE COMPETING IN THE LITTLE NHL

MARCH 2016

BALL HOCKEY



LOCATION: Karonhyaktatye Sports Complex (Lacrosse Box)

SEASON: April & May

AGES: Boys & Girls 5 to 18 years old

TIME: Weekday evenings (once per week)

COST: \$50.00 per player

RULES: Non-contact, similar to ice hockey

EQUIPMENT: C.S.A. helmet with cage, hockey stick, athletic support, hockey gloves, shin guards, running shoes.

****LOOKING FOR VOLUNTEER COACHES & TIMEKEEPERS****

Registration Dates:

Monday, February 22, 2016 @ 6:30 p.m. to 8:00 p.m.

Monday, March 7, 2016 @ 6:30 p.m. to 8:00 p.m.

Karonhyaktatye Sports Complex, Canteen.

For more information please contact Cassie @ 613-967-0122 or
by email cassiet@mbq-tmt.org

“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

MOHAWK PENTECOSTAL CHURCH

GOSPEL JAMBOREE



FRIDAY, FEBRUARY 19, 2016

MOHAWK PENTECOSTAL CHURCH

7:00 PM

**FOR MORE INFORMATION ON ATTENDING OR
PERFORMING**

PLEASE CONTACT

CAROL LAVECQUE

AT

613 968 4398

**BRING MUSICAL INSTRUMENTS AND
SINGING VOICE**





Pancake Supper

Tuesday February 9th/ 2016

5:00pm to 7:00pm

Queen Anne Parish Hall, 1295 Ridge Road
Tyendinaga Mohawk Territory

The Anglican Parish of Tyendinaga invites
the Community to a Shrove Tuesday
Celebration

Free Will Offering





She:koni Skennen:kowa!
(Greetings! Is the Great Peace still with you?)

Effective: September 13th, 2015

Keristos Ne Korah:Kowa
The Mohawk Parish of Christ the King

A Catholic Community
of the North American Anglican Ordinariate
"UNITED, BUT NOT ABSORBED"

An Anglican Ordinariate is a structure, similar to a diocese, created by the Vatican for former Anglican communities that chose to practise their Anglicanism through the Universal Catholic Church.

Services Held At:

Christ Church Chapel Royal

Divine Worship: 11 A.M.
(Anglican Catholic Liturgy)

Evensong: 4 P.M.
(Anglican Liturgy)

For Sacramental or Pastoral Services:

Please call:

"Fr." Gérard Trinqué at 613-885-2499
E-Mail: ChristTheKingParish@startmail.com

For additional parish information:

Please call:

Mr. Charles E. Maracle,
Rector's Warden, at 613-396-3089

OR

Mr. Dan Whalen
People's Warden, at 613-396-6561

Christ Church remains an Anglican Church and maintains its Chapel Royal status and is being used with the permission of the Anglican Bishop of Ontario and the MBQ.

Our Parish is working co-operatively with Her Majesty's Chapel Royal of the Mohawk Stewardship Committee. Our common goal is to maintain Christ Church as an active, viable house of worship for ourselves and for our posterity.



WHEN WE MEET

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

1984 York Road
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325
www.tmpc.ca

COMING EVENTS

Feb 19, 2016	Gospel Jamboree MPC at 7pm
Mar 25, 2016	Good Friday Service held at Deseronto Pentecostal Church
Mar 25, 2016	Special Inter-Church service to be held at 7pm, contact for details.
Mar 27, 2016	Easter Sunday 10:30am no pm service
Apr 10, 2016	Leket Canada ministries

"To the World you may just be one person, but to one person you may be the world".

Dr. Seuss

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4 ½ acres fully
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Asking \$275,000

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(647) 466-5898

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health reasons. TMT
house, 16 Church
Lane South, Deser-
onto. Three bed-
rooms, one bath, pub-
lic water. Good in-
vestment or starter
home. Sold as is.
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offer. Contact:
[mohawkdrum-
mer@outlook.com](mailto:mohawkdrum-
mer@outlook.com).

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

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

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sewer available.

- \$80,000

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.com](mailto:tyend-
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transit, is approximately 30
minutes to Belleville and 15
minutes to Napanee
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dren and pets. Deck has been re-
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canopy included.
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- House includes, stainless steel
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Serious inquiries only please.
Contact number:
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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
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**You may be the one person I need to help
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Tree Good altree94@gmail.com

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Shine

march break
musical theatre program

Monday to Friday

March 14th - 18th

10am to 3pm

Ages 8 - 13

Cost is \$125 per child

Performers will work to present a mini-musical on
Friday, March 18th at 1:30pm



Rehearsals take place at
Brittany Brant Music Centre

10 Industrial Park Road, Shannonville, ON K0K 3A0

email info@BrittanyBrantMusicCentre.com or
call 613.438.SONG (7664) to register



Tasha Howe - B.Comm Tim Reynolds - CFP, CHS Dianne Dowling - CHS Bob Vrooman - CFP, CLU, CH. F.C.



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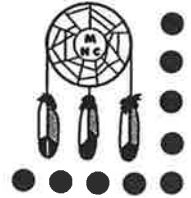
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Owner / Manager

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



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Personal training for those not comfortable in a gym atmosphere!

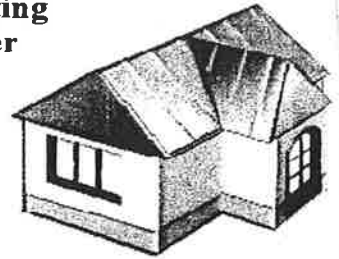
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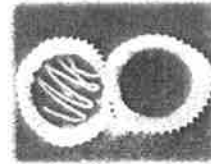
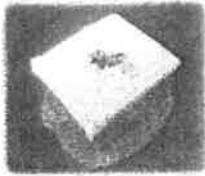
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