



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 1/14

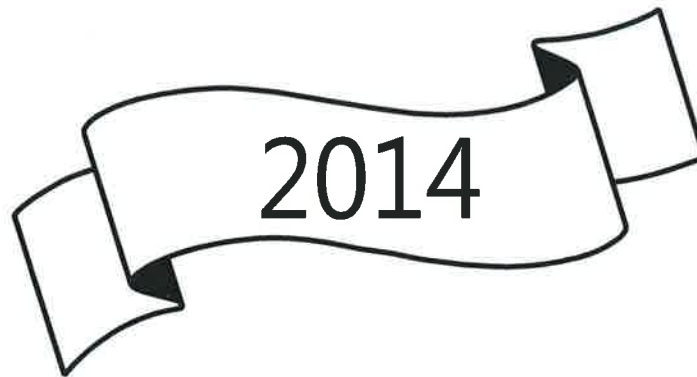
TSI YOTHORHKOWA (January)

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

A HAPPY
NEW YEAR
2014



INAUGURATION
OF THE
TYENDINAGA MOHAWK COUNCIL



January 12, 2014

2:00 p.m.

MOHAWK COMMUNITY CENTRE
TYENDINAGA MOHAWK TERRITORY

All Welcome
Light Refreshments

Tyendinaga Mohawk Council Meetings
for January 2014:

TMC Meetings	Agenda Deadlines
Local Business – Wednesday , January 15, 5:00 p.m. Regular – Wednesday , January 22, 9:00 a.m. Local Business – Thursday , January 30, 5:00 p.m.	Thursday , January 9, 12:00 p.m. Thursday , January 16, 12:00 p.m. Friday , January 23, 12:00 p.m.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in November & December responded to 18 calls:

- 5 Medical Assists**
- 7 Motor Vehicle Collision**
- 1 Hydro Wires Down**
- 1 Mutual Aid Assist**
- 1 Structure Fire**
- 1 Auto Alarm**
- 1 Natural Gas Leak**
- 1 C.O. Detector**

This brings our total to 90 calls for the year 2013

NOTICE

Tyendinaga Mohawk Council is requesting that ALL RECREATIONAL VEHICLES

i.e. four wheelers, etc.

avoid driving on

the MBQ Landfill site located south of the York Road

these vehicles are causing damage to the Protective Cap

and have resulted in costly repairs

Thank you for your cooperation

If you have any questions please contact the Technical Department at 613-396-3424

Aboriginal Awareness Course

Facilitated by: Betty (Katsitsiase) Maracle

Alan (Anataras) Brant



Saturdays from 9:00 am to 12:00 pm

January 25 to March 15

Loyalist College Kente Building, Room 3H9

For more information or to register, contact:

Deiana Gonyea

dgonyea@loyalistc.on.ca

613-969-1913 Ext. 2250

EVERYONE WELCOME



ABORIGINAL CONSTRUCTION RENOVATION PROGRAM

This program is open to
Aboriginal people who
are unemployed or
underemployed

Tuition is free to those
accepted into the program

To determine your eligibility,
contact the Aboriginal Resource Centre at
(613) 969.1913 ext. 2250
dbrant@loyalistc.on.ca



Gain valuable knowledge
of the construction
renovation field and
hands-on experience
working on a project in the
Tyendinaga community





We extend an invitation to the community to participate in the
2014 Visioning Gathering
to be held
on
Thursday, January 16th, 2014
From 1:30pm – 4:30 pm
19 Bayshore Rd., Tyendinaga Territory
(Shatiwennakaratats Adult Language Program)

With your input we will generate ideas on ways to further advance
language and cultural revitalization in Kenhteke.

For further information: (613) 396-1081/82

TTO Vision Statement

*“Our language and culture are the foundation upon which we thrive spiritually,
mentally, physically and emotionally as Kanyen'kehaka people”*



Totahne Language Nest is currently accepting applications for full-time enrollment

Totahne gives young children (2+ yrs & potty-trained to 5 yrs) an opportunity to acquire their first language (Mohawk) in a home-like environment under the care and supervision of a fluent Tota (grandmother). **The program encourages a 100% immersion setting.**

This program is for those families who are interested and enthusiastic about their child(ren) learning to speak the Mohawk language and who can commit to full-time daily (M-F, 8:30 – 3:30) attendance.

If you are interested in completing an application or you would like further information on this program please call (613) 396-1081



In Loving Memory of

Jacob "Moe" Maracle

Who passed away January 7, 2013

We thought of you with love today,

But that is nothing new.

We thought about you yesterday,

And days before that too.

We think of you in silence,

We often speak your name.

Now all we have is memories,

And your picture in a frame.

Your memory is our keepsake,

With which we'll never part.

God has you in his arms,

We all have you in our hearts.

Missing you greatly Dad/Pup,

*Angela, Jake, Shirley, Victoria and
Ashton*

In loving memory of our grandson

Connor James Loft,

July 22, 2003 – January 19, 2007

We who love you, sadly miss you

As it dawns another year

In our lonely hours of thinking

Thoughts of you are ever near

Missing and thinking of you always.

Love you forever!!

Granmola & Papa

*I am a mountain
I am a tall tree
Ohhh, I am a swift wind
Sweepin' the country
I am a river
Down in the valley
Ohhh, I am a vision
And I can see clearly
If anybody asks u who I am
Just stand up tall look 'em in
the Face and say*

*I'm that star up in the sky
I'm that mountain peak up high
Hey, I made it
I'm the worlds greatest
And I'm that little bit of hope
When my backs against the ropes
I can feel it mmm
I'm the worlds greatest*

*I am a giant
I am an eagle
I am a lion
Down in the jungle
I am a marchin' band
I am the people
I am a helpin' hand
And I am a hero*

THE WORLD'S GREATEST



The Tyendinaga Home Support Team would like to thank the following for the generous help and/or donations.

Cubby's Chip Wagon & Catering for their donation of food to the Food Resource Centre.

Quinte Mohawk School Grade 8 Students and Mr. Reid for coming to help serve at our Annual Seniors Christmas dinner.

You all did a great job!!



The 2013 food drive was a success!

Nyawenkó:wa a big thank you to the sponsors, as well as those who made generous donations directly to the food bank:

- Smokin' Coffee Express
- 59ers Club
- Bayview Variety
- Village Variety
- Belleville Bakery
- No Frills
- Dewe's Independent Grocer



Special thanks to the volunteer drivers and runners as well as all the individual businesses and community members who contributed.



From the TJC staff, committee, and placement students.

Tyendinaga Justice Circle
Isotakashina
(It has become right again)

The 2013 Angel Tree Committee would like to thank our Community for participating in this year's BOSSY BINGO!
You have helped raise \$400 for next year's program!



Thank-
you!

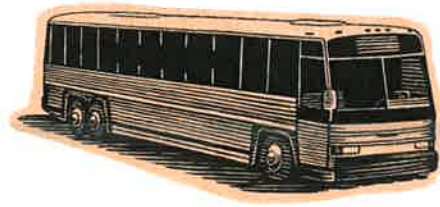
Congratulations to the \$100 winner:
Donna Crouse!

NEXT COMMUNITY KITCHEN: FRIDAY, JANUARY 17TH AT THE COMMUNITY
WELLBEING CENTRE FROM 9 - 1PM.

FOR MORE INFORMATION, PLEASE CONTACT KAREN LEWIS @ 613- 967-6264



Christmas
crafting at
December's
Community
Kitchen: sock
snow people



Alderville First Nation Charter Bus Trip

“RETURN TO OUR ROOTS”

Diabetes Education Day

Thursday January 30, 2014

Free to Community Members over 18 years of age

Bus departing from Community Wellbeing Centre

7:00 am-Returning 6:00pm

**An exciting mix of prevention, featured speakers,
information sharing, networking and fun!**

Space is limited: Please register by Thursday January 16/13

For more information or to register, please contact

Mary M., Vanessa B., or Wendy S. 613-967-3603

Conference at a Glance

- ***Full day conference includes nutritional snack breaks and buffet lunch***
- ***Great door prizes***
- ***Diabetes Health Booths/Displays/Drug Representatives***
- ***First Nation Craft Vendor***

Influenza (flu) Bulletin

Laboratory-confirmed influenza A cases have been reported in Southern Ontario First Nations communities.

Immunization remains the most effective way to prevent the spread of the infection. Everyone six months of age and older can get the flu shot at no cost in Ontario.

Why people need to get the seasonal influenza vaccine

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season carries different strains of influenza infection and can affect people differently. Even healthy people can get very sick from the flu or may be a carrier of the infection and spread it to others. Seasonal influenza (flu) is a common virus that affects the lungs and airway. When someone with the flu sneezes or coughs, the virus can travel through the air and others breathe it in. The “seasonal flu season” in Canada can begin as early as October and last as late as May. An **annual** seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through our community.

The following precautions can be taken:

- **Get your Flu shot**
- **Wash your hands often using soap and water or an alcohol-based hand sanitizer.**
- **Ensure hands are washed:**
 - ✎ **After coughing, sneezing or blowing your nose**
 - ✎ **After shaking hands**
 - ✎ **Before eating**
 - ✎ **Before putting in contact lenses**
 - ✎ **Before touching your face**
- **Avoid touching your face as much as possible.**
- **Cough and sneeze into a tissue or your elbow. Throw out used tissues right away.**
- **Do not share objects that have been in other people’s mouths, e.g. toothbrushes, drinks and water bottles, unwashed utensils, cigarettes, lip products, and mouthpieces of musical instruments.**
- **Stay home if you feel sick. You can return to work or school when you’re feeling better and you’re fever free. Staying home will help prevent the spread of infections to co-workers and the general public.**
- **Frequently clean common surfaces such as keyboards, doorknobs, countertops, etc.**

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



JANUARY 2014

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Breastfeeding Support 10:30am-12pm Parish Church	8 Cancer Screening Presentation 6pm-8pm Community Wellbeing	9	10	11
12	13	14 Breastfeeding Support 10:30am-12pm Parish Church	15	16	17	18
19	20	21 Breastfeeding Support 10:30am-12pm Parish Church	22	23	24	25
26	27	28 Breastfeeding Support 10:30am-12pm Parish Church	29	30	31	

Diabetes Social
Circle
Tues. Jan. 14
6-8pm @CWC

COMMUNITY
HEALTH



DIABETES SOCIAL CIRCLE

Next meeting: Tuesday January 14

6 pm to 8 pm at the Community Wellbeing Centre

EVERYONE welcome. If you would like to know more about Diabetes prevention or have Diabetes, come join us at our monthly sessions:

Presentations by guest speakers and trained CWC staff.

For more information please call

Wendy Sonneveld CHNIC-613-967-3603 ext 144

FAMILY FUN NIGHT

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

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

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

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

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



Gastric Bypass Support Group

Monday, January 20, 2014

@ Community Wellbeing

6:30pm

More information call Denise Leafe

Community Health-613-967-3603

Alzheimer Society

BELLEVILLE - HASTINGS - QUINTE

What is dementia?

What is Alzheimer's Disease?

Is it hereditary?

How should I react to someone who asks the same question over and over and over?

January 21, 2014

2:00pm

Kanhiote

Tyendinaga Territory Public Library

All are welcome to attend this FREE interactive session.

**For more information call Education & Support Coordinator
Kristel Nicholas 613-962-0892**



Moon Ceremony

Women / girls are invited to join us to honour and seek guidance from Grandmother Moon on Jan. 15 / 2014 at Dusk (Approx.

6:00 pm. Facilitated by Betty Carr-Braint.

Women / girls are encouraged to bring:

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

A bottle of water

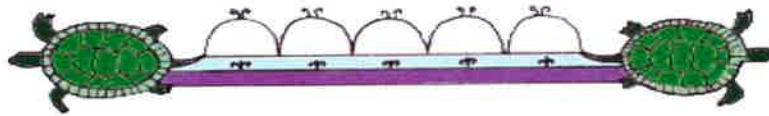

A lawn /camp chair

A small pot Luck Item

And to wear a skirt.

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

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

**Ontario First Nation/Aboriginal Peoples Living with HIV/AIDS (OFNAPHA) Summit:
Rekindling the Home Fire**




**February 10th - 13th
Barrie, Ontario**

Travel, accommodations and meals will be provided for all attendees.

Register by January 17th, 2014
Spots are limited.

To register anonymously or for more information
please call: 1-(807)-708-7868

Organized by Ontario First Nations HIV/AIDS Education Circle (OFNHAEC) in partnership with Ontario Aboriginal HIV/AIDS Strategy (Oahas), and 2 Spirited People of the 1st Nations.

Enyonkwa'nikonhriyohake' Program Presents:

Youth Group!

All activities are FREE
JANUARY 2014



NOTES FOR JANUARY:

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

Tuesdays

ages: 6-8
TIME: 6-8PM



ages: 13-18
TIME: 6-8PM

Wednesdays

Thursdays

ages: 9-12***
TIME: 6-8PM



14 York Road, Unit #1 & 2B
Shannonville, Ontario
KOK 3A0

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

January 2014

Discover the Balance

We have Gift Certificates

NEW YEARS RESOLUTIONS

How to Keep it Going !

Choose an attainable goal
Avoid choosing a resolution that you have been unsuccessful at attaining year after year
Create a game plan
Break it down to make it less intimidating
Give it time, 21 days to create a habit and 6 months for it to become part of your daily life
Reward yourself with each milestone
Ask friends and family members for help so you have someone to be accountable to
Don't do it alone
Keep a journal



Contest:

Whoever has the most visits to TFRC for the month of January will receive a Walmart gift card and a drawstring bag

Update:

Sonya Maracle is now certified in Pre and Post Natal Personal Training

Discovering the
Balance

By Working the
Mind, Body,
Heart and Spirit
Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 2:00pm

Fees

Senior (55+) \$20.00

Student \$25.00

Adults \$30.00

We Are Open to

The Public

Staff

Darlene Loft /
Recreation Manager

Sonya Maracle /
Fitness Staff & P.T

Part -Time Staff

Sonya Lueth

Mahaley Brant
Shanleigh Maracle

Kiowa Bernhardt

Co-op Welcome

Tyendinaga Fitness Resource Centre (613) 962-2822 January Fitness Studio

**Poster
Details
Available**

14 York Rd. Shannonville
Phone: 613-962-2822
E-mail:
tyfitnessres@mbq-tmt.org.

*Pilates ~ Wendy Meraw
\$10 drop in*

*Martial Arts ~ Denny Tompkins
\$10 drop in*

*Tai Chi ~ Jocelyne Granger
\$10 drop in*

*Zumba - Brigitte Cole
\$5 drop in*

*All Program fees go to the
Instructor
Programs will continue if
successful*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All Classes Are very reasonable price			1	2 Martial Arts 6:30-7:45	3	4
5	6 Martial Arts 6:30-7:45	7 Zumba 6pm-7pm	8 Tai Chi 10am-11am Pilates 5:50-6:50	9 Martial Arts 6:30-7:45	10	11
12	13 Martial Arts 6:30-7:45	14 Zumba 6pm-7pm	15 Tai Chi 10am-11am Pilates 5:50-6:50	16 Martial Arts 6:30-7:45	17	18
19	20 Martial Arts 6:30-7:45	21 Zumba 6pm-7pm	22 Tai Chi 10am-11am Pilates 5:50-6:50	23 Martial Arts 6:30-7:45	24	25
We do our best To help the Small Business Of Fitness Professionals	27 Martial Arts 6:30-7:45	28 Zumba 6pm-7pm	29 Tai Chi 10am-11am Pilates 5:50-6:50	30 Martial Arts 6:30-7:45	31	

Reflexology - Jan 22, 2014 9am-3pm \$30
Hanio Oksa Healthy Lifestyle Workshops - Feb 6, 13,
20 - 6:00pm FREE
Sign Up Today

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

TAI CHI

Tai Chi is a slow moving, gentle exercise perfect for all ages and levels of fitness. Modern studies have shown that Tai Chi can have therapeutic value for people with high blood pressure, asthma, various forms of arthritis, back problems, and of course, stress. Discover for yourself why Tai Chi is considered to be a "national treasure" of China.

Weekly Classes

Wednesdays, 10 am ~ 11 am / Drop In

COST

\$10.00 per class or \$35.00 per month

Classes being held at

**The Tyendinaga Fitness Resource Centre,
14 York Rd. Tyendinaga Mohawk Territory
(613) 962-2822 tyfitnessres@mbq-tmt.org**

Or

Jocelyne Granger *certified* (613) 827-7022

***Classes Will Continue if
Successful so Sign Up
Today!***



At the Tyendinaga Fitness Resource Centre

January 22, 9 a.m. to 3 p.m.

Bring about mind, body, spirit balance

Reduce stress, pain and inflammation

Improve circulation and digestion

Reduce symptoms of menopause

Manage symptoms of Diabetes, Arthritis

Gift Certificates for Xmas Available

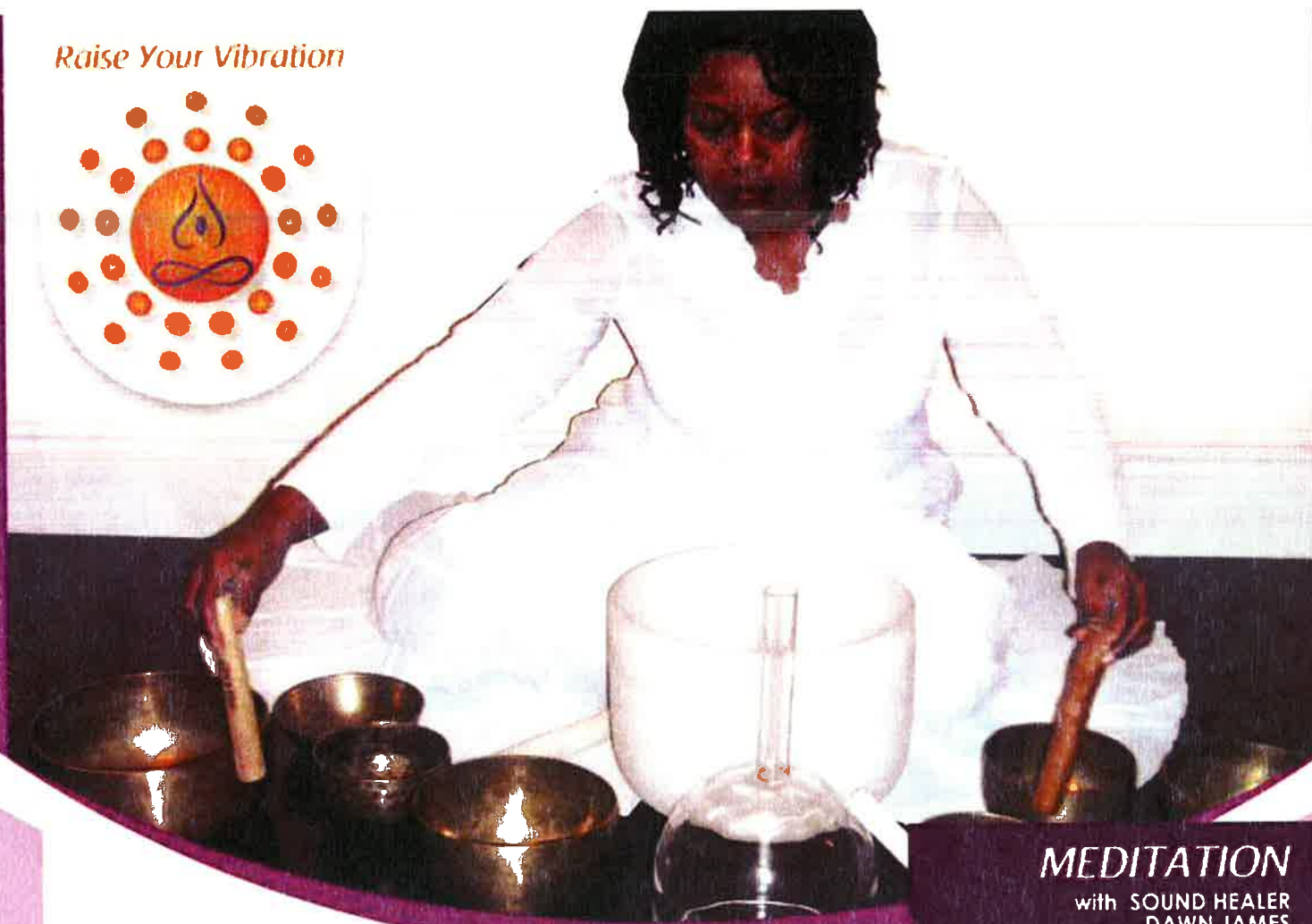
Experience a ½ hour Reflexology Treatment

Cost: \$30.00

Call 613-962 2822 and Book your treatment today

For more information email: mark@wilsonandreynolds.ca

Raise Your Vibration



MEDITATION

with SOUND HEALER
DAWN JAMES

Sacred Sound Circle with singing bowls

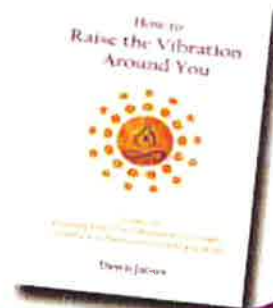
Join sound healer Dawn James of RaiseYourVibration.ca for an uplifting and harmonic Singing Bowl Meditation. This is an incredible opportunity to experience spiritual healing through sound vibration. Soothing meditation with the healing vibration of crystal & Tibetan bowls will bring balance and harmony to your physical and energy bodies. The intention of this sound circle is for transformation, insight and peace.

Tyendingaga Fitness Resource Centre

14 York Rd. Shannonville Unit # 1

Feb. 13, 2014 – 6 pm **BOOK SIGNING TO FOLLOW:

How to Raise the Vibration around You – author Dawn James eloquently shows you how to raise the frequency in your home, work space and general surroundings using the elements of Air, Light, Water and Earth's gifts...and the ultimate goal of 'being' in harmony \$20 per book



www.raiseyourvibration.ca • 1.888.767.8423 ext. 3

BOOK SIGNING TO FOLLOW FOR 'HOW TO RAISE THE VIBRATION AROUND YOU'



It's Time Again!

FREE

Details of the Hanio Oksa Healthy Lifestyles #8

Only one day a week to take the footsteps of change

Thursday February 6, 13, 20 / 2014

At the Tyendingaga Fitness Resource Center

6pm to 7pm - In the Fitness Studio

FREE- 3 weeks of promoting a Healthy Lifestyles by implementing a balanced program of being physically active & healthy workshops with the following:

Thursday February 6

Health, Fitness & Energy Event

Mandi Tisdale CSEP – CPT, CFC

trainer_mandi@yahoo.ca

Prizes
&
Refreshments
(Ask for Details)

February 13

Sacred Sound Circle with Singing Bowls

(Spiritual healing through sound vibration)

Dawn James

www.Raiseyourvibration.ca (books for sale)



February 20

Introduction to Yoga & Its Health Benefits

(You'll get to experience some of the poses)

Lori McNally

Antevasinyoga_1@yahoo.ca

Dress to Participate

Sign- up by January 31 /2013 by email or calling TFRC (613)962-2822

Or facebook TFRC tyfitnessres@mbq-tmt.org

SPECIAL MONTHLY MEMBERSHIPS & PRIZES

TO ALL THAT ATTEND all 3 sessions

SPECIAL FUNDING BY AIAI – 14 York Rd Shannonville



Circle of Friends

**Refer 10 Friends, Family or Staff
to join T.F.R.C for a month**



As an award you will receive
two months **FREE** at TFRC

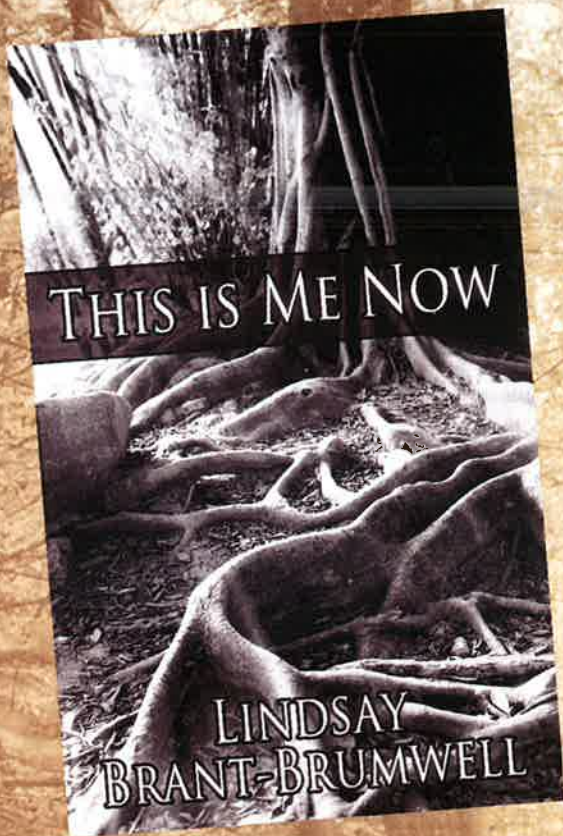
Ask for your Circle of Friends card today!

Everyone is a winner and more than once!

14 York Road Unit 1&2B
TFRC: 613-962-2822
tyfitnessres@yahoo.ca
www.mbq-tmt.org

Tyendinaga Fitness Resource Centre





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

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

ALL are welcome and there will be cupcakes!



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

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

Gallery One Twenty One is hosting its' first ever

"First Nations Art"

show and sale

entitled Spirit Woman from January 7 until March 01, 2014, with an opening reception on Saturday January 11, 48 Bridge St. Belleville

from 2 p.m. to 4 p.m.

This is going to be a very exciting show featuring David R. Maracle who is an internationally renowned artist, sculptor and musician.

David's name, Tehenneta;kwe:tarons, means "Carver of Stone"; he is the 7th son of Andrew C. Maracle (Mohawk, Turtle Clan) and Lillian. David attributes many of his accomplishments to his father Andrew, a respected Mohawk Elder who was an international speaker on First Nations issues and struggles. David's mother Lillian was also very inspirational as she was an accomplished author, poet, musician, artist and craftswoman.

Maracle has always been a strong advocate regarding aboriginal rights, language and education, and continues to take an active role in educating people through his Art and Music. He chose the Tyendinaga Mohawk reserve to be his home for the past 35 years where he has had his own business since 1985 and more recently opened the Lil. CroW Native Arts Centre, a home for First Nations Art, Music and Food with his wife Kimberley.

For the Spirit Woman show, David will be bringing some of his smaller stone sculptures. He is planning to entertain us with his original music and will have his own CD's for sale. He has written a wonderful piece to describe the Spirit Woman. "She prays for the water, she prays for the land, she prays for the future generations at hand. She prays for the wisdom we hold in our nations, and receives through the messenger bird, The Eagle, her confirmations. A gift of a feather, from that great bird of prey, she will cherish and protect, with each passing day. Tied in her hair, and close to her heart. Creator gives to her this natural art. Honouring creation and all natural things, whistling winds is Spirit Woman as she sings."

At the opening there will be a smudging ceremony, after which Dona Knudsen, president of Gallery One Twenty One will introduce Marlene Brant-Castellano who will be making some opening remarks. Marlene is a retired university professor and Mohawk of the Bay of Quinte who received the Queen Elizabeth II Diamond Jubilee medal in a ceremony at Queen's Park in Toronto this past year. Marlene was trained as a social worker and adult educator

and helped found the native studies program at Trent University in Peterborough, serving on the faculty there from 1973 to 1996. She was also co-director of research with the Royal Commission on Aboriginal Peoples and has served with various related organizations. She is an officer of the Order of Canada.

Many members of the First Nations community will also be participating in the show. Carol Ann Maracle will be displaying some of her paintings, baskets, basswood flowers with sweet grass; corn husk dolls dressed in beaded buckskin. As a special treat, she will be making corn soup, bannock and strawberry drink for the opening reception.

Other artists include Carol Ann's daughter, Pauline, crafting traditional bead work; Curtis Maracle who makes functional and beaded moccasins; Rebecca Maracle with her feather work from which she has created some lovely table top pieces; Ross Brant with his mother's traditional native cook books; Shirley Martin and her daughters Lisa and Nancy who also do traditional beadwork; painter, Suzanne Brant; artist/author Narda Julg with her dolls, books and cards; painter, Jay Redbird and his father, Duke Redbird, have paintings and photos that have been painted using a unique technique; painter, Janice Brant; Trevor Brant will be showing carved antlers; and stone sculptures by Will Fisher.

"In Mohawk society, the older you get, the more important you become", said Brant-Castellano. "In this community, I'm not in my sunset years. I'm in my richest years. These are the ways of being human that the Mohawks and other First Nations have preserved, and it's why we are so absolutely determined that we're not going to disappear".

So as you can see, this upcoming show in January is going to be a very special event. Please plan to see this exciting exhibit and mark Saturday January 11 at 2 p.m. for the opening ceremonies and reception. Remember, Corn Soup, Bannock and Strawberry Drink are on the menu and everyone is welcome.

HOCKEY AT ITS BEST!

JAN. 18, 2014

CHECK US
OUT ON
FACEBOOK!



VS.



Montreal Canadiens
Alumni

MEET THE STARS – AN AFTERNOON OF FAMILY FUN AND EXCITEMENT!

January 18, 2014 from 2:30 pm to 4:30 pm at the Deseronto Arena
Tickets: VIP seating \$25 each; Regular seating \$20 each or 10 for \$150
Sponsorship and tickets: call Cassie Thompson (613) 967-3603 or (613) 813-1645
Reception: 5:30 pm to 7:00 pm with light refreshments (cash bar)

www.facebook.com/mbq.tmt



Proceeds go to the Youth Sports Programs
at Tyendinaga Mohawk Territory



Attention

Hunters & Shooters!

Interested in getting your PAL and/or Hunting Licences?

“ONE STOP” courses will be offered. Both Courses combined \$280.00
Individual Course \$140.00

The Firearms Safety Course (PAL) portion will be Fri/Sat Jan. 18/19, 2014
The Hunter Education Course portion will be Fri/Sat Jan 24/25 (Outdoors card)
Both Courses will run Fri. 6 - 9 p.m. and Sat. 8:30 - 5:30 p.m.

Anyone interested in challenging the firearms tests should set up a time and date in advance. The cost for a challenge is \$45.00.

Courses include instruction, study manual, tests and paperwork required to apply for your PAL and Hunting licences. Courses will be offered in Shannonville at the corner of Hwy #2 and York Rd. (next to Tyendinaga Fitness Centre)

There is limited space.

For more information or to reserve your spot please call Ed Maracle at (613) 396-3077 or email at emaracle@xplornet.ca

NEED ICE?



Need some ice time for that family function or birthday party that is coming up?
Or maybe you want to just get together for a friendly game of shinny or a practice? The following ice times available:

January 11	10:00-10:50
January 17	6:00-6:50
January 18	10:00-10:50
January 25	12:00-12:50, 1:00-1:50
February 1	10:00-10:50 11:00-11:50, 12:00-12:50 and 5:30-6:20

Please Contact: Andy 613-396-3432 or aconger@deseronto.ca

CLASSIFIED

LOT FOR SALE

HY 49 & BAYSHORE RD
Partial dwelling located there

Phone: 613-243-9079

FOR SALE

FIREPLACE WITH CONSOLE

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

Call: 613-967-3345

FOR SALE

4 BEDROOM 1800 sq. Ft
BUNGALOW

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

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

HOUSE FOR SALE

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

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

WATERFRONT LOTS FOR SALE

- located on Snookies Rd
- with road frontage on Toms Rd.
- Lots 3C-6, Lot 3C-7, and Lot 3C-8 Con. 2
- 140 ft of waterfront with total acreage of 7.23 acres

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

FOR RENT

- SINGLE BEDROOM
- 129 Bayshore Rd.
 - Kitchen, living and bath
 - Available immediately
 - \$500.00 per month (All inclusive)

Call 613-242-8819

FOR SALE

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

FOR SALE

4 BEDROOM HOME

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

PRICE RECENTLY REDUCED
(Serious offers will be considered)

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

FOR SALE

2010 CHEVY SILVERADO

- 25000 kms, 4.3 L V6,
- automatic, 2 wheel drive, AC
- power rack and pinion steering
- factory warranty, on star, still smells new \$17,900

She's a must see!

Call Teresa or text 613-391-1617



HOUSE FOR SALE

4 BEDROOM

- 2 full baths, split level house on Beach Rd.

- 2 car garage, propane furnace /hot water tank / cook stove

2 yr old pellet stove secondary heat source in the basement

- partially completed basement which could host another bedroom

-large master bedroom, living room and full bath (Jacuzzi tub) above the garage

-main part of the house has a large dinning room, kitchen and 3 bedrooms and a full bath

-all laminate flooring throughout

-large yard with a 27 ft. above ground pool

-\$160,000.00 negotiable

If interested serious "inquiries only" please call and leave a message with your name and number to Wendy & Bill 1-587-276-1092 and leave a message

FOR RENT

PRIME OFFICE SPACE

- Central location to Wellness Building & new Band Office
- 68 Sadies Lane

Unit 1 - 12 X 12 \$550/month including heat & hydro

Unit 2 - 13 X 19 \$750/month including heat & hydro

Phone & internet connection in building extra

Rent both units for \$1000.00/month

Contact Jim McMurter
613-849-3436

* PLEASE * NOTE

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

Please call: 967-1129

FOR SALE

HONEY OAK 2 PEDESTAL OVAL DINING TABLE - 40"X60"

- Quality handcrafted by Tompkins Furniture Deseronto. includes 2 leaves to extend it 24 more inches.

- Will fit large or small space and includes 6 matching oak chairs. Price \$725.99.

Great buy n excellent condition!

Contact Marilyn at 613-967-1129 if interested.

BABYSITTING AVAILABLE

- certified in First Aid, CPR & AED, Social Worker Diploma, Outside playtime healthy snacks, lunch Story time, songs, games & crafts. Monday-Friday reasonable rates.

In my home.

Call Fran - 613-396-2393

HOUSE FOR SALE

41 Upper Slash Road
\$185,000

1 Acre Lot with Plenty of Road Frontage
1640 Sq. Ft – Main Level

Propane Furnace and Hot Water Heater
Hardwood and Ceramic Floors Throughout
Large Eat-in Kitchen

Dining Room opens to Multi-level Deck
Living Room with Large Picture Window
Main Floor Laundry

3 Bedrooms Upstairs with Potential for More Downstairs
Large Master Bedroom with Private Deck and Soaker Tub

1 Full Bath and 2 – ½ Baths (1 main floor and 1 on lower level)

Large Rec Room on Lower Level with Walk-out and Corner Propane Fireplace

Craft Room on Lower Level
Outdoor Hot Tub and 27' Round Pool
Attached 2 Car Garage
Shed

Call to view (613)967-8230



THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest

The Venerable Brad Smith
962-2787

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

As we find ourselves at the beginning of a new year, many of us will make resolutions. Some resolutions will fall by the wayside before the end of the month, but the really important ones will stay with us. What are your resolutions for 2014? Perhaps we might all resolve to be more considerate of others, especially those who are in need, and to strive for peace and good relations.

SUNDAY CELEBRATIONS

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

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

UPCOMING EVENTS

Men's Breakfast
Sat 25 Jan, 8:00 a.m., Small Town Café, Deseronto
A time of fellowship and food for Christian men.

A NOTE TO OUR COMMUNITY

Some people, knowing that the parish has amalgamated its two congregations and is worshipping in only one church at a time, have asked if we're closing one of the churches. The answer at this point in time is that we are considering what is the best way to fulfil our mission as followers of Jesus and our options include a review of our physical structures. Until a decision is made, our pattern of worship for the time being is to be at Christ Church from May to October and All Saints' Church from November to April. If you have any questions, please call Fr Brad at 962-2787.

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

"AA OPEN MEETINGS"

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

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

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

Losers Unite, Join Us!

WINTER HOURS

Thursdays

5 - 5:30 = Weigh in

5:30 - 6:30 = Meeting

Elders Lodge
(Bayshore Rd)

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

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

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

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



She:kan! Skennen:kawa! Great Peace be with you!

KERISTOS NE KORAH:KOWA

CHRIST THE KING

*Under the Patronage of Blessed Kateri Tekakwitha
A Catholic Anglican-Use Parish
Tyendinaga, M. T.*



Morning Prayer with

Communion from the Reserved Sacrament

10:00 AM → 1st, 3rd, 4th, 5th Sundays



Holy Eucharist (Complete Mass):

11:15 AM → 2nd Sunday of the Month

Services are held at: The Elders' Lodge Common Room

For additional parish information, please call:

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

OR

Ms. Lorna J. Moses, People's Warden, at 613-396-2538

OR

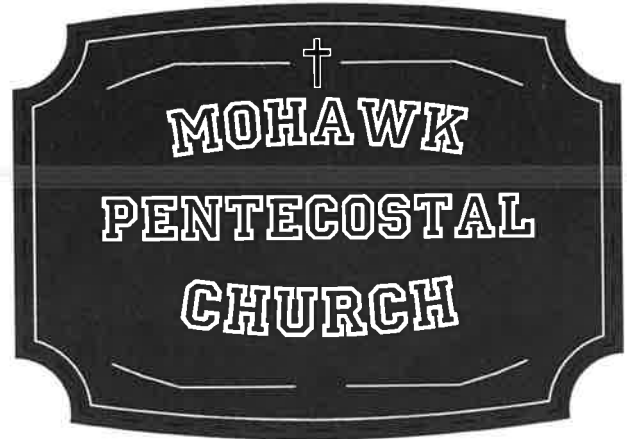
Minister Gérard Trinquet at ☎ 1-888-831-4145 ✉ gplus@yahoo.com



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



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



TYENDINAGA MOHAWK TERRITORY

1984 YORK ROAD

CHURCH - 613-396-5329

PARSONAGE - 613 - 396 - 5325

Sunday

10:30 am Worship Service

11:30 am Children's Church

6:30 pm Worship Service

Wednesday

7:00 pm Bible Study

Saturday

7:00 pm Prayer

Coming Events

Late Jan - "True Vine Generations" will be giving a contemporary gospel musical evening date to be confirmed.

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

Live your life so that the fear of death can never enter your heart. When you arise in the morning, give thanks for the morning light. Give thanks for your life and strength. Give thanks for your food and for the joy of living. And if perchance you see no reason for giving thanks, rest assured the fault is in yourself.

Chief Tecumseh, Shawnee Indian Chief

Pelletier Law Firm

Bonnie Pelletier, R.N., LL.B

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14 York Road, Tyendinaga, ON K0K 3A0
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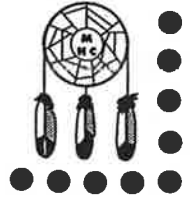
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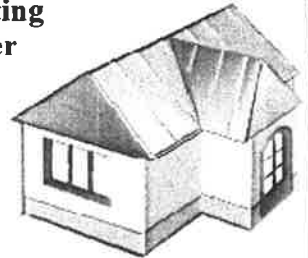
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2014

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 FAX: 613-354-3585

EMAIL: service@lafc.ca

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Family physician

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 RESIDENCE: 613-961-1975
 Fax: 613-961-2027

The Christmas Shop may be closed for the season, but

Gift Baskets

are available for all occasions!

Call

The Lazy Gardener

~ 613-966-7985 ~

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

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

Order your
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*Congratulations to
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MITTENS will be available
for the month of January!
Soy Candles by April sold
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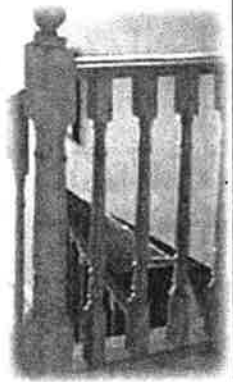
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ATTENTION MORTGAGE HOLDERS

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

Belleville Bakery



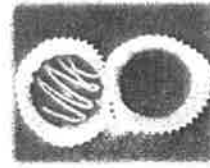
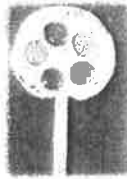
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