



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 1/12

TSI YOTHORHKOWA (Jan.)

ORI:WASE (News)

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



2012

Statement of the Votes

38

Tyendinagna First Nation

December 3rd, 2011

Name of Candidate for Chief	Total Votes Received
Barnhardt, Carla	358
Maracle, R. Donald	569

Number of valid ballots cast for chief: 927

Number of rejected ballots for chief: 19

Name of Candidate for Councillor	Total Votes Received
Brant, Barry D.	513
Brant, Sha'tekayenton Andrew	336
Claus, R. Christine	279
Hill-Dracup, Velma	373
Maracle, Carl (Ted)	620
Maracle, Douglas E.	629
Maracle, Roy Clinton	503
Pitt, Randy J.	242

Number of valid ballots cast for councillor: 939

Number of rejected ballots for councillor: 7

Elected Candidates

To the Office of Chief:

Name: R. Donald Maracle

To the Office of Councillor:


Name: Douglas E. Maracle

Name: Carl (Ted) Maracle

Name: Barry D. Brant

Name: Roy Clinton Maracle

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


Signature of Electoral Officer


Signature of Witness

Tyendinaga Mohawk Council Meetings
for January 2012:

TMC Meetings	Agenda Deadlines
Regular – Friday , January 6, 1:00 p.m. Local Business – Wednesday , January 11, 7:00 p.m. Regular – Wednesday , January 18, 9:00 a.m. Local Business – Wednesday , January 26, 7:00 p.m.	Wednesday , January 4, 12:00 p.m. Thursday , January 6, 12:00 p.m. Thursday , January 13, 12:00 p.m. Friday , January 20, 12:00 p.m.

Do You Want a Composter!?

Great way to reduce your waste...
 Perfect for nutrient rich soils for gardening...
 Cheap and easy!...
 Reduce garbage smells...



Please mail, drop off, or email a written letter of interest, expressing your need and enthusiasm to:

Kristin Maracle
 Environmental Officer
 Mohawks of the Bay of Quinte
 13 Old York Road,
 Tyendinaga Territory, ON
 K0K 1X0
kristinm@mbq-tmt.org



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in December responded to 7 calls:

- 1 Appliance Fire**
- 1 Ice Rescue**
- 3 Motor Vehicle Accidents**
- 2 Auto Alarms**

This brings our total to 100 calls for the year 2011



UNION GAS AND MOHAWKS OF THE BAY OF QUINTE WILL BE OFFERING:

AN INFORMATIONAL WATER WORKSHOP

*YOU WILL LEARN ABOUT THE GROUNDWATER CYCLE, WATER WELLS, WATER TESTING,
WELL MAINTENANCE & CONSTRUCTION, AND SOURCE WATER PROTECTION.
ARE YOU WELL AWARE?*

WHEN: THURSDAY FEBRUARY 23, 2012
6:30 P.M. – 9:30 P.M.

WHERE: MOHAWK COMMUNITY CENTRE
1807 YORK ROAD
TYENDINAGA TERRITORY

SPEAKERS: TBA

WATCH FOR FURTHER INFORMATION

EVERYONE IS WELCOME

IF YOU HAVE ANY QUESTIONS OR REQUIRE FURTHER
INFORMATION PLEASE CONTACT THE WATER DEPARTMENT AT
THE MOHAWK ADMINISTRATION OFFICE, 613-396-3424.



CELEBRATING
100 YEARS
EST. 1911

WASTE DEPOT SITE

HOURS

MONDAY 11:00 AM-7:00 PM
WEDNESDAY 11:00 AM – 7:00 PM
SATURDAY 8:30 AM- 5:00 PM

In an effort to avoid
disruption of mail service.

Please remember to keep your
Recycling & Waste away from your
roadside mailboxes.

ACCEPTABLE ITEMS

- TIRES
- ELECTRONICS
- STEEL
- HOUSEHOLD HAZARDOUS WASTES
- WASTE MOTOR OIL (FROM HOUSEHOLDS ONLY)
- FISH REMAINS
- LARGE ITEMS (MINIMAL FEE)



RECYCLING

BIN 1- PAPER AND PAPER PRODUCTS

BIN 2- 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





MOHAWKS OF THE BAY OF QUINTE
ECONOMIC DEVELOPMENT AND EMPLOYMENT OFFICE
PRESENT:

January 2012's Business of the Month

Nations Natural Food

Start the New Year
Off Right!

Open Daily
7am to 11pm



123 Highway 49, Tyendinaga Mohawk Territory

613.396.9922

What better way to start off the New Year than to get into good eating habits? Which is why the Economic Development Office is proud to present Nations Natural Food as January's business of the month! It is owned and operated by Kevin Brant and is located on Highway 49.

Nation Natural Foods has a wide variety of natural and organic foods and products that would easily fit into anyone's lifestyle. They have everything from organic snacks to wild game, including fresh fish from the Bay of Quinte, which would satisfy everyone's cravings in a healthier way. They have many options for any type of meal.

This year, make Nations Natural Food your first stop towards a healthier you!

Located inside Nation 2 Nation

Support Local Business

Mark Your Calendar!

Tyendinaga's Career Fair is coming up this March 29, 2012.

Keep your eye out for more details.

Contact Sandy Sero at 613-968-1122 if you are interested in more information.

MARKETING AND YOUR BUSINESS

January's Tip

The Four P's to Keeping Customers

1. **Have you added new products or services?** Do the new items fit into your original product or service offering? Do they meet the needs of your current customers, or open new markets?
2. **Evaluate your pricing strategy.** Have you priced yourself out of the market? Can you increase your prices without affecting sales? Or have you low-balled your prices to gain market share?
3. **Assess your current target markets.** Are you effectively reaching your target markets and fulfilling their needs? Are the markets you're serving profitable? Can you expand into new markets?
4. **Look at your promotions and positioning strategies.** Can you allocate more of your budget to promotional campaigns, or find new, creative ways to promote your business? Does your brand image still reflect what you want your business to be?

You have to put in many, many, many tiny efforts that nobody sees or appreciates before you achieve anything

**Thank you to all those businesses who attended our Christmas Luncheon in December!
It was a great opportunity to meet the business owners and I look forward to working with you in the future!**

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13 Social Networking Brown Bag Lunch Liking, Sharing, Tagging on Facebook 12pm to 1pm	14
15	16	17 E-Seminar Web Workshop CWB Conference Room 9am-3pm	18 Queens Law Clinic Abbott Agency Picton 1pm to 4pm	19	20	21
22	23	24	25	26 HST Abbott Agency Picton 1pm to 4pm	27 Social Networking Brown Bag Lunch Privacy on Facebook 12pm to 1pm	28
29	30	31				

February Events:

February 9, 2012—Small Business Information 1pm to 4pm (Abbott Agency Picton)

February 10, 2012—QR Codes 12pm to 1pm (Brown Bag Lunch)

February 15, 2012—Blog Workshop CWB Conference Room 9am to 3pm

February 23, 2012—Working with the Government 1pm to 4pm (Abbott Agency Picton)

February 24, 2012—Business Blogging 12pm to 1pm (Brown Bag Lunch)

** Have your website handy when registering for the items in blue **

**To Register for all Upcoming
Events in Red**

**Email:
events@smallbusinessctr.com**

Phone:613.961.0590

Fax:613.961.7998



R-2000 Builder Workshop

January 17-18, 2012
Mohawks of the Bay of Quinte
Community Centre
1807 York Road, Deseronto

R-2000 Builder Workshop

This two-day workshop covers the technical requirements of the R-2000 Standard building science principles, barrier systems, windows, foundations, advanced construction and air-sealing techniques, mechanical systems, marketing and an overview of the R-2000 quality assurance process.

There is a written examination at the end of the workshop. The passing score is 75 percent or higher.

Course Fee: \$100.00

www.ofntsc.org

For other courses and information see OFNTSC website www.ofntsc.org or call:
Grace Martineau (Thunder Bay) 807.623.9595

**ONTARIO FIRST NATIONS TECHNICAL SERVICES
CORPORATION**



For confirmation of attendance for the R-2000 Builder Workshop, please contact Gail Maracle at the Housing Office@ 613-968-1122 ext 135 or email to gailb@mbq-tmt.org. Deadline for applications: no later, than Friday January 13, 2012 at noon.

All applications can be delivered to the Housing Office.



Technical Training Registration Form
Fax OFNTSC (807) 623-2566

PLEASE PRINT ALL INFORMATION

COURSE TITLE _____

COURSE LOCATION _____ COURSE DATE(S) _____

NAME _____

SPONSORING FIRST NATION / TRIBAL COUNCIL _____

POSITION/TITLE _____

EMPLOYER NAME _____

EMPLOYER ADDRESS _____ POSTAL CODE _____

BUSINESS TELEPHONE (_____) _____ EXT. _____ HOME TELEPHONE (_____) _____

BUSINESS FAX (_____) _____ BUSINESS E-MAIL _____

DOES YOUR COURSE HAVE A PUBLISHED PREREQUISITE? YES NO

IF "YES", DO YOU HAVE THE PREREQUISITES COMPLETED? YES NO

DO YOU HAVE A DISABILITY OR SPECIAL NEEDS THAT REQUIRE CONSIDERATION IN OUR TRAINING? YES NO

PAYMENT INFORMATION: Cheque Enclosed

Or must be received during week of course.

COURSE FEE - \$ _____ (GST exempt)

Signature _____

⇒ Participants are responsible for travel, accommodation and meal expenses. Course fees payable to Ontario First Nations Technical Services Corporation.

FAX OR MAIL REGISTRATION TO OFNTSC (807) 623-2566.
Ontario First Nations Technical Services Corporation
200 South Syndicate Avenue, Suite 206A
Thunder Bay, ON P7E 1C9

For other courses and information see OFNTSC web site www.ofntsc.org

Or call Grace Martineau at (807) 623-9595.



News from the Ohahase Education Centre

Happy New Year! The month of January will be a busy one here at the Centre. First semester for the Grade 9 and 10 program is winding down, with "Culminating Activities Week" (aka Exam Week) beginning January 26th. Final reports for Semester I will be mailed out February 2nd, and Semester II starts February 6th.

Also this month, the Tyendingaga Youth Program participants are starting the field placement component of the program. Participants can be found in several local businesses and organizations, including QMS, Cash Auto, Quinte Cycle & Marine, Native Renaissance, and FNTI Maintenance. We wish the participants all the best as they continue acquiring new skills and knowledge in their placement positions.

Sadly, December 23rd marked the last day at Ohahase for Amanda McMurter, our English and Social Sciences/Humanities teacher. Amanda's enthusiasm, passion, and dedication to our students and school will be sorely missed, and we wish her well as she embarks on the next leg of her career with the Limestone District School Board.

Registration for our Adult Ed. Program is always open! If you've made it your goal to achieve your High School Diploma this year, please be sure to drop by and see the services we offer that can help you achieve your goal.

skennen kowa, and all the best for 2012.

Ohahase Education Centre
314 Airport Road
613-396-6742

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

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

Happy Birthday!



Sweet 16!!

Happy Birthday Victoria (Tori) Jan. 21
Tons of love, Auntie Ang, Mom, Dad, Ashton &
Nan

Happy Birthday!
Linda C. – January 23rd
From Marilyn

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

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



Happy Birthday!
Feather – January 21st
From Marilyn

Thank you,

To the Dreamcatcher Fund for its support which enabled me to attend the Public International Law Program at the Bader International Study Centre. Given the financial support of an education bursary I had the opportunity to learn from field leading international practitioners as well as attend international criminal court and tribunal proceedings.

I would also like to thank the Mohawks of the Bay of Quinte, my Grandparents Hector and Carolyn Vincent, my Grandmother Shirley Maracle, and my Parents Tom and Deb Vincent for their generous support.

In sincere appreciation,

Charles Vincent



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

Too little time to hold you,
Too little time to know you,
But we got a lot more years than expected
And for that we are truly blessed
Your smile lit up a room and your laugh was awesome
You taught us so many things in your short time on this
earth
If only you could have stayed with us but that was not
meant to be
As God had another plan for you and that was to be an
angel in heaven
Looking down on the ones who loved you so much

We miss you every day and think of you often.
Love always, Gramola and Papa. xoxoox



A MESSAGE FROM THE SANTA'S LIVINGROOM COMMITTEE

We would like to take this time to thank Santa and Mrs. Claus for taking Time out of their busy schedule to come to Deseronto to visit the children at Old Hudson Mill.

On behalf of the Santa's Living room Committee we would like to extend A Very Special Thank you for:

- **Donations of cookies and all the elves that helped make the day special**
- **Shirley Reid for the homemade donuts.**
- **Shelly Dupont for the use of the hall and cookies.**
- **Barb Thompson for her support.**
- **Bob's Portable Toilets for donating a bathroom.**
- **Parish of Christ the King for the monetary donation.**
- **Bob and Nancy Leween for the monetary donation.**
- **Native Women's Association for the monetary donation.**
- **Chief and Council for the monetary donation.**
- **Town of Deseronto for their support.**

Colouring Contest Winners are: Olivia Seaton, Britney, Charlotte

For all those that contributed to our Candies for Kids for Quinte Mohawk School and Head Start we would like to express our deepest appreciation. To those we may have missed, we apologize.



HAVE A VERY MERRY CHRISTMAS and hope to see you next year.



Sincerely
Dan Whalen
Teri Ward

Maracle Chiropractic Family Tree

Happy New Year!

Is this the year you start taking better care of your health, and the health of your family, we can help!

Call for You and Your Families Wellness Check -
613.876.5855.



Dr. Jason Maracle Young
and
Dr. Rebecca Huddleston

Robert and Joanne
Maracle Young

Leonard and
Marjorie Maracle



**Eli and
Alice Maracle**

Home on
North Eli Lane

TAHATIKONHSOTONTIE HEAD START



BASIC FOOD PREPARATION WORKSHOP

**Come out and learn how to prepare and make simple recipes
and then enjoy sampling the food.**

(Kitchen hygiene and safety will also be taught)

AGES: 10 to 12

**WHEN: WEDNESDAYS FOR 4 WEEKS STARTING ON JAN 25TH
AND ENDING ON FEBRUARY 15TH.**

WHERE: 59ERS CLUB

TIME: 6- 8 PM

(No Cost)



To register for the workshop call MJ Loft at 396-6716.

This workshop is funded by NCB dollars

TAHATIKONHSOTONTIE HEAD START



YOUTH ART WORKSHOP

COME OUT AND EXPLORE YOUR CREATIVITY WHILE USING DIFFERENT MEDIUMS SUCH AS ACRYLIC, PASTELS AND CLAY.

(ART SUPPLIES WILL BE PROVIDED AT NO COST)

WHERE: TAHATIKONHSOTONTIE HEAD START

AGES: 9 TO 11 YR OLDS

WHEN: TUESDAY, FEBRUARY 21ST TO MARCH 27TH FOR A TOTAL OF SIX WEEKS

TIME: 6PM TO 8PM

SNACKS PROVIDED

SPACE IS LIMITED SO IF YOUR CHILD IS INTERESTED SIGN THEM UP QUICKLY TO AVOID DISAPPOINTMENT

CALL MJ LOFT AT HEAD START 396-6716 TO REGISTER FOR THIS WORKSHOP.

FUNDING PROVIDE BY N.C.B. DOLLARS

**NURSING MOTHERS' GROUP
OF
TYENDINAGA
INVITES*
BREASTFEEDING MOTHERS
AND BABIES
AND EXPECTANT MOTHERS**

(*Interested women and girls also Welcome)

To their ongoing series of meetings

WEEKLY on TUESDAYS
10:30 am – Noon

@ COMMUNITY WELLBEING

During bad weather,
please call CWB
to find out if meeting
has been cancelled
613-967-3603

***DISCUSSIONS ON A
VARIETY OF TOPICS
RELATED TO THE
CHALLENGES AND JOYS
of MOTHERHOOD
LIBRARY &
MOTHER-TO-MOTHER HELP***

**BREASTFEEDING
CLINIC AVAILABLE :**

*** If having problems,
please call for
an appointment time ***

FOR APPOINTMENTS or HELP

CALL: 613-396-2942
TEXT: 613-849-1868



BREASTFEEDING CIRCLE

Mommy I love your milk so sweet and yummy,
It's the very best thing for my little tummy.

Mommy when your patience is running low at best,
Sit down, take a few deep breaths and bring me to
your breast.

Mommy hold me close to your soft warm chest,
Because being in your arms is where I like being
best.

Mommy do not listen to those who say I am spoiled,
It's just that you're my favourite person in the whole
wide world.

Mommy when their negative comments put you to
the test,
Don't worry, trust yourself because, Mommy you
know me best.

Mommy ignore them when they ask, "Isn't it time to
wean?"
Because when to stop is up to only you and me.

Mommy continue rocking me, sing another song.
I am still a baby, but not for very long.

Maternal Child Health & Early Childhood Development 613-967-3603
 Healthy Babies Healthy Children 613-967-0122
 50 Meadow Drive
 Community Wellbeing Centre

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 Quilting 6-9pm	10	11	12	13	14
15	16 Quilting 6-9pm	17	18	19 Pizza & Movie Night 6-8pm	20	21
22	23 Quilting 6-9pm	24	25	26	27	28 Play Group 9:30- 11:30am
29	30 Drop In 9:30-12:00 Beef stew workshop Quilting 6-9pm	31				

Play Group

January Saturday 28th 2012
Community Wellbeing Centre
9:30-11:30 a.m.

0-6 with a parent / caregiver
Healthy snack provided

If you have any questions please feel free to call
613-967-3603 Allison or Johanna



Movie Night & Make your own pizza

January Thursday 19th 2012

6:00-8:00pm

Ages 4-10

Parents can stay with their children.

Community Wellbeing Centre Teaching Lodge

Come out and enjoy an evening watching a movie, while eating your delicious pizza that you have made.

Call to register 613-967-3603 Allison or Johanna



Drop In & Making Beef Stew

January Monday 30th 2012
Community Wellbeing Centre
9:30-12:00

0-6 with a parent / caregiver

We will be providing a chance for children and their parents or caregiver to get together and learn a new skill, prepare crafts, and just a chance to meet new people.

Beef Stew Workshop

We will be learning how to make beef stew.



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

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

January 2012

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

We Are Open to

The Public

Staff

Darlene Loft /
Recreation Manager

Sonya Maracle / Fit-
ness Staff & P.T

Ryder Sager ,Talon
Barnhardt / Part Time
Youth

Part-time Staff / Tam-
my Brant

5 Essentials for Healthy Fat Loss

1. Strength train—adding weights to your routine increases your metabolism and helps you burn more fat
2. Eat clean food, such as whole grain
3. Don't forget the cardio—try adding 1 minute intervals to up your energy and burn fat
4. Plan 5 to 6 meals a day instead of 3 large ones, and never skip breakfast
5. Give it some time—quick results usually don't last, so go with a slow and steady approach to reach your goals

Winners Of December's Silent Auction

Myrna Newitt, Johanna Goodfellow, Carol Loft (5) Mary Doyle O'Hean, Bonnee O'Neill, Tammy Brant, Tammy Brant, Jennifer Neepin, Greg Loft, Sheri Roberts, Joy Brant, Irma MacDonald, Michele Robinson, Monique Josh, Shelly Brant, Marilyn Loft, Zach Loft, Ron DeMille, Alaine Demong, Eileen Grimmon, Bob Wiley, Randy Pitt

SOME OF TFRC Donations for 2010/11

Baseball Tourney , FreeFlow Appreciate Day, Arnold Day Golf Tourney, Mohawk Fair, ERG Golf Tourney, Moira Fun Fair, Mohawk Immersion, Tyendinaga Strawberry Social, MFS Family Bingo, Radio Station Purse Auction, many guest passes.

TFRC Supports local Businesses & Community

Events : We have collected for the food bank, Purse Auction, and the Toy Drive and many more.

NEW PROGRAM FOR DAY FITNESS

If you are interested in a DAY fitness program give us a call, we need at least 5 participant's. If Transportation is an issue if you are a senior call the Home Support Program.

Proceeds of \$ 921.00
Your Support Was Great !



On Behalf of all of the Staff at the
Tyendinaga Fitness Resource Center

we would like to show our appreciation by giving thanks to
everyone that donated items for our

2nd Annual "Silent Auction" in December

Ted & Nancy Pordham - also "Tyendinaga Township Library"
Lynn Brant - "HIV-AIDS Awareness Community Health Program"
Ron DeMille - "ATM Provider DeMille Enterprises"
Patsy Dunville - "Briar Fox Golf & Country Club"
Trevor Lewis - "Village Variety & Gas Bar" & "Work Gear"
Irma MacDonald - "Gail's Bags with Bling & Pretty Things"
Brian Branchaud - "KTA General Maintenance"
Pam Detlor - "Norwex Professional" Barb Roch - "Yoga Instructor"
Janet Hill - "Free Flow" Myrna Newitt - "The Chocolate Room"
Shawn & Charlene - "Sacred Circle" Fred Dracup - "Street Smart Instructor"
Wendy Meraw - "Pilates Instructor" Wendy Anderson
Fred Leonard Tina Brant
Sheila Alexander Penny Manelli
Jean Hopkins Steve McGuire
Emily Walker Alaine Demong
Pat Coffey Darlene Loft

Thank You for the Food & Toys donated during Xmas Spirit Week - Dec. 12

& also to Dr. Jason Maracle Young & Dr. Rebecca Huddleston for organizing the Event

SEE YA NEXT YEAR !

Calendar of Events January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Exercise Today	2 Open 6:30 - 2	3 Maracle Chiropractic	4	5 Maracle Chiropractic	6	7 Open 8am- 1
8	9 Open 6:30 -8 Until Thur.	10	11 Pilates 6pm	12	13 Open 6:30 - 6	14
15 YOGA 10am	16 Childcare 9:30am	17	18 Pilates 6pm	19 	20	21
22 YOGA 10am	23 Lose to Win Contest	24	25 Pilates 6pm	26	27	28 
29 YOGA 10am	30	31 Deadline For Fit for 2		Hanio Oksa Sessions Start	Feb. 9,16,23 Sign up today	

Monday, Wednesday & Friday
Seniors have Transportation to TFRC
Program Partner with Home Support
Call 613-967-0122

www.mbq-tmt.org - under community services We are on FACEBOOK

Tyendinaga Fitness Resource Centre (613) 962-2822

NEW FOR YOU & your HEALTH !

Tyendinaga Fitness Resource Centre

(613) 962-2822

YOGA

Yoga @ T.F.R.C.

10 am to 11am

Yoga Only at TFRC on Sunday's

Jan.15 to Feb.5/11

The program is successful & it will continue

The Certified Yoga Instructor

is Barbara Roch

For the program to be successful we require

At least 5 paid participants

**4 classes
for \$30.00**

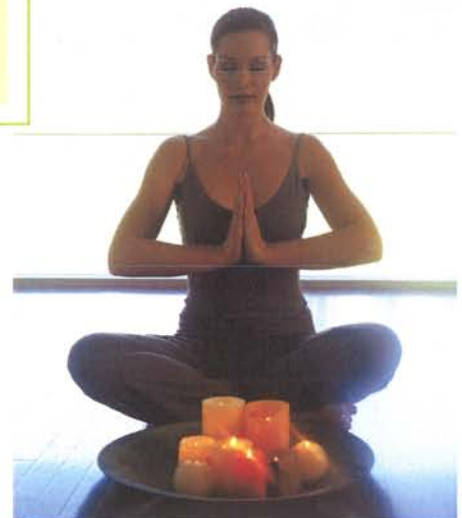
Limit of 15 / Pay when
you sign up.

Deadline to sign up by

Jan 10/11

Register today : (613) 962-2822

Or email : tyfitnessres@mbq-tmt.org

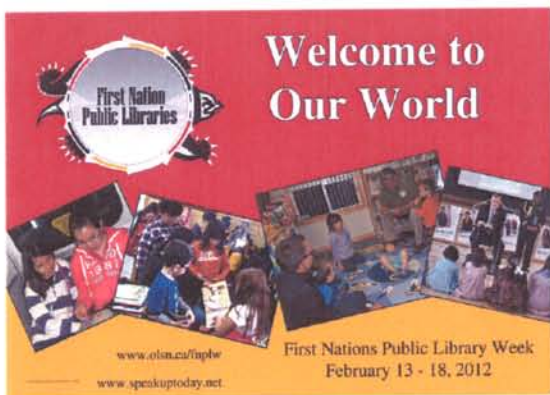


Knitting

will start Feb.7
from 7 to 9, for 6 wks,
\$20/person
making a felted needle
case or project of your choice.



Learn to knit also *Welcome!*



First Nation Public Library Week
is Feb.13 to 18

We will have bingo for seniors on
Feb 14th at 2pm.



Our annual

Trivia Challenge

will be on Feb. 19th at the Community Centre
from 2 to 4.

*Many thanks for helping with our fundraising -
Everyday Style and Cookie Sale/Chinese auction
raised \$1002.00*

Come see us
At our new
space!

1658 York Rd.

Kanhiote Tyendinaga Territory
Public Library



A cultural and educational
resource centre

Hours







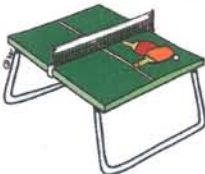







Monday	10:30 am to 5:30 pm
Tuesday	10:30 am to 5:30 pm
Wednesday	10:30 am to 5:30 pm
Thursday	12:00 pm to 7:00 pm



Enyonkwa'nikonhriyohake (Good Minds) Program

Youth Drop-in 6-8pm @ Youth Centre/Canteen

All events are FREE
JANUARY

 Tuesday: ages 6-10	Wednesday: ages 11-13 
<p>3rd</p>  <p>BINGO Night</p>	<p>4th</p> <p>BINGO Night</p> 
<p>10th</p>  <p>Games Night</p>	<p>11th</p>  <p>Games Night</p> 
<p>17th</p>  <p>5-Pin Bowling @ Bayview Mall*</p> <p>*Limited spaces. Please call Tracy Hill @ Good Minds by Friday, January 13th to sign up. 613-967-0122. Parent/Guardian will need to sign permission slip.</p>	<p>18th</p>  <p>10-Pin Bowling @ Bayview Mall*</p> <p>*Limited spaces. Please call Tracy Hill @ Good Minds by Friday, January 13th to sign up. 613-967-0122. Parent/Guardian will need to sign permission slip.</p>
<p>24th</p>  <p>Craft Night</p> 	<p>25th</p> <p>Wii Games Night</p> 
<p>31st</p>  <p>Wii Games Night</p>	<p>February 1st</p>  <p>Wii Dance Challenge! Prizes!</p>



ZUMBA®
FITNESS

Ditch the Workout, Join the Party!

Instructor: Jennifer Maracle-Westgate
All Welcome!!

When: Wednesday's at the Deseronto Arena

Time: 7pm-8pm

Cost: \$8

**Starting January 12th, 2012, there will be
another Zumba class on Thursday's.**

Location: QMS Gym

Time: 6pm-7pm

Cost: \$8

Sweetheart Dinner



FEB. 12, 2012

5 – 7 p.m.

Queen Ann Parish Centre

Price: single \$18.00 / couple \$30.00

Roast Beef with the trimmings & Entertainment
Proceeds—Anglican Parish of Tyendinaga

For tickets contact: Gail 613-396-2367 or Shirley 613-962-6137



Royal Canadian Legion
Earle J Brant Memorial Branch 280
Deseronto, ON

January, 2012 events...

Saturday, January 14
JEFF CODE & SILVER WINGS
Great live country classics

Friday, January 27
A - 1 Entertainment
K A R A O K E !
7:30 - 11:30pm

Monday, January 30
Legion General Meeting
All members welcome
7:30 pm

Enyonkwa'nikonhriyohake Program Presents:

Youth 
Valentine Dance!

Thursday, February 2, 2012

@ Community Centre 



AGES 6-12 Welcome from 6-8pm

AGES 13-18 Welcome from 8-10pm



** A Parent or Guardian MUST sign child in & out*



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 Rev'd Brad Smith
962-2787

SUNDAY CELEBRATIONS

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

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

**Both churches worship together
22 January at 8:30 a.m. at All Saints' Church*

Trial Combined Worship

From 5 February to 25 March, both congregations will
worship at All Saints' Church.

8:30 a.m. - early service (no music)
9:15 a.m. - Christian Education/study
10:30 a.m. - Sunday Celebration

UPCOMING EVENTS

Parish Fun Night
Wednesday 18 January, 7 p.m., QAPC
Bring a game, a friend, and a snack!

Men's Breakfast
Saturday 28 January, 8 a.m., Jeff's Place, Deseronto
The men of the Parish (and friends) gather once a
month for breakfast and fellowship.

Celebration of the 60th Anniversary of
the Accession of Her Majesty The Queen
Sunday 5 February, 4 p.m., Christ Church
On 6 February 1952, with the death of King George VI,
Princess Elizabeth became the Sovereign. A traditional
service of Evensong will commemorate this historic
moment in the history of the Commonwealth and give
thanks for the sixty years that Queen Elizabeth II has
reigned over the United Kingdom, Canada, and her
other realms and territories and been a friend to her
allies, the Mohawks.

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

"AA OPEN MEETINGS"

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

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

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 weight loss meeting and support group
established in 1948 as a nonprofit organization.
Our goal is to help each other lose weight for better
health and appearance.

If you are struggling with a weight issue join us and
together we can achieve our goals.

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

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

Contact: Joy Brant - 613-967-0411
Tree Good altree94@gmail.com

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

Traditional Anglican Communion

THE ANGLICAN CATHOLIC PARISH OF KERISTOS NE KORAH:KOWA



Use: Rase!

*The Parish of Christ the King wishes you and yours
Peace in the New Year and a Great Epiphanytide!*



*"The chiefs from afar before him knelt
with gifts of fox and beaver pelt..."—The Huron Carol*

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 Mass—10:00 A.M.

Including New Year's Day

Traditional Anglican Services

Using the long-established

Book of Common Prayer (1962)

And the time-honoured hymnal

Book of Common Praise (1938)

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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Sunday

10:30 am Worship Service

11:30 am Children's Church

6:30 pm Worship Service

Wednesday

7:00 pm Bible Study

Saturday

7:00 pm Prayer

Communion

second Sunday of each month

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STOREFRONT
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- negotiable with terms

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 - large family room with new Wood stove
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- Located on Old Hwy #2

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- 4 BEDROOM HOUSE
- 376 Beach Rd in Shannonville
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 - full basement
 - 2 full bathrooms
 - 2 car garage
 - 27' above ground pool
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Please call Bill: 613-966-1092

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Call: Terra 1-705-2281151

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- North end of Norways Side Rd. On the west side

Call 1-403-237-9879

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e-mail: bonnie@pelletierlawfirm.com

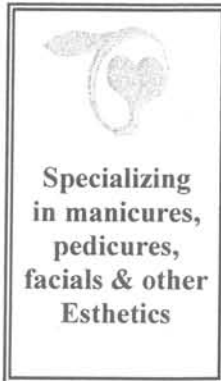
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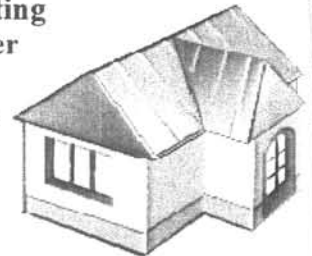
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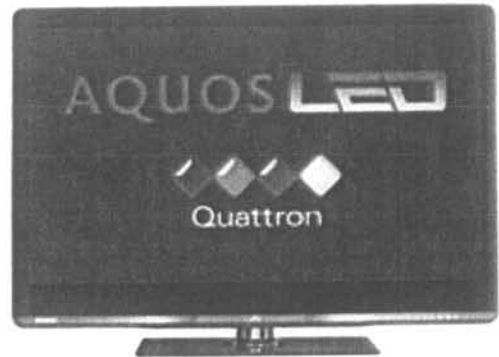


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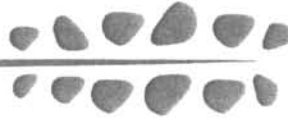


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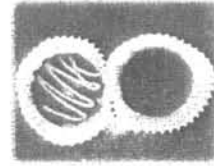
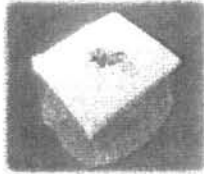
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