



# MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 1/15  
TSI YOTHORHKOWA

## ORI:WASE (NEWS)

*We are on the web [www.mbq-tmt.org](http://www.mbq-tmt.org)*

# 2015

*Happy  
New  
Year!*



### Drop In Program

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

### Afternoon Program

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

### Junior Program

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

## Tahatikohsontie Head Start: Drop In Program

# January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Years Day	2	3
4	5	6 Welcome Back	7	8	9 Show & Tell	10
11	12	13 You & Me Fitness with TFC @ 9:45am	14	15	16 Dancing with Keelan	17
18	19	20 Beading Bracelets @ 9:45am	21	22	23 Wear your favourite colours	24
25	26	27 Gym & Swim @ PEFAC 9:30-11:30	28	29	30 No Program	31

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

Guardians must accompany their children in the pool

PEFAC Address:

13263B Loyalist Parkway,  
Picton, Ontario K0K 2T0

# **Creative Exploration Workshop For Youth**

Come out and have fun exploring your creativity by trying different art techniques!

**Ages:** 9 to 11 years old

**Every Tuesday for 6 weeks**

**Dates:** February 3rd, 10th, 17th, 24th  
& March 3rd, 10th

**Times:** 6:00pm to 7:30 pm

**Where:** Tahatikonhsotontie Head Start

If you are interested call Carla @ **613-396-6716**  
to register

( No cost for the workshop)

(Spaces are limited)

FUNDED BY NCB DOLLARS



## ***RED CEDARS SHELTER***

Would like to thank everyone who donated, supported and volunteered their time at our Women's Wellness Day Event and made it a Huge success and look forward to next year!!

### **SILENT AUCTION DONATERS**

Quinte Quilters

Dave & Francis Jock

Carol Ann Maracle

Lynn Brant

Intercity Courier

Build-All Contractors

Beverly Hill Boutiques

Tyendinaga Social Services

Starlet—Napanee

Tyendinaga Fitness Centre

Lazy Gardener

Kangen Water—Tracy Maracle

Will Fisher

Taste of Country

Brittany Brant Music Centre

Tyendinaga Computers Sales

Native Renaissance II

Marlene Murphy

O.N.E. - Baptiste Family

Good Minds Program

### **SERVICE PROVIDERS**

Mary Ann Spencer— Reader

Doreen Southwood—Reader

Rebecca Young—Chiropractor

Morgan Young—Massage

Dr. Alanna—Natural Path

Thomas Krasnuik— Self Defence

Pampered Chef—Tammy McCambridge

Sonya Danford—Hair Stylist

Kim Maracle—Hair Stylist

Melissa Brant—Make Overs

Jennifer Westgate—Make Overs

Kailyn Maracle— Nails

Taylor Stacey—Nails

Otsitsia Brant—Nails

Carol Ann Maracle—Catering

Annie Sakkab—Photographer

***Special Thanks*** to all the vendors who donated all the door prizes, for coming out for this event and displaying all of their beautiful work.

The Winner of the Red Cedars Shelter "Basket" was  
**Carole Ann Maracle**

**This day would not have been possible if it wasn't for the collaboration of many good minds in programs such as Southeast Regional Cancer Program, Community Health, Family Health & Child Development, Home Support, Mohawk Family Services and the staff of Red Cedars Shelter.**



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

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



### *We offer:*

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

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

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

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

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

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

Nia:wen for your Community Support





# NEWS

from the  
**OHAHASE EDUCATION CENTRE**

Are you the parent of a Grade 8 student deciding which high school to attend this fall?

## **CONSIDER THE OHAHASE EDUCATION CENTRE!**

We offer a wide range of both compulsory and optional credit classes, and we integrate Mohawk language, culture, and traditions into as many activities as possible. Our small class sizes mean your child will get more individualized instruction and one-on-one tutoring and support. Come for a tour and meet our staff – any time at your convenience, Monday to Friday, 8:30 – 4:30. Please call ahead.



We are accepting registrations for any student who wishes to join us for Semester II, which starts **February 2**. At the junior level (Grade 9 and 10), courses being offered are:

- Grade 9 Geography
- Grade 9/10 Math
- Grade 9/10 English
- Grade 10 Civics/Careers

Senior students (Grade 11 and 12) will be enrolled in our NEW Cooperative Education program and/or taking courses independently. Drop in or call anytime for more information or to register.



Our **Adult Education Program** always accepts new applicants. It's never too late to achieve your Grade 12 diploma, and most adult learners can do so with as few as four credits. Call or drop by for details!

Ohahase Education Centre  
3 Old York Road  
613-396-2122



# Knowledge Opens Doors

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

## Mental Health and Addictions Worker

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

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

**Offered in an intensive delivery mode.**

## Personal Support Worker

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

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

**Offered 3 days per week - Monday to Wednesday.**

## Indigenous Community Diabetes Support

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

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

**Offered in an intensive delivery mode.**

## First Peoples' Aviation Technology - Flight

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

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



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



TSI TYONNHEHT ONKWAWENNA  
"Keeping the Language Alive"

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

## Akohsera'kè:ne-Wintertime

Shayà:ta rón:kwe, ronwa'níha tánon áhsen nihá:ti shakoyo'okón:'a,  
One man, their (m) father and 3 of them (his) children,

ronhryohkawí:nes akohserà:ke nikahá:wi owisà:ke yokà:ronte kanyatarà:ke  
they are fishing in the winter time on the ice it is a hole on the river



né:'e tsi ronaten'nokonhró:ri tánon rontonhkáryaks.  
because they are having fun and they are hungry.

Skakahráksen rón:nehre ahatiyé:na.  
Pickerel they (m) want to catch.

Yowí:sare (yo-wee-za-ray) – it is icy

Wa'tkato'tsinehtsherontà:ne (wa-t-ga-doe-gee-net-shair-oon-da-nay) - I am going skating

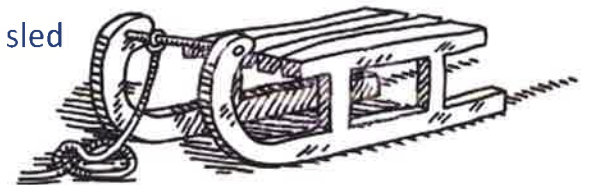
Tsi teyontshihkwa'ekstákhwa (gee day-yoon-t-she-gwa-ex-da-gwa) – arena

Ónhka wa'ontkwé:ni? (oon-kaa wa-oon-t-gweh-nee) – Who won?

Teyonthonwenhtákhwa (day-yoon-toon-w-un-da-kwa) – sled

Shanennyó'kwa (saw-n-un-n-yo-gwa) – snowman

Aterawénhtha (ah-dare-a-w-un-ta) – snowsnake



Tekenyáhse tekeniksá:'a tekyato'tsinehtsheróntha tánon tekeniyáhse tekeniksá'a  
Two of them girls they (f) are skating and two of them girls

íkenete akohserà:ke nikahá:wi, átste owisà:ke kahyonhatákye  
winter winter time outside on the ice along the stream

oh nà:ken ne aotinónhsa né:'e tsi yonon'wéskwani,  
behind their (f) house because they (f) enjoy

yah teyothó:re tánon kawisí:yo.

it is not cold and the ice is nice.







TSI TYONNHEHT ONKWAWENNA  
"Keeping the Language Alive"

# **ENTEWANÀ:TONHKWE!!**

**(We are moving!)**



**Tsi Tyónnheht Onkwawén:na Language and Cultural Centre**

**(including Kawenna'on:we Primary Immersion School)**

**1658 York Rd., Tyendinaga Mohawk Territory, Ontario K0K 1X0**

**(lower level of Kanhiote Library)**

**New phone number (613) 967-3781**

**New fax number (613) 967-5802**

**Effective January 12th, 2015**

# REMEMBER WHEN !!



Quinte Mohawk  
School  
Faculty 74-75

Could someone identify  
the lady in the back row,  
third from the right?

Call Charles at  
613-396-3424 ext 133

Quinte Mohawk  
School



Quinte Mohawk School Faculty  
1966-67

Western School



## RBC Learn to Play Project supports local First Nations children

On Wednesday, November 26<sup>th</sup>, Carolyn Birney, RBC Branch Manager, Napanee and Lorrie Maracle RBC Mobile Banking Advisor presented a cheque of \$9,130 to Tsi Tyonnheht Onkwawenna Language and Cultural Centre (TTO), Tyendinaga Mohawk Territory, successful recipients of an RBC Foundation “Learn to Play” grant. The “Rotinonhson:ni Traditional Sport Program” will introduce the sports of paddling and archery to children 7 – 12 yrs in the spring of 2015. On hand to accept the cheque were TTO Board Members, Karen Lewis and Curtis Maracle. For more information contact Callie Hill, TTO Executive Director at [callieh@kenhteke.org](mailto:callieh@kenhteke.org)



This picture is from the Grimsby News Wednesday, November 19, 2014

Goaltender Jason Thomas stops the puck during a Niagara District Hockey League game.

Jason Thomas will be the goalie for the Tyendinaga Pee Wee Team for the Little NHL tournament in March.

# Happy New Year everyone!

Was one of your resolutions to read more books? You can borrow from the library – membership is free.

Interlibrary loan is available if we don't have the book you want. Or, with your library card, and our paid subscription, you can borrow audio or e-books from Overdrive for your computer, e-reader or phone.

Have trouble seeing print or holding a book? We have audio books and a player you can borrow. Or set up an account and have the audio books delivered to your home.

There is on-line inspiration for what to read next from Amnesty International book club – current book is *Indian Horse* by Richard Wagamese. If you would like to meet with a group to discuss please let me know. Also, you could read along with Mark Zuckerberg of FB fame – his resolution was to start a world-wide book club and the first book he chose is *The End of Power*.

Set up an account at [goodreads.com](http://goodreads.com) to track and review the books you have read and learn what your friends are reading.

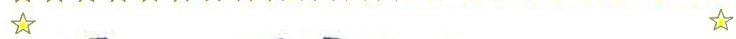
For the third year the library is receiving 1 new teen and 1 new pre-schooler book every month. They are easy to spot on the shelf with a gold spine label.

Check out the National Reading Campaign at [www.nationalreadingcampaign.ca](http://www.nationalreadingcampaign.ca) for info on the benefits of reading (makes you smarter, lowers stress), tips for parents and teachers and lots of book news.



**KANHIOTE  
LIBRARY**  
**613-967-6264**

Monday, Tuesday  
and Wednesday Thursday 12 to 7



## Happy Birthday!



★ Happy 18<sup>th</sup> Birthday  
★ Allison – January 11<sup>th</sup>  
★ Love Marilyn, Rick, Sam,  
★ Emmett, Phill & Hayden

★ Happy Birthday  
★ Linda – January 23<sup>rd</sup>  
★ From Marilyn

★ Happy Birthday  
★ Wanda – January 13<sup>th</sup>  
★ Love Marilyn, Rick, Sam,  
★ Emmett, Phill & Hayden

★ Happy Anniversary  
★ Carol & Manson  
★ – January 27<sup>th</sup>  
★ Love Marilyn, Rick, Sam,  
★ Emmett, Phill & Hayden

★ Happy Birthday  
★ Feather – January 20<sup>th</sup>  
★ From Marilyn



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

It's hard to believe how fast the years fly by and it's now 8 years since you left us!  
It was hard to see you go but God must have needed an extra special angel in heaven so he took you to be with him  
There's not a day goes by that we don't think of you and miss you!

Love you forever, Granmola & Papa xoxo



# Attention

## Hunters & Shooters!

**Firearms Course (CFSC) or PAL** will be offered Friday & Saturday Jan. 16 & 17th 6-9pm and the Hunting Course will be offered Friday & Saturday Jan 23 & 24th 8:30am until 6pm.

Cost is \$140 which includes a manual, 2 tests, instruction and all paperwork needed to acquire the PAL. The course will be run in Shannonville and the space is limited to the first 10 paid students. If you have your own manual the cost is \$125.

Anyone interested in doing a challenge please make prior arrangements. The cost for a challenge is \$40 and can be arranged at anytime.

Call Ed (613) 396-3077 or email [emaracle@xplornet.ca](mailto:emaracle@xplornet.ca) for more information.



### SAMS LIL VARIETY

### 2<sup>ND</sup> FUN DAY WALLEYE DERBY

Saturday February 7, 2015

6:00 AM – 6:30 PM

1<sup>st</sup> Prize - \$200.00

2<sup>nd</sup> Prize - \$150.00

3<sup>rd</sup> Prize - \$75.00

Hidden Weight - \$100.00

Additional Draw Prizes

Tickets \$5.00 each

**1 Fish per ticket**





# Bottle Drive

## Fundraiser For Tyendinaga Youth

For International Indigenous Youth Exchange Program  
With “Mapovchi of Chile”

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

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



*Have A Heart Day*

On Valentine’s Day, February 14, 2014, celebrate Have a Heart Day by supporting First Nations children to grow up safely at home, get a good education, be healthy and proud of their cultures.

Have a Heart Day is about caring Canadians working together to ensure First Nations children have proper services that make them feel proud of who they are. You can help by sending a Valentine’s Day card or letter supporting Have a Heart Day to the Prime Minister and your area’s Member of Parliament, or by spreading the word through social media like YouTube, Twitter, and Facebook.

For more details, to send an e-Valentine or to print and sign a valentine visit the website, [http://www.fncaring\\_society.com/](http://www.fncaring_society.com/) and click on Have a Heart Day. Also, letters for signature are available at the Community Well-Being Centre.

For information, please call Tracey Gazley, FNCYWW at 613-967-0122, Ext 175



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

# January 2015

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

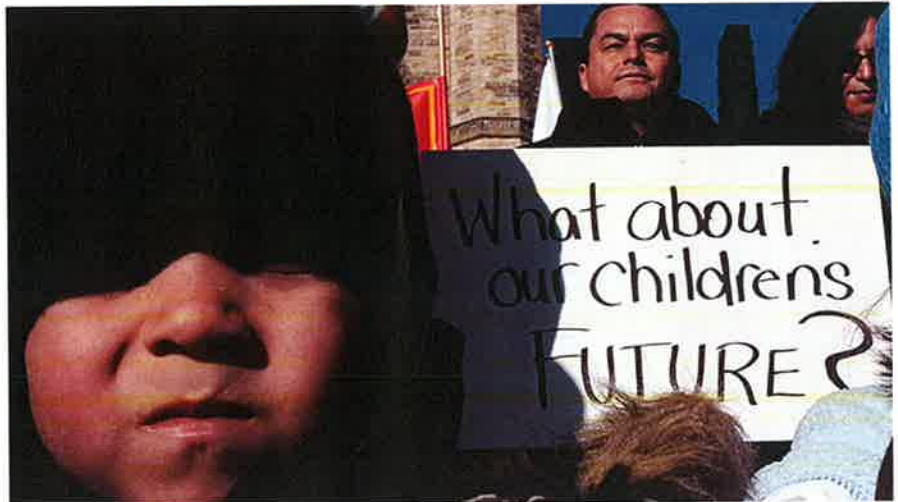
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Breakfast Club—8:00 to 9:30 a.m. Diners Club—12:00 to 1:00 p.m. Handivan Departure—9:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m.			Afternoon at the Movies—1:00 to 3:30 p.m. Euchre —6:30 to 8:30 p.m. Wii Bowling—6:30 to 8:30 p.m. Ceramics—1:00 to 3:00 p.m. Friendly Visiting Lunch—12:00 to 3:30 p.m.		1	2	3
					<i>Office will reopen            Monday, January 5th at 8:30 a.m.            Wishing you and your family            Happy New Year!!!</i>		
4	5 Ceramics Wii Bowling	6 Meals on Wheels	7 Euchre	8 Meals on Wheels Napancee Shopping	9 Meals on Wheels Handivan Des	10	
11	12 Ceramics Wii Bowling	13 Meals on Wheels	14 Diners Club & Bingo HOME SUPPORT @ Community Centre	15 Meals on Wheels Friendly Visiting Lunch	16 Meals on Wheels Handivan Des Scrapbooking	17	
18	19 Breakfast Club Ceramics Wii Bowling	20 Meals on Wheels	21 Afternoon at the Movies Euchre	22 Meals on Wheels Belleville Shopping	23 Meals on Wheels Handivan Des	24	
25	26 Ceramics Wii Bowling	27 Meals on Wheels Salve Workshop	28 Diners Club & Bingo HOME SUPPORT @ Community Centre	29 Meals on Wheels	30 Meals on Wheels Handivan Des Scrapbooking	31	



**On February 5 /2015  
Have a Heart  
for First Nations  
Children**

**FREE COMMUNITY  
BREAKFAST**

**Free Carnation  
While Supplies  
Last!!!**



**When: February 5/2015**

**From: 7am—10:30 am**

**Where : 59ers Club**

On February 5 / 2015 celebrate Have a Heart Day by supporting First Nations children to grow up safely at home, get a good education, be healthy, and proud of their cultures.

Join us for Breakfast and sign a letter supporting Have a Heart Day which we will send to the Prime Minister on your behalf.

**HOSTED BY THE  
ENYONKWA'NIKONHRIYOHAKE'  
PROGRAM**

Our children should not have to fight for services all other Canadians enjoy.



# SEXUAL PREDATORS LIKE SILENCE- CONVERSATION STARTS HERE!

January 26/14 1 pm-4 pm  
at CWC Teaching Lodge



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

**Wherever there are children, there will be pedophiles.**

**No organization, community or family is immune.**

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

## 5 Steps to Protecting Our Children

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

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

## 5 Steps to Prevention

**Step 1: Learn the Facts**

**Step 2: Minimize Opportunity**

**Step 3: Talk About it**

**Step 4: Recognize the Signs**

**Step 5: React Responsibly**

## Take the Training

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

Contact Tracey Gazley or Diana Barlow at 613-967-0122 for more information or to register

# Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

**MONTHLY FOOD VOUCHERS** are offered to women during their pregnancy. For more information please call Community Wellbeing at 613-967-3603 and speak with the Community Health Nurses who will outline the program

We want you to have a healthy pregnancy and a healthy baby

Mary McCauley R.N.  
Community Health Nurse

## GOOD FOOD BOX

(Items in each)

### Large Food Box

5 lb. Potatoes  
2 lb. Carrots  
2 lb. Onions  
1 Broccoli  
1 Celery  
1 Romaine Lettuce  
1 Cucumber  
1 Green Pepper  
1 Green Onion  
3 Tomatoes  
5 Mac Apples  
2 lb. Bananas (6)  
5 Seedless Oranges  
4. Bartlett Pears

### Small Food Box

2.5 lb. Potatoes  
2 lb. Carrots  
2 lb. Onions  
1 Broccoli  
1 Celery  
1 Romaine Lettuce  
1 Green Pepper  
1 Green Onion  
2 Tomatoes  
2 Mac Apples  
1 lb. Bananas (3)  
2 Seedless Oranges  
2 Bartlett Pears

### Fruit Bag

5 Mac Apples  
2 lb. Bananas (6)  
5 Seedless Oranges  
1 Lemon  
5 Bartlett Pears

# Good Food Box



Dates: Order By and Paid 4:30pm	Order Arrives
January 6, 2015	January 14, 2015
February 10, 2015	February 18, 2015
March 10, 2015	March 18, 2015
April 7, 2015	April 15, 2015
May 12, 2015	May 20, 2015
June 09, 2015	June 17, 2015
July 7, 2015	July 15, 2015
August 11, 2015	August 19, 2015
September 8, 2015	September 16, 2015
October 13, 2015	October 21, 2015
November 10, 2015	November 18, 2015
December 8, 2015	December 16, 2015



Calendar For

2015

**Large Food Box \$15.00**

**Singles Box \$10.00**

**Fruit Bag \$5.00**

**COMMUNITY HEALTH**



## GOOD BABY FOOD BOX

The Good Baby Box helps families residing in Mohawk Territory to stretch their food dollar, reduce cost, and meet nutritional cost food needs of their infants and toddlers. Please contact Vanessa @613-967-3603

### Price List:

#### Infant:-\$6.00

- 20 pack of diapers
- 1 chosen speciality item

#### Over 6 Months-\$10.00

- 20 pack of diapers
- 6 small or 4 large jars of baby food
- 1 choice of cereal, cookies or juice

#### Toddlers:-\$6.50

- 20 pack of diapers
- 1 chosen specialty item

#### Speciality Items are:

- Wipes
- Shampoo
- Kleenex
- Vaseline
- Lotion
- Soap
- Other items as available

#### Formulas:

Good Start  
Enfamil lower iron  
Enfamil with iron  
Parent's Choice with iron  
Parent's Choice lower iron  
Powder: \$16.00 per can  
Concrete: \$2.25 per can or 8 cans  
for \$17.00

# Ronata'karite tahnon Sken:non Ronnonhtónnyons

**Community Health:** *"They are of good health, peaceful thinking and are able to contribute to the community in ways that help others maintain the first two".*

## Winter Weather Safety & Falls Prevention

Winter can be a challenging time of year to get out and about. Freezing rain, icy surfaces and piles of hard-packed snow pose a hazard for all of us!



*A few simple measures can make it safer to walk outdoors in winter:*

- Removing snow and ice
- Putting sand or salt on areas where people walk
- Wearing the right footwear

*Just one bad fall on ice can have long-term consequences:*

- Chronic pain in the affected area
- A disabling injury that may mean loss of independence, or fear of another fall, which discourages a healthy, active lifestyle.

## Quick Facts...

- The risk of falling increases with age and is greater for women than for men.



- Two-thirds of those who experience a fall will fall again within six months.
- A decrease in bone density contributes to falls and injuries.
- Failure to exercise regularly results in poor muscle tone, decreased *strength, and loss of bone mass and flexibility.*
- *At least one-third of all falls in the elderly involve environmental hazards in and around the home.*

**COMMUNITY HEALTH TEAM**  
**Community Wellbeing Centre**  
50 Meadow Drive,  
Deseronto, ON K0K 1X0  
613-967-3603



# Ronata'karite tahnon Sken:non Ronnonhtónnyons

**Community Health:** *"They are of good health, peaceful thinking and are able to contribute to the community the community in ways that help others maintain the first two"*

## **Cold Weather...**

Brings an increased risk of hypothermia and frostbite for people who stay outside for long periods of time without adequate protection. Overexposure to cold temps can result in severe injury and even death.

### People at greatest risk from cold injuries are:

- Infants less than a year old
- Elderly
- Homeless
- Outdoor Workers & Recreation Enthusiasts



### Prevention:

- \* Wear several layers of clothing and make sure that the outer layer protects you from wind & wetness
- \* Covered exposed skin (hats, mittens, face mask) to protect against frostbite
- \* Drink warm fluids that do not contain caffeine or alcohol to prevent dehydration
- \* Check frequently on elderly and vulnerable people
- \* Maintain a heated indoor environment above 20° C (hypothermia can occur when indoor temps are 16° C or lower).
- \* Avoid strenuous exercise during cold spells.



## **FALL Prevention Tips!**

### **All Living Spaces:**

- Avoid throw rugs
- Reduce Clutter
- Ensure adequate lighting

### **Bathrooms:**

- Install grab bars on walls, around the tub and beside the toilet
- Add non-skid mats or appliques to bathtub

### **Kitchen:**

- Keep common items within easy reach
- Use a sturdy step stool when you need something from a high shelf

### **Stairways, Hallways & Pathways:**

- Install tightly fastened hand rails running the entire length and along both sides of stairs



**NEW SELECTION OF**  
**FREE FRAMES**

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

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



PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT

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# Looking for fun activities for the whole family?

**Community Health Programs are offering  
FREE swim, skate & gym passes**

**To be used at Quinte Sports & Wellness Centre at your convenience.**

- 1. Stop in to Community Wellbeing Centre during regular business hours (8:30-4:30) Mon-Fri and pick up passes.**
- 2. Check out the Quinte Sports & Wellness Centre's schedule, pick a time, gather the family & go!**

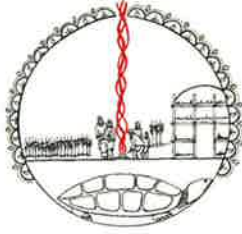
**NOTE— passes are one pass per person per activity and must be left with Quinte Sports & Wellness staff at the time of use.**

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



Need more info, please call 613-967-3603





## Community Wellbeing Centre

Presents

# Mother's of Tradition: The First Teachers 10 week Circle

---

As Native women and mothers, we know we are faced with great responsibility for our next generations. "Mother's of Tradition" 10 week Circle, will help mothers/individuals by giving them tools to help themselves, so that they will be able to give those first teachings in a good way to our children, and help turn around the cycles of un-healthiness that were created during the time of the attempted genocides and the boarding school era traumas.

There was a time before European contact, that our peoples practiced healthy, balanced life ways and we want to once again hand down those healthy **teachings** to our next generations. "Mother's of Tradition 10 week Circle, will help to create whole communities of mothers/individuals, and nations of mothers to have access to ways to heal and be healthy first teachers.

### 4 Goals for People's of Tradition Curriculum

*To educate participants about the origins of White Bison/Wellbriety Movement.*

*To help participants gain an understanding of how Intergenerational Trauma has affected them personally, as a family, community and Nation.*

*To present participants with tools to help them process the effects of Intergenerational Trauma, become healthier and more balanced, and to be able to continue to practice healthy life ways.*

*For participants to gain an understanding of how important they are as first teachers and mothers, in passing on the teachings of living healthy and balanced lives.*

---

It is our hope that some of our most important work can be done by  
healing the environments that children are born into.

To register please email [denisel@mbq-tmt.org](mailto:denisel@mbq-tmt.org) on or before  
January 28/15, subject line MOT





# Rez Walk

**Gather your team!! Here's the challenge.**

Community health program challenge teams (of 4) to participate in our first REZ WALK.

You will win great prizes, have more energy and earn bragging rights to be Tyendinaga's first team to WIN the REZ WALK trophy!

Here's what you do....

1. Gather your team, you can include anyone you would like, up to 4 people / team.
2. Come to Community Wellbeing Centre from Jan 19— Jan 30/15 during regular business hours to register and get your package.
3. Walk where ever and whenever you can, tracking your steps with a pedometer. (provided)

The goal is, the first team to "walk" (in theory only) from Tyendianga to Six Nations to Wahta and back to Tyendinaga will win the trophy and will be crowned the winners of **REZ WALK 2015**.

More info needed? Please call Denise Leafe @ 613-967-3603



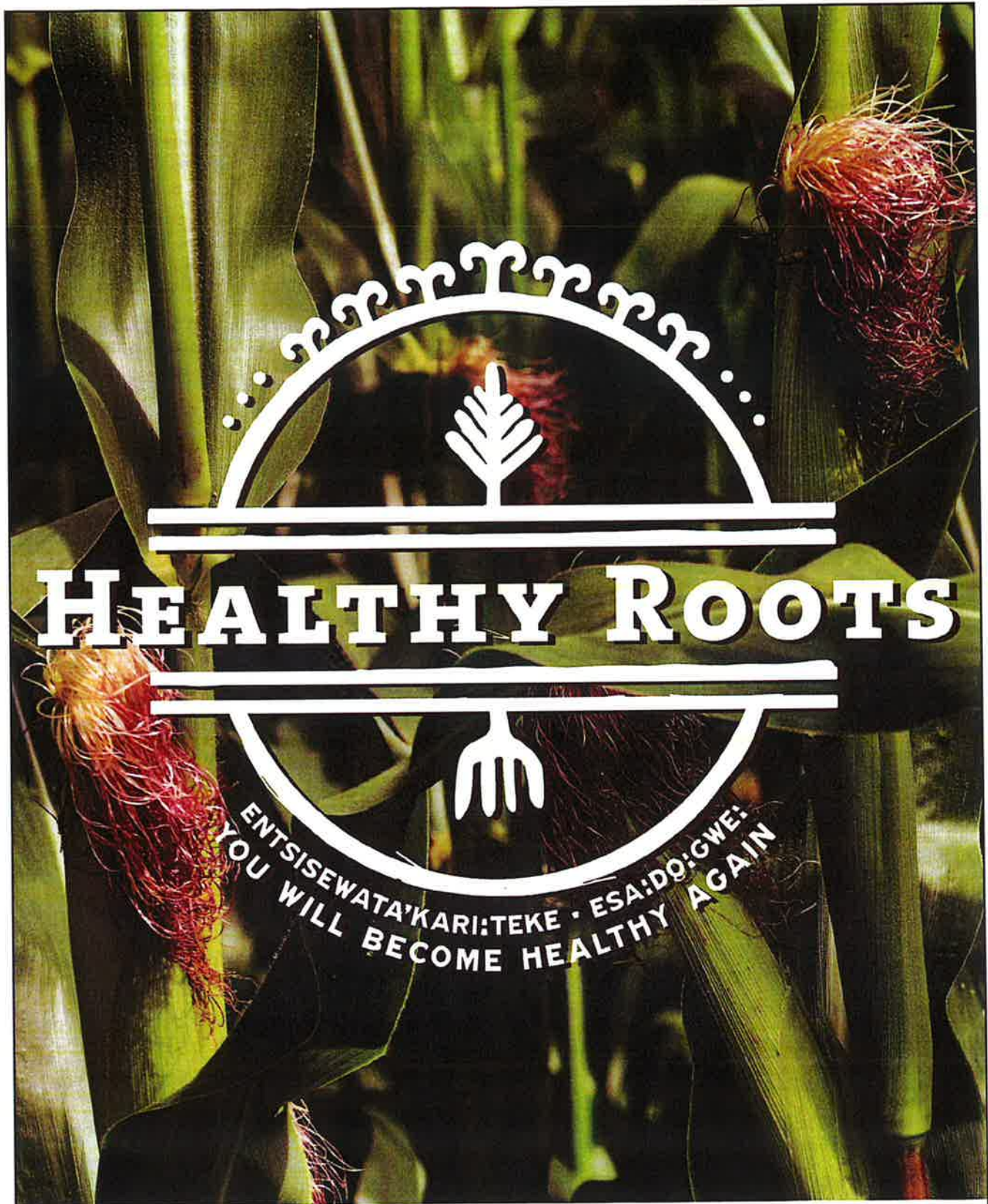
Community Health programs have launched our new "She:kon Smiley" program. The program began December 2014 at Quinte Mohawk School & Mohawk Immersion School and coming soon to Head Start.

This program is designed to allow children time during the day, after eating, to brush their teeth. The daily tooth brushing program is helpful in preventing tooth decay, promoting overall oral health & will promote a lifelong routine of healthy oral health.

Each student will be provided with a toothbrush clearly labelled with their name and will be housed in a clean container. Each tooth brush will be changed every 3 months or after the child has been ill.

If you missed the permission form and would like your child to participate in the She:kon Smiley program please email [denisel@mbq-tmt.org](mailto:denisel@mbq-tmt.org) with the subject line She:kon Smiley.





Dreamcatcher  
Charitable Foundation



**TWO ROW TIMES**  
THE SPIRIT OF ALL NATIONS



# TRADITIONAL FOODS LIST

Aim to eat foods that are not processed and come directly from the earth.  
Avoid these 5 white foods: flour, sugar, lard, salt and dairy

## PLANT FOODS

White corn	Burdock root	Strawberry
Peas	Beets	Raspberry
Celery	Jerusalem artichoke/sunchoke	Blueberry
Green beans	Sweet potato	Blackberry
Mushrooms	Potato	Musk melon/cantaloupe
Winter squash- acorn, pumpkin, hubbard	Rutabaga	Apples
Summer squash- zucchini, cucumber	Carrots	Pears
Dandelion greens	Celery root/celeriac	Blackcaps
Spinach	Turnip	Cranberry
Kale	Onions	Cherries
Chard	Garlic chives	Plums
Nettle	Mint	Peach
Purslane	Maple sap/syrup	Currants
Clover root	Honey	Grapes
Dock		Rhubarb
Seaweed		Tomatoes
Lamb's quarters		
Sorrel		
Fiddlehead		

## SAMPLE DAY #1

### Breakfast:

White corn mush with berries and walnuts and sweetened with drop of maple syrup

### Lunch:

Smoked lake trout mixed greens and grated carrot with roasted sunflower seeds with a dressing of walnut oil, apple cider vinegar and honey

### Snack:

Piece deer jerky, sliced apple with sunflower seed butter

### Dinner:

Roast moose with roasted root vegetables (squash and turnip) with wild rice

Water and cedar tea to drink throughout day



# TRADITIONAL FOODS LIST - Cont'd

Aim to eat foods that are not processed and come directly from the earth.

Avoid these 5 white foods: flour, sugar, lard, salt and dairy

## BEANS, SEEDS & NUTS

## MEATS & FISH

Navy beans  
Kidney beans  
Pinot beans  
Black beans  
Black-eyed beans

Wild rice  
Quinoa  
Amaranth  
Millet

Walnuts  
Chestnuts  
Beechnuts  
Acorns  
Hickory nuts  
Hazelnuts  
Cashews  
Almonds  
Peanuts

Pumpkin seeds  
Squash seeds  
Sunflower seeds

Oils from nuts and seeds (i.e.  
Walnut oil, sunflower oil)

Wild salmon  
Pickerel  
Lake trout  
Whitefish  
Perch  
Bass

Duck  
Goose

Eggs

Deer  
Moose  
Beaver  
Muskrat  
Rabbit  
Turkey  
Pheasant  
Partridge

## SAMPLE DAY #2

### Breakfast:

2 eggs, sliced melon and root vegetable hash (cooked in sunflower oil)

### Lunch:

Corn, bean and squash soup

### Snack:

Nuts and dried cranberry/blueberry/currant mixture

### Dinner:

Pan cooked perch with green beans and walnuts

Water and cedar tea to drink throughout day



**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

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**HOW I FELT:**

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**HOW I FELT:**

**HOW I FELT:**

**APPOINTMENTS**





**Enyakoya'takénha** - Plant Medicine is a benefit to us! It is useful and practical! Medicines are all around us and help us when we are sick.



## **Kanonkhwatsherá:stha** *“Useful Medicine”*

February 16th-18th, 2015 (9am-4pm) - Tyendinaga 59er's Hall

### **LEARN:**

- Traditional Plant Medicine
- Plant Medicine Identification
- Field Book Making
- Salve Making
- Traditional Teachings, Beliefs and Practices
- Maintaining Good Health

There is much more to our oral traditions, but the focus of this project is to show and explain how the Haudenosaunee people received their knowledge of Traditional Medicines and how they are used.

Kanonkhwatsherá:stha is key to our good health, healing and survival as a Nation.

**\* \$50 Registration fee is due by Friday, Feb 6th, 2015**

*Please contact: Dorothy @ 613-967-3603 to register*

**REGISTER EARLY!!!**





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

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

**January 2015**

**Discover the Balance**

**We have Gift Certificates**

### **New Years Resolutions You Can Keep**

**Discovering the  
Balance**

**By Working the  
Mind, Body,**

**Heart and Spirit**

Hours of

Operation

Monday - Thursday

**6:30am-8:00pm**

Friday

**6:30am-6:00pm**

Saturday

**8:00am- 2:00pm**

Fees

**Senior (55+) \$20.00**

**Student \$25.00**

**Adults \$30.00**

**We Are Open to**

**The Public**

TFRC Staff

Darlene Loft /

TFRC Manager

Sonya Maracle / P.T

Jayna Leland / P.T

Shanleigh Maracle

Ben Brant

Trey Bardy

Taylor-Rain  
Tabobandung

**Set Realistic Goals** –choose a goal that is attainable. Set a time frame lose 10 lbs in 3 months, or plan to exercise 30mins per day 2-3 times per week and gradually increase throughout the year

**Get Support** –family and friend are a great support but you also need to redo your house and office space. Try to eliminate all of the junk that you have weaknesses for in these areas

**Ease Into Exercise** –start by taking walking breaks at work and soon it will become a habit

**Make Health A Priority** –start by planning out your meals for the week so you know exactly what to get at the grocery store

Take each day as it comes, don't get frustrated if you slip up and don't be afraid to start over

### **New Staff**

**Trey Bardy-** Hello everyone, my name is Trey Bardy. My parents are Wes and Nancy Bardy, I live and grew up on the reserve. I am currently in grade 12 at Moira Secondary School. Some sports I play are hockey, football, and golf. I like to live a healthy lifestyle and to keep myself active. Before I became part of the TFRC I came here often to workout, and I am looking forward to meeting everyone who comes in!!!!

### **Ben Brant-**

Hello everyone, my name is Ben Brant and I have lived in the Tyendinaga area all my life. I am currently in my 2<sup>nd</sup> year at Loyalist College in the Environmental Technician Program. I enjoy many outdoor and indoor sports and coming to the TFRC to stay fit. I have enjoyed my time as a member of the TFRC this past year and I am looking forward to being a part of the TFRC staff.





# TFRC Annual Silent Auction

**Thank you to all who donated to the TFRC**

## **Silent Auction**

The Sacred Circle  
Beverly Hill Boutique  
The Waring House  
Free Flow, Briar Fox  
Native Renaissance  
Roxanne's Restaurant  
Work Gear  
Eric Tenn  
Barbara McCurdy  
Ann Leland  
Cintas  
Mike Green  
M&L Distributors  
Tyendinaga Propane  
Build All  
Evert Vroegh

Fork in the Road Eatery  
Tomasso's Italian Eatery  
Tyendinaga Computers  
Maracle Chiropractic & Massage  
Sandra Basilone- Natures Sunshine  
Lewis Lacrosse  
Jocelyn Granger  
Morgan Young Massage  
Greg Loft - Healthy Minds Counselling  
Gail Embury  
Carol Loft  
Martin Crafts and Beads  
Curtis Maracle-Eagle Hill Moccasins  
Village Variety & Gas Bar  
Jean & John Hopkins

**Thanks to all who participated in helping to support the Tyendinaga Fitness Resource Centre!**

**(613) 962-2822**

**Total proceeds raised: \$1096.00**



# Functional Fitness

**NEW!**

## 50 + Tues. & Thur.



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

Funded by South East LHIN / VON Canada

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

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

Only Dec.2 & 4

Western Canadian Centre for Activity & Aging

Senior Fitness Instructor : Darlene J. Loft



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

## Tyendinaga Fitness Resource Centre

14 York Road Unit #1 & 2 Shannonville

**613-962-2822**

tyfitnessres @mbq-tmt.org



# *Beginner Fitness 101*

TFRC is offering a Beginners Fitness Program for community members who are **NEW** to the Fitness Centre.



Beginning **February 2, 2015** you & one friend will be able to work with a Certified Personal Trainer 2 times per week doing a program that is set up just for you.

Deadline to sign up **January 16, 2015**

Sessions are available by appointment only  
& spaces are limited.

Presentation by a Registered Dietitian for all  
participants

Call or email to sign up

Funded by : AIAI



# Urban Poling



Tyendinaga Fitness Resource Centre

Urban Poling

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

4 weeks of a **Great Safe Workout**

At Sports & Wellness Centre Belleville

**FREE** if you have experience / ages 12 +

**\$20.00** for Beginners

(lessons complete when you know how to do it)

**DEADLINE TO Signup - Jan. 16** - We require at least 10 participants to run a program.

For more information contact : (613) 962-2822

Or email : [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)

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

**Welcome back "TFRC Urban Pole Group"**

**Poles Available to Purchase from Instructor**



# Hanio Oksa Healthy Lifestyles Presenters

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

## Wholeness and Happiness

Thur. February 12th

6:00pm– 7:00pm

Presenter: Psychotherapist Eric Tenn

**FREE**



[www.maraclechiropractic.ca](http://www.maraclechiropractic.ca)

## Chiropractic & Kids

Thur. February 19th

6:00pm– 7:00pm

Presenter: Dr. Jason Young

## Organic Music & Meditation

Thur. February 26th 2015

6:00pm—7:00pm

Presenter: David R Maracle



[www.davidrmaracle.com](http://www.davidrmaracle.com)

**Hosted By: Tyendinaga Fitness Resource Centre**

**Located in the TFRC Fitness Studio**

14 York Rd. Unit #1, Shannonville

Tyendinaga Mohawk Territory

**Funded by: AIAI**

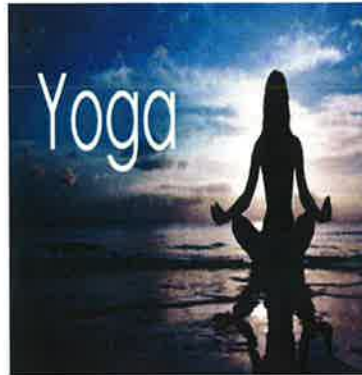
***Spaces Limited!***

***Registration Deadline***

***February 1st, 2015***

# Tyendinaga Fitness Resource Centre

14 York Rd. Unit #1  
Tyendinaga Mohawk Territory  
613-962-2822  
tyfitnessres@mbq-tmt.org  
Discover the Balance



**Saturday Morning's**  
10:30 AM—11:30 AM  
With Yoga Instructor  
Erin McMahon  
Call for more Info

No Cost  
With TFRC  
Active  
Membership

## Stop In & Try

One of TFRC's  
Ongoing Classes

\$5.00 Classes  
Without  
TFRC  
Membership

## Functional Fitness for 55+



Help Improve Quality of Life

**Every Tuesday & Thursday**

**10:00 AM— 11:00AM**

With

Instructor Darlene Loft

## Lunch Time Workouts

**Better Butts & Awesome Abs**  
Monday 12:15PM– 12:45PM

12:45PM– 1:20PM

**Total Body Circuit**  
Tuesday 12:15PM-12:45PM

**Awesome Abs & Better Butts**  
Wednesday 12:15PM– 12:45PM

12:45PM– 1:20PM

**Body Weight**  
Thursday 12:15PM– 12:45PM

Certified Personal Trainer Sonya Maracle



# Canadian Physical Activity Guidelines

**FOR ADULTS - 18 – 64 YEARS**

## Guidelines



To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



More physical activity provides greater health benefits.

### Let's Talk Intensity!

Moderate-intensity physical activities will cause adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bike riding

Vigorous-intensity physical activities will cause adults to sweat and be 'out of breath'. Activities like:

- Jogging
- Cross-country skiing

### Being active for at least 150 minutes per week can help reduce the risk of:

- Premature death
- Heart disease
- Stroke
- High blood pressure
- Certain types of cancer
- Type 2 diabetes
- Osteoporosis
- Overweight and obesity

And can lead to improved:

- Fitness
- Strength
- Mental health (morale and self-esteem)

### Pick a time. Pick a place. Make a plan and move more!

- Join a weekday community running or walking group.
- Go for a brisk walk around the block after dinner.
- Take a dance class after work.
- Bike or walk to work every day.
- Rake the lawn, and then offer to do the same for a neighbour.
- Train for and participate in a run or walk for charity!
- Take up a favourite sport again or try a new sport.
- Be active with the family on the weekend!

**Now is the time. Walk, run, or wheel, and embrace life.**



[www.csep.ca/guidelines](http://www.csep.ca/guidelines)



# Urban Poling



Tyendinaga Fitness Resource Centre

Urban Poling

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

4 weeks of a **Great Safe Workout**

At Sports & Wellness Centre Belleville

**FREE** if you have experience / ages 12 +

**\$20.00** for Beginners

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

**Welcome back "TFRC Urban Pole Group"**

**Poles Available to Purchase from Instructor**



# Deseronto Transit

Will now have transit  
Stops here on  
Tyendinaga Mohawk Territory



**DESERONTO  
Transit**

WESTBOUND  
TO BELLEVILLE

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

EASTBOUND TO  
NAPANEE

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

**BUS  
STOP**

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



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

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



**DESERONTO  
Transit**

WESTBOUND  
TO BELLEVILLE

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

EASTBOUND TO  
NAPANEE

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

**BUS  
STOP**

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



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

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



**DESERONTO  
Transit**

WESTBOUND  
TO BELLEVILLE

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

EASTBOUND TO  
NAPANEE

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

**BUS  
STOP**

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



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

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



## 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 2015? 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.  
All Saints' - Jan-Mar and Jul-Sep  
Christ Church - Apr-Jun and Oct-Dec*

### **Queen Anne Parish Centre Rental**

If you're looking for a space that is a little smaller than the community centre, consider the parish hall. A modern and bright space with a kitchen, small meeting room, and large gathering space, the parish hall is ideal for workshops for 10-40 people and for social gatherings such as dinners and teas. For more information, including rental fees, please call Elsie at 962-2787.

FOR THE MOST UP-TO-DATE INFORMATION,  
VISIT [WWW.PARISHOFTYENDINAGA.ORG](http://WWW.PARISHOFTYENDINAGA.ORG)  
OR [WWW.FACEBOOK.COM/TYENDINAGAANGLICAN](http://WWW.FACEBOOK.COM/TYENDINAGAANGLICAN)

## “AA OPEN MEETINGS”

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

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

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

*Losers Unite, Join Us!*

### **WINTER HOURS**

Thursdays

**5 - 5:30 = Weigh in**  
**5:30 - 6:30 = Meeting**

Elders Lodge  
(Bayshore Rd)

**TOPS** is a weigh loss meeting and support group established in 1948 as a nonprofit organization.

Our goal is to help each other lose weight for better health and appearance.

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

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

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

**Contact:** Joy Brant - 613-885-0506  
Tree Good [altree94@gmail.com](mailto:altree94@gmail.com)

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

## **KERISTOS NE KORAH:KOWA**

### **THE MOHAWK PARISH OF CHRIST THE KING**

*Under the Patronage of Saint Kateri Tekakwitha*

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



**Morning Prayer and**

**Holy Communion from the Reserved Sacrament**

**10:00 AM → Most Sundays ↓**



**Divine Worship (Mass):**

**11:00 AM → Month**

**(Please Call to Verify Time of Service) 4**

**Services are held at: The Elders' Lodge Common Room**

**For additional parish information, please call:**

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

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

Minister: Gérard Trinque at ☎ 1-613-885-2499

✉ [ChristTheKingParish@startmail.com](mailto:ChristTheKingParish@startmail.com)



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



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



# **MOHAWK PENTECOSTAL CHURCH**

## **WHEN WE MEET**

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

Wednesday 7:00 pm Bible Study

Saturday 7:00 pm Prayer service

1984 York Road  
Tyendinaga Mohawk Territory  
Ontario Canada  
K0K1X0

Church - 613.396.5329  
Parsonage 613.396.5325

## **COMING EVENTS**

Jan 25, 2015 Church Luncheon at 12:30pm

Feb 6, 2015 Revival Service 7pm at MPC

I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something.

Neil Gaiman

# CLASSIFIED

## LAND FOR SALE

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

Contact:  
613-827-7253 via text

## HAY FOR SALE

4X4 BALES  
- \$20.00

Call WM J. Brant  
613-967-1129

## LOT FOR SALE

8 plus acres of prime area on the York Rd  
\$40,000.00 or Best Offer

Call John Maracle  
1-716-826-4208

## FOR RENT

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

For more information call:  
613-967-2345

## HOUSE FOR SALE

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

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

## COTTAGE FOR SALE

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

Please call:  
613-848-9929

## LOT FOR SALE

HY 49 & BAYSHORE RD  
Partial dwelling located there

Phone: 613-243-9079

## FOR SALE

4 BEDROOM HOME  
- large eat-in kitchen  
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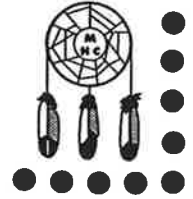
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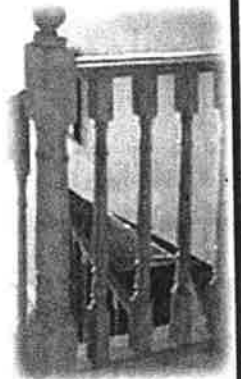
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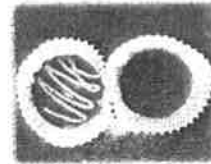


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