



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 7/15
OHYARIHAKOWA (July)

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



Congratulations Graduates

Just wanted to say Yoyenare on a job well done, all of your hard work has paid off and we wanted you to know how truly happy we are to have been part of your journey. Each one of you should stand proudly as you are great role models. Again, we would like to extend our most heartfelt congratulations and all the best in your future endeavours.

Patti and Sandy – Post Secondary Education Department.

Review of the First Nations Cigarette Allocation System in Ontario

Introduction to the Review

In 1993, the government of Ontario formally introduced the First Nations Cigarette Allocation System (sometimes referred to as "the cigarette quota") under the Tobacco Tax Act. Prior to this, the government had imposed a cigarette quota system on First Nation reserve retailers in Ontario in an attempt to ensure that tax-exempt cigarettes would not be available to non-Indian consumers, not entitled to tax exemption.

In its 2014 Fall Economic Statement, the government of Ontario committed to launching a formal review of the First Nation allocation system:

"As part of this review, the government will appoint a facilitator who will work with First Nation communities and other stakeholders across the province, such as industry and public health experts. It will listen to stakeholder perspectives, identify issues with the current system, and make recommendations for improving and modernizing the allocation system."

Ontario has retained Kathleen Lickers and Peter Griffin to carry out this review. A brief biography of each Facilitator appears below.

The objectives of the review are as follows:

1. To listen to the perspectives and ideas of First Nations leaders, communities, industry, public health experts;
2. To identify gaps in the current allocation system, including whether to incorporate other tobacco products, such as cigars;
3. To conduct an assessment of exemption models used in other jurisdictions to identify best practices; and
4. To identify specific options to the government on improving and modernizing the current allocation system, or alternative approaches.

The Facilitators will carry out this review through research, meetings and the review of any written submissions. They have prepared a short discussion paper to provide background information and to offer some topics for further discussion with key stakeholders.

Follow this link to the Discussion Paper: [Discussion Paper - 04-09-15.pdf](#)

Facilitators

Kathleen Lickers

Kathleen is a Seneca from the Six Nations of the Grand River in Southern Ontario and has been practicing law for 20 years. A member of the Law Society of Upper Canada, Kathleen is past Treasurer and long standing member of the Indigenous Bar Association. Prior to establishing her own law practice, Kathleen was Commission Counsel to the Indian Specific Claims Commission and was directly responsible for over 60 public inquiries being advanced by First Nations across Canada. In private practice Kathleen continues to focus her attention on issues of shared concern between First Nations and various levels of government, not isolated to outstanding specific claims. She has served as Co-Counsel to the Chiefs of Ontario for the Ipperwash Inquiry; Chair of the Intergovernmental (ON/CAN/COO) Forum; External Advisor to the Assembly of First Nations and the Office of the Auditor General of Canada. Since 2011, Kathleen has been working with the Ministry of Finance and Ministry of Aboriginal Affairs regarding tobacco matters on reserve.

Peter Griffin

Peter Griffin is a member of the Bar of Ontario practising civil and commercial litigation in Toronto since 1980. Peter has represented both plaintiffs and defendants in the resolution of complex multi-party disputes both before the courts and through mediated and negotiated resolutions. Peter is past President of The Advocates' Society, a Fellow of the American College of Trial Lawyers and Chair of the American College of Trial Lawyers Ontario Committee.

Oral and Written Submissions

The Facilitators will be contacting stakeholder groups of First Nations, Tobacco Industry, Healthcare Interests and other commercial enterprises, in order to give them an opportunity to make oral or written submissions to the Review. The Facilitators welcome written submissions which may be submitted electronically to the Review's email box: info@allocationreview.ca

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NOTICE TO TOBACCO RETAILERS

from Independent Reviewers of the Cigarette Allocation System

On April 17th, the Government of Ontario launched an independent review of the First Nation Cigarette Allocation System (sometimes called the 'cigarette quota'). A website has been created where interested parties, such as retailers, First Nation communities, and industry representatives are invited to communicate their views. How well is the current system working? What changes should be made? We welcome hearing from you. For more information regarding the Review or to share your perspective, please visit the website at www.allocationreview.ca



MOHAWKS OF THE BAY OF QUINTE ECONOMIC DEVELOPMENT

**** REMINDER ****

We are still looking for local artists who would like to display their art in the Administration Building. We are looking for any type of art as display cases are also available.

Please contact Renee or Bonny (Bear) for more information

“The aim of marketing is to know and understand the customer so well the product or service fits him and sells itself.”

- Peter Drucker

For more information about Economic Development contact:

Renee Brant

Phone: 613-396-3424 ext. 138

Fax: 613-396-3627

Email: reeneb@mbq-tmt.org

We are always looking for new ideas for workshops or events. If you're looking for something specific for your business or have any ideas, please let us know!

Trustee Report for June, 2015

This is the month of the school year that all students look forward to, not necessarily for the stressful time that final exams and assignments bring but for the accomplishments made this year and the freedom for different activities that occurs during the summer months. I am sure there is also a sense of anticipation for moving on to next year. For many that will mean moving on to the next grade level but for graduates it will mean moving on to some new challenges in either post-secondary programs or in the world of work.

On behalf of the Board, I would like to congratulate all graduating students and wish them all the very best in their future endeavors. I would also like to thank all parents for their unwavering support for all students throughout our elementary and secondary school systems. Finally, a "thank you" to all our great teachers and administrators, who work with students throughout the school year making it possible for them to have success.

I would like to wish all students a safe, enjoyable summer.

Highlights of June Board Meeting include:

- *Board approval of 2015 – 2016 operating and capital budgets.*
- *Recognition of student winners in the Canada Wide Science Fair.*
- *Board approval to hold the regular November meeting Monday, November 16, 2015 at York River Public School in Bancroft.*

For more detailed information please go to HPEDSB.ON.CA >Board and Committee Meetings

Remember, if you have any comments or concerns, please call me at 613) 962-3595 or email me at mbrant@hpedsb.on.ca.

Respectfully submitted,

Mike Brant, HPEDSB, representing Tyendinaga First Nations.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in May responded to 13 calls:

2 Medical Assist
1 Rubbish Fire
1 Controlled Burn
1 Structure Fire
2 Brush Fire
2 Mutual Aid
4 Public Service

This brings our total to 56 calls for the year 2015

SPACES
STILL
AVAILABLE

ALL
LEARNERS
WELCOME

FNTI's

Social Service Worker Program

is coming to

ORILLIA

starting September 2015

The Social Service Worker (SSW) Diploma is a 2-year program customized with unique, leading-edge Indigenous learning experiences and environments, delivered in partnership by FNTI and St. Lawrence College. Upon graduating, students receive a Social Service Worker Diploma from St. Lawrence College.

This program is offered in an Intensive Delivery Mode - Students attend week-long sessions every 4-6 weeks.

For more information contact Jake
at recruitment@fnti.net or call 800-267-0637

www.fnti.net

FNTI  First Nations
Technical Institute

Stressed? Tired out?

Time to get rejuvenated and schedule some...

Young Women's Wellness Time



August 10—12, 2015



Ages 13-19 years

Time to unwind, relax, camp, unplug and enjoy a few days in nature centered around YOU!

- Learn something new
- Choose to take part in women's ceremonies, crafts etc.

FREE



Shannon Butcher
Tyendinaga Justice Circle Coordinator
(613) 396-2122 ext. 166
Shannonb@fnti.net



Tyendinaga Justice Circle
Tontakaiê:rîne
(It has become right again)

(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



Lights



Camera, Action!

*Gather the family and join us
under the stars for a movie*

July 6 & 20, 2015

August 10 & 24, 2015.

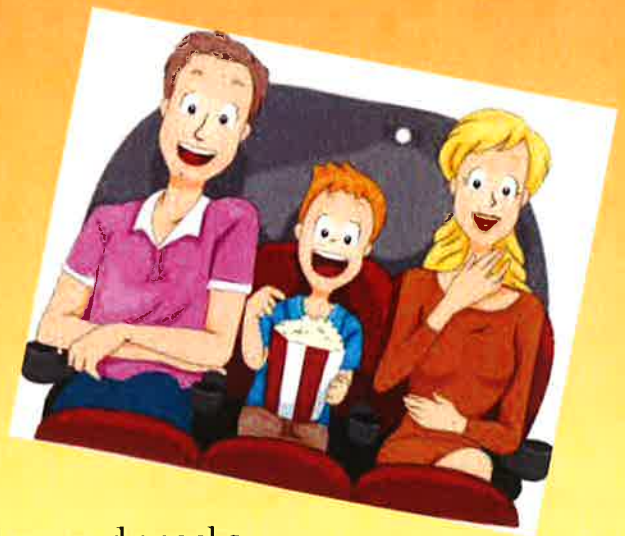
Gates open at 8:00pm

Movie begins at Dusk

Tyendinaga Lacrosse Box.

Cost: \$3 per ticket;

This is an all ages event!
Please bring your own chairs
or blankets for seating.



Concession stand available for drinks, hotdogs and snacks

RAIN OR SHINE

*Families that
PLAY TOGETHER
Stay together.*

Fundraiser Sponsored by



Children under 16 years of age must be accompanied by an adult.

In Loving Memory
Brady Evan Thompson
January 29, 2005 – May 19, 2005

*If Roses grow in Heaven
Lord, please pick a bunch for me.
Place them in Brady's arms
and tell him they're from me.*

*Tell him that we love and miss him,
and when he turns to smile,
place a kiss upon his cheek
and hold him for a while.*

*Because remembering him is easy,
We do it every day,
but there's an ache within our heart
that will never go away.*

*Love always & forever,
Mammy, Pappy and Aunt Haley, Nate
Aunt Cassie, Uncle Greg and Cousin Jared & Gage
OXOXOXOXOX*

Happy, Happy 19th Birthday
Haley
June 12th

*You really are a Daughter
Who fills our home with cheer.
And you grow more beautiful
With each and every year.*

*We're lucky you're our Daughter
And we hope you'll always know.
That we love you and we're proud of you
As your Birthdays come and go.*

*With love on your Birthday
Always and forever
Mom & Dad
oxoxoxoxox*



Happy Birthday!

Happy Birthday
Shannon – July 26th
Love Aunt
Marilyn, Uncle Rick, Sam,
Emmett, Phill & Hayden



Happy 6th Birthday
to my awesome son
Emmett – July 29th
Lots of Love Mommy

Happy 6th Birthday
to our handsome grandson Emmett – July 29th
Lots of Love Grandma & Papa

Happy 6th Birthday
Emmett – July 29th
Love Phill & Hayden

Happy 19th Birthday
Dakota – July 30th
Love Marilyn, Rick, Sam, Emmett, Phill & Hayden

Happy Birthday
Angel – July 31st
Have a good one! Marilyn

Happy 36th Anniversary
to my hubby Rick – July 28th
Love you always, Marilyn xoxo

Happy 40th Birthday
Andy Hill
Lots of Love Aunt Cindy & Uncle Les

In the wee morning hours on July 20th 2005,
I looked at you for the first time and cried.
Tears of joy, tears of disbelief;
my dream had come true and I was mystified.
As the days passed, you showed me who you really are,
You have come to me, as my shining star.
Great things lie ahead for you; the Creator has big plans.
No matter how long the day is, or how long the night
seems, we are always your biggest fans.
My only wish for you as you grow, is that you never
change how beautiful you are inside.
Always remember to show your intelligence with respect,
and wear your heart with pride.

Happy 10th Birthday,

William!

Love, Mommy, Dale,
Daddy, Elijah, Sadie,
Grandma,
Kevin, Papa, Debbie,
Elaine, Gary, Clay and
Candy
(and Duke and Catnip)

XOXOXO



Happy Birthday
Ever
Love Auntie, Jeffy and Ledgie

Happy Birthday
Kastin Norton
Tiarha Brant
Kelly Brant
Kurstyn Brant
From Chip, Allison & Kamryn

Happy Birthday
Dad (Chip Brant)
Love Kody, Kamryn & Allison

Happy Anniversary
Chip Brant
Love Always Allison

Happy Birthday
Marvin – July 2nd
Love Rick, Marilyn, Sam, Emmett, Phill & Hayden

Happy Birthday
Carol – July 4th
Love Marilyn, Rick, Sam, Emmett, Phill & Hayden

Happy 1st Birthday
Quinn – July 10th
Lots of Love, Aunt Marilyn, Uncle Rick, Sam, Emmett, Phill &
Hayden

Happy Sweet 16th Birthday
Hailey – June 22nd
Lots of Love, Aunt Marilyn, Uncle Rick, Sam,
Emmett, Phill & Hayden

Happy Birthday
Mommy – July 24th
Lots of Love Wyatt, Ethan & Layla

Happy Birthday
Maria – July 24th
Love Marilyn & Rick

Happy Birthday
Maria (Auntie) – July 24th
Love Sam, Roo, Phill & Hayden



We would like to congratulate Taylor-Rain Tabobandung on being selected, after vigorous try-outs, to play for the Junior Women's Team Ontario box lacrosse team. Team Ontario will represent our province in the Canadian Lacrosse Association's National tournament in Calgary, Alberta July 21 – 26, 2015.

We are so proud of her and we know she will compete hard, honour our family, our community and the Creator's game.

Championship games will be TV broadcasted through Rogers ... Please join us in wishing Taylor-Rain and Team Ontario all the best at this exciting time.
GO TEAM ONTARIO!

We love you and are very proud of you Taylor-Rain.

Nana, Aunt Debra & Uncle Gary

**** Please Note *****

I am searching for my birth family and hope that someone may be able to help. I was born in the Picton area on July 7, 1959. My birth name was Diane Dainard. I had a younger sister named Jacqueline who was likely born in 1960. I have few memories of my early years but I remember living in a large house in Picton with my mother, sister, grandparents and other family members. When I was about 5, my sister and I were taken in by the Children's Aid. I remember my mother visiting us and bringing us candy. My sister Jacqueline was adopted first, probably at age 5. We still went to the same school together in Picton for about a year. I was adopted soon after by a couple named Cochrane and moved to Belleville. That was the last I saw of my birth family. I have been told that I am of Iroquois descent and I also attended the Tyendinaga School in grade 7. If anyone has any information about my family could you please contact Diane at dianebarry39@gmail.com.



Congratulations Andrew Hill-MacBride on getting 7 A's and going on to Grade 5 in Sept

Our Boys ROCK!!!!



NYA:WEN!!!

I would like to send out a huge thank you on behalf of Enyonkwa'nikonhriyohake (Good Minds), to all of those who came out to the NDHR Event:

Stephen Green for the Ohenten Kariwahtekwon (Opening)

Karen Lewis for all of the amazing information and planting a white cedar

Tom Porter for the beautifully powerful words and planting a white cedar

Diana Bailey for planting a white cedar in honour of her mother Alice Lewis

Stan Maracle for planting a white cedar in honour of those affected by Residential Schools

Valerie Brant for gifting us with a song

Niwakwarita:a LeFort and Ronehtawaks LeFort , Erica Brant and Nicky Brant for closing the evening with the sharing of traditional song and dance

Isaac Peschell for the keeping of the fire

Carol Anne Maracle for the deliciously wonderful catering

Robert Stelling for the kind donation of our White Cedar trees

Thank you to all of the amazing staff of Good Minds and Home Support for all of your help in the creation of this years' event. With such wonderful teams and people, we can continue to build a traditionally strong, caring, loving and open community.

Crystal Haight, Traditional Community Wellness Worker

Enyonkwa' nikonhriyohake – Good Minds

Our Dreams Matter too!

Walk for Culturally based equity for First Nations children



Occurred on

Thursday June 11, 2015

I would like to thank all of you who helped out with the 4th Annual Our Dreams Matter Too Walk! For those of you who pitched in with getting food, prepping food, making signs, banners, calling, emailing, prepping, driving and walking, Nya:wen kowa! It wouldn't have happened without all of your support!

We had about 75 in attendance, counting walkers and drivers etc. We had about 25 do the walk in its entirety!! There were 15 children & youth and about 59 adults, many from our Community and a group from Highland Shores CAS and a couple from the Children and Youth Network. Our youngest person "walking" was 5 months, and our oldest was 67!

We had a beautiful day, the weather was definitely on our side!!

Nya:wen,

Tracey Gazley

First Nations Child and Youth Wellness Worker

Skennen, Ka'nikonhriyo, Ka'satstenhsera,

Enyonkwa'nikonhriyohake' (Good Minds) Program

Community Wellbeing Centre

This walk supports three campaigns:

- ✓ **Shannen's Dream (www.shannensdream.ca) for "a safe and comfy school" – Shannen Koostachin**
- ✓ **Jordan's Principle (www.jordansprinciple.ca) to ensure equitable access to all government services.**
- ✓ **I am a witness campaign (www.fnwitness) to help First Nations children grow up in safe homes.**



Fire Victims Fundraiser

A Note of Thanks to all Sponsors for your Support!

*McMurter Home Centre
Smokin Coffee Xpress
Brantco Technologies Inc.
Mohawk Cigarchief.com
Lewis Lacrosse
Rez Boyz
Tyendinaga Propane
Speedway Gas
Itty Bitty Diner
P.S.I. Petroleum
Norma Maracle*

*Tyendinaga Computers
Music Centre
Baz Auto
K.C. Builders
Eagle Orthopaedics
Ward Auto & Sales
Mohawk Fire Department
The Sacred Circle
Mohawk Duty Free
Onkwehonwe Neha Enterprises
Nation 2 Nation*

Donated by Phil Maracle - 2 Oil changes
Won by Gloria Idzenga and Dianne Maracle

Picture donated by Kelly Maracle
Won by Jan Hill

Jewelry Box donated by Gregg Brant
Won by Mila Burley

50/50 Won by Anita Maracle

Thanks to K.W.E. 92.3 Radio Station for announcing the Fundraiser

Thanks to everyone that donated food & drinks.

Big Thanks to everyone that worked so hard to make this a success

Totaling ** \$4,610.00**



*Watch a movie
or TV show
with your friends
- every Thursday at
3pm*

Kids - register for TD Summer Reading early in July - get stickers, a booklet to keep track of the books you read, a gel bracelet, pin or pencil. Then come to the library every Thursday at 6pm and/or Saturday at 1pm for stories, crafts and movies.



	KANHIOTE
	LIBRARY
	613-967-6264
Tuesday 10 - 2	Wednesday 1 - 7
Thursday 1 - 7	Saturday 10 - 2



VOLUNTEER DRIVERS NEEDED!



Have some spare time and would like to do a bit of volunteering? The Tyendinaga Home Support Program is looking for volunteer drivers for the Meals on Wheels program. Meals are delivered 3 days a week over the lunch hour to clients homes. If this is something you would like to do then give Jessica a call at 613-967-0122, ext. 126 to sign up!

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

July 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. Friendly Visiting —12:00 to 3:30 p.m.		Euchre —6:30 to 8:30 p.m. Ceramics—1:00 to 3:00 p.m. Traditional Song & Dance —1:00 to 4:00 pm	1 Office Closed	2 Meals on Wheels Napanee Shopping	3 Meals on Wheels Handivan Deseronto	4
5	6 Ceramics	7 Meals on Wheels Traditional Song & Dance Teaching	8 Diners Club & Bingo HOME SUPPORT @ Community Centre	9 Meals on Wheels Napanee Picnic	10 Meals on Wheels Handivan Deseronto Scrapbooking	11
12	13 Breakfast Club Ceramics	14 Meals on Wheels Traditional Song & Dance Teaching	15 Euchre	16 Meals on Wheels Belleville Shopping	17 Meals on Wheels Handivan Deseronto	18
19	20 Ceramics	21 Meals on Wheels Traditional Song & Dance Teaching	22 Diners Club & Bingo HOME SUPPORT @ Community Centre	23 Meals on Wheels	24 Meals on Wheels Handivan Deseronto Scrapbooking	25
26	27 Ceramics	28 Meals on Wheels Traditional Song & Dance Teaching	29 Diners Club HOME SUPPORT @ Community Centre	30 Meals on Wheels Friendly Visiting	31 Meals on Wheels Handivan Deseronto	

Community Working Group for Health

Nov 2014 newsletter referred to as the Health Advisory Board &
May 2015 Health Advisory Working Group



LOOKING FOR YOU—THE COMMUNITY TO BE THE DRIVING FORCE!!

Community Engagement was held on Wednesday, June 17 to *finalize* the name for this group and agenda for the next meeting. The Guiding Principles are available for your review (contact community members listed below) prior to the next meeting on

Monday, September 21, 2015

6 pm—7:30 pm

Prompt start with light refreshments available at 5:45pm

Please come with your voice to influence direction for a healthy Community.

Child Care provided prior notice is helpful for ages & activity plans (by September 11)

AGENDA 21 September 2015:

1. Review the development of this group to date.
2. Review the Guiding Principles—developed as starting point.
3. Logo Contest possibility.
4. Moving forward.

Lynn Brant
613-922-6683
lynn.brant@sympatico.ca

Kate Brant
613-391-7130
kathyb@kchc.ca

IT'S ALMOST THAT TIME AGAIN!

We are currently asking for donations to the purse auction that is scheduled to happen in the fall this year! 🙏

If you have any gently used hand bags that you would like to donate to a great fundraiser we would be happy to take them!

All purses and bags can be dropped off at the Community Wellbeing Centre located at 50 Meadow Drive, Tyendinaga Mohawk Territory, K0K 1X0.



All proceeds from the auction will be benefitting the Food Resource Centre. 🛍️

If you have any questions please call Julie Brant at 613 967 0122 Ext. 149 or by email at julieannb@mbq-tmt.org

Keep an eye out in the fall for the date and time of the auction!





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



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

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
June 09, 2015	June 17, 2015
July 07, 2015	July 15, 2015
August 11, 2015	August 19, 2015
September 08, 2015	September 16, 2015
October 13, 2015	October 21, 2015
November 10, 2015	November 18, 2015
December 08, 2015	December 16, 2015



For more info call
Vanessa, at CWC
613-967-3603

Calendar For
2015

Large Food Box \$15.00
Singles Box \$10.00
Fruit Bag \$5.00

COMMUNITY HEALTH

Enyonkwa'nikonhriyohake' Program Presents...

Men's Group Summer Sessions



Men's Group is taking a break for the summer and will resume in September.

Nya:wen ki wahi to those who attended the weekly group, I hope you enjoyed it as much as I did!

During the summer we will be offering a time for the men of the community to gather and pay respects to Grandmother Moon during her New Moon phase. Anataras will be onsite to share his cultural knowledge on this topic.

Please join us at the gazebo at Community Wellbeing Centre on
July 15 & August 14 at 8pm.

(bring a lawn chair just in case)

For more information contact Jill Beck

at 613-967-0122, extension 125.



Healthy Eating Know How

Why is healthy eating important?

Eating well helps you achieve a healthy weight, get the nutrients you need for good health & reduce your risk of chronic disease such as diabetes

Healthy Eating Basics

- Avoid/limit processed foods- they are often too high in fat, sugar and salt
- Start each day with breakfast and eat regular meals and snacks throughout the day
- Fill up on fiber by choosing plenty of vegetables & fruit, nuts, beans and whole grains such as quinoa, oats, barley, wild or brown rice each day
- Rethink your drink– quench thirst with water rather than high calorie, fat and sugar drinks such as pop, juice, specialty coffees and alcohol
- Balance your meals– 1/2 plate vegetables, 1/4 plate starchy food, 1/4 plate protein



For more information
betes the Diabetes

on healthy eating and dia-

Education Program 613 967-3603

**AUG
19**

11-6



**EYE EXAMS
AND GLASSES**



**COMMUNITY WELLBEING CENTRE
50 MEADOW DRIVE, DESERONTO**

TOLL FREE 1-866-920-6480

TO BOOK AN EYE EXAM YOU MUST CALL MOBILEYEZ

**SUNGLASSES
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SERENGETI EYEWEAR   **GUCCI**
HUGO BOSS **RETROSUPERFUTURE**
Ray-Ban  *Maui Jim*

We do direct claims for NIHB and Band Employees.
Questions? Contact Mobileyez at 416-619-0064 (toll free 1-866-920-6480) info@mobileyez.com

Tyendinaga Fitness Resource Centre

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

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

July 2015 **Discover the Balance**

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

Amy Dejonge
Fitness Studio
Coordinator

Carole Lasher

Personal Trainer

Shanleigh Maracle
Taylor-Rain
Tabobandung
Ben Brant
Tristan Nugent
Luke Jeffries

Diabetes and Physical Activity: Your Exercise Prescription

1. **Increase physical activity in your day and reduce sedentary time.** Choose active options when you can, such as taking the stairs. Include more activities that you may already do, such as walking the dog, gardening, curling or playing golf. Limit TV or recreational computer use to no more than 2 hours per day and reduce or break up the time you spend sitting.
2. **Begin regular aerobic exercise.** At least every second day, do activities like brisk walking, cycling or swimming, for at least 10 minutes at a time. Each week, add 5 minutes to every activity session you do.
3. **Begin regular resistance exercise.** With the help of a qualified exercise professional, diabetes educator or exercise resource (such as a video or brochure) learn how to do a muscle strength building routine using weight machines, free weights (such as lifting a barbell or dumbbell), resistance bands or your own body weight. You will need to work most of the muscles in your body with 8 to 10 different exercises. Do each exercise 10 to 15 times each at a light to moderate intensity. Repeat this routine if you can.
4. **Continue to do regular aerobic exercise.** Do at least 150 minutes of aerobic activity every week, spread over 3 separate days. Don't go for more than 2 days in a row without exercise. For example, 30 minutes Monday, Wednesday, Friday, Saturday and Sunday = 150 minutes total. Gradually increase the time of your activity sessions up to 60 minutes or more. Also, try to increase the intensity or challenge of your activities. More challenging activities could be hiking, sports, jogging or swimming laps.
5. **Continue to do regular resistance exercise.** Continue using weight machines or free weights (such as lifting a barbell or dumbbell). You will need to work most of the muscles in your body with 8 to 10 different exercises, done 8 to 10 times each at a moderate to hard intensity. Repeat this routine 2 to 3 times

(Excerpt from the Canadian Diabetes Association website)

Welcome to the Fitness Studio July

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:15pm	Booty Sculpt	HiIT Training	Core Training	Circuit Training	Yoga	
12:45pm	Core Training		Booty Sculpt			

Special Memberships Funded by Ontario Trillium Foundations

FREE 1 Month Health Enhancement memberships available. Each year that TFRC has our Fitness Studio Coordinator (2015 -2017) 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 Amy Dejonge to see if you meet the specific criteria.



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



**Happy
Canada Day!**

We are closed

Wednesday July 1, 2015

YOUNG & STRONG & OVER 50

Tyendinaga Fitness Resource Centre (613) 962-2822



Health , Wellness
& Laughter

- ⇒ Improve wellness
- ⇒ Flexibility & cardio
- ⇒ Improve balance
- ⇒ Physical strength enhanced
- ⇒ Increase mobility
- ⇒ Meet new friends
- ⇒ Lose weight

Tuesday & Thursday

10am to 11am

Wednesday - 5pm to 6pm

Starting Tuesday Sept.1st & Wed. Sept.2 & Thurs. Sept.3



Deadline to sign-up : August 21/15

Program Will Continue if Successful

NOTE: The program is FREE with membership -or
\$5.00 for drop In. No program during June & July & Aug
But I will assist you with exercising individually.

CERTIFIED SENIOR FITNESS INSTRUCTOR : DARLENE LOFT

EMAIL: tyfitnessres@mbq-tmt.org

Functional Fitness

55+ Tues. & Thur.

Lets Work On:

- Balance
- Coordination
- Flexibility
- Gentle Strength Training

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

Funded by South East LHIN / VON Canada
Special Funding Available Through OTF .



In the Fitness Studio

01/12/2015

Discover the balance alongside
Darlene J Loft who has completed
the Western Canadian Centre For
Activity & Aging
Certification on
April 16, 2015

Starts again
Sept. 1st /15

10:00am to 11:00am

Free Fun with Membership

Call Today Limited Space

(613) 962-2822

tyfitnessres@mbq-tmt.org



Maracle Chiropractic Welcomes Reflexologist



Mark Reynolds

Mark desired to be part of the solution and found the energy modality of reflexology could help individuals maintain and improve their overall health naturally. By stimulating with pressure of the nerve endings in the hands or feet, reflexology will relax, reduce stress, increase circulation and help the body to heal from within.

MARK@WILSONANDREYNOLDS.CA

Maracle Chiropractic at Toronto 2015 Pan Am Games



Dr. Jason & Dr. Rebecca

Dr. Jason and Dr. Rebecca are excited to be part of the Toronto 2015 Pan Am Games as chiropractors for the athletes. It is going to be a great summer for the Games. So excited to be part of it.

Remember we are here for you too! Multiple services available for you at our location.

maraclechiropractic@gmail.com

WWW.MARACLECHIROPRACTIC.CA

613-876-5855



DESERONTO & DISTRICT MINOR HOCKEY ASSOCIATION

Wants you to **COME PLAY WITH US!!** Register online

NOW for the 2015-16 Hockey Season at www.ddmha.ca

Or contact Vicki Whalen (613)396-3003



COMMITTEE MEETING

TUESDAY, JULY 28TH, 2015 @7:00 P.M.
KARONHYAKTATYE SPORTS COMPLEX

****NEW PLAYER REGISTRATION (Novice, Atom, PeeWee, Bantam & Midget)**

We are looking for volunteers, coaches, trainers & managers to join us to continue with organizing and fundraising for the Little NHL 2016. If you have any questions please call Cynthia Loft at 613-813-1127 or Cassie Thompson at 613-885-9937



aboriginal access
to engineering

Tyendinaga to Queen's University Bus Service!

July 27th-31st

Science Quest, partnered with Aboriginal Access to Engineering (AAE) and Mohawk Bus Lines, will be offering a bus service from Tyendinaga to Queen's University to bring campers from grades 4 to 8 to our camps this summer! Come to our main location for the full Science Quest experience! \$25 registration covers all transportation and camp fees! You may choose from four different camps this week:

Science Camp: Campers will do exciting and relevant science activities that will spark their creativity and link science to the world around them! Science Camp will span civil engineering to ecology to geology and everything in between for an eye-opening experience.

Tech Camp: Campers will create computer games, experiment with movie making software, program robots, learn photo editing techniques, edit audio files and much, much more!

Girls Quest Tech: Girls Quest Tech is everything that is awesome about Tech Camp, but just for girls! Campers will participate in a fun, high-impact tech adventure designed to promote women in computer science and engineering.

Eco Camp: Love nature and science? This camp is for you! Eco Camp takes resource management and combines it with engineering and science concepts.

Call Science Quest at 613-533-6870 or

Melanie Howard, AAE 613-533-6000 ext 78563

for more information and to register. Spaces are limited, so don't miss out!



NEW FINANCING For BUSINESS START UPS & EXPANSION

The Indian Agricultural Program of Ontario is pleased to announce the launching of a new financing program for First Nations farm businesses and entrepreneurs:

Aboriginal Business Start Up and Expansion Program (ABSEP)

Funding, which extends until March 31, 2017, is provided through the Aboriginal Economic Development Fund by the Ministry of Aboriginal Affairs.

The goal of ABSEP is to enhance community level agricultural economic development by supporting the success of high potential farm business start ups and expansions. Aiming to address barriers to financing, ABSEP provides business financing and grants to qualified aboriginal individuals and businesses. Financing, including term loans and working capital, is tailored to meet business needs and applications will be considered for full project financing, partial financing or leveraging to complement other financing or funding. Areas of financing include:

Seed Capital: Financing provided to study, assess and develop an initial concept for a new product, service or process with high market potential preceding the start-up phase.*

Start-up and Early Stage Loans: Financing provided to support high-potential start-up businesses (i.e., businesses with potential to contribute to tangible benefits for Aboriginal people, including employment and/or training opportunities) and the development of a new product, service or process with high market potential for businesses considered to be 'start up' or 'early stage' enterprises.*

Expansion Capital: Financing provided for the growth and expansion of a promising project or enterprise with a high potential for benefits to Aboriginal people, specifically employment, training and/or business opportunities. Capital may be used for increasing production capacity, market or product development, or for additional working capital.*

Business Acquisition: Financing provided for the acquisition of a promising business.

*source-AEDF Business and Community Fund Application Guide

Qualified farm businesses are eligible for funding of up to \$200,000 and grants of up to \$20,000. To qualify, applicants must demonstrate economic viability, as well as, the need for ABSEP funding.

For more information including complete eligibility requirements or an application, contact 1-800-363-0329 or info@indianag.on.ca.



The views expressed in this publication are the views of IAPO and do not necessarily reflect those of the Province of Ontario.



IAPO Business Financing Seminar

Wednesday July 15, 2015

All Saints' Anglican Church

1295 Ridge Rd., Tyendinaga

Please join us for dinner and hear the latest news on new program and business financing options available from IAPO.

Agenda

6:00 pm Dinner

6:30 pm Presentations

IAPO- Business, Agribusiness & Farm Financing

IAPO Aboriginal Business Start Up and Expansion Program

-Maximum \$200,000 with 10% grant

IAPO Beginning Farmer's Program

-Maximum \$45,000 with 30% cost share

For more information contact:

Mark Leahy

IAPO – Business, Farm & Agribusiness Financing

1 800 363 0329



The views expressed in this presentation are the views of IAPO and do not necessarily reflect those of the Province of Ontario



Okwaho International Inc. and First Nations Payments announce revenue sharing program for First Nations in lucrative merchant services industry

June 12 2015, Tyendinaga Mohawk Territory, ON – Okwaho International Inc. has entered into an agreement with merchant services company Zomaron Inc. to manage the First Nations Payments portfolio. The new joint venture offers potentially lucrative revenue sharing opportunities for First Nations across Canada— opening up a whole new market for entrepreneurs, businesses and communities to explore.

Tapping into the merchant services market offers unlimited opportunity for revenue generating income for First Nations communities. Okwaho International Inc. Vice President and Chief Operating Officer Rye Barberstock explains, “Merchant Services is a multi-billion dollar industry in Canada which up until now was a missed economic development opportunity for First Nations. It’s an industry that deserves our collective attention and through First Nations Payments, we now have access to participate in this growing market. “

A First Nations Payments led pilot project was initiated in 2014 to examine the feasibility and scalability of the First Nations Payments business model in southwest Ontario. “To date, the business model has proven successful with a significant number of business operators acquiring First Nations Payments products in five First Nations communities. First Nations businesses are seeking us out to take advantage of our cost savings and community give-back program,” said First Nations Payments Business Advisor, Ron Lampman.

With the healthy response from First Nations businesses, First Nations Payments is now in a position to branch out nationally and is actively seeking business opportunities with Aboriginal Economic Development Corporations and progressive First Nations wanting to take full advantage of First Nations Payments —payment processing savings and revenue sharing program. “It is our intent to provide businesses and communities with the tools to succeed in sustainable economic development through First Nations Payments. The more businesses we can help, the greater potential for a healthy return on investment,” said Lampman.

Zomaron Inc. Executive Vice President Joseph Jongsma couldn’t be more pleased with the progress, “Joining forces with Okwaho International Inc. was by far the best decision for our company’s interests in Aboriginal Relations. We are proud to be working alongside Okwaho and are fully committed to giving businesses the best products and services available.”

First Nations business entrepreneurs, business owners and First Nations leadership interested in learning more about First Nations Payments products and revenue sharing programs can visit the Okwaho International Inc. website at <http://www.okwaho.com/fnp>.



For more information on First Nations Payments please contact:

Okwaho International Inc.

First Nations Payments

Phone: (800) 945-1408 ext. 2

Email: fnp@okwaho.com

Website: <http://www.okwaho.com/fnp>

KARONHYAK'TATYE SPORTS COMPLEX

CALENDAR OF EVENTS

Come out and enjoy a game of baseball!!

3-Pitch Rez Mixed League every Wednesday night.
 Mens Fastball League & SPN Womens League—every Thursday Nights
 SPN Men's League—every Sunday Nights
 Belleville Roller Derby Practices at Lacrosse Box vary—see calendar
 Canteen available at most events.

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>3-Pitch Mixed Rez League</i>	2 <i>Mens Fastball SPN Womens</i>	3	4 <i>Ball Tournament</i>
5 <i>LB BRD 1pm—4pm Ball Tournament SPN Mens League</i>	6	7	8 <i>3-Pitch Mixed Rez League</i>	9 <i>Mens Fastball SPN Womens League</i>	10 <i>LB BRD 7pm-9pm</i>	11 <i>Ball Tournament</i>
12 <i>LB BRD 1pm—4pm Ball Tournament SPN Mens League</i>	13	14	15 <i>3-Pitch Mixed Rez League</i>	16 <i>Mens Fastball SPN Womens League</i>	17 <i>LB BRD 7pm-9pm</i>	18 <i>Ball Tournament</i>
19 <i>LB BRD 1pm—4pm Ball Tournament SPN Mens League</i>	20	21	22 <i>3-Pitch Mixed Rez League</i>	23 <i>Mens Fastball SPN Womens League</i>	24 <i>LB BRD 7pm-9pm</i>	25 <i>Ball Tournament</i>
26 <i>LB BRD 1pm—4pm Ball Tournament SPN Mens League</i>	27	28	29 <i>3-Pitch Mixed Rez League</i>	30 <i>Mens Fastball SPN Womens League</i>	31 <i>LB BRD 7pm-9pm</i>	

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.



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.



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.



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



Call: 615 596 2152
by July 15, 2015
to Have your Garden
Judged in the
2015 Mohawk Fair
Garden Competition!

AUGUST 21, 22, 23, 2015

Demolition Derby Friday • Bingo • Midway •
Traditional Foods • MAS Member Exhibits •
School Exhibits • Turkey Dinner • Kids Games •
Pet Show • Kids Races • Youth Exhibits • Calf
Show • Talent Show • Traditional Crafts • Olde
Tyme Contests • Classic Car Show & Shine •
Horseshoes • Entertainment • Toilet Bowl Races

Find the Fair Book in Print and Online!



Mohawk.Fair



Mohawk Fair



@MohawkFair

WWW.MOHAWKFAIR.COM

Keep checking for NEW Information and Events!



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. Please join us on a journey of discovering and deepening our relationship with the Creator.

SUNDAY CELEBRATIONS

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

UPCOMING EVENTS

Strawberry Social
Sunday 5 July, 1-4 p.m.
Mohawk Community Centre

Join us for sandwiches, refreshments, strawberries and ice cream. Local entertainment, silent auction, 50/50 draw, children's crafts. Freewill offering accepted in lieu of ticket price. Proceeds to parish ministries.

As we enjoy the summer weather, we give thanks for our teachers and students who have just completed another school year. We pray that they will enjoy a summer of rest and relaxation so that they may be ready to embark in the fall on another adventure of learning. Please watch for kids playing or riding bikes near roadways.

We also think of everyone who tends the land in this season of growth. We pray for farmers and gardeners, that there will be sun and rain as needed, and that, when the harvest comes, there will be an abundance of the fruits of the earth that may be shared with those in need in our community. If you have surplus, don't forget our foodbanks.

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

“AA OPEN MEETINGS”

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

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

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

Losers Unite, Join Us!



SUMMER 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 613-885-0506
Tree Good altree94@gmail.com



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

Keristos Ne Korah:Kowa
The Mohawk Parish of
Christ the King

A Catholic Community
of the North American Anglican
Ordinariate of the
Chair of Saint Peter

“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 become Catholic whilst retaining most of their Anglican Patrimony.

Services Held At:

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

Regular Sunday Services:

Usually at 10 A.M.

Once a month at 11 A.M.

Please call 613-885-2499 to verify!

For Sacramental or Pastoral Services:

Please call:

“Fr.” Gérard Trinque
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

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



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
www.tmpc.ca

COMING EVENTS

July 10, 2015 Revival Service, Napanee Standard Wesleyan Church @ 7pm

July 26, 2015 Church Luncheon, Fellowship Hall @ 12:30pm

August 7, 2015 Revival Service, MPC @ 7pm

August 30, 2015 Church Luncheon, Fellowship Hall @ 12:30pm

Sep 19, 2015 Annual Pig and Corn Roast

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

James Dent

CLASSIFIED

LAND FOR SALE

Lot 9 A -2-2. Concession A
- 22 acres

Lot 9 B - 2-2 Concession A
- 44 acres

Lot 9 C -2 Concession A
- Portion of old
railway bed

Please contact:
Leonard Brant
1-905-871-6509

HOUSE FOR SALE

24 North St.
\$ 99,900.00

MLS® #: 15603480

- Bedrooms: 2+0
- Bathrooms: Full:1 Half:0
- Type: Single Family
- Style: 1 Storey, Detached
- Building Age: 26-50
- Garage Features: Work Shop
- Exterior: Vinyl
- Roof: Shingles - Asphalt
- Basement: Full
- Bsmnt Features: Partly Finished
- Heating: Forced Air, Furnace
- Fuel - Heating: Oil
- Water Supply: Well - Drilled
- Sewer Type: Septic Installed

Contact Kelly McMurter
Re/Max Sales Representative
613-929-7355

HOUSE FOR SALE

4 BEDROOM HOME

- bright/large eat-in kitchen
 - dishwasher, fridge, stove
 - large bedrooms/large closets
 - Updated main floor 4 pc bathroom
 - 3 pc bath w/shower
 - large family room with energy efficient woodstove (WETT certified)
 - walkout basement/Shed
 - lots of storage
 - upgraded well with holding tank
 - new roof and deck
 - New Windows and door on main floor
- Lot size 3/4 acre (approx)

PRICE REDUCED
(Serious offers will be considered)

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

FOR SALE

2013 TOYOTA VENZA
- 49,500 km
- too many options to list can be seen 391 Beach Rd or gtlewis41@gmail.com
- \$26,500.00

Call: 613-849-3464

Classified Ads
Are
"Free"
Please call
613-396-3424

* WANTED *

Looking for
photos of
Sarah Maracle
[Papinaw] born
approx. 1876
died 1943
please
contact Fred at
leonardfred7@gmail.com

BABYSITTING AVAILABLE

- certified in First Aid, CPR & AED, Social Worker Diploma, Outside playtime healthy snacks, lunch Story time, songs, games & crafts. Monday-Friday reasonable rates.
- \$25.00 per child
In my home.

Call Fran - 613-396-2393

FOR SALE

3 BEDROOM HOME

- with 1 large bachelor apartment in lower part of home (which, can be converted back into a 4 bedroom house).
- house is located on Old Hwy #2, situated on approximately 1 acre of property and is serviced by the town of Deseronto municipal water
- New roof in 2008, natural gas heating, central air, - location on school bus route, Deseronto transit, is approximately 30 minutes to Belleville and 15 minutes to Napanee
- Large yard, perfect for children and pets. Deck has been re-painted with patio furniture, canopy included.
- a 12 x 12 fenced in garden area is an option for those who want to grow their own vegetables.
- Large heated attached garage.
- House includes, stainless steel fridge, stove, stackable front loading washer and dryer and all newly installed lighting

Serious inquiries only please.
Contact number:
613-813-9005

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

HOUSE FOR SALE

- 24 North St.
Deseronto

For more information
Please call:
613-354-3826

CHILD CARE AVAILABLE

- Smoke Free home
- meals provided
- accommodating hours
- \$23.00 pd/per child

Call Amanda
- 613-243-7945

FOR SALE

SIMPLICITY

PORTABLE 3 SEASON COMFORT (3 in 1)

- 12000 BTU air conditioner
- dehumidifier
- fan with remote
- used only 2 Summers
- Paid \$650.00 asking \$200.00

Call: 613-962-4675

HOUSE FOR SALE

4 BEDROOM

- 2 full baths, split level house on Beach Rd.
- 2 car garage, propane furnace /hot water tank / cook stove
- 2 yr old pellet stove secondary heat source in the basement
- partially completed basement which could host another bedroom
- large master bedroom, living room and full bath (Jacuzzi tub) above the garage
- main part of the house has a large dining room, kitchen and 3 bedrooms and a full bath
- all laminate flooring throughout
- large yard with a 27 ft. above ground pool
- \$160,000.00 negotiable

If interested serious "inquiries only" please call and leave a message with your name and number Call 1-780-224-7336 OR 1780-972-3641 and leave a message

FOR SALE

Waterfront LOT

- Bayshore Road
- Deseronto water and sewer available.

- \$80,000

Contact: tyend.ingawaterfront@gmail.com

LOT WANTED

- Looking for land with or without a house
- 1-5 acres-non-farmland

Please call: 613-985-5308

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

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tbowden98@hotmail.com

Located at Rez Boyz



presents...

Shine

SHINE is a new Performing Arts Program in Shannonville.
Be a part of our production of "Stone Soup" a mini-musical.
If your child (age 8-13) was born to "Shine", make sure to register in advance.

REHEARSAL DATES: August 31 to September 4, 2015

TIME: 10:00am - 3:00pm Monday to Friday

LOCATION: 10 Industrial Park Road, Shannonville, On

COST: \$125

REGISTRATION AND OPEN HOUSE:

Brittany Brant Music Centre,
10 Industrial Park Road, Shannonville

AUGUST 15, 2015

9:00 - 11:00am

To register call: **613-438-SONG (7664)**

or email: **info@brittanybrantmusiccentre.com**

Facebook: **brittanybrantmusiccentre**





Bob Vrooman
CFP, CLU, CH.F.C.

Dianne Dowling
CHS

Tim Reynolds
CFP, CHS



109 John Street
Napance, Ontario
K7R 1R1

PHONE: 613-354-2726
FAX: 613-354-3585

EMAIL: service@lafc.ca

T S C



32 S. Eli's Lane
Deseronto, ON K0K 1X0

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• Renovations and new construction

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

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the web
Check it
out!

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Cel: 613-961-9103

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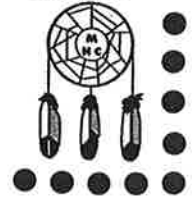
Tyendinaga Mohawk Territory

P.O. Box 755

Ontario, Canada K0K 1X0

Jim McMurter
Owner / Manager

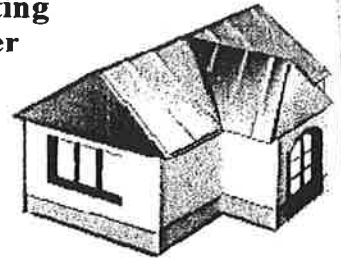
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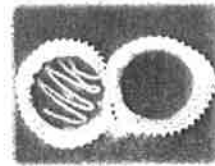
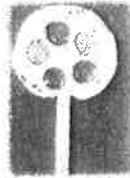
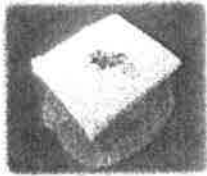


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