



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 1/11
TSI YOTHORHKOWA (Jan.)

ORI:WASE (News)

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

HAPPY
NEW
YEAR
2011

MBQ Employment Opportunities:

In order to ensure the broadest circulation of our employment opportunities, the MBQ posts ALL employment opportunities through the website at www.mbq-tmt.org, and at locations in: the Mohawk Administration building - Reception area Community News Board Ontario Works office the Employment and Training Office as well as through the Community Newsletter or Special Flyers delivered via Canada Post

Should you have any questions please contact: Bev Hill 613-396-3424 Ext. 132 or by email at bevh@mbq-tmt.org

To better serve the community and its members, the Tyendinaga Mohawk Council has asked that the following procedure for public presentations to the Council be recognized. This procedure will ensure that the Council receives all pertinent information in order to serve you and the community. This procedure has not been established to hinder your access to the Council, but to enhance service in a timely fashion.

PROCEDURE FOR LOCAL BUSINESS

Local Business Meetings are held the 2nd and 4th Wednesday's of each month at 7:00 p.m. unless otherwise notified.

The deadline for inclusion on the Local Business Agenda is the previous Friday at 12:00 p.m. Requests made after the deadline will be placed on the following Local Business Agenda.

The Tyendinaga Mohawk Council requires that the Community member provide a written statement on the issue the member wishes to discuss by the deadline. Assistance will be provided upon request. This will allow the staff the opportunity to gather any additional information on the issue so the Council can be fully informed and that your time is well spent.

All requests are to be directed to Angela Maracle, Administrative Officer, or Shelley Bowden, Administrative Support.

The order for the agenda is determined on a first-come, first-serve basis and each slot is scheduled for 20 minutes.

Please be advised that Community members that do not follow this procedure will not be recognized to be heard at the meeting. This is to ensure that all the proper information is available to the Council so that an informed decision can be made that is fair and equitable to every member.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in December responded to 11 calls:

- 1 Structure Fire**
- 1 Gas Leak**
- 3 Medical Assists**
- 1 Chimney Fire**
- 1 Tanker Assist**
- 4 Motor Vehicle Accidents**

This brings our total to 108 calls for the year 2010



MOHAWKS OF THE BAY OF QUINTE
ECONOMIC DEVELOPMENT OFFICE

Support Local Business

Business of the Month

Jan 2011

Tyendinaga Mohawk Territory is hiding another secret gem within it's boundaries. Narda Iulg (pictured below with Chloris Leechman wearing an NKJ Native Original), is the creator of these one of a kind works of art.

NKJ Native Originals is known world wide, shipping to Canada, US, Europe and beyond.

Making everything from buckskin creations, ribbon shirts, dresses, shawls and much

more! If you have an idea of what you might want, do not hesitate to contact NKJ Native Originals., and they will help bring your vision to fruition.

Another very special line of items made by Narda are two premier collections of Native dolls. They are a must see, and are featured on NKJ's web site.

One more thing to mention about Narda is that she is a published author! She has a new book out called "Are you Ready to Mind Your Own Business?" This book along with all of the items mentioned can be found at:

www.nkjnativeoriginals.com

613-396-3863

NKJ Native Originals



For information regarding the economic development program, please contact:

Kelly Maracle

Economic Development Officer

Phone: 613.968.1122

Fax: 613.968.1128

Email: kellym@mbq-tmt.org

Or visit us on our website at:

www.m bq-tmt.org

What's New....



If you would like to be featured as a business of the month or on our directory please contact Kelly at 613-968-1122



Tobacco Policy

If you have not been contacted but are interested in providing input on a new tobacco policy, call Barry 613-396-3827



Meeting of interested business members in a Chamber of Commerce

Jan 20, 2011 at 7 pm
Community Centre

What to take to the Waste Depot Site

OPEN Every Saturday from 8:30 am - 5:00 pm

FREE TO TAKE TO THE WASTE DEPOT SITE

Tires
Electronics
Steel
Household Hazardous Wastes

**** In an effort to **
avoid disruption
of mail services.
Please remember to keep your
Recycling & Garbage bags away
from your roadside mail boxes!**

Minimal Fee to Dispose of Large Items

Please do not leave items at the gate; we WILL look through the bags to find the owner. This will help to eliminate extra costs for clean-up.

REMINDER

Please remember to SORT all of your recycling into 2 bins.

Bin One: Paper and Paper products.

Bin Two: Metal, Tin, Mixed Containers, Plastics



Household Hazardous Waste!

Items that are accepted:

In the Garage:

Transmission Fluid
Batteries (all types)
Battery Acid
Brake Fluid
Body Filler
Auto Spray Paint
Car Wax
Fuel (kerosene, diesel)
Windshield Washer Fluid
*Motor Oil is accepted at the
Landfill Oil Tank*



In the Shed:

Fertilizers
Pesticides
Rat and Mouse Poison
Roach and Ant Poison
Pool Chemicals

In the Kitchen:

Abrasive Powders
Ammonia-based Cleaners
Disinfectants
Drain Decloggers
Chlorine Bleach
Stain Removers
Floor and Furniture Polish
Metal Cleaner/Polish
Oven Cleaners
Window and
Glass Cleaners
* empty aerosol cans can go
into the blue box*

In the Bathroom:

Aftershave
Perfume
Depilatories
Hair Lotions
Dyes
Medicines
Shoe Polish
Nail Polish Remover

In the Workshop:

Glues & Cements
Paints (alkyd and latex,
max. 20 - 4 litre
cans or 4 -20 litre
pails)
Paint Strippers
Rust Removers
Stains
Finishes
Thinners & Turpentine
Wood Preservatives
Mothballs
Flea Collars & Sprays
Florescent Tubes



December 1 2010

Diogen Lighting Recalls Westinghouse LED String Lights Sold by Zellers Due to the Potential Risk for Shock or Fire.

The Electrical Safety Authority is notifying the public that Diogen Lighting Inc. has announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately.

Hazard: The products may have exposed wires upon removing the product from the packaging, which could create a shock or fire hazard.

Name of Product: Seasonal Decorative Indoor/Outdoor LED String Lights, Westinghouse brand.

Incidents/Injuries: There have been no reports of any incidents or injuries.

Units: About 163,000 in Canada

Description/Models: Indoor/Outdoor LED Light Strings with shrink-wrap husk construction full list of model numbers below:

Manufacturer: Heshan Yinyu Light Decoration Ltd.

Zellers Item No.	UPC Code	Item Description	White Label Model Number
82021957	0 98719010397	LED C6 2x70L Multi 4x4x4 Outdoor	LED PLE 18NC-70/2-M-C6STB
82021874	0 98719015569	LED C7 25L 5Multi (R/PG/G/B/O) 4x8x4 Green Wire CSA Listed Outdoor in Non-Lit	LED-PLE-18NC-25-M-S149
63005987	400630059872	LED M5 100L 5Multi (R/PG/B/Y/O) 4x4x4 Green Wire CSA Listed Outdoor	LED PLE 18NC - 100/2-W-PC
62978390	400629783900	LED C6 70L Icicle Lights Pure White White Wire CSA Listed Indoor/Outdoor	LED-PLE-18NC-70/2-W-C6STB
63006159	400630061592	LED C9 25L 5Multi (R/PG/O/B/Y - 5 each & repeat) 4x8x4 Green Wire CSA Listed Outdoor	LED-PLE-18NC-25-M-S149
72184708	400721847081	LED M5 100L Warm White 4x4x4 Green Wire CSA Listed Outdoor in Non Lit Tray	LED PLE 18NC-100/4-W-PC
63005953	400630059537	LED M5 100L PURE WHITE 4X4X4 GREEN WIRE CSA LISTED OUTDOOR	LED PLE 18NC-100/4-W-PC
82021817	0 98719015521	LED C7 25L Pure White 4x8x4 Green Wire CSA Listed Outdoor	LED-PLE-18NC-25-W-S149
82021858	0 98719015583	LED C7 25L Warm White 4x8x4 Green Wire CSA Listed Outdoor	LED-PLE-18NC-25-W-S149

December 1 2010

Zellers Item No.	UPC Code	Item Description	White Label Model Number
63006134	400630061349	LED C9 25L Pure White 4x8x4 Green Wire CSA Listed Outdoor	LED-PLE-18NC-25-W-S149
63006126	400630061264	LED C9 25L Blue 4x8x4 Green Wire CSA Listed Outdoor	LED-PLE-18NC-25-B-S149
72186380	400721863807	LED C9 25L Warm White 4x8x4 Green Wire CSA Listed Outdoor	LED-PLE-18NC-25-W-S149
63006050	400630060502	LED C9 25L Red 4x8x4 Green Wire CSA Listed Outdoor	LED-PLE-18NC-25-R-S149
82021700	0 98719016597	LED C9 25L 2Multi (Red/Pure White) 4x8x4 Green Wire CSA Listed Outdoor	LED-PLE-18NC-25-M-S149
84106934	400841069349	LED C7 3x25L 5Multi (R/PG/G/B/O) 4x8x4 Green Wire CSA Listed Outdoor in Storage Container	LED-PLE-18NC-25-M-S149
84107019	400841070192	LED C7 3x25L Warm White 4x8x4 Green Wire CSA Listed Outdoor in Storage Container	LED-PLE-18NC-25-W-S149

Sold by: Zellers

When was distributed: From October to November 2010

Manufactured in: China

Remedy: Consumers should immediately unplug and stop using the recalled LED string lights and return them to the retailer for a full refund

Consumer Contact: For more information, consumers may contact Customer Service at 1-866-227-8465, or by email: lightstringsrecall@gmail.com

Remarks: The light string's designs and models were initially certified by CSA International but the affected light strings produced and distributed were not manufactured in accordance with CSA International requirements, and therefore are no longer eligible to bear the CSA International certification mark.

The Red tag on the light string has the CSA File number 77218 and the white cord label has the model number LED-PLE-18NX-XX-Z-YY or LED-PLE-20NC-XX-Z-YY, where the XX stands for the number of bulbs, the Z the color and the YY (between 2 and 5 alpha-numerical characters) denotes the decorative outfit. See below picture:

December 1 2010



DECORATIVE LIGHTING OUTFIT

MODEL: LED-PLE-18NC-25-W-S149

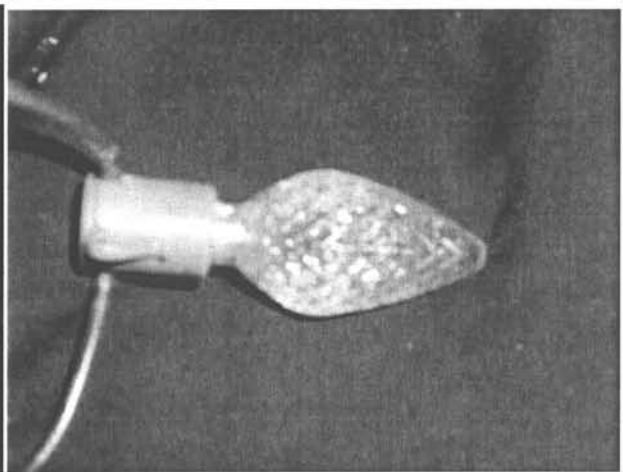
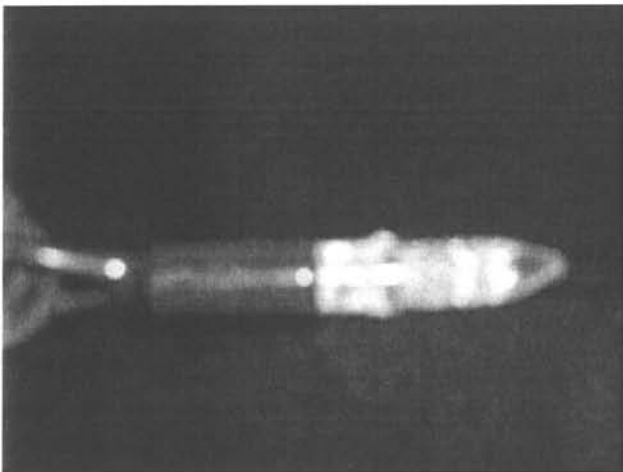
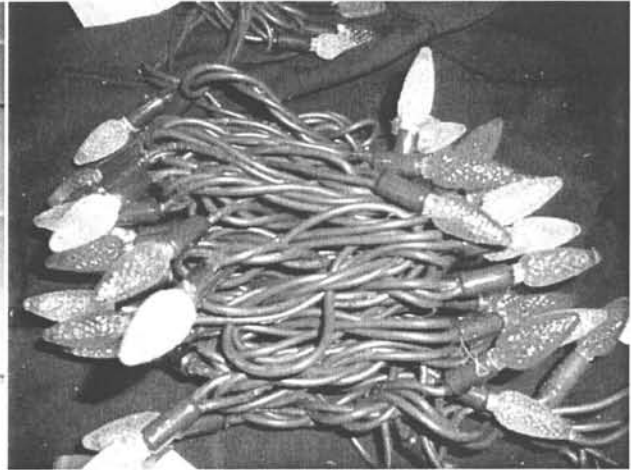
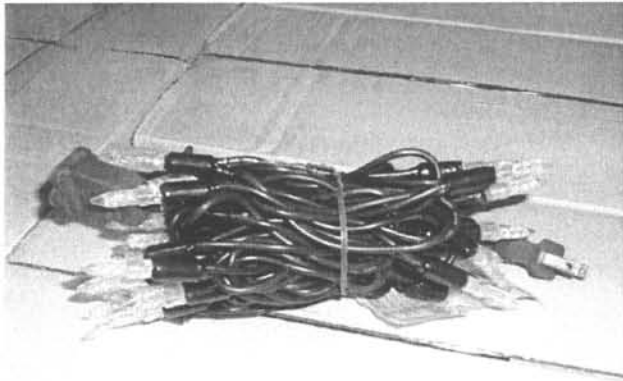
120VAC, 60Hz, 0.027A

FOR INDOOR AND OUTDOOR USE.

77218

See other side

The product bearing the above labels will look similar to the following pictures.



December 1, 2010

The Home Depot Canada Recalls Holiday Light Strings Due to the Potential Risk for Shock or Fire

The Electrical Safety Authority is notifying the public that The Home Depot Canada has announced a voluntary recall of the following consumer products. Consumers should stop using recalled products immediately.

Name of Product: All 2010 Holiday LED light strings by Home Accents Holiday & Martha Stewart Living.

Units: Approximately 165,872 across Canada; 110,551 sold in Ontario.

Manufacturer: Heshan Yinyu Light Decoration Ltd.

Importer: The Home Depot of Canada Inc.

Hazard: Exposed wiring on some products poses the potential risk for shock or fire.

Incidents/Injuries: One reported incident of exposed wiring.

Description/Models: All Home Accent Holiday LED String Lights: 1000673901, 1000673855, 1000673903, 1000673904, 1000673870, 1000673892, 1000673721, 1000673878, 1000673723, 1000673715, 1000674121, 1000673720, 1000673719, 1000674120, 1000673908, 1000673713, 1000673722, 1000673863, 1000673880, 1000674122, 1000673902, 1000673718, 1000674123, and 1000673887.

All Martha Stewart Holiday LED String Lights: 1000673909, 1000673753, 1000673717, 1000673724, 1000673735, 1000673843, 1000673847, 1000673725, 1000673849, 1000673748, 1000673906, 1000673889, 1000673852, 1000673875, and 1000673885. **This recall does not affect other holiday products sold under the Home Accents or Martha Stewart brands. These numbers appeared on the boxes.

All 2010 Holiday LED light strings by Home Accents Holiday & Martha Stewart Living sold in The Home Depot Canada stores are being recalled. The model number that appeared on the product is LED-PLE-18NC-XX-Z-YY, where the XX stands for the number of bulbs, the Z for colour and the XX (between 2 and 5 alpha-numerical characters) denote the decorative outfit, which is marked on a white label attached to the female end of the power cord. The CSA International file number 77218 is identified on a red label attached to the string's male plug cap.

Sold by: The Home Depot Canada at locations across the country.

When was distributed: October 1- November 18, 2010.

Manufactured in: China

Remedy: Customers should discontinue using the products immediately and return them to their local Home Depot store for a full refund.

Consumer Contact: The Home Depot at 1-800-668-2266 between 8a.m. and 8p.m. Monday through Friday. Media Contact: Tiziana Baccega, 416-412-6570, tiziana_baccega@homedepot.com

Remark: The light string's designs and models were initially certified by CSA International but the affected light strings produced and distributed were not manufactured in accordance with CSA International requirements, and therefore are no longer eligible to bear the CSA International certification mark.

December 1, 2010



413 222

HOME ACCENTS
Holiday

LED C7 Faceted Pure White Lights

- Up to 80% less energy than standard bulbs
- Colorful up to 240 days on 1 outlet
- 100,000 On/Off Cycles

Lampes DEL C7 à multiples facettes blanc pur

- Jusqu'à 80% moins d'énergie que les ampoules traditionnelles
- Brille jusqu'à 240 jours sur une seule prise
- 100,000 cycles ON/OFF

 Three Year Guarantee
Garantie de trois ans

35 lights
lumières

LED DEL

COMMUNITY WELLBEING CENTRE

Tyendinaga Home Support Program

1508 York Rd

Deseronto, ON K0K 1X0

Phone: 613-962-3603

January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club - 8:30 - 9:30 am Diners Club - 12:00 - 2:00 pm Handivan Departure - 10:00 am Meals on Wheels delivered between: 11:30 am - 12:30 pm Friendly Visiting - 1:00 - 3:00 pm Scrapbooking - 10:00 am - 3:00 pm		Ceramics - 1:00 - 3:00 pm Birthday Tea - 2:00 - 4:00 pm Bingo - 12:00 - 3:00 pm Euchre - 6:30 - 8:30 pm Movie Night - 7:00 - 9:00 pm Wii Bowling - 7:00 - 9:00 pm Fitness - 9:00 - 10:00 am				1
2	3 Breakfast Club (Full) Ceramics Wii Bowling	4 Breakfast Club (Continental) Meals on Wheels Fitness	5 Breakfast Club (Continental) Diners Club Deseronto Movie Night	6 Breakfast Club (Full) Meals on Wheels Blvl Shopping	7 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	8
9	10 Breakfast Club (Full) Ceramics Wii Bowling	11 Breakfast Club (Continental) Meals on Wheels Fitness	12 Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night	13 Breakfast Club (Full) Meals on Wheels Birthday Tea	14 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	15
16	17 Breakfast Club (Full) Ceramics Hand Rattle Workshop Wii Bowling	18 Breakfast Club (Continental) Meals on Wheels Fitness	19 Breakfast Club (Continental) Movie Night	20 Breakfast Club (Full) Meals on Wheels	21 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	22
23	24 Breakfast Club (Full) Ceramics Wii Bowling	25 Breakfast Club (Continental) Meals on Wheels Fitness	26 Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night	27 Breakfast Club (Full) Meals on Wheels BINGO	28 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	29
30	31 Breakfast Club (Full) Ceramics Wii Bowling	All programs are held in the Common Room at the Elders Lodge. Unless otherwise stated.				

January 2011
Moms - In - Waiting
Canadian Prenatal Nutrition Program (CPNP)

MONTHLY FOOD VOUCHERS are offered to women during their pregnancy. For more information please drop by or call the Community Wellbeing Building 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

Thank You!

Thanks to everyone who supported the Craft Show by either being one of our many wonderful vendors or by being a shopper! Great job, the food bank benefited by receiving \$350.00 and some food and Angel Tree program received a little over \$400.00.

Again Nia:wen kowa for all that showed community support

Gail and Kelly

Economic Development Department



Angel Tree Program - 2010

On behalf of the Angel Tree
Program,
we would like to express a
heartfelt
Thank You to all who helped
with Monetary or clothing
donations. With your help we
were able to provide 59
territory children with warm
clothing
this holiday season

WE LIKE TO WISH EVERYONE
A VERY MERRY CHRISTMAS
AND HAPPY NEW YEAR!!



ON BEHALF OF THE DIABETES COALITION FOR HEALTHY LIFESTYLES

A BIG NYA:WEN TO

**59er's Club for donating their building
for our purse and pie fundraiser**

**and to all the wonderful people, business's and organizations who were
kind enough to donate to this event**

These include:

Sacred Circle - Charlene and Shawn Sager

Soaring Eagle - Tonya Maracle & Linda Parker

Griddle Me This - Toby Haggerty

stella & dot independent stylist - Julia Green

Tota Maz - Pauline Maracle & Jason Martin

S.O.A.D.I. - Carol Loft

Tyendinga Home Support

Enyonkwanikonhriyo:hake (Good Minds) Program

Health Centre - Mary McCauley

M.C.H. and E.C.D. -Allison Brant

Tyendinga Fitness Resource Centre

Tahatikonhsotontie Head Start

Kanhiote Library - Karen Lewis

Debbie Maracle

Missy Maracle

Barbara Gail Brant

Steven Lindsay

Brandy Hildebrandt

Bambi Kennedy -Kish Bell

**Nya:wen to the Community members who came to our event for their generosity in
bidding for the purses.**

We raised \$771.50 which will go towards a Diabetes Conference in 2011.

**Nya:wen once again from The Tyendinaga Coalition for Healthy Lifestyles Committee:
Carol Loft, Mary Jean Loft, Lynn Brant, Mary McCauley, Denise Leafé,
Allison Brant, Shelly Brant**

For anyone who donated we may have missed we are sorry and we thank you.



Greetings and Happy New Year from the Ohahase Education Centre!

We are accepting registrations for students who would like to join our **Secondary School Program** in Semester 2, which starts on February 2. Courses being offered are:

Grade 9 Geography
Grade 9/10 Science
Grade 9/10 Drama

Grade 9/10 Phys.Ed.
Grade 10 Expressing Aboriginal Culture
Grade 10 English

The **Tyendinaga Youth Program** wraps up January 21st. Ten students are graduating from this 16 week program. The next intake starts on February 14th - watch for details in the mail, or call Ken Sparks here at the Centre for more information.

Our **Adult Education Program** always accepts new applicants. It's never too late to achieve your Grade 12 diploma. No matter how many or how few credits you need, we can help you be successful. Call us!

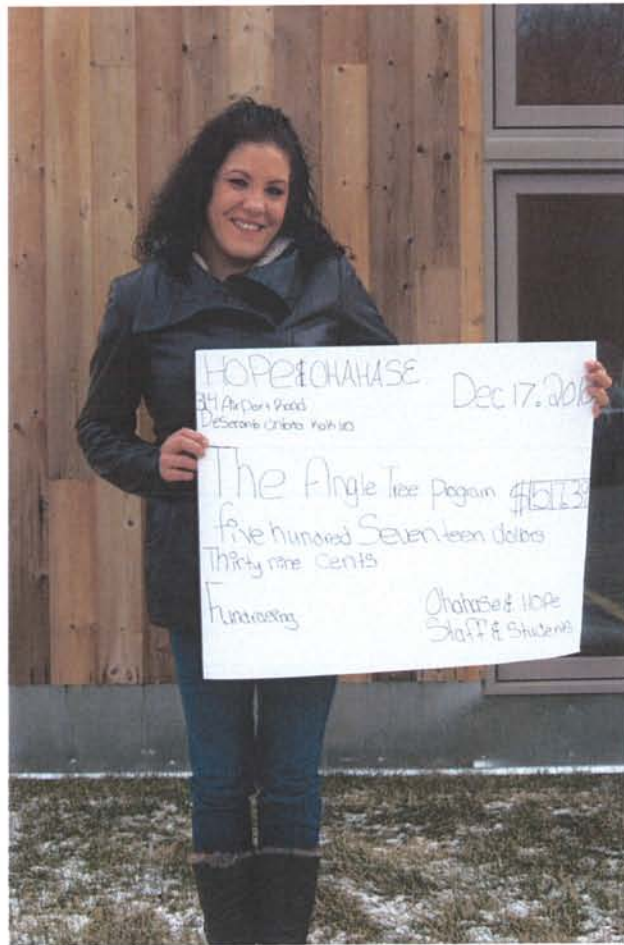
We hosted some fundraising events in the fall, and are pleased to announce that Dorothy Lazore won the Harvest Basket and Doreen Guimont won the Halloween Basket. Nya:wen kowa to everyone who purchased a ticket. Every bit helps as we raise money for our trip to Kanatsiohareke in June 2011. Coming next: a Valentine's Day Basket!

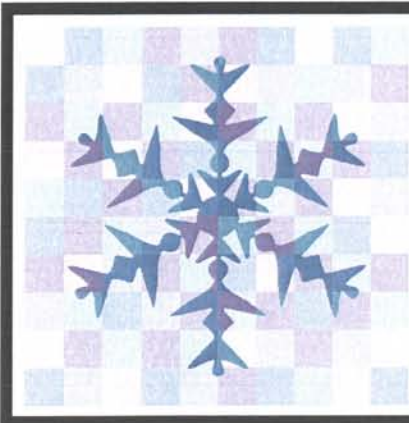
On Friday December 3 and Saturday December 4, 2010, we held a Thirty Hour Fast in collaboration with HOPE staff and students to raise money for the Angel Tree Program. It is with great pride that we presented a cheque to Melissa Maracle and Denise Leafe, the program coordinators, for a grand total of \$517.39. Great job to our students and staff for supporting such an important community effort!

Finally, welcome to Amanda McMurter, who has joined our staff as of January 3rd. Amanda is the temporary replacement for Umar Umanguay, who left Ohahase to pursue an exciting career opportunity with Charles Sturt University in Australia. Best of luck Umar, and welcome Amanda!

Below: Some of the students and staff who participated in the 30 Hour Fast for the Angel Tree Program, holding the cheque.

Melissa Maracle accepts the cheque on behalf of Ohahase Education Centre and HOPE.





January Newsletter

Maternal Child Health, Early Childhood Development
& Healthy Babies Healthy Children

1508 York Road

613-967-3603 or 613-967-0122

Swimming Lessons



We are currently offering Swimming Lessons at the Napanee Pool. The swim lessons will be in a group setting, but groups will be separated by age. It is every Wednesday evening 6:30-7:30 pm and is running for 6 weeks. You must attend all classes to get your certificate. Starting January 12, 19, 26, February 2, 9 & 16th, 2011. The fee is \$30.00 per person.

If you are interested in attending this event, you must be registered before January 11th, 2011.

Upcoming Events in February....

February 5 & 19 Saturday Play Group 9:30-11:30

February 7 Drop In 10-12

February 10 Kinder gym & Scrapbooking 6-8pm

February 14 Drop In 10-12

February 18 PA Day Event

February 21 Drop In 10-12

February 28 Drop In 10-12



Scrapbook Workshop

January 27th 2011

6:00-8:00pm

Community Wellbeing building left entrance
Come out and scrapbook some of your memories!

We have some tools and supplies that you can use to help you with your latest page or pages...

Call Allison at

613-967-3603 or 613-967-0122

We're on the web!

Look for us under Community
Service and Community Wellbeing.

www.m bq-tmt.org

We have moved!

Maternal Child Health, Early Childhood Development and Healthy Babies Healthy Children has moved to the new Community Wellbeing building located at 1508 York Road.

We can be reached at the following numbers, 613-967-3603 or 613-967-0122

If you are coming to any of our programming that we will be offering at our new location, please come to the left-hand side parking lot entrance.

Thank you and we look forward to seeing you soon. Allison, Barbara Gail & Julie

Evening Kinder Gym

January 13th 2011

6:00-7:30 pm

1508 York Road

Community Wellbeing Building Teaching Lodge!!

Come out and have some fun playing with our kinder gym Equipment.

Family Prize packs

Put your families name in a draw for a family fun pack every time you attend one of our events. The more events you attend, the more chances to win.

The prize will be Drawn on March 31st, 2011

Prize pack:

Salsa & Scoops

Popcorn

Goldfish crackers

Board game & Movie

"NEW" Saturday Play Group "NEW"

January 8th & 22nd 2011

9:30-11:30am

1508 York Road

Ages 0-8

Community Wellbeing Teaching Lodge.

Come and play with all our toys and make a special craft



Come inside and get warm with all our fun activities...

January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 Play Group 9:30-11:30
9	10 Drop In 10-12	11	12 Swimming lessons Start 6:30-7:30 pm Napanee Pool	13 Evening Kinder Gym 6:00-7:30 pm	14	15
16	17 Drop In 10-12	18	19 Swimming lessons 6:30-7:30 pm Napanee Pool	20	21	22 Play Group 9:30-11:30
23	24 Drop In 10-12 CHR Denise	25	26 Swimming lessons 6:30-7:30 pm Napanee Pool	27 Scrapbook 6-8 pm	28	29
30	31 Drop In 10-12					

“NEW” Drop In “NEW”

January 10, 17, 24 & 31st, 2011

10:00 am-12:00 pm

Community Wellbeing building Teaching Lodge.

Come and enjoy a warm, friendly environment to interact with other caregivers, play with your children and get a chance to meet some of our community professionals and learn about the services they provide to our community.

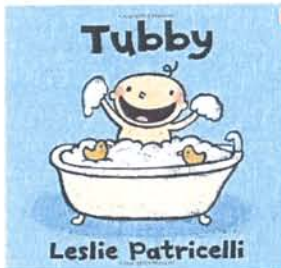
Reading Section

Tubby

By: Leslie Patricelli

\$ 6.99

Ages: 1-3

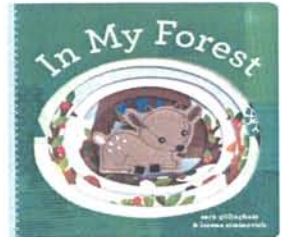


My Pretty Pink Alphabet Purse

By: Tim Bugbird

Ages: 2-6

\$ 9.99



In My Forest

By: Sara Gillingham

Ages: 1-4

\$ 8.99

COMMUNITY WELLBEING MOHAWK FAMILY SERVICES

Would like to take this opportunity to thank all the volunteers who assisted with the Christmas Merchandise Bingo on December 5 2010 and the QMS Children's Shopping Day on December 15 2010.

Both events were a great success.

The Christmas Merchandise Bingo raised \$3,028.25.

The QMS Shopping Day raised \$2,485.00

All proceeds raised will go towards the 2011 Christmas Merchandise Bingo and QMS Children's Shopping Day.

We hope that all of the families enjoyed themselves and that they received their special something from their school-aged children who shopped!

Mohawk Family Services would also like to take this opportunity to thank the Community for their participation in the 2010 events.

SEE YOU IN DECEMBER 2011!



MOHAWK SANTA DAY COMMITTEE

CANDIES FOR KIDS

THANK YOU FOR YOUR SUPPORT!

**Re: Mohawk Santa Day – Nov. 20 & 21, 2010
Christmas Candies for Kids**

On behalf of the planning committee and the families in our community who attended, we extend a heartfelt thank you to all who helped make our sixth annual Mohawk Santa Day a huge success.

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

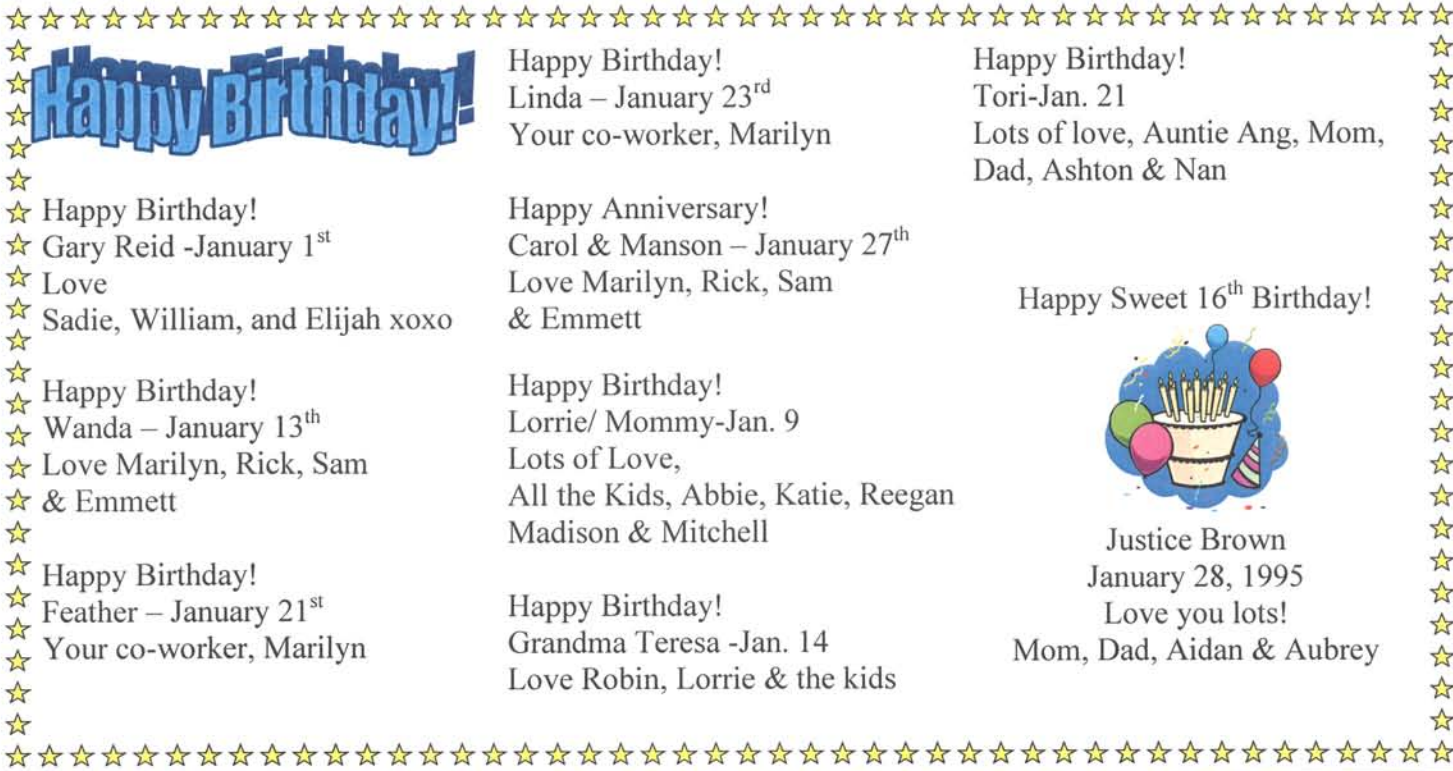
- Santa and Mrs. Claus, for taking time out of their busy schedule to come and visit
- Elf Audrey and Elf Lynn for their delicious homemade doughnuts
- The 59'ers Seniors Club for the use of the hall
- Pat Miles
- Lorrie Whalen
- Chief and Council
- Monetary donations courtesy of:
 - Parish of Christ the King
 - Native Womens Association
 - Tyendinaga Community Development Fund

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

Sincere thanks once again to everyone, and we look forward to another successful Santa Day in 2011. Merry Christmas, and all the best in the New Year!

Sincerely,

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



Happy Birthday!

Happy Birthday!
Gary Reid -January 1st
Love
Sadie, William, and Elijah xoxo

Happy Birthday!
Wanda – January 13th
Love Marilyn, Rick, Sam
& Emmett

Happy Birthday!
Feather – January 21st
Your co-worker, Marilyn

Happy Birthday!
Linda – January 23rd
Your co-worker, Marilyn

Happy Anniversary!
Carol & Manson – January 27th
Love Marilyn, Rick, Sam
& Emmett

Happy Birthday!
Lorrie/ Mommy-Jan. 9
Lots of Love,
All the Kids, Abbie, Katie, Reegan
Madison & Mitchell

Happy Birthday!
Grandma Teresa -Jan. 14
Love Robin, Lorrie & the kids

Happy Birthday!
Tori-Jan. 21
Lots of love, Auntie Ang, Mom,
Dad, Ashton & Nan

Happy Sweet 16th Birthday!



Justice Brown
January 28, 1995
Love you lots!
Mom, Dad, Aidan & Aubrey



KANHIOTE LIBRARY
613-967-6264

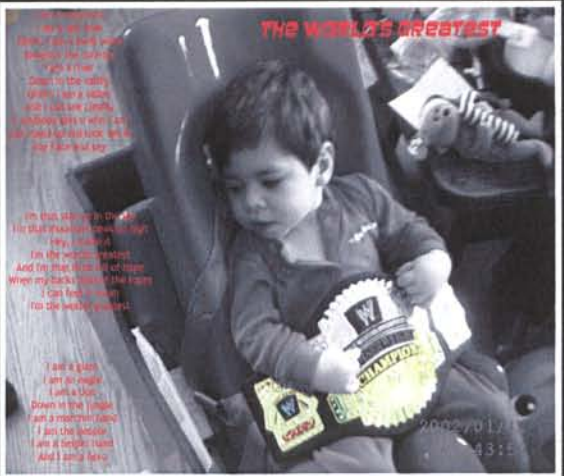
Monday, Tuesday and Wednesday
10:30 to 5:30
Thursday 12 to 7:00

Thanks for all the support for our fundraising Efforts.

Chinese auction **\$53.00**
Thanks to the Thursday night golf group and all who contributed items for our Chinese auction

Steeped Tea Raffle **\$247**
- basket won by Dennis Green
Thank You to Kelly Stanhope for her contribution to our Steeped Tea basket raffle

Cookie Sale **\$252**
-Thanks to all who baked cookies for the sale in addition to the board members Deanna Brant, Mary Claus, Sue Collis, Jill Beck, Donna Green & Diane Maracle.



The World's Greatest

In loving memory of Connor James Loft
July 22, 2003 – January 19, 2007

It's hard to believe that 4 years have gone by,
It seems like yesterday that you were with us,
There's not a day that goes by that we don't think of you
You were such a blessing in our lives and we had you for such a short time
But you certainly taught us a lot which I think you were meant to do
RIP our angel

Always remembered, loved and missed by Granmola, Papa & Auntie Sam.
We will never forget you our special grandson & nephew.



Kanhiote Library



First Nation Public Library Week

Trivia Challenge -

Feb. 13 from 2 -4

\$5/ person – Teams of 6 people

Library Programming

Knitting/Felting

Starts Feb. 8

Also learn to Knit – please call 613-967-6264 if you are returning or new to the program.



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

14 York Road, Unit #1
Shannonville, Ontario
KOK 3A0

January 2011

Discover the Balance

We have Gift Certificates

Discovering the Balance

By Working the
Mind, Body,
Heart and Spirit

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 1:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

**Purchase a 12 month
membership and save**

Adult save \$50

Student save \$40

Senior save \$30

Compare us to other Fitness
Centre's & Save Up to \$600

A year !



Outsmart Cravings

1. Pop a piece of sugar free peppermint gum into your mouth-the scent has been proven to reduce appetite
2. Take a quick walk around the neighbourhood
3. Intense exercise has been shown to reduce your appetite-hop on your bike or grab the weights for a 30 minute sweat session
4. Sniff some eucalyptus
5. Try acupressure-place 2 fingers below your ear where your jaw hinges, open your mouth until you feel a bump, press and hold

Volunteers for TFRC

We are looking for volunteers to help us with the following :

1)Childcare /cleaning 2) Laundry 3) Welcoming new members
Your reward for volunteering is free membership at TFRC and job experience. This is great opportunity to do High School community hours.

Childcare Hours: Due to limited staff, as of December 13 our childcare hours will be 9:30am-10:30am Monday to Thursday



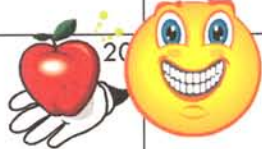
Pennies for The Soup Pot at QMS

TFRC is collecting pennies for the QMS Soup program , it is a great project that the **Tyendingaga Health Coalition** Committee and volunteers do every cold season. We are unable to volunteer our time so we are helping with purchasing healthy food for the soup.

NEW PROGRAMS / Save The Date

Hanio Oksa Healthy Lifestyles # 5 - starts Feb.10,17,18 - Thurs.
Golf Enhancement Sessions - starts Feb. 21 & 28 - Mon.
Street Smart Self Defense - starts March 14 - Mon. & Thur. 6 weeks
Watch for the Posters & check out TFRC on the website
www.mbq-tmt.org under community service

Calendar of Events January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Join our Winter Bike & Walking Group</p>	<p>Come and Bike with us during the winter months</p>	<p>Get ready for the Dragon Boat We have a row machine</p>	<p>Support a local Business TFRC!</p>		<p>Never too late To start Working out !</p>	<p>CLOSED</p>
<p>2 Sign-Up Today Never too late !</p>	<p>3 OPEN REGULAR HOURS</p>	<p>4 IRIDOLOGY 12pm to 4pm</p>	<p>5</p>	<p>6 Take a friend To TFRC</p>	<p>7</p>	<p>8</p>
<p>9 </p>	<p>10 Park so You Can Walk</p>	<p>11</p>	<p>12 PILATES 6pm-7pm</p>	<p>13</p>	<p>14 </p>	<p>15</p>
<p>16</p>	<p>17 40 & OVER EXERCISE PROGRAM 10:15-11am</p>	<p>18 IRIDOLOGY 12pm to 4pm</p>	<p>19 PILATES 6pm-7pm</p>	<p>20 </p>	<p>21</p>	<p>22 CHILDCARE HOURS MON-THURS 9:30AM-10:30AM</p>
<p>23/30</p>	<p>24/31 40 & OVER EXERCISE PROGRAM 10:15-11am</p>	<p>25</p>	<p>26 PILATES 6pm-7pm</p>	<p>27</p>	<p>28 Yes We do Have The Latest Movies</p>	<p>29 We also Have Health Information</p>

**We Welcome Everyone to Join TFRC... It's A Great Place to Get Healthy !
Nature's Sunshine Products - orders go in the end of each month**

www.naturesshine.ca - no taxes 1-800-265-9163

This is a fundraiser for TFRC



Happy New Year. Thank you for your support during 2010!



Winners of our Silent Auction Nov.30/10

Thank You for Your Support The Proceeds was \$565.00

Special Thank You to Everyone that Donated Prizes

Linda Maracle (2 Native Pictures)	TFRC (Norwex baskets & TFRC fitness bag & messenger bag)
Nida (8 paintings)	Darlene Loft (Avon dress)
Ted Pordham (Frame photos of flowers)	Sheila Alexander (3 Home made holiday swags)
Pasty Dunville (Golf at Briar Fox)	Fred Dracup (Bear pencil drawing)
Nida (dishes & Chandelier)	Myrna Newitt (Chocolate Room bag)

Congratulations to the Winners

Lori Maracle, 3 prizes won by Sarah Whitehead, 2 prizes won by Amber Loft, 2 prizes won by Lauree Simons, Lynn Brant, Steve Maracle, Jan Harris, 2 prizes won by Greg Loft, Cissy Punikunnel, 2 prizes won by Elizabeth Gardiner-Sayers, 2 prizes won by Tanya Wilson, Callie Hill, Nancy Pordham, Janice Maracle, Randy Pitt, 2 prizes won by Barb Maracle,

Top Ten Fitness New Year's Resolutions

Many people tend to make unrealistic goals when it comes to creating a New Year's Resolution based on health and fitness. Many rush immediately to a gym to sign up, go for a few weeks, and then decide to give up. Instead of making these unreachable goals for yourself, why not start with some simpler, and more adequate resolutions. Here are some suggestions to creating a more manageable and achievable New Year's Resolution.

1. Take the stairs instead of the elevator
2. Take the dog for a walk every day
3. Keep a water bottle at your desk and fill it twice a day
4. Pack a homemade healthy lunch at least 3 times a week
5. Post your 7 favorite shake recipes on the fridge and have one every day
6. Take fish oils daily to check your cholesterol and blood sugar levels
7. Sign up to a dance class, club, or sport with your partner
8. Purchase sessions with a trainer so that you go to the gym regularly
9. Limit your treats to one day a week
10. Join a forum (example: fitness.com's training forum, or Weight Loss Support Forum) to become more motivated



You may come up with your own ideas, as these 10 solutions only name a few. The main idea is that they all have sustainable and objective outcomes. They are all positive for your health and well being, but don't take away from your daily routine. This fine tweaking of creating manageable resolutions will eventually lead to fine victories.

Happy New Year!

Street Smart Self Defense

For Mothers and
Daughters

March 14— April 21
Mondays & Thursdays
6:15— 7:15

\$35 per person for 6 weeks

14 York Road
Unit #1
Shannonville, Ont
K0K 3A0


Tyendinaga Fitness
Resource Centre



 Ontario

Funded by
TFRC Outreach

Instructor Fred Dracup has over 30 years experience
Space is limited to 16 participants sign up by:
Friday, March 4th, 2011

Phone: 613-962-2822
E-mail: tyfitnessres@mbq-tmt.org

PILATES

Pilates is continuing at the

Tyendinaga Fitness Resource Centre

Pilates is a method of core conditioning which can help increase your Muscular strength, flexibility and endurance without building bulk or Stressing your joints. This class will cover mat work exercises that will leave you feeling

Revitalized

Starts : Wednesday Jan.12/11

6pm to 7pm - 6 weeks

\$10.00 a night / Punch Card Program for \$60.00

The Fitness Instructor has 30 years experience with Pilates— Wendy Meraw

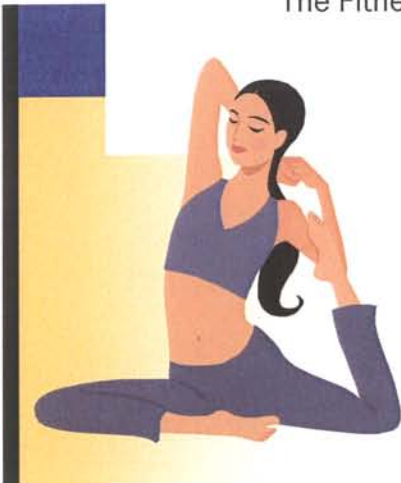
Gift Certificates Available

Sign-up by Jan.10/11

Limit to 15 Participants

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

Any questions on Pilates , email wmeraw45@gmail.com



Iroquois Lacrosse Program

presents

the Native American Youth Lacrosse Summit



When: Friday, January 28 to Sunday, January 30, 2011.

Where: Iroquois Lacrosse Arena at Six Nations of the Grand River
Information:

Target Audience: Anyone that wants to learn more about the game, from starting your own lacrosse program to taking your game to the next level.

Objectives: Discussions on how to support/grow the game; information sharing and best practices; high performance instruction and coaching techniques; and, educational information for student athletes.

There will also be a youth exhibition game – Six Nations vs. Cattaraugus (Newtown), NY at the Iroquois Lacrosse Arena in Six Nations on the Friday night.

Includes a trip to the Air Canada Centre to watch the Buffalo Bandits vs. Toronto Rock on Saturday, January 29. This will be a bus trip departing from the ILA in Six Nations at 4pm and the game starts at 7pm.

The Enyonkwa'nikonhriyo:hake Program is looking to taking interested youths ages 12-18 to this summit. Please contact Jack Green or Danielle Brant at the Community Wellbeing Centre for further information at 613-967-3603. Spaces are limited!! Deadline to register is Friday, January 14, 2011! There will be a \$50 fee per youth to offset cost of the hotel rooms. The hotel rooms will be shared as well, up to 4 people per room. Continental breakfasts and lunches will be provided at the summit. The Enyonkwa'nikonhriyo:hake Program will provide the dinners. We will be departing the community on Friday, January 29 in the morning and returning on Sunday, January 30.

The Enyonkwa'nikonhriyo:hake Program would like to extend a Nya:wen Kowa to all the youths who came out to the Holiday Youth Dance! It was a great turn out of youths! As well, Nya:wen Kowa to Nikki Auten who helped to chaperone the event, and to the awesome D. J.-ing services of Gibby's Music.

There was also a girl's zipper sweater that was left behind at the later part of the dance.

Please call Danielle Brant at the Community Wellbeing Building at 613-967-3603, ext 146 if this belongs to your daughter.



Diabetes Wellness Circle

TUESDAY, JANUARY 11, 2011

Beginning at 7 p.m.

*Community Well Being Building
1508
York Road*

Presenting

*Physical Activity
With
Carol Loft
S.O.A.D.I.*

ALL WELCOME

For more information please contact
Denise Leafe RPN/CHR
613-967-3603

POP CAN DRIVE!

Kawenna'on:we Primary
Immersion School
will be fundraising by
collecting your pop cans!



Volunteers will come to your house from
Fri., Jan. 14 until Sun., Jan. 16, 2011.
If you will NOT be home,
Please leave your pop cans for us to pick up
in a clear or marked bag on the curb.

Your help to raise money to start the
Kawenna'on:we Primary Immersion School
in Tyendinaga is greatly appreciated!

If you would like to volunteer for this event or
would like more information,
Please contact Nikki Auten at 613-396-3100 ext. 259
or by e-mail at nikki.auten@live.ca.

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

Losers Unite, Join Us!

Thursday Evenings

5:00 - 6:00 p.m. - Weigh In

6:00 - 7:00 p.m. - Meeting

Elders Lodge

(Bayshore Rd)

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

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

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

Contact: Donna Crouse 613-396-2229
Tree Good altree94@gmail.com

Moon Ceremony

All Women Welcome!

WHERE: COMMUNITY WELLBEING BUILDING

WHEN: *Jan. 19* at 6:30 p.m.

Please wear a dress/skirt and bring tobacco, lawn chair & water if possible.

Call for more information:

613-969-2215 or 967-2003
POTLUCK MEAL SHARING



“AA OPEN MEETINGS”

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

For more information call:
Bev or Bill 613-962-5183



**THE ANGLICAN PARISH
OF TYENDINAGA**

Parish Priest
The Rev'd Brad Smith
Mohawk Rectory, 396-3797

SUNDAY CELEBRATION

All Saints' Church
and Queen Anne Parish Centre (QAPC)
1295 Ridge Rd
8:30 a.m.*

Christ Church
Her Majesty's Chapel Royal of the Mohawk
52 South Church Lane
10:30 a.m.*

*On 16 Jan, the only service is at 8:30
at All Saints' Church

UPCOMING EVENTS

Parish Fun Night
Wednesday 19 January, 7 p.m., QAPC
Bring a game, a friend, and a snack!

Men's Breakfast
Saturday 29 January, 8 a.m., Tota Maz
The men of the Parish (and friends) gather once a
month for breakfast and fellowship.

NEWS

Confirmation Classes

Anyone who is baptised is invited to prepare for the
Sacrament of Confirmation, which will be administered
by the Bishop on Sunday 17 April. For more
information, please contact Fr Brad.

Lending a Helping Hand

Anyone in the community who requires a "favour" or
"odd job" to be done is invited to contact Fr Brad and
we will try to match up needs with people who have the
skill or ability to help. This is a new initiative of the
Parish to help our neighbours in the community. There
are no obligations placed on anyone who asks for help.

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE
WWW.PARISHOFTYENDINAGA.ORG

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

Traditional Anglican Communion
THE ANGLICAN CATHOLIC PARISH OF KERISTOS NE KORAH:KOWA



**The Parish of Christ the King
Wishes you Peace in the New Year and
A Great Epiphanytide!**



*«The chiefs from afar before him knelt
with gifts of fox and beaver pelt...»*

*«O loving Creator, we acknowledge thy power and presence in the Four
Directions of thy vast and beautiful universe and we thank thee for
revealing thyself to us in Jesus, the Christ. As ancient Israel confessed long
ago, we too realise that it was not because of our own righteousness, or our
own superior wisdom, or strength, or power, or numbers. It was simply
because of thy love for us that thou did choose to reveal Jesus to us.»*

Our Saviour came for all peoples, all nations, and all races... Now is the
time to heal divisions of prejudice and bigotry, which we ourselves have
set up between and amongst ourselves... *«Behold, how good and how
pleasant it is for brethren to dwell together in harmony!»* (Psalm 133:1)

All Services are held at

The Elders' Lodge Common Room
301 Bayshore Road, Tyendinaga, M.T.

Sunday Services—10:00 AM

Traditional Anglican Services

Using the long-established

Book of Common Prayer (1962)

And the time-honoured hymnal

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

Food Bank Day: Third Sunday of each Month
For Sacramental or Pastoral Services, please call:

Fr. Gérard Trinque ☎ 1-888-831-4145 ✓

✉ gplus@yahoo.com



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1948- 2010
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2 Mini Blinds (32"X 42")
- \$10.00 a piece

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-\$5.00

Call Deseronto cell:
613-827-7992 (p.m. Only)

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WATERFRONT LOT
- 120' of Shoreline on Beach Rd.
(next to the Mohawk Beach)
- Open to offers

Please call: 613-849-3345

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BALES OF STRAW
4 X 4 round

Call: William J. Brant
613-967-1129

HOUSE FOR SALE

3 BEDROOM HOUSE
- 6 years old
- in floor heat, on town sewer
and water, ceramic tile & carpet
- open concept
- 2000 sq. ft includes 2 car
garage
- living room has vaulted ceiling
and view of Bay of Quinte
on (TMT)
613-827-1513

FOR SALE

NURSING UNIFORMS
-Nursing tops or pants
\$5.00 each at Lofts Variety
(656 Norways Side Rd.)

613-969-8924

LAND FOR SALE

- located on the York Rd
- approx. 23.8 acres (can be
severed into building lots)

For more information please
call: 613-967-8935

FOR SALE

MOBILE HOME
- 192 Church lane
- must be moved
-\$15,000.00

Call: 613-396-1607

HOUSE FOR SALE

- locate at 467 York Rd.
- this home also contains an apartment
- asking price \$75,000.00
- (open to offers)
- to view this property please call:
Diane Clench at 613-575-1794

HOUSE FOR SALE

2 BEDROOM, ONE
STOREY (built in 1960)
- 879 sq. ft wood frame house
- 60 amp electrical, sump
pump, oil furnace, well water
- single paned windows
- full bath, hardwood floors
(Unfinished), open concept
living and kitchen area, panel
wood walls and composite
tile ceiling
- new roof, full height
unfinished basement
- located 17 Iona Rd.
Shannonville
- asking \$60,000.00

Call: 416-845-9425 and leave
a message for a return call

LAND FOR SALE

70 acres located on the Lower
Slash road just east of the Road
Shed building and office on the
same (south) side of the road.

Contact Wm J. Brant:
613-967-1129 for further details.

FOR SALE

SPACIOUS 4 BEDROOM HOUSE
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fireplace
- central air
- approx. 3/4 acre
- laminate flooring throughout
- municipal water and sewer supply
- huge heated garage
- located on old Hwy # 2

Serious inquiries only:
Please call 613-396-5879

BABYSITTING

Available for babysitting
anytime. My name is Allison
and I am 13 yrs old and willing
to babysit any age child.

Phone: (613) 966-1936

CHILD CARE

Unlicenced Child Care
\$15/Day, 6 A.M. - 6 P.M.
All Ages
Call: Amanda (613) 309-9134

BABYSITTING AVAILABLE

If you are looking for a
full-time, reliable
babysitter, please give
Sandy a call at
613-967-0091

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\$40.00

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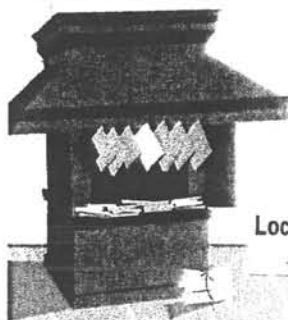
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Birdie Doreen
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formerly Maracle Law Office

Bonnie Pelletier
Barrister-Solicitor-Adjudicator

186 Ridge Road, Tyendinaga, Ont, K0K 3A0

Tel: 613-969-9000 • Cell: 613-922-6801 • Fax: 613-969-9093

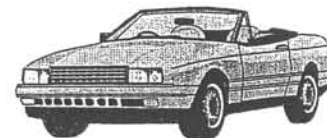
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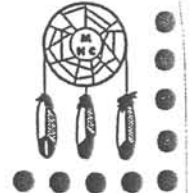
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613-661-2209

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Ontario, Canada K0K 1X0



Jim McMurter
Owner / Manager

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

Rheana Maracle Photography

613-967-4722

Shannonville, On.

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Rick Brant
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rick@pro-fitsolar.com
www.Pro-FITSolar.com



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Ontario
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Fax: 613-396-6548

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Lennox & Addington Financial Centre Inc.



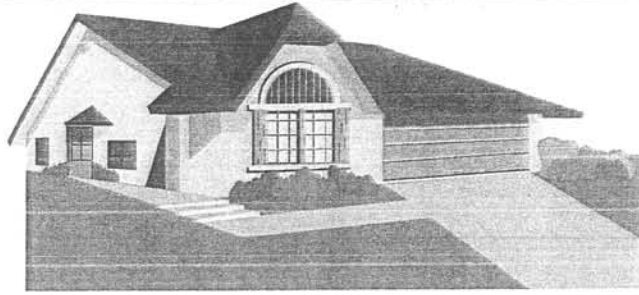
Dianne Dowling
RHU

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Advice &
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Tailored
to Your
Needs



Bob Vrooman
CFP CLU CH.F.C.

109 John St. Napanee, ON K7R 1R1
Phone: 354-2726, Fax: 354-3585, E-mail: service@lafc.ca



**BUILD-ALL CONTRACTORS
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SHANNONVILLE, ONTARIO
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We deliver Water Softener Salt !**

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Water Softeners, Iron Filters, Sulphur Filters, Carbon Filters and ultra violet Disinfection Systems to kill all Bacteria ,Viruses and E.coli .

We do have a (five year Warranty) on all Softeners and water Filters. we do have the best prices in Quinte and we are referred by the Band office.

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