



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 3/13
ENNIHKKOWA (March)

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

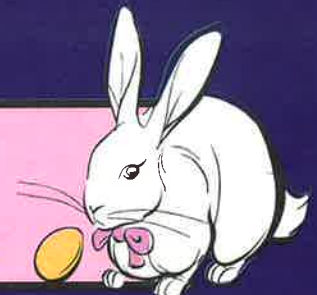


MARCH 29/13
Good Friday

SADIE'S WALK

Elders Lodge
8 am

The Administration Office will be CLOSED
Friday, March 29 - Monday, April 1
for the Easter Holiday!





MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANIENKEHA

Administration 13 Old York Rd., Tyendinaga Mohawk Territory, K0K 1X0
Phone 613-396-3424 Fax 613-396-3627

REMINDER

A Precautionary Community Boil Advisory

As a reminder, a precautionary boil water advisory has been in place since February 2008, as recommended by Health Canada for the Tyendinaga Mohawk Territory. This was issued, due to the majority of the wells are under the influence of surface water and therefore should be treated as a surface supply.

This is a precautionary measure only to ensure that your drinking water meets the Ontario Drinking Water Standards, this applies to all homes and businesses that have a well water supply. If you have a filtration and a disinfection system on your household water supply you should ensure that your filtration system is designed to filter out water borne parasites, such as Giardia and Cryptosporidium. Please contact your water treatment company for information regarding your water supply.

The Mohawks of the Bay of Quinte's Drinking Safety Program is available to collect samples at your request. If you would like to have your water tested, please contact Crystal Maracle or Liz Brant at the Mohawk Administration Office, 613-396-3424.



Please contact the Administration Office for details on other water resources that may be available to you.

The Water Sampling Program, Well Inspections, Water Delivery Program, Holding Tank Initiative Program.

Nia:wen,



MBQ'S DRINKING WATER SAFETY PROGRAM WILL BE OFFERING AN:

EDUCATIONAL WORKSHOP

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

ARE YOU WELL AWARE?

WHEN: THURSDAY MARCH 7, 2013
6:30 P.M. – 9:30 P.M.

WHERE: 59ERS HALL
8011 OLD HWY #2
TYENDINAGA TERRITORY

SPEAKER: J.K. Yee
Coordinator/Director (O.W.R.A – wells)
Water Wells & MISA Data Reporting Unit
Regulatory Program Reporting Section
Ministry of the Environment

REFRESHMENTS PROVIDED
EVERYONE IS WELCOME

**IF YOU HAVE ANY QUESTIONS REGARDING THE INFORMATION THAT WILL BE SHARED DURING THIS WORKSHOP PLEASE CONTACT THE WATER DEPARTMENT AT THE MOHAWK ADMINISTRATION OFFICE,
613-396-3424**

Have you had your water tested??

Please contact Liz Brant or Crystal Maracle at the Mohawk Administration Office, to arrange an appointment that's convenient for you.

613-396-3424

Hi, my name is Nolan Brant.

I am excited to be hired as the new Community Based Water Monitor for the Mohawks of the Bay of Quinte.

I look forward to meeting you and collecting water samples from around the community.

If you would like a water sample collected, please contact me at the Mohawk Administration Office at your convenience, at 613-396-3424.

I look forward to working within our community.

Sincerely,



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in February responded to 9 calls:

- 2 Medical Assists**
- 1 Tanker Assist**
- 1 Vehicle Fire**
- 2 Auto Alarms**
- 1 Chimney Fire**
- 2 Co2 Alarms**

This brings our total to 20 calls for the year 2013

MOHAWKS OF THE BAY OF QUINTE

HUMAN RESOURCES

INTERESTED IN CURRENT JOB LISTINGS?

All jobs are posted on our website www.mbq-tmt.org. They are also posted on the job boards located in the Ontario Works Building, Administration Building as well as the Employment Office. You can also contact the Human Resource Office, to inquire about any new or upcoming job opportunities within MBQ.

Please note that we will no longer be sending out flyers in the mail posting current job listings.

CASUAL EMPLOYMENT OPPORTUNITIES

Mohawks of the Bay of Quinte accepts resumes for casual employment all through the year. We retain these resumes for a period of six months. If it has been longer than six months, please contact **Kelly Maracle** or **Jessi Hill** to update your information .

To be placed on our casual list please forward an up to date resume and cover letter by mail, fax or email to:

Kelly Maracle
Human Resources

Please email resumes to:

resume@mbq-tmt.org



Contact Information

Kelly Maracle:613.396.3424 ext 112

kellym@mbq-tmt.org

Jessi Hill:613.396.3424 ext 105

jessih@mbq-tmt.org

Mohawks of the Bay of Quinte New Staff Introductions

Mohawks of the Bay of Quinte are happy to introduce our new staffing complement.

Steven Green will be taking on the position of Traditional Youth Mental Health and Addictions Worker.

Tracey Gazley is now the First Nations Child and Youth Mental Health Wellness Worker.

Peter Tytler will be working as the First Nations Child and Youth Mental Health Outreach Worker and will be located in Kingston..

They are part of the Enyonk-wa'nikonhriyohake Program located at the Community Wellbeing Centre. We are exciting to be offering this new program to the community. Watch for details on



how to access services or contact the Community Wellbeing Centre.

Pictured above:

Tracey Gazley, Peter Tytler and Steven Green



Wendy Sonneveld pictured above

We would like to also introduce Wendy Sonneveld as the new Community Health Nurse In Charge, which is part of our community health program located at the CWC.

"Don't bunt. Aim out of the ballpark."
~David Ogilvy

Trustee Report for February 2013

It was just announced in the past few days that the Ontario Secondary School Teachers Federation has voted to bring back extracurricular activities in secondary schools. This appears to be a decision that not all teachers will follow. Most Boards including Hastings and Prince Edward District School Board will wait and see how this plays out.

At the Public Board meeting on February 25th, 2013, Trustees received a notice of intention to retire from Director Rob McGall. This will take place at the end of June, 2013.

Trustees reluctantly accepted this notice and thanked Rob for the tremendous job that he has done over the last couple of years in providing outstanding leadership to Hasting Prince Edward District School Board. I would personally like to thank Rob for the way he has championed our Aboriginal issues, building a greater sense of trust and partnership with our Native Community.

The process now begins for finding a new director, which will likely be the result of posting the director position internally. With a number of strong candidates within the senior team, it is felt that this will be the best way to fill this vacancy and will also provide continuity and strong leadership working in the direction that Hasting Prince Edward District School Board has been moving. I will have the name of the successful candidate to fill this role by next newsletter.

For more detailed information on Board or Committee minutes, 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

Does your child need help with math?

 Homework Help

 Ontario

Homework Help is run by TVO's Independent Learning Centre with support from the Ontario government.



Register at ontario.ca/HomeworkHelp

You can help your child with math.

Register at
ontario.ca/HomeworkHelp

Parents can sign up for a free guest account.

Get resources and tools 24/7:

- math videos
- interactive exercises & activities
- scientific calculator ... and more!



@MathHWH



fb.com/MathHWH



 Homework Help

 Ontario

Welcome to new and returning students for second semester.

What we offer:

ILC- Independent Learning Courses (Grades 9-12)

Cooperative Education

Leadership Program

Outdoor Education

A big thank you to those parents who provided their child's coop placement transportation needs!

Thank you to the following businesses and schools for their continued support of Hope's Cooperative Education Program:

KWE Radio

Head Start Program

Quinte Mohawk School

Tyendinaga Fitness Centre

Bowden Renovations

Rez Boys

Native Renaissance II

Wards Gas Bar

Brant Heating & Cooling

SPCA Lennox Addington

York Road Restaurant

TTO Language & Cultural Centre

If you own a business and would like to be a part of Hope's cooperative education please contact us at 613-966-8079.

We at hope would like to welcome Jasmin Lefort to our team. Jasmin is enrolled in the Social service worker program through FNTI. Jasmin will be working with the learners here at HOPE.

Welcome Jasmin

She:kon

My name is Jasmine Lefort. I am a currently in the social service worker program through FNTI on placement. My goal is to help, support, listen and assist in delivering culturally basted curriculum and activates. I am excited and proud to do my placement here at HOPE.

Don't forget to check future news letters for our upcoming events: community fish fry and BBQ Fundraiser!

Ed Maracle
emaracle@hpedsb.on.ca

Dale Hill
daleh@mbq-tmt.org

Maria Clements
mclements@hpedsb.on.ca



Located at the corner of Hwy 2 and York Road (next to the Tyendinaga Fitness Centre)



INTRODUCING
COMMUNITY HEALTH
NURSE IN CHARGE

Sago,

I would like to take this opportunity to introduce myself. My name is Wendy Sonneveld and I have accepted the position of Community Health Nurse in Charge with the Mohawks of the Bay of Quinte. I am very excited to be a part of such a wonderful Community and look forward to assisting residents with their health and well being, and promoting cultural awareness and empowerment. I have just returned from residing in Inuvik, Northwest Territories for three and half years and I am looking forward to continuing my Nursing career in a First Nations Community.



Prenatal Classes
Spring Session
start
Wednesday,
April 17, 2013
7pm - 9pm at
Community Wellbeing Centre
50 Meadow Drive
Tyendinaga Mohawk Territory

For more information and register for
classes call 613-967-3603
and speak with a Community Health
Nurse

Partners/Supports are really important
and are welcomed to participate!



**COMMUNITY HEALTHY
LIFESTYLE
FREE INDOOR PROGRAMS**

Quinte Sports & Wellness Centre Track

When: Every Monday from 10am-11am
Where: Meet at the Quinte Sports & Wellness Centre Track

**Pedometers provided for use during walk
 Please make sure you wear proper footwear for walking the track
 and bring water.*



DANCING FOR BIRTH

Belly dancing for prenatal,
 postpartum and
 All Women wanting to try
 something new!!!

When: Monday, March 4th, 18th and 25th
Time: 6:00-7:30pm
Where: Quinte Mohawk School Gym
Cost: It's FREE!!!

Note: Please use East entrance. Snacks provided!!



**Yonata 'kari:te Konwati nihstenha,
 Yonata 'kari:te Rotiwira'a'**

Healthy Moms, Healthy Babies
 ~~~~~  
 Dorothy Green & Gale Hayward  
 Community Healthcare Professionals

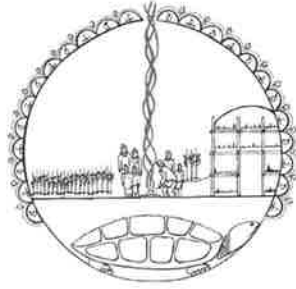
Community Wellbeing Centre  
 50 Meadow Drive  
 Tyendinaga Mohawk Territory, ON K0K 1X0  
 Phone: 613-967-3603 Extension 166 Email: chp\_cwb@mbq-tmt.org  
[www.tndms.ca/HMHB-Tyendinaga.html](http://www.tndms.ca/HMHB-Tyendinaga.html)

**March 2013**

| Sun | Mon                                               | Tue | Wed         | Thu | Fri | Sat |
|-----|---------------------------------------------------|-----|-------------|-----|-----|-----|
|     |                                                   |     |             |     | 1   | 2   |
| 3   | 4<br>Dancing<br>for birth<br>6-7:30pm<br>QMS Gym  | 5   | 6           | 7   | 8   | 9   |
| 10  | 11<br>● New Moon                                  | 12  | 13          | 14  | 15  | 16  |
|     |                                                   |     |             |     |     |     |
| 17  | 18<br>Dancing<br>for birth<br>6-7:30pm<br>QMS Gym | 19  | 20          | 21  | 22  | 23  |
| 24  | 25<br>Dancing<br>for birth<br>6-7:30pm<br>QMS Gym | 26  | 27          | 28  | 29  | 30  |
| 31  |                                                   |     | o Full Moon |     |     |     |

**MARCH BREAK—March 11th-15th, 2013**





## Aboriginal Women: Building on Our Strengths A Leadership Workshop

**Are you interested in building your leadership skills to contribute to sport and physical activity in your community?**

**Are you passionate about participation and want to share this passion with others?**

***This event is for you!***

The *Building On Our Strengths* workshop, designed by and for Aboriginal women, will provide an opportunity for women working or volunteering in the sport, recreation, health and education fields to share their experiences, reflect on ideas, and develop their leadership skills. Discussion will focus on how to improve community sport and physical activity for Aboriginal girls and women.

**When:** Wednesday, March 27 2013 1:00pm – 4:00pm  
\*Refreshments will be provided

**Where:** Community Wellbeing Centre  
50 Meadow Drive  
RR1 Deseronto,  
Tyendinaga Mohawk Territory

**Cost:** FREE!

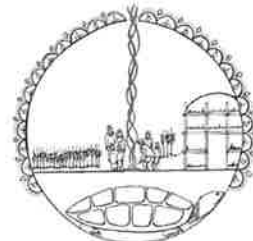
**To Sign-Up:** Dorothy Green  
Phone: 613-967-3603 Extension 166  
Email: [chp\\_cwb@mbq-tmt.org](mailto:chp_cwb@mbq-tmt.org)

**Please R.S.V.P. by Wednesday, March 20 2013  
Registration numbers are limited, so sign up soon!**



Canadian Association for the  
Advancement of Women  
and Sport and Physical Activity

Association canadienne pour  
l'avancement des femmes  
du sport et de l'activité physique



## Mid-Pregnancy

The second trimester lasts from week 13 to week 26. Sometime during this trimester, mom begins to feel her baby's movements, and may begin to notice baby's awake or asleep periods. The tiny person is able to respond to sound now, and will begin to be soothed by mom's heartbeat, voices, music, drums – or upset by arguing or sudden loud sounds. Fingernails grow to full length and fine hair covers his/her body... a hairline may be visible. By week 21, the digestive system is mature enough to reabsorb water and nutrients from the amniotic fluid that s/he



swallows. The unused, unabsorbed portion of the amniotic fluid becomes meconium (the baby's first bowel movement) in the large bowel. Besides nutrients and water, the amniotic fluid carries the flavours of the foods in mother's diet, and baby will be developing favourites already! Colostrum (the mother's first milk) tastes similar to amniotic fluid, so when baby nurses at the breast in the first few days after birth, or is fed expressed colostrum, s/he is comforted by this familiar reminder of its "womb home".

Mom needs an extra 300 calories a day now to meet the needs of her baby's growth, her own tissues, and her regular physical activity with the extra weight of the baby. It is still not a lot of extra food added to her diet. Some women think they can eat all they want during pregnancy, but this is simply not healthy for the mother or the baby.

### *How Much Food Makes Up 300 calories?*

- ❖ *2 ½ cups skim milk*
- ❖ *1 cup ice cream*
- ❖ *½ a bagel with cheddar cheese and tomato*
- ❖ *Tuna sandwich with cucumber*

One complication of pregnancy that develops in the second trimester, Gestational Diabetes, can usually be controlled through diet and exercise. Insulin is not necessarily needed to treat Gestational Diabetes. It may be used if reduction in blood sugar levels does not reach recommended levels within 2 weeks of lifestyle changes (ie diet and exercise).

The cause of elevated blood sugar in Gestational Diabetes is not due to lack of insulin secretion, as in Type 1 diabetes, but to “insulin resistance”. Insulin resistance is influenced by the hormones produced by the placenta. This means that insulin is secreted in response to increasing amounts of sugar, or glucose, in the blood, but the insulin cannot perform its normal function because it cannot get into the cell (known as insulin resistance) to do its work of allowing glucose to enter the cells where the body can use it. Sugar, or glucose, stays in the blood and accumulates (high blood sugar), putting mother and baby at risk of many complications surrounding birth and beyond.

Along with dietary measures, exercise or physical activity may decrease insulin resistance and may improve blood glucose levels in women with Gestational Diabetes or Type 2 diabetes. Early pregnancy symptoms of nausea, vomiting, or fatigue often improve in 2<sup>nd</sup>

trimester, making increased exercise and activity more welcome and enjoyable.

### Risk Factors for Gestational Diabetes

- ❖ Overweight or obese before pregnancy
- ❖ Women over 30 years of age
- ❖ Women with family history of diabetes
- ❖ Gestational Diabetes in a previous pregnancy
- ❖ Previous large baby more than 9 lbs
- ❖ Multiple gestation (twins or more)
- ❖ Women who have had difficulty carrying a baby to term
- ❖ Indigenous, Indian, African, Hispanic, Chinese, Vietnamese, Middle Eastern, or Polynesian ancestry

As many women have no symptoms, it is important to be tested for Gestational Diabetes between week 24 and week 28 of pregnancy. Women with risk factors should be tested in the first trimester, and again in the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters even if the first test was negative.



Yonata'kari:te Konwati'nihtenha,  
Yonata'kari:te Rotiwirá:a'  
Healthy Moms, Healthy Babies

*Dorothy Green & Gail Hayward*  
Community Healthcare Professionals  
Community Wellbeing Centre  
50 Meadow Drive  
Tyendinaga Mohawk Territory, ON K0K 1X0  
Phone: 613-967-3603 Extension 166 Email: [chp\\_cwb@mbq-trmt.org](mailto:chp_cwb@mbq-trmt.org)  
[www.tndms.ca/HMHB-Tyendinaga](http://www.tndms.ca/HMHB-Tyendinaga)

### Did you know?

**Women with Gestational Diabetes have a greater chance of developing Type 2 diabetes later in life. Breastfeeding reduces the risk of developing diabetes for both mother and baby.**

## Diabetes Wellness Circle



**Come on out for a night of family fun while learning about diabetes.**

When: Tuesday March 12, 2013

Where: Community Wellbeing Centre,  
Teaching Lodge

Time: 7:00pm

**GAMES**

**Laughter  
& Fun**

**Prizes**

For more information you can contact Melissa R Maracle, CHR, CDPW  
at 613-967-3603



# March 2013

| Sun | Mon | Tue                                                                                      | Wed                                         | Thu                                 | Fri | Community Wellbeing<br>Community Health |
|-----|-----|------------------------------------------------------------------------------------------|---------------------------------------------|-------------------------------------|-----|-----------------------------------------|
| 3   | 4   | 5 Breastfeeding Support Parish Church                                                    | 6 Aquatic Fit 7-8pm Belleville Rec. Centre  | 7 Youth Singing 6-8pm Youth Centre  | 8   | 9                                       |
| 10  | 11  | 12 Diabetes Wellness Circle "Family Fun" Breastfeeding Support Parish Church             | 13 Aquatic Fit 7-8pm Belleville Rec. Centre | 14 Youth Singing 6-8pm Youth Centre | 15  | 16                                      |
| 17  | 18  | 19 Breastfeeding Support Parish Church                                                   | 20 Aquatic Fit 7-8pm Belleville Rec. Centre | 21 Youth Singing 6-8pm Youth Centre | 22  | 23                                      |
| 24  | 25  | 26 Breastfeeding Support Parish Church Gastric Bypass Group 6:30 pm Community Well-being | 27 Aquatic Fit 7-8pm Belleville Rec. Centre | 28 Youth Singing 6-8pm Youth Centre | 29  | 30                                      |

March  
&  
April  
Dates to be determined

**1,2,3,4**

## **Parenting Workshop**

### Topics:

- **Ages and Stages** (What to expect at the different ages)
- **Parenting Styles** (Too Hard, Just Right, Too Soft)
- **Positive Discipline** (A new method to try)
- **Encouraging Positive Behavior**

This will be 4 weeks. Each participant will receive a certificate upon completion. If interested please call to sign up.

Red Cedars Shelter  
613-967-2003





**WOULD YOU LIKE TO BRIGHTEN THE LIFE OF A  
CHILD?**

**For many children, a loving and secure home  
environment**

**would make a huge difference in their lives.**

**Fostering is a meaningful experience for both the parent  
and the child.**

**Talk to us about how you can brighten the life of a child  
in need.**

**Financial assistance may be provided,  
in partnership with Highland Shores CAS.**

**Contact Lacey Maracle at Mohawk Family Services for  
more information**

**at 613-967-0122 ext. 145**

# SAVE THE DATE

## *Purse and Garden Auction*

We are happy to announce that it is almost time for our Spring Purse and Garden Auction. In support of the Angel Tree Program we would like to invite you join us on May 11th, 2013 for a great day of laughs, good friends, and fundraising!

At this time we are asking for donations of gently used or new purses and garden accessories. These items may include plants, flowers, gnomes, statues, wind chimes, solar lights and really anything to do with outside décor. These items will then be auctioned off to the highest bidder. Last year at our Purse and Christmas Décor Auction we raised almost \$1800.00. Our goal for this spring is \$2500.00. Every dollar raised will be used to purchase warm outerwear for our community children.

As you know the need for this program increases every year and we need our communities support to ensure no child is cold this winter.

The extra exciting news is with each purse donated you are entered into a draw for a Mother's Day Gift basket filled with lots of great items! A Perfect gift for that special person you would like to honor on Mother's Day or even keep it for yourself!

All purses will be accepted at the Community Wellbeing Centre ( Social or Health reception) till May 01 2013. You will then be given a ballot for each purse donated to fill out and be entered in to the draw. The draw will take place at the end of the purse auction on May 11th, 2013.

If you have any question in regards to the Purse and Garden Auction please call:

613 967 0122 ext. 149

Nya:wen for your donations!



Tyendinaga Home Support Program  
 Community Wellbeing Centre  
 50 Meadow Drive, Deseronto ON K0K 1X0  
 613-967-0122

# March 2013

**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.<br>Diners Club—12:00 to 1:00 p.m.<br>Handivan Departure—10:00 a.m.<br>Meals on Wheels delivered between:<br>11:30 a.m. to 12:30 p.m.<br>Friendly Visiting—1:00 to 3:00 p.m.<br>Scrapbooking—10:00 a.m. to 3:00 p.m. |                                                             | Birthday Tea—2:00 to 4:00 p.m.<br>Lunch/Bingo—12:00 to 3:00 p.m.<br>Wii Bowling—7:00 to 9:00 p.m.<br>Euchre —6:30 to 8:30 p.m.<br>Library—2:00 to 4:00p.m.<br>Walking Program—10:00 to 11:00a.m.<br>Ceramics—1:00 to 4:00p.m |                                                                 |                                                    | <i>1</i><br>Meals on Wheels<br>Handivan Des<br>Friendly Visiting  | <i>2</i>                                                                            |
| <i>3</i>                                                                                                                                                                                                                                             | <i>4</i><br>Walking Program<br>Ceramics<br>Wii Bowling      | <i>5</i><br>Meals on Wheels<br>Library                                                                                                                                                                                       | <i>6</i><br>Diners Club<br>Deseronto<br>5-Pin Bowling<br>Euchre | <i>7</i><br>Meals on Wheels<br>Blvl Shopping       | <i>8</i><br>Meals on Wheels<br>Handivan Des<br>Scrapbooking       | <i>9</i>                                                                            |
| <i>10</i>                                                                                                                                                                                                                                            | <i>11</i><br>Breakfast Club<br>Walking Program<br>Ceramics  | <i>12</i><br>Meals on Wheels<br>Library                                                                                                                                                                                      | <i>13</i><br>Diners Club<br>HOME SUPPORT<br>BINGO               | <i>14</i><br>Meals on Wheels<br>Birthday Tea       | <i>15</i><br>Meals on Wheels<br>Handivan Des<br>Friendly Visiting | <i>16</i><br><i>Income Tax</i><br><i>9:30am to</i><br><i>3:00 pm</i><br><i>FNTI</i> |
| <i>17</i>                                                                                                                                                                                                                                            | <i>18</i><br>Walking Program<br>Paper Basket<br>Wii Bowling | <i>19</i><br>Meals on Wheels<br>Library                                                                                                                                                                                      | <i>20</i><br>5-Pin Bowling<br>Beading Circle<br>Euchre          | <i>21</i><br>Meals on Wheels<br>CASINO TRIP        | <i>22</i><br>Meals on Wheels<br>Handivan Des<br>Scrapbooking      | <i>23</i>                                                                           |
| <i>24</i>                                                                                                                                                                                                                                            | <i>25</i><br>Walking Program<br>Paper Basket                | <i>26</i><br>Meals on Wheels<br>Library                                                                                                                                                                                      | <i>27</i><br>Diners Club<br>HOME SUPPORT<br>BINGO               | <i>28</i><br>Meals on Wheels<br>Active Living Fair | <i>29</i><br><b>OFFICE<br/>           CLOSED</b>                  | <i>30</i>                                                                           |
| <i>31</i>                                                                                                                                                                                                                                            |                                                             |                                                                                                                                                                                                                              |                                                                 |                                                    |                                                                   |                                                                                     |



# GLAMOUR DAY FOR GIRLS AGES 13-17

**Hair Styling**



**Manicures**



**When:** Thursday March 14, 2013

**Where:** Teaching Lodge at Community Wellbeing  
Centre

**Time:** 9:00am till 4:00pm

**Cost:** FREE

**Make up Application**

**Lunch and Snacks Provided**

**Photo Shot**



**Limited number of spots available to register please call Melissa R Maracle  
CHR,CDPW at 613-967-3603**

# Family Craft Day & Night!

During the March break we would like to invite parents and children 0–10 years old to participate in a Family Craft Day & Night.

Because this is the March Break we will be offering two separate craft sessions. The first will be 2 - 4 pm and the second will be 6 - 8 pm.

The crafts will be the same in each session. Therefore families are able to sign up for either the 2:00 or 6:00 session.

We are asking that because this is a family event, you stay with your child to assist him or her with the craft. This is a fun interactive bond building activity.



Wednesday March 13th, 2013

\*\*\*\*\*We are asking that all families register to insure that there are enough supplies and snacks for all participants. To Register :

Please contact: Julie Brant, Esther Brant, Allison Brant

Phone: 613 967 3603 Ext. 149

Our Craft event will be held at the Community Wellbeing Centre  
In the Teaching Lodge Entrance



# COMMUNITY CIRCLE



AT THE COMMUNITY WELLBEING CENTRE (TEACHING LODGE ENTRANCE)

**March 18<sup>th</sup>, 2013 @ 6:00PM – 8:30 PM**

**\*\*THE CIRCLE WILL FOCUS ON THE CEREMONIES OF THE LONGHOUSE\*\***

"The Circle has healing power. In the Circle, we are all equal. When in the Circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The Sacred Circle is designed to create unity. The Hoop of Life is also a circle. On this hoop there is a place for every species, every race, every tree and every plant. It is this completeness of Life that must be respected in order to bring about health on this planet."

FOR MORE INFORMATION PLEASE CALL JULIE BRANT

613 967 3603 EXT 149.

**THE CIRCLE IS OPEN TO ADULTS 18YRS AND OLDER.**





In loving memory of  
Jean (Winnie) Carr-Braint nee Hill,  
mother, mother-in-law and nanny who is missed so  
very much.  
September 17, 1925 – March 11, 2004

*Remembering you is easy  
We do it every day  
Missing you is the hardest part  
As it never goes away  
To hear your voice.  
To see your smile  
To sit with you  
and talk for a while  
Would be  
our greatest wish  
Today, tomorrow,  
our whole life through  
We shall always love  
and remember you.*

Always remembered and loved so very much  
Carol & Manson, Harry & Eileen, Betty, Bill &  
Nancy, MJ & Bill, Marilyn & Rick, Mike & Wanda,  
Tracey & John & families

Sonya Maracle  
March 15, 2008

In loving memory of a  
SPECIAL FRIEND

*Our lives go on without you  
and nothing is the same.  
We have to hold our heartache  
when someone speaks your name.*

*Sad are the hearts that love you  
silent are the tears that fall.  
Living our lives without you  
is the hardest part of all.*

*You did so many things for us  
your heart was kind and true.  
And when we needed someone  
we could always count on you.*

*Our special years will not return  
when we were all together  
But with the love within our hearts  
you will walk with us forever.*

*Forever in my heart and thoughts  
Love and miss you so much.*

Nora  
March, 2013

We would like to say  
**THANK YOU**

to the members of this community  
for all of your support during the loss of our dear  
Nancy Faye Branchaud  
(December 1, 1958 – February 6, 2013).

For many years, Nancy was a proud member of this community and we truly know why. The numbers of people who offered their support during our difficult time was astounding. We were blown away by your generosity! Your visits, prayers, encouragement, delicious food, and even offers to help in other unexpected ways were nothing short of amazing. We are also truly thankful to all those who made bringing Nancy home a possibility, including loving family members and friends who took time to help us care for Nancy and to our most talented community health care team. We honestly couldn't have made Nancy's last wishes a reality without you all! We are so very blessed to live in such a wonderful community and your kind acts will forever hold a special place in our hearts and homes.

**Nyawenko:wa!**

The Branchaud & Armstrong Families

**SWEETHEART DINNER**

On behalf of The Anglican Parish Of Tyendinaga, we wish to express our sincere gratitude to all who came out to support our Sweetheart Dinner. The planning, setting up, decorating, monetary and food donations and volunteer help was greatly appreciated. The atmosphere was lovely, the food divine and the way volunteers and parishoners helped out and worked together was a great testimony of the Parish's ministry and love for each other.

A special thank you to CRIMSON RIVER for providing the entertainment. Although many of you enjoyed the music, a huge apology goes out to the few of you who missed out on the music part, (hope supper made up for it).

The winners of the grocery baskets were:

Draw # 1      Cubby Brant  
Draw # 2      Mary Maracle

Thanks to all for a successful event.



**PANCAKE SUPPER**

The Anglican Parish of Tyendinaga wish to express our gratitude to all who came out to support our annual Shrove Tuesday pancake supper. It takes many hands to shop, set up, prepare the batter, cook the pancakes, bacon and sausage, make the coffee/tea, serve and wash dishes. The success comes from those who come out and enjoy our culinary skills.

Thank you to parishoners who donated money and/or food items and those who worked in any capacity. Thank you to those of you who participated in the "free will offering".

Thanks to all for another successful event.



# Happy Birthday!



★ Happy 10th Birthday  
★ Jada Mae  
★ Love Mom & Olivia xoxo

★ Happy 13 Birthday  
★ Sierra March 24  
★ Love Grandma & Grandpa

★ Happy 13th Birthday  
★ Sierra March 24  
★ Love Ol-Nan

★ Happy 13th Birthday  
★ Sierra March 24  
★ We Love You Very Much  
★ Mom, Dad, and Ethan  
★ XO XO XO

★ Happy 8th Birthday  
★ Dylan March 1st  
★ Love Daddy, Mama, Reagan and Lucy

★ Happy 40<sup>th</sup> Birthday Dan – March 1<sup>st</sup>  
★ Love Aunt Marilyn & Uncle Rick

★ Happy 8<sup>th</sup> Birthday Daniel – March 3<sup>rd</sup>  
★ Lots of Love Aunt Marilyn & Uncle Rick

★ Happy Birthday Dad (Bruce) – March 10<sup>th</sup>  
★ Love Rick & Marilyn

★ Happy Birthday (Great)  
★ Grandpa Bruce – March 10<sup>th</sup>  
★ Love Sam, Emmett, Phill & Hayden

★ Happy Birthday  
★ John – March 13<sup>th</sup>  
★ Love Marilyn & Rick

★ Happy Birthday Grunkle John – March 13<sup>th</sup>  
★ Love Sam, Emmett, Phill & Hayden

Happy Birthday Chris – March 13<sup>th</sup>  
Love Marilyn & Rick

Happy 1<sup>st</sup> Birthday to our awesome niece and  
cousin Layla – March 23<sup>rd</sup>  
Lots of Love, Auntie Sam, Emmett,  
Phill & Hayden

Happy Birthday Eileen – March 27<sup>th</sup>  
Love Marilyn & Rick

Happy Birthday Nancy – March 27<sup>th</sup>  
Love Marilyn & Rick

Happy 50<sup>th</sup> Birthday Warren – March 28<sup>th</sup>  
From Marilyn & Joy

Happy 3<sup>rd</sup> Birthday Talen – March 29<sup>th</sup>  
Lots of Love, Aunt Marilyn & Uncle Rick

Happy 8<sup>th</sup> Birthday Rhyder – March 30<sup>th</sup>  
Lots of Love, Aunt Marilyn & Uncle Rick

Happy Birthday Angie – March 30<sup>th</sup>  
Love Aunt Marilyn & Uncle Rick

Happy 1<sup>st</sup> Birthday to our beautiful Granddaughter  
Layla – March 23<sup>rd</sup>  
Lots of Love,  
Grandma & Papa

To our beautiful Daughter and  
Sister, Layla  
Happy 1st Birthday, March 23  
Love you so much  
Mommy, Daddy, Wyatt and  
Ethan





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

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

**March 2013**

**Discover the Balance**

**We have Gift Certificates**

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

Monday - Thursday  
 6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 2:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

**We Are Open to  
 The Public**

Staff

**Darlene Loft /  
 Recreation Manager**

**Sonya Maracle /  
 Fitness Staff & P.T**

Part -Time Staff

**Kienni Maracle**

**Mahaley Brant**

**Taylor Lefort C.**

Casual Worker

**Rheana Maracle**

**New childcare hours**

Monday - Thursday

9:30-12:00

And

4:00-6:00

Ages 0-11



**Welcome New Staff**

**Kienni Maracle** -My name is Iakotakienni Maracle but I go by Kienni and I am 21 years old. I am a new mother of a beautiful baby girl and I have lived here in Tyendinaga for the past 9 years. I went to Loyola College in Belleville and took the Personal Support worker program! I am newly devoted to my own personal health and fitness and the TFRC team has helped me along the way, now I hope I can help do the same for you! I'm looking forward to meeting all the TFRC members.

**Damon Brant** - Hi, I am a Coop student form Quinte Secondary School and plan on going away to the states for university soon. Happy to join the crew at TFRC, and excited to meet everyone!

**Shelby Mathers** Hello my name is Shelby I am 18 years old, I go to the hope program in Tyendinaga, and I am now recently doing a 4 credit co-op at the TFRC!! I decided to do my co-op here because I enjoy the people in and around the fitness environment; everyone is so friendly and welcoming. I am very devoted to being healthy and helping myself meet goals, along with helping other people. I live in Tyendinaga with my Mom and Dad, and three dogs. I have no plans yet for the future but I am hoping that my experience and adventure at TFRC will help give me a good idea.

# Tyendinaga Fitness Resource Centre

613-962-2822

**EASTER  
EGG  
HUNT!!**



TFRC is having an  
EASTER EGG HUNT  
during the week of  
Monday March 25 to  
Thursday March 28

Three eggs hidden  
during the week will  
contain a  
**FREE 1 MONTH  
MEMBERSHIP**  
Several Eggs, Several  
Tips for Fitness!

Rules: You have to be a member and you must work out before you start looking for an egg! Limited one egg per member, HAVE FUN ☺

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

**NOTE: We are closed Friday March 29 & Easter Monday April 1st /13**

# Tyendinaga Fitness Resource Centre

**(613) 962-2822**

**Start Date:** Thursday - March 21/13

Saturdays - March 23/13

**Time:** Thur. - 6:15 pm to 7pm Sat. 10am to 11am

**Limited Space:** 10 per class / Family & Couples & Teens

6 week classes - \$10 a class / discount for family



The Instructor Shihan Denny Tompkins is a:

-6th Dan Black Belt

-Kempo 5th Dan

-Goju-Ryu

-5th Dan Aiki-Justu

-2nd Dan Wado-Ryu

-Kick-boxer

**Email for more information :**

[tompkinsmartialarts@hotmail.com](mailto:tompkinsmartialarts@hotmail.com)

**Phone:** 613-962-2822

**LIMITED SPACE REGISTER** by March 15/13

**NOTE:** Program will continue if successful



# Tompkins Martial Arts

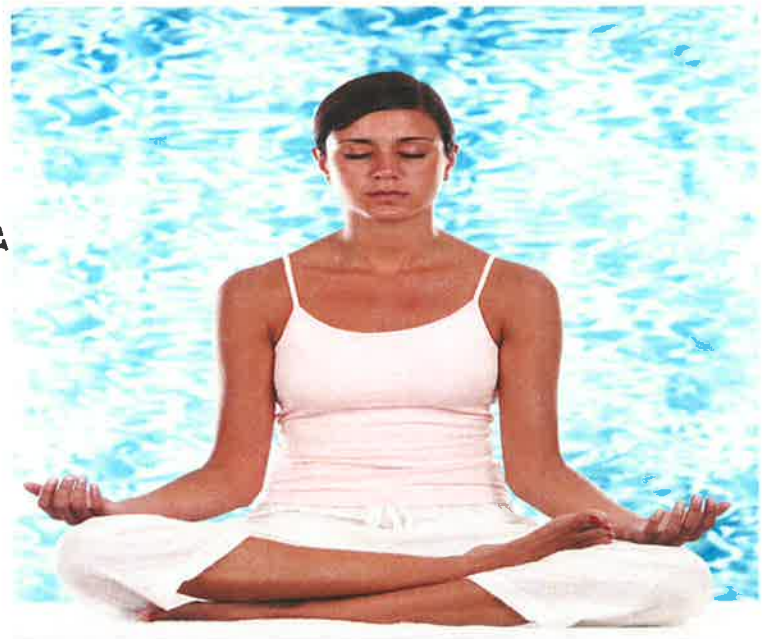
14 YORK RD  
SHANNONVILLE  
(NO TAXES)

**TYENDINAGA FITNESS  
RESOURCE CENTRE  
(613) 962-2822**

**F E B R U A R Y Y O G A**

*Discovering the balance by  
working the mind, body,  
heart & spirit*

**Saturday  
March  
9,16,23,30  
1pm to 2pm**



**NEW INSTRUCTOR**

**Tansy Hunt - 12 Years Experience**

## **BENEFITS**

Energizing  
Increased muscle tension  
Growth in Self-awareness  
Stress relieve  
Low impact & risk

**Limited Space Per Class  
Register by Feb.6/13**

**\$10.00 a Class or 4 for \$30.00**

(If successful classes will continue )

Email ; [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)  
[tansyoga@me.com](mailto:tansyoga@me.com) - (613) 827-3919

## Ask the Doctor:

I have been to chiropractors regularly for years now and I am seeing more and more children and babies at the office. Why do kids need chiropractic care?

- Susan T.

Some adults may wonder why more and more children are starting to see chiropractors. That's a good question and the answer is simple: whether we have a large spine or a tiny little spine, life's daily little accidents can create nerve irritation that will not allow our magnificent bodies to operate optimally.

Nerve irritations (or vertebral subluxations as we call them) can occur as part of normal daily life. They may result from physical, chemical and emotional stressors or 'insults' to our health, such as poor posture, abnormal sleeping patterns, slips and falls, poor food choices, dehydration, exposure to chemicals and toxins, stress and anxiety. Subluxations or nerve irritation may also occur from birth complications such as abnormal labour and delivery times, birth interventions such as drugs, forceps, vacuum or caesarean delivery.

The nervous system is the master controller of our body and if its communication channels become irritated, distorted or damaged then we experience all sorts of symptoms. For babies and children, this irritation may play out as colic or irritability, an inability to suckle and breastfeed, poor sleep, developmental delays, digestion issues, asthma, behavioral problems, low energy, inability to concentrate, headaches, earaches, etc – the list is endless. In fact, *regardless* of what the end result or symptom may be, all roads to 'optimal health' lead back to the body's ability to self-regulate and function at a peak level through our nervous system.

### 10 reasons parents take their children to see a chiropractor:

- . To encourage good neural plasticity (brain and nerve development).
- . To support their child's overall health and wellbeing before symptoms occur.
- . To help strengthen their child's immunity and reduce the incidence of colds, ear-aches and general illness.
- . To assist with colic and Irritable Baby Syndrome.
- . To help with asthma, breathing difficulties and allergies.
- . To encourage good spinal posture.
- . To help improve their child's ability to concentrate.
- . To assist with behavioral disorders.
- . To help alleviate digestive problems.
- . To assist with bed-wetting and sleep issues.

Your child's health is their greatest asset. Chiropractic for little people is gentle, safe and effective. Babies can be checked by chiropractors right after birth and special techniques have been developed to carefully correct any subluxated areas. In our household we utilize the skill and knowledge of homeopaths, naturopaths, chiropractors (obviously) and wellness-oriented physicians.

When we appreciate how the nervous system may be hindered and impaired **it makes sense why more parents are having their child's spine and nervous system** assessed. I urge you to explore all possibilities you have to strengthen your child's health. We are offering a **FREE** new patient exam and report of findings for you and your children for the month of March just call and book your appointments today at 613-876-5855.



Dr. Jason Maracle Young DC, CSCS  
Maracle Chiropractic

If you have questions regarding health and wellness please feel free to ask at [maraclechiropractic@gmail.com](mailto:maraclechiropractic@gmail.com) or mail Maracle Chiropractic Box 1216, Shannonville, ON K0K 3A0.



As Native women and mothers, we know we are faced with great responsibility for our next generations.

**"Peoples of Tradition"**

*10 week Circle.*

Will help mothers/individuals by giving them tools to help themselves, so that they will be able to give those first teachings in a good way to our children, and help turn around the cycles of un-healthiness that were created during the time of the attempted genocides and the boarding school era traumas.

*Start date MARCH 19/13*

*6-9pm*

Ancient Healing Centre

106B Johnson's Lane

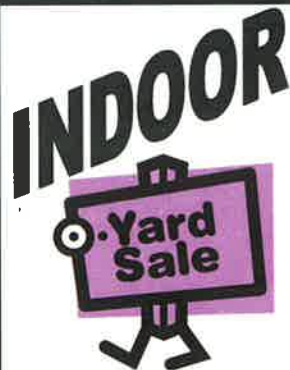
TMT

**Spaces limited.**

No cost to attend

**To register please call 613-967-3603 ext 128**

**NOTE- This cultural teaching program is open to anyone interested, male/female, the teachings presented are relative to both.**



**TOPS ON5258 TYENDINAGA MOHAWK TERRITORY**

**Presents an Indoor Yard Sale  
Thursday, March 14  
6-8 p.m. at the Elders Lodge**

*Come & Get Some Bargains!*

## **COMMUNITY VOLUNTEER INCOME TAX PROGRAM**

**INCOME TAX RETURNS ARE DUE  
APRIL 30/2013**

***Let us help you to complete and file your income tax returns  
FOR FREE!!***

The Canada Revenue Agency has administered the "Community Volunteer Income Tax Program" for over forty years. WHAT IS IT? CVITP is a community-based program designed to help low-income individuals with simple tax situations complete their income tax and benefit returns, free of charge.

The "*Community Volunteer Income Tax Program*" will be offering tax preparation clinics on the following dates at First Nation Technical Institute located at 3 Old York Road, Tyendinaga Mohawk Territory:

|                                 |                      |
|---------------------------------|----------------------|
| <b>WEDNESDAY MARCH 27, 2013</b> | <b>5:30PM-7:30PM</b> |
| <b>WEDNESDAY APRIL 10, 2013</b> | <b>5:30PM-7:30PM</b> |
| <b>SATURDAY APRIL 20, 2013</b>  | <b>9:30AM-3:30PM</b> |
| <b>WEDNESDAY APRIL 24, 2013</b> | <b>5:30PM-7:30PM</b> |

If you are a low-income earner and would like free assistance with the preparation of your individual income tax return, please plan to attend one of our above-mentioned clinics. Should you have any questions or would like to book an appointment, please call:

**Wendy Anderson @ 613-391-2658**







# Attention

## Hunters & Shooters!

*Interested in getting your PAL and/or Hunting Licences?*

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

The Firearms Safety Course (PAL) portion will be April 19 & 20th

The Hunter Education Course portion will be April 26 & 27 (Outdoors card)

Both Courses will run Fri. 6 - 9 p.m. and Sat. 8:30 - 5 p.m.

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

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

There is limited space.

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

# GOOD Friday Breakfast!

*Tyendinaga Senior's 59ers Hall*  
8011 Old Hwy #2



**Friday March 29, 2013**

**7:30 a.m. - 1 p.m.**

**Adults \$8.00 Children 10 & Under \$4.00**

*Menu: Eggs, Bacon, Sausages, Home fries, Pancakes & Toast*

*Beverages: Coffee, Tea & Juice*

# Good Friday Breakfast!



## Mohawk Pentecostal Church

Invite you to a Good Friday "Breakfast"  
on March 29, 2013

to be served from 8 a.m. until 10:30 a.m.

At the Church Fellowship Hall

This event will be a free will offering to help raise funds for a new building.  
Your attendance and contributions are greatly appreciated.

There also will be a Good Friday Church Service at 10:30 a.m.

A regular meeting of the

### Mohawk Agricultural Society

will be held at

**Quinte Mohawk School**

**at 7:00 PM**

**on March 25, 2013.**

Your support and ideas are  
needed for

**Mohawk Fair 2013.**

*Please come out and bring a friend.*



**KANHIOTE  
LIBRARY**

**613-967-6264**

Monday, Tuesday  
and Wednesday  
10:30 to 5:30

Thursday 12 to 7

Candace Maracle is going to do a screening of her documentary *The Creator's game: the Quest for Gold and the fight for Nationhood* on Mar 12 at 2pm.

A beading conference is coming in September under the auspices of the Iroquois Studies Association - see their website for more information of what they do- <http://www.otsiningo.com/>

Their conference is usually in New York State and features a display of beadwork. Samples or pictures of Tyendinaga beadwork of the past will be requested for this conference and more details will be in future newsletters leading up to the conference.



## DESERONTO LEGION

### **UPCOMING EVENTS FOR MARCH**

March 23 is the date for an open 3 person dart tournament. Cost is \$30. per team, with registration beginning at 10:00 am until 11:30. Play starts at noon, upstairs.

Entertainment begins at 3:00 downstairs, with A-1 Karaoke playing for the Deseronto Public School Reunion. Everyone is welcome, alumni or not. Potluck will follow at 7:00 for those interested.

Friday afternoons a mini-putt competition continues from 4:30 till 6:30. Cost is \$2. per entry, with gift and monetary prizes.

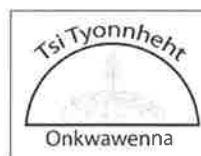
Bingo continues every Tuesday night. Doors open at 5:30 and play begins at 7:00.

Tsi Tyonnheht Onkwawenna (TTO)  
Language & Cultural Centre

## Ohenton Karihwatehkwen Sign Project

Fourteen (14) large signs will be placed throughout our community to depict the Ohenton Karihwatehkwen.

We are seeking land owners to donate a small parcel of land (10'x10') along our roadways for these signs. If you are willing to donate or would like to discuss this project please contact Curtis at TTO 613.396.1082



TTO gratefully acknowledges the Ontario Trillium Foundation for their support of this project.





WINTER BLUES GOT YOU DOWN

WHY NOT JOIN US ON MARCH 17<sup>TH</sup>

4:00 pm to 7:00 pm  
@ THE 59'ERS HALL

KWE RADIO WILL BE HAVING A SPAGHETTI  
DINNER WITH ALL THE FIXINS

\$10.00 GETS YOU SPAGHETTI DINNER WITH  
CAESAR SALAD, GARLIC BREAD, DESSERT  
COFFEE OR TEA

**REMEMBER TO MARK THAT DATE ON YOUR  
CALENDAR**





**ATTENTION!!!**

All past members of the  
**Native Women's Association.**  
We are looking for your ideas

For our  
**30<sup>th</sup> Anniversary**  
**26 October, 2013**

At the  
Community Center

Please Contact : Carol Potts 613-966-8106  
Christine Claus 613-396-3728



**Fore!**

**FOOD BANK TOURNAMENT  
COMING AGAIN THIS YEAR!**

**JUNE 14**

*Dust off the clubs! Get your hats ready!*



**The Quinte Singers Present  
"A Variety Show"**

**Saturday March 23, 2013  
@ 2:00 pm**

**Featuring Local Area Talent  
Deseronto United Church  
Admission: \$10.00/person  
Children 12 and under Free  
50/50 Draw**

**Refreshments to Follow**

**Proceeds to the Deseronto and Tyendinaga Food Banks and  
Morning Star Mission, Napanee**



## THE ANGLICAN PARISH OF TYENDINAGA

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

### Parish Priest

The Venerable Brad Smith  
962-2787

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

### SUNDAY CELEBRATIONS

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

Christ Church (Lower Church)  
52 South Church Ln  
10:30 a.m.

*On Sun 17 Mar, both churches will worship  
together at All Saints' at 8:30 a.m.*

### HOLY WEEK AND EASTER CELEBRATIONS

**Palm Sunday 24 March**  
All Saints' - 8:30 a.m.  
Christ Church - 10:30 a.m.

**Maundy Thursday 28 March**  
6:00 p.m. - Queen Anne Parish Centre  
*Potluck supper and worship*

**Good Friday 29 March**  
10:00 a.m. - All Saints' Church

**Great Vigil of Easter, Saturday 30 March**  
8:00 p.m. - Christ Church

**Easter Sunday 31 March**  
8:30 a.m. - All Saints' Church  
10:30 a.m. - Christ Church

*For more information on these special services, please  
visit [www.parishoftyendinaga.org/worship.htm](http://www.parishoftyendinaga.org/worship.htm)*

### UPCOMING EVENTS

**Parish Fun Night**  
Wed 20 Mar, 7-9 p.m., QAPC  
Bring a game, a friend, and a snack!

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE  
[WWW.PARISHOFTYENDINAGA.ORG](http://WWW.PARISHOFTYENDINAGA.ORG)

**WE ARE TOPS, ON#5258 T.M.T.**  
*Losers Unite, Join Us!*

**Thursday Evenings**  
5:00 - 6:00 p.m. - Weigh In  
6:00 - 7:00 p.m. - Meeting  
Elders Lodge  
(Bayshore Rd)

**TOPS** is a 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](mailto:altree94@gmail.com)

## **“AA OPEN MEETINGS”**

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

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



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

**KERISTOS NE KORAH:KOWA**

**CHRIST THE KING**

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



Morning Prayer with

Communion from the Reserved Sacrament

10:00 AM → 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Sundays



Holy Eucharist (Complete Mass):

11:15 AM → 2<sup>nd</sup> Sunday of the Month

Services are held at: The Elders' Lodge Common Room

For additional parish information, please call:

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

OR

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

OR

Minister Gérard Trinqué at ☎ 1-888-831-4145 ✉ [gplus@yahoo.com](mailto:gplus@yahoo.com)



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



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



**TYENDINAGA MOHAWK TERRITORY**

**1984 YORK ROAD**

**CHURCH • 613-396-5329**

**PARSONAGE • 613-396-5325**

|           |                                                                              |
|-----------|------------------------------------------------------------------------------|
| Sunday    | Morning service@10:30am<br>Sunday School @11:30am<br>Evening Worship @6:30pm |
| Wednesday | Bible Study Group @ 7:00pm                                                   |
| Saturday  | Prayer Meeting @ 7:00pm                                                      |

### Coming Events

March 1 - Revival Service 6:30pm Napanee Baptist Church call Church for more details

March 8 - Games Night: We will be hosting a night of games, snacks and music 7:00pm at the 59'ers hall. Bring your board games, Candy land, Crokinole, Trivial Pursuit or any others. If you play guitar, ukulele...harpichord bring them out for a jam session. All welcome!!!!

March 29 - Good Friday Service MPC 9:00am breakfast and 10:30am service. An evening service 6:30pm at Roblin Wesleyan this is an inter-church gathering and all are invited

Easter Sunday - Service MPC at 10:30am

April 5 - Revival Service 6:30pm Mohawk Pentecostal Church

# CLASSIFIED

## FOR SALE

- Maytag DRYER - (2 1/2 yrs old)
- Solid Oak Table & 4 Chairs (2 yrs old)
- Stainless Steel L.G. Fridge & Stove (1 yr)

Call: 613-967-2345  
or located at 458 York Rd.

## FOR SALE

- BALES OF STRAW
- 4 x 4 round
  - small square bales

Call: William J. Brant  
613-967-1129

## HOUSE FOR SALE

- 3 BEDROOM HOUSE
- 6 years old
  - in floor heat, on town sewer and water, ceramic tile & carpet
  - open concept
  - 2000 sq. ft includes 2 car garage
  - living room has vaulted ceiling and view of Bay of Quinte on (TMT)
- 613-827-1513

## LAND FOR SALE

70 acres located on the Lower Slash road just east of the Road Shed building and office on the same (south) side of the road.

Contact Wm J. Brant:  
613-967-1129 for further details.

## FOR SALE

- LAND approx. 23.89 acres
- surveyed
  - York Rd. frontage and backing onto the Slash Rd.
  - creek, good land
  - well & roadway

Best reasonable offer

Call: 613-967-8935

## For Sale

- 4 BEDROOM HOME (approx 3/4 acre)
- large eat-in kitchen
  - dishwasher, fridge, stove
  - large bedrooms
  - Updated 4 pc bathroom (ceramic floor)
  - 3 pc bath w/shower
  - large family room with updated woodstove (WETT certified)
  - walkout basement
  - lots of storage
  - upgraded well with holding tank
  - new roof and deck
  - shed
- PRICE RECENTLY REDUCED  
(Serious offers will be considered)

Please contact:  
[tyendinaga11@yahoo.com](mailto:tyendinaga11@yahoo.com) OR  
416-938-4157 or 613-396-2151

## FOR SALE

- BEAUTIFUL 4 BEDROOM HOUSE on Beach Road!
- 2400 sq. ft. house, 4 bedroom, 2 baths
  - hardwood flooring throughout entire house (no carpets)
  - Main floor has kitchen, large dining room, 3 bedrooms and 1 bathroom
  - upper level over the 2 car garage has master bedroom, large bathroom with Jacuzzi tub
  - large living room, garden doors onto plastic deck (no maintenance required)
  - Basement is partially complete
  - House is heated by propane furnace and a wood pellet stove. 27 foot above ground pool with large deck off back of house.
  - Storage shed and 3 fruit trees (2 pear and 1 apple).
  - This house is 19 yrs old and has been well maintained.

Asking \$160,000.00 serious inquires only please. 613-966-1092

## FOR SALE

- Has been converted into 2 apartments
- 3 Bedrooms upstairs & 1
- Large Bachelor apartment downstairs
- Natural gas heating, central air, 1 bedroom apartment contains fireplace
- Municipal water supply, with access to municipal sewage hook up
- New roof recently done
- Property is approximately 1 acre
- Located on Old Hwy #2

Serious inquiries only  
Call: 613-396-5879

## FOR SALE

- 60 ACRES OF LAND
- located on the Slash Rd (Near Hwy 49)
  - \$90,000.00

Please call Bill: 613-966-1092

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Are you looking for a full-time, reliable babysitter? If so please give Sandy a call at 613-967-0091

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Hello My name is Donna Glass

- mother of one & starting childcare in my home
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- accepting ages up to 10
- spots available for before & after school
- healthy lunch, snacks, crafts
- walks, nap time if needed & more

For more information  
Call: 613-309-9272 or leave a message. I will gladly get back to you & look forward to looking after your children.



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- 26 ACRES, 2 HOUSES
- includes apartments for extra income
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  - Owner will hold mortgage for qualified buyer.
  - Make a reasonable offer. Owner is Retiring.

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

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

## HOUSE FOR SALE

- 2 YEAR OLD HOME
- 100' X 200' lot
  - 2000 sq. ft. open concept/side split
  - 2000 sq. ft. Basement
  - 3 bedroom, 2 full baths plus jacuzzi
  - ceramic & laminate flooring throughout, in floor heating
  - 9' ceilings (main floor & basement)
  - central vac, central air, HRV
  - four star propane furnace
  - heated 1 1/2 car garage (24'X24')
  - town water & sewer
- BASEMENT**
- basement 30% completed (framed, wired, drywall half complete)
  - 3 additional bedrooms, 1 full bath
  - open concept - large rec room with bar/kitchen roughed in
- \* Possible investment/income property easily converted into Duplex. Ideal for Retirement Residence or Foster/Group home \*

Please call for viewing and more information: Cell: 613-848-0117  
Home: 613-396-3971  
\*\*SERIOUS INQUIRIES ONLY\*\*

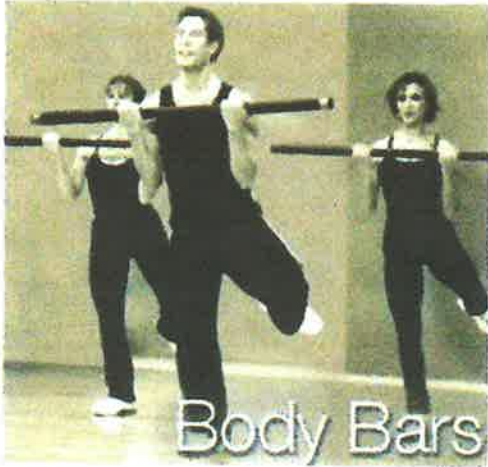
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**This class will work all your muscles groups and give you that  
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**Please contact: H. (613) 967 0410 Cell, (613) 885 5538**

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**Phone: H (613) 967 0410 c 613 885 5538**

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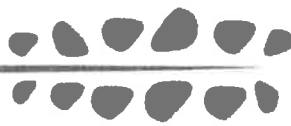
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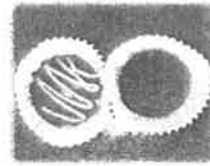
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