



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 1/16

TSI YOTHORHKOW (January)

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

2016

Happy New Year!



FACT SHEET: 72 HOUR KIT

If an emergency situation occurs in the community, it may take emergency responders some time to reach you. Everyone should be prepared to take care of themselves and their family for a minimum of 72 hours. Making a 72 Hour Kit might seem overwhelming, but there is a good chance that you have some of the basic emergency kit items already, such as a flashlight, battery-operated radio, food, water and blankets. The trick is keeping them organized and easy to access.

Use a check list to help ensure that you have what you need to be self sufficient for 72 hours.

- Copy of Family Emergency Plan
- List of important numbers
- Important Papers: ID, insurance documents, etc
- Medications and copies of prescriptions
- Pet Vaccination Papers

FOOD AND WATER

- 3-5 gallons of water (at least 2 litres per adult, per day)
- Canned or freeze-dried food
- Manual can opener
- Instant drinks and juices
- Food and Water for pets



TOOLS AND EQUIPMENT

- | | |
|--|---|
| <input type="checkbox"/> Flashlight and batteries, lantern or candles, matches | <input type="checkbox"/> First Aid Kit |
| <input type="checkbox"/> Radio (battery operated or crank, extra batteries) | <input type="checkbox"/> Sewing Kit |
| <input type="checkbox"/> Shovel, hatchet or axe | <input type="checkbox"/> Nylon Rope |
| <input type="checkbox"/> Plates, utensils and other cooking utensils | <input type="checkbox"/> Car keys |
| <input type="checkbox"/> Toilet Paper and Hygiene Supplies | <input type="checkbox"/> Roadside Emergency Kit |
| <input type="checkbox"/> Cash (in case debit/credit machines are down) | |

WARMTH AND SHELTER

- | | |
|---|--|
| <input type="checkbox"/> Blankets or sleeping bags | <input type="checkbox"/> Emergency Reflective Blanket |
| <input type="checkbox"/> Light weight stove and fuel/camp stove | <input type="checkbox"/> Tent/Trailer or other shelter |



FACT SHEET: WINTER POWER OUTAGES

WINTER POWER OUTAGES

Power outages can last for minutes, hours or days. Power outages are often caused by freezing rain, sleet storms and/or high winds that damage power lines and equipment. Most home heating systems depend on electricity and an extended power outage during the winter could result in very cold living conditions within your home.

Know What to Do:

Before a Power Outage:

- ◆ If you have a wood-burning fireplace, make sure you have the chimney cleaned every fall to avoid a chimney fire.
- ◆ Keep a flashlight with working batteries in an easily accessible place in your home.
- ◆ Make sure your carbon monoxide detector has a battery-powered back-up.

During a Power Outage:

- ◆ Turn off all lights, except one inside and one outside, so that both you and hydro crews outside know that power has been restored.
- ◆ Turn off all appliances and electronic equipment, and turn heat thermostats down, to prevent power surge damage, when power is restored.
- ◆ Dress warmly. Using several layers of clothing provides the best insulation.
- ◆ Use proper candle holders. Never leave lit candles unattended and keep out of reach of children. Always extinguish candles before going to bed.

After a Power Outage:

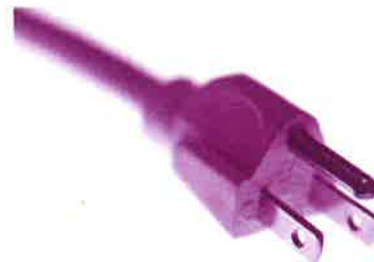
- ◆ Do not enter a flooded basement unless you are certain that the power is disconnected and wait to use flooded appliances or electrical outlets until they are checked by an electrician.
- ◆ Check your food for spoilage.

Be informed:

- ◆ Listen to your battery powered radio for information about the power outage and for notices from the hydro company.
- ◆ A freezer full of food will keep food frozen for 24 to 36 hours, if the door remains closed.
- ◆ If your house uses a sump pump as protection from ground water, clear valuables from the basement floor in case of flooding.

Prepare Now

- ◆ Plan for a backup power supply for essential medical equipment.
- ◆ Connect computer equipment, televisions and other sensitive electronics to surge-protecting power bars.
- ◆ Make your seventy-two (72) hour emergency kit and be prepared for unexpected power outages.
- ◆ Have a portable emergency kit on hand, in case you have to leave your home.



Sources:

Get Prepared Website (Government of Canada):
<http://www.getprepared.gc.ca/cnt/hzd/pwrtps-eng.aspx>

Red Cross Website:
<http://www.redcross.ca/what-we-do/emergencies-and-disasters-in-canada/for-home-and-family/make-a-plan/planning-for-power-outages>



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in November responded to 7 calls:

- 1 Medical Assist**
- 1 Smoke Investigation**
- 1 Co2 Alarm**
- 1 Mutual Aid**
- 3 Auto Alarm**

The Mohawk Firefighters in December responded to 11 calls:

- 2 Medical Assist**
- 4 Vehicle Accident**
- 1 Co2 Alarm**
- 1 Cooking Fire**
- 3 Auto Alarm**

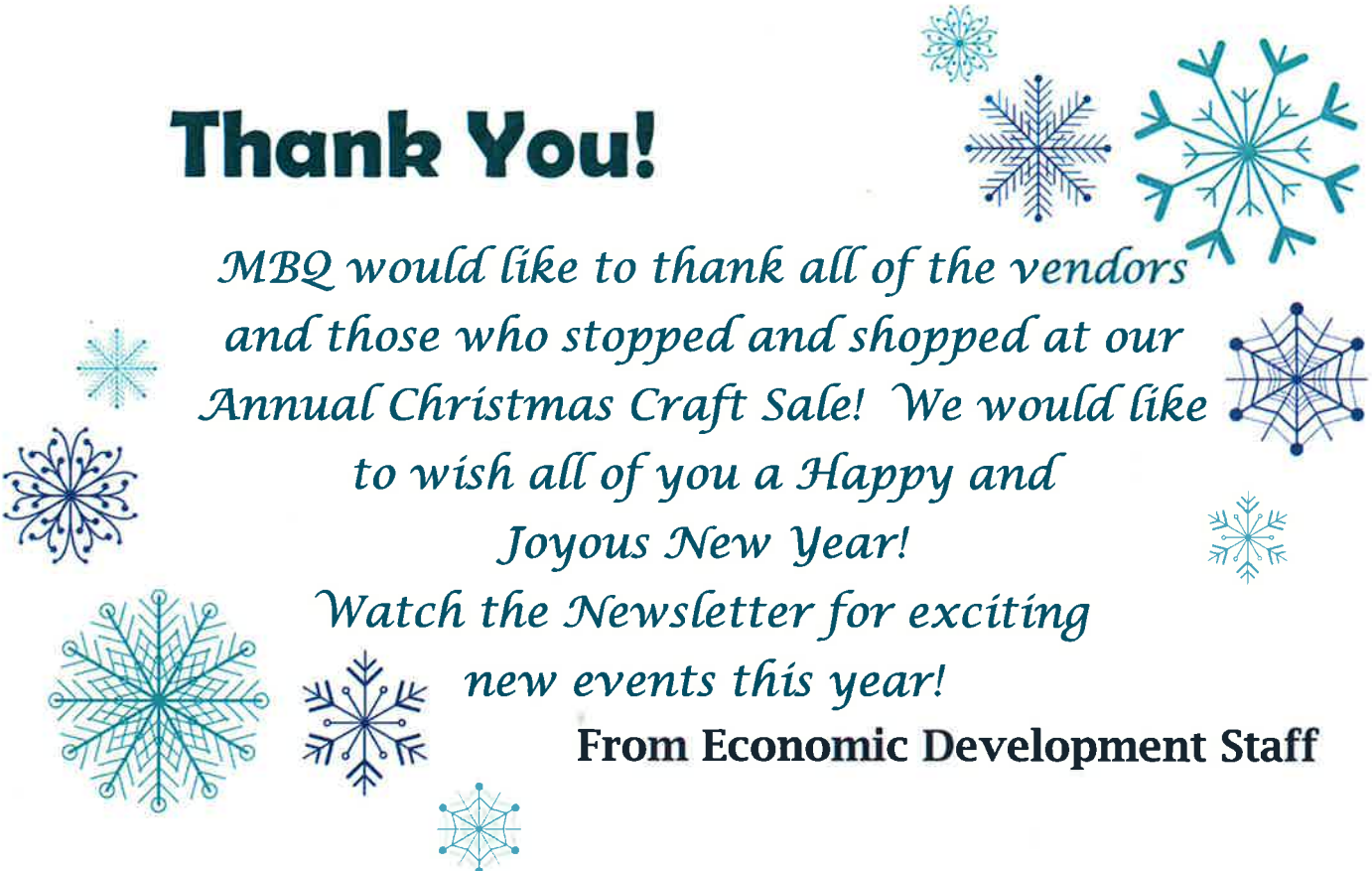
This brings our total to 113 calls for the year 2015

Thank You!

MBQ would like to thank all of the vendors and those who stopped and shopped at our Annual Christmas Craft Sale! We would like to wish all of you a Happy and Joyous New Year!

Watch the Newsletter for exciting new events this year!

From Economic Development Staff



Self-Employment Training Course

Everything you need to know when starting a business!

**This course starts
January 19th, 2016**

The following topics to be covered:

- **Branding**
- **Website**
- **Marketing Plan**
- **Bookkeeping**
- **Accounting**
- **Business Plan**

**To register for this workshop or for more information
contact Renee Brant at 613-396-3424 or by email at
reeneb@mbq-tmt.org.**

****LIMITED SPACES AVAILABLE!****

**This course runs from 9am - 3pm every Tuesday and Wednesday
for 5 consecutive weeks. Course ends February 17th, 2016. It will
be held at the Mohawk Administration Building located on the
Tyendinaga Mohawk Territory.**



Mohawks of the Bay of Quinte

Step-By-Step Guide:

1. View the house at 1019 Ridge Road, during a scheduled open house.
2. Contact the Housing Department to be pre-authorized to submit a bid on the house.
3. After pre-authorization, you will receive a bidding number.
4. All or any bids may not be accepted.
5. Submit your sealed bid to Reception at the Administration Office from Monday January 25 to Wednesday February 3, 2016 between the hours of 8:30 am and 4:30 pm AND on Thursday February 4, 2016 between 8:30 am and 2 pm. Bids will NOT be accepted after 2 pm on Thursday February 4, 2016.
6. Ensure that your bid is stamped, dated and timed. Do not put your name on the outside of the envelope. Address your envelope as "1019 Ridge Road House Sale, Bidder Number _____".
7. Bidders may attend the Public Bid Opening tentatively scheduled for Thursday February 4, 2016 at 2:30pm in the Council Chambers of the Mohawk Administration Office, located at 24 Meadow Drive, Tyendinaga Territory.

House For Sale

Appraised at \$122,000
1019 Ridge Road
Tyendinaga Mohawk Territory, ON
K0K 1X0



Open House

Thursday January 21st - 5pm to 7pm

Friday January 22nd - 2pm to 4pm

Saturday January 23rd -- 10am to 12pm

QUESTIONS? Contact:

The Housing Department

613-396-3424

Lori Maracle or Tina Brant

Sale by Tender

- All or any bids may not be accepted.
- Sale by Tender which gives the pre-authorized community members an equal opportunity to bid on the property.
- The Mohawks of the Bay of Quinte have made a commitment to ascertain the highest dollar amount for the home.
- In the event of a tie for top bid, the bidders will have the opportunity to submit a written secondary bid. Secondary bids will be accepted from 8:30am to 12pm on Monday February 8, 2016. Public bid opening of secondary bids will be tentatively held at 1 pm on February 8, 2016 in the Council Chambers.
- Only Mohawks of the Bay of Quinte Band members can submit a sealed bid.
- The successful bidder must make the property their primary place of permanent residence. Please refer to section 4 .C. of the MBQ Mortgage Application Policy.
- The successful bidder must comply with the corresponding MBQ Policies. Policies are available upon request.

Bidding

- Sealed bids will be accepted at the Reception Desk at the Administration Office from Monday January 25 to Wednesday February 3, 2016 between the hours of 8:30 am and 4:30 pm AND on Thursday February 4, 2016 between 8:30 am and 2 pm. Bids will NOT be accepted after 2 pm on Thursday February 4, 2016.
- Bidders may attend the Public Bid Opening tentatively scheduled for Tuesday February 4, 2016 at 2:30 pm in the Council Chambers of the Mohawk Administration Office, located at 24 Meadow Drive, Tyendinaga Territory.
- Bidders must be pre-authorized for financing through the Housing Department, proof of mortgage authorization from the Bank of Montreal or proof of private financing required.
- MBQ Housing will work with any interested applicant with their request for pre-authorization.
- Bids will not be accepted by individuals who are not pre-authorized.
- All or any bids may not be accepted.
- The successful bidder will have 10 business days to close the sale and fulfil the necessary requirements.

REQUIREMENTS

You MUST be a registered member of Mohawks of the Bay of Quinte Band

You MUST make this house your primary place of residence if you are the successful bidder

You MUST be pre-authorized and have a bidding number

~There will be no exceptions to these requirements~

Coming to
TYENDINAGA
IN 2016

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

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

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

FNTI



First Nations
Technical
Institute

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

NEW FOR 2016!

All Student job ads will be posted on January 4, 2016 with different deadline dates for different jobs. Check out the [new 2016 deadline dates](#) to apply for the student jobs you are interested in.

Check out this [video](#) for more information about Summer Employment Opportunities

Check out the [Student Application Tip Sheet](#) for details on how to apply!

TYPES OF SUMMER STUDENT JOBS

Every year, the Ontario Public Service, related agencies and community groups, provide over 5000 students with jobs across the province. These jobs help Ontario students with limited work experience develop transferable skills, support their career goals and learn more about the Government of Ontario! Summer Employment Opportunities are full-time, temporary positions ranging from 7 – 18 weeks between May and Labour Day of every year.

We offer over 80 student jobs in a variety of fields and working environments. Explore the Types of [Students Jobs](#) that fall into each of these career fields:

Administration (e.g. Office Assistant)

Agriculture and Livestock (e.g. Veterinary Assistant)

Business (e.g. Business and Finance Assistant)

Clerical (e.g. Projects Assistant)

Customer Service (e.g. Customer Service Representative)

Enforcement (e.g. Marine Assistant)

Engineering (e.g. Traffic Technician)

Environment (e.g. Fish and Wildlife Assistant)

Information Management (e.g. Data Analyst)

Language (e.g. French Translator)

Maintenance (e. g. Maintenance Assistant)

Ontario Place (e.g. Communications Dispatcher)

Parks (e.g. [Park Ranger](#))

Policy (e.g. Research Assistant)

Science (e.g. Laboratory Assistant)

Social Services (e.g. Early Childhood Education)

Technology (e.g. IT Systems Analyst)

<https://www.gojobs.gov.on.ca/Pages/SEP.aspx>

Íhsehre ken Ahsatéweyenhste' ne Kanyen'kéha?

DO YOU WANT TO LEARN MOHAWK?

**Tsi Tyónnheht Onkwawén:na will be holding Kanyen'kéha
night classes beginning Wednesday, January 20th for
eight weeks.**

**The classes will be held at Kawenna'ón:we
1658 York Rd. Lower Level
from 7-9 pm**

Only \$75 for the 8 week session!!

The class will be taught in a fun and interactive setting using action, pictures and games. Participants will learn to formulate basic words and sentences in Kanyen'kéha as well as sounds, syllables, introduction of themselves and others and a short version of the Ohén:ton Karihwatékwen.

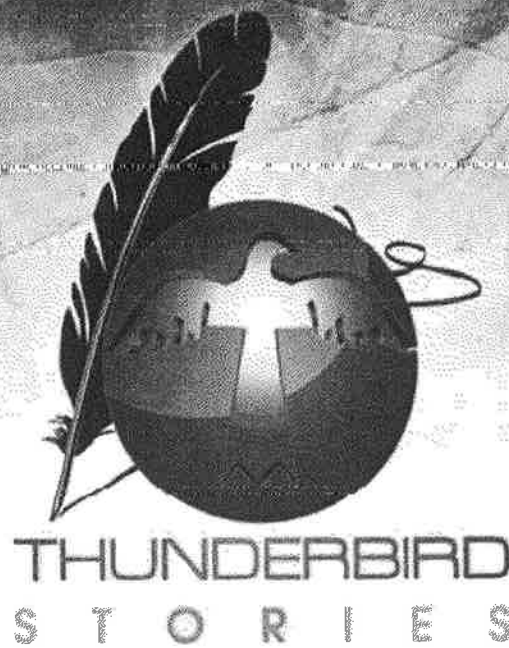
The class will be taught by
Karonhya:kènre (Melissa Maracle)

For more information or to register, please contact TTO at
613-967-3781

or

email tto@kenhteke.org

Please make copies and post on your Community Bulletin Board



National Indigenous Writing Contest

Deadline for submissions is February 29, 2016

Thunderbird Stories is proud to announce the second annual National Indigenous Writing Contest. The contest will run to February 29, 2016.

Our stories and legends are an important part of our culture and history. This contest supports and encourages Indigenous writers to showcase their talent and provides them with the profile to further their aspirations. The 2016 Thunderbird Stories will be judged by 5 Indigenous people. Portion of the proceeds will go towards Families of Sisters in Spirit, a volunteer, non-profit organization led by families of missing and murdered Aboriginal women. Through the efforts of this contest, we can assist Families of Sisters in Spirit to help continue their efforts in their search for missing and murdered Aboriginal Woman.

Rules and Guidelines

1. Must provide proof of Indigenous ancestry (*Status, Non-Status, Métis or Inuit*)
2. Must be Canadian
3. Story must be under 3,000 words
4. Story must contain Indigenous content
5. Submit your story online (PDF file) at www.GoToInfo.ca/ThunderbirdStories
6. Submit story by February 29, 2016 at 5:00 pm ET

1st Place – \$2,000
2nd Place – \$1,000
3rd Place – \$500

For more information visit
www.GoToInfo.ca/ThunderbirdStories
 or email ThunderBirdStories@GoToInfo.ca



For details or to submit your story
www.GoToInfo.ca/ThunderbirdStories





If I were to list each name... this article would be a zillion pages! I have remembered each and every single person, every single organization... and this is for you..

I would like to take this time to thank everyone for their continual support for Lucas and his family, at this time and always. I have so many people to thank, I wouldn't know where to start. I'd like to thank Reta Brant and Kaleena Hanoski for working long days, in addition to organizing such an amazing fund raiser for our family. The costs of travel and expenses of being away from home can sometimes drown you financially and emotionally. All donations and fundraising has been greatly appreciated, more than you know! The emotional support has been overwhelming... from the community, to receiving calls from strangers who have been through the same or similar with their children, and just wanted to share their story with me, and offer me their support, or sometimes reach out for my support. Everything combined, has made us feel so loved and cared for, which has brought us through this with flying colors!

When we fall, you catch us, and stand us back up... and there are no words I can use to express my thankfulness and gratitude. Everyone has truly been a godsend to us.

Lucas underwent his 3rd surgery for Ependymoma brain cancer (de-bulking/ partial tumor removal) on Sept 14, 2015 at The Hospital for Sick Children in Toronto. He was in the NICU for 24 hours then on ward 5C for 9 days. He then came home for a recovery period, then was back to Toronto for a month. During this month, he began a trial medication (2 types of chemo), as the normal radiotherapy treatments are no longer accessible to him. He was closely monitored by his team at SickKids, then was finally able to come home and have his chemo treatments dispensed daily by family. We still make several trips to Kingston and Toronto for appointments, but this boy's shine can not be dimmed! He still goes in, full force! The true definition of strength.

With a heart full of love, pride in our family & community, and a love and appreciation that is inside us every day, from the very bottom of our hearts,
Nia:wen Kowa, Thank you..

Much love,
Lucas Brant, and Family!
#teamluke #warriorstrong

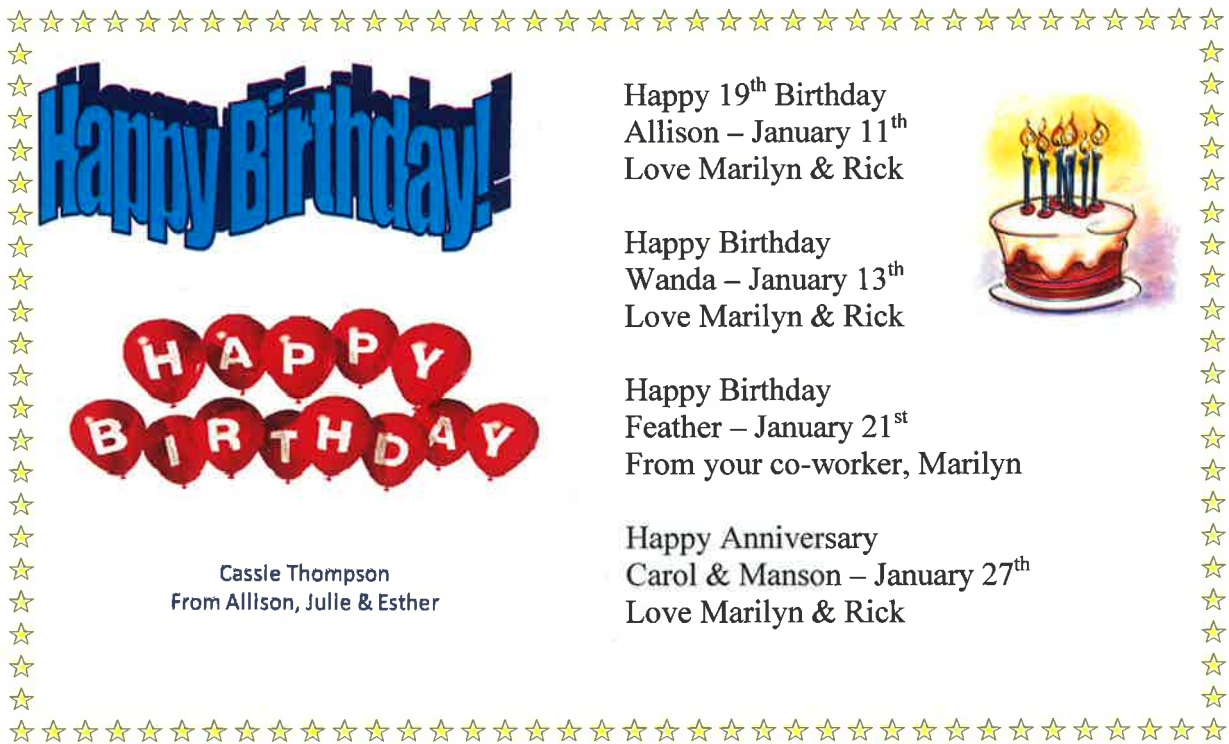


In memory of Connor James Loft, our special and handsome grandson who left us way too early.
 Hard to believe it's been 9 years.
 You were a blessing in our lives and taught us so many things.
 July 22, 2003 – January 19, 2007

*I am the gentle breeze on your face,
 I am each raindrop falling with grace,
 I am the sunlight that shines in your hair
 I live on eternally.....everywhere.*

Loved and never forgotten!!
 Miss you every day.

Granmola & Papa xoxo



Happy Birthday!

HAPPY BIRTHDAY

Cassie Thompson
 From Allison, Julie & Esther

Happy 19th Birthday
 Allison – January 11th
 Love Marilyn & Rick

Happy Birthday
 Wanda – January 13th
 Love Marilyn & Rick

Happy Birthday
 Feather – January 21st
 From your co-worker, Marilyn

Happy Anniversary
 Carol & Manson – January 27th
 Love Marilyn & Rick



The Family Health & Child Development Program

Would like to thank

Russell Brant for his generous donation towards purchasing
some Good baby boxes at Christmas.

Allison, Esther & Julie

“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



The 2015 food drive was a success!

Nyawenkó:wa a big thank you to all who made donations to the Tyendingaga food bank/food resource center.

Special thanks to the volunteer drivers and runners as well as all the individual businesses.

Happy New Year!

From the TJC staff, committee, and placement students.



Tyendingaga Justice Circle
Lontakairine
(It has become right again)

January 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 OFFICE CLOSED NEW YEARS DAY!	2
Ceramics 1-3:30 Scrapbooking 10-3 Wii Bowling 6:30-8:30 Euchre 6:30-8:30 Pen & Ink Craft 1-3:30 (All above activities held at Activity Centre)						
3	4 <i>CERAMICS</i> WII BOWLING	5 <i>MEALS ON WHEELS</i>	6 WALKING PROGRAM <i>EUCHERE</i>	7 NAPANEE SHOPPING <i>MEALS ON WHEELS</i>	8 DESERONTO RUN <i>MEALS ON WHEELS</i>	9
10	11 <i>CERAMICS</i> WII BOWLING	12 FITNESS & FALLS <i>MEALS ON WHEELS</i>	13 DINERS CLUB BINGO	14 <i>MEALS ON WHEELS</i> FV OUTING	15 DESERONTO RUN <i>MEALS ON WHEELS</i>	16
17	18 BREAKFAST CLUB <i>CERAMICS</i> WII BOWLING	19 FITNESS & FALLS <i>MEALS ON WHEELS</i>	20 WALKING PROGRAM <i>EUCHERE</i>	21 BELLEVILLE SHOPPING <i>MEALS ON WHEELS</i>	22 DESERONTO RUN <i>MEALS ON WHEELS</i>	23 SUPPER CLUB
24	25 <i>CERAMICS</i> WII BOWLING	26 FITNESS & FALLS <i>MEALS ON WHEELS</i>	27 DINERS CLUB BINGO	28 PEN & INK CRAFT <i>MEALS ON WHEELS</i>	29 DESERONTO RUN <i>MEALS ON WHEELS</i>	30
31	Diners Club 12-1 Fitness & Falls 10-12 Bingo 1-3 (All above activities held at Community Centre)					

KANHIOTE LIBRARY

STATISTICS:

Total annual circulation last year was 1397 items, 2821 visits; there was 885 computer uses – plus wifi uses when we are closed that aren't counted; there were 40 programs – on a variety of topics like movie making, local history, book club for kids age 3-5, knitting and beading showcases, class visits, open house, community kitchen, movie showing, genealogy- that 363 people attended. Also a beading group of 5 to 10 people meet weekly and other MBQ programs like Economic Development and community groups like Mohawk Agricultural Society use the meeting space.

So far this fiscal year we have had 1810 visits, lent 1023 items, had 460 computer uses

FUNDING:

The library receives a per capita grant from the Province to provide library service in the amount of \$9,854. All money must be spent each year and an Annual Survey form completed and e-filed to remain eligible for this funding and continue status as a public library and therefore able to access other grants like the salary subsidy.

The Salary Subsidy grant of \$13,000 is to be spent on salary for the person working as librarian. Part of the agreement for this grant is the library must be open 20 hours/week.

The amounts of \$9854 and \$13000 have been constant and unchanging for quite a few years. \$9854 since 1993.

FUNDRAISING:

The targeted fundraising amount each year is \$2,500. The library board members undertake various activities to raise this amount like road toll, bingo at Mohawk Fair, bake sales, silent auction, raffles etc. Also, through a third party agreement, Bayview Variety sells Nevada tickets to support the library for a value of \$12-14,000/year.

Fundraising has sustained the library since its inception.

CURRENT GRANTS:

From Ministry of Tourism, Culture and Sport the library will receive \$8,000 in lump sums of \$3,000, \$2,500 and \$2,500 over a period of 3 years. The first two amounts have already been received.

RECENT GRANTS

From time to time other grants are accessed for specific projects - in 2014 a grant of \$5405 from TCDF to purchase an Early Learning Literacy station and tablet for the children's room.

Also an Ontario Trillium Foundation grant of \$17,500 to purchase a microfilm reader/printer, computer station and scanner/printer for the local history room.

We are very grateful for all who supported our fundraising efforts last year by selling/purchasing tickets and donating to our events. Thank you so much and all the best in the New Year.

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



5

SECONDS

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



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



GOOD 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

Good Food Box



Calendar For 2016

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



Large Food Box \$15.00

Singles Box \$10.00

Fruit Bag \$5.00

COMMUNITY HEALTH

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

 **mobileyeZ** Eyecare. Everywhere.™

TYENDINAGA

COMMUNITY WELLBEING CENTRE
INSIDE THE TEACHING LODGE
50 MEADOW DRIVE, DESERONTO

JANUARY 21

**FREE AYA
SUNGLASSES**



WHEN YOU PURCHASE
REGULAR PRICED GLASSES WITH A/R COATING

ALL AYA PRODUCTS FEATURE ORIGINAL ARTWORK CREATED BY
RENOWNED FIRST NATIONS ARTIST, CORRINE HUNT, CANADIAN
CO-DESIGNER OF THE 2010 OLYMPIC AND PARALYMPIC MEDALS.

TO BOOK YOUR EYE EXAM
CALL TOLL FREE: **1-866-920-6480**

WE DO DIRECT INSURANCE CLAIMS ALL MAJOR CREDIT CARDS AND DEBIT ACCEPTED
PLEASE HAVE YOUR BAND REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT

Does your child
meet the new
immunization
requirements?



The Immunization Act of Ontario stipulates that all students be fully immunized in order to begin or remain in Elementary or Secondary schools.

Children entering Kindergarten require a 4-6 year old booster

Children entering Grade 9 MUST have their Menactra

Your teenager will also require a 14-16 year old booster.

Please note if your child has received these immunizations at any location other than the Community Wellbeing Centre we do not have these records on file and request that you bring a copy in for your child's health records.

Thank you in advance

back to school
be wise &
immunize



For Questions or if you require an appointment to update your child's immunizations please call the
Community Health Nurses

Mary McCauley or Wendy Sonneveld

613-967-3603



**Good
Food**

MARKET

Deseronto

Second Wednesday of every month
Starting December 9th

9:30am-12pm



Fresh produce at affordable prices. Year round!

Location: **Royal Canadian Legion, 340 Main Street**



www.cdcquinte.com



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

COMMUNITY CIRCLE

MONDAY JANUARY 18TH, 2016

6:30PM - 9:00PM - COMMUNITY WELLBEING CENTRE

Welcome back! We are excited to get the circle up and running for the next few months! January's Community Circle craft will be focusing on string art! Come spend the evening with us creating a unique wall décor for your home! This simple but elegant craft is for all crafting skill levels! If you haven't been to a circle before we invite you to come and spend the evening with us! We also can't wait to have our monthly program regulars back!

We are asking that if you have a smaller hammer at home that you bring it with you that evening. Each person will be needing to use this to place the nails in their board. Also, if you have an idea of the pattern you would like to use bring that along too. We will provide the wooden sign board and multi colored string and the nails. Light refreshments will be served as usual and if there are any allergies please notify the team upon registering.

All participants must register by 4:00 pm Wednesday January 15, 2016.

To register please contact Julie Brant at 613 967 0122 Ext.149 ,

By email: julieannb@mbq-tmt.org or by using the Facebook page.



Influenza (FLU) Bulletin

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

The Community Health Team is encouraging all community members 6 months of age and older to get their Flu shot

Please call 613-967-3603 today to make an appointment if you were unable to attend one of our walk-in clinics

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

Ronata'karite tahnnon 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 20⁰ C (hypothermia can occur when indoor temps are 16⁰C 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



Promote

Protect

Support Breastfeeding

Nursing mothers and babies, siblings, pregnant women, grandmothers, interested women and young girls are all welcome

Nursing Mothers Support Group

Tuesdays 10:30-12:00 noon

G-Tech Training Centre

5701 Old HWY 2

Shannonville, On

K0K 3A0

Lactation Consultation available

For more information contact Community Wellbeing Centre 613-967-3603

Looking for fun activities for the whole family?

Community Health Programs are offering

FREE swim, skate & gym passes

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

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

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

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



Need more info, please call 613-967-3603

EATING IN SEASON– LET NATURE GUIDE YOU!

Join us as we enjoy the tastes of the seasons!

One Friday morning each month, over the next year, we will be cooking a selection of healthy seasonal recipes. As the seasons change, come share healthy new ideas for wild greens, maple, berries, wild game, fish, corn, beans, squash and more!

Keep an eye out each month for more details. Sign up for one or all nine sessions!

January 22, 2016 10am-3pm

Community Wellbeing Teaching Lodge

Lying Corn with Wood Ash



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

613 967-3603

Tyendinaga Fitness Resource Centre

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

January

2015

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

Contact

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

Hours

Monday - Thursday

6:30am-8:00pm

Friday

6:30am -6:00pm

Saturday

8:00am -2:00pm

Fees

Senior (55+) \$20.00

Student \$25.00

Adult \$30.00

OPEN TO THE PUBLIC

TFRC Staff

TFRC Manager

Darlene Loft

Personal Trainer

Carole Lasher

Fitness Studio Coordinator

Alexis Lightfoot

Casual

Tristan Nugent

Taylor-Rain Tabobandung

Shanleigh Maracle

Mahaley Brant

Diio Maracle



Special Memberships Funded by Ontario Trillium Foundation

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

Email: studiocoordinator@mbq-tmt.org

**Ontario
Trillium
Foundation**



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Trillium
de l'Ontario**

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



NEW YEARS RESOLUTIONS AT TFRC

Did you know that the #1 New Years Resolution of 2015 was to lose weight? Staying fit and healthy also made the top 10 coming in at #5—but how do we ensure our best intentions for the new year come to fruition? Here are some tips to help you make this years resolution last after January 2nd!

1. STOP BANNING FOOD

Saying you'll never have another lays potato chip, "EVER AGAIN!" is a strategy that's doomed to fail. Often people who ban their favourite treat end up eating it, feeling guilty, and throwing in the towel. Try scheduling your smaller portion of chips to once or twice a week instead.

2. SET GOALS

Set a detailed, measurable, realistic and sustainable goal! The difference between success and failure for some is picking a number (on the scale) rather than making a plan; without a detailed plan, most people are likely to fall back on old eating and exercise habits. Day by day, what lifestyle changes are you going to make to guarantee results?

3. TALK ABOUT IT

Let friends and family know about your goals. Having a network of support to keep you motivated and **accountable** will make it easier to stick to your goals—ideally you may even find a work out partner! You won't abandon your plans to go to the gym if you know there's someone there waiting for you.

4. CELEBRATE SUCCESS

And don't sweat small failures! If you've made a detailed plan (#2), then you should be able to track when you reach smaller, short term goals. Celebrate them with something that won't contradict your efforts! Treat yourself to a new workout top, or a massage (rather than a trip to the ice cream parlour, or a 'skip cardio' day).

5. COME TO TFRC!

The Tyendinaga Fitness and Resource Centre has all the resources you require to meet your fitness goals including one free fitness plan from our personal trainer, free group fitness classes, and state of the art equipment. At the low price of \$30/month for adults or \$20/month for seniors it doesn't seem like much of an imposition, but making a financial commitment will motivate you to step up and be active!

STATISTICS: WWW.STATISTICBRAIN.COM/NEW-YEARS-RESOLUTION-STATISTICS/

TYENDINAGA FITNESS AND RESOURCE CENTRE

Welcome to the Fitness Studio

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

POWER YOGA!

THURSDAY JANUARY 7/2016 6:30PM

A MORE VIGOROUS, FITNESS BASED APPROACH TO TRADITIONAL VINYASA YOGA. ALL THE BENEFITS OF A REGULAR YOGA PRACTICE—BUT WITH MORE SWEAT!

ALL LEVELS WELCOME.

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

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

Hiit Training - Take your workout to the next level with High Intensity Interval Training. This class will build muscular strength and improve cardiovascular fitness through various exercises performed at specific intervals.

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

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

TYENDINAGA FITNESS AND RESOURCE CENTRE



Attention

Hunters & Shooters!

Welcome To

THE CANADIAN FIREARMS SAFETY COURSE (CFSC)

And/or

THE HUNTER EDUCATION COURSE (OHEC)

.....

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

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

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

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

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

We take a thirty minute lunch break on Saturday.

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

If you any questions contact:

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



THE ANGLICAN PARISH OF TYENDINAGA

*A Spirit-filled and life-giving place where strangers
become friends and friends become disciples.*

Bishop: The Rt. Rev. Michael D. Oulton
Interim Parish Priest: The Rev. Hal Graham
Lay Readers: Cathie Vick, 613-396-2400
Doug Green, 613-396-2337
Parish Office: 1295 Ridge Rd, Tyendinaga
613-962-2787
parish@parishoftyendinaga.org

CHURCHES

All Saints' Church (and Queen Anne Parish Centre)
1295 Ridge Rd, Tyendinaga Mohawk Territory
We worship together at 9:30 a.m.

Bishop Ordinaire The Rt. Rev. Michael D. Oulton
Christ Church, HM Chapel Royal of the Mohawks
52 South Church Ln, Tyendinaga Mohawk Territory

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 2016? 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.

Evensong at Christ Church

Sunday 31 January at 5:00pm with Rev. Bishop Oulton

Shrove Tuesday Pancake Supper

Tuesday 9 February, 5:00-7:00 p.m. at the Queen Anne Parish Centre.

A free meal consisting of pancakes, sausage, bacon, and beverages for our community neighbours.

Ash Wednesday Liturgy

Wednesday 10 February, 7:00 p.m., All Saints' Church.

The traditional service to start the season of Lent.

Introduction of Rev. Hal Graham, part-time priest

"I have been appointed Priest in Charge of All Saints Tyendinaga for a few months while a search is made for a more permanent Rector. I am pleased to conduct at least two Sunday services per month and some weekday ministry while Lay Readers take other services.

For many years, I operated a small cabinet shop in North Gower, north of Kemptville. When I was almost 50 years old, I was ordained and then Margaret and I served in Mistissini, Quebec, a Cree reserve. We were warmly welcomed and took part in many activities and traditions. Following our six years in Mistissini, we moved to northern Ontario. Our base was in Geraldton and Longlac but I flew north to Martin Falls on the Albany River and travelled by train to Collins (Namagoosisagagun) near Sioux Lookout, among other places for ministry. After serving in this position for ten years, my wife and I have retired in the Kingston area where I now volunteer in a prison book club, sing bass with the Jubilee Singers and have taken up curling. I look forward to meeting you.

For the most up-to-date information, see our website: www.parishoftyendinaga.org

Or www.facebook.com/TyendinagaAnglican

ALL ARE WELCOME IN THIS FAITH COMMUNITY



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

Effective: September 13th, 2015

Keristos Ne Korah:Kowa

The Mohawk Parish of Christ the King

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

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

Services Held At:

Christ Church Chapel Royal

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

Evensong: 4 P.M.
(Anglican Liturgy)

For Sacramental or Pastoral Services:

Please call:

"Fr." Gérard Trinqué at 613-885-2499

E-Mail: ChristTheKingParish@startmail.com

For additional parish information:

Please call:

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

OR

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

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

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



WHEN WE MEET

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

1984 York Road
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325
www.tmpc.ca

COMING EVENTS

Jan 8, 2016	Revival Service Napanee Standard Wesleyan Church at 7pm
Jan 10, 2016	Communion Service at 1030
Feb 5, 2016	Revival Service at Mohawk Pentecostal Church at 7PM

"its not the size of the dog in the fight - its the size of the fight in the dog".

Mark Twain

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or 613-234-2040

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sewer available.
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transit, is approximately 30
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minutes to Napanee
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Serious inquiries only please.
Contact number:
613-813-9005

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Losers Unite, Join Us!

**NEW* HOURS*

Thursday Evenings

5:00 - 5:30 p.m. - Weigh In

5:30- 6:00 p.m. - Meeting

Elders Lodge

(Bayshore Rd)

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

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

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

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

For Sale - Waterfront Lots

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Lot 13Q -2.03 AC

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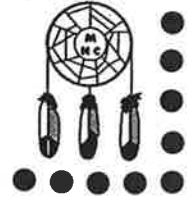
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Jim McMurter
Owner / Manager

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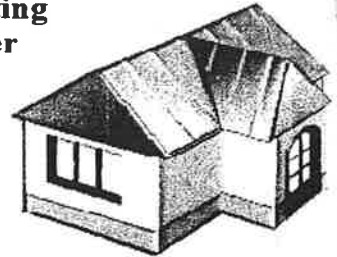
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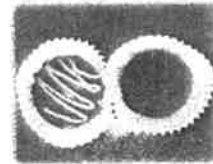
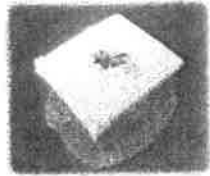


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