



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 3/15

ENNIHKKOWA (March)

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

Looking for new opportunities?

Career & Job Fair

Napanee Generating Station Construction

Tuesday March 10th, 2:00 - 9:00 p.m.

Mohawk Community Centre

1807 York Road

**Bring copies
of your resume**

**30 month
Construction**

**For additional information
please see inside**



HAVE QUESTIONS?



COME AND TALK TO AN EXPERT

Please join us for a Well Water and Septic Information night at the Mohawk Community Center on **Tuesday March 17, 2015.**

Guest Speaker: Kim Yee -Ministry of Environment

Information Booths: Maya Navrot - Ground Simulator Display
Sarah Midlane Jones – Communications -
Bay of Quinte Remedial Action Plan

Supper provided at 5:00pm. *If planning to attend the supper you must **RSVP** Carrie at 613-396-3424 ext. 131 no later than 12:00pm on Friday March 13, 2015.*

Guest speaker to follow meal.

Everyone Welcome!!
Giveaways – Door prizes

For more information contact the Water Department at the MBQ Administration Office 613-396-3424.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in January responded to 8 calls:

- 1 Medical Assist**
- 2 Vehicle Fire**
- 2 Vehicle Accidents**
- 1 Public Service Call**
- 1 Mutual Aid**
- 1 Electrical Wires Down**

This brings our total to 8 calls for the year 2015

Looking for new opportunities?

Career & Job Fair

Napanee Generating Station Construction

Tuesday March 10th, 2:00 - 9:00 p.m.

Mohawk Community Centre
1807 York Road

**Bring copies
of your
resume**

**30 month
Construction
Project**



MATRIX NAC

We have a long and proud history of over 60 years of providing outstanding service to the electric (or power) industry.



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYEN'KEHÀ:KA

Employment & Training



kagita mikam

Aboriginal training & services



TransCanada

In business to deliver

For information contact:

Lisa Maracle, Community Services
Mohawk Administration Office
613-396-3424, ext # 118
lisam@mbq-tmt.org

WHO WILL BE THERE?

- Construction and trade Unions
 - ⇒ pipefitters, welders, carpenters, plumbers, electricians, etc.
- Matrix (Project General Contractor)
 - ⇒ clerical/administrative positions
- MBQ Employment & Training
- Kagita Mikam Aboriginal training & services

Do you supply any of the following?

Secondary services will also be required throughout the project. **Bring your business cards!**

- Electrical Bulk Materials
- Misc. Pipe, Valves and Fittings
- Bottled Water
- Ice
- Porta-Johns
- Safety Supplies and Equipment
- Fuel
- Equipment Rentals
- Small Tools and Consumable Items
- Steel Fabrication (plate & structural)
- Steel Supply House and Service Centre
- Lumber
- Printing Services
- Brick and Concrete Block
- Sand, stone and gravel
- Site Security
- NDE Testing
- Snow Removal

All Aboard!

Don't Miss the Train!

The VIA Rail Passenger Service Voucher program is ending this year. This program has been operating since 2012 through a signed agreement between Tyendinaga Mohawk Council (TMC) and VIA Rail in relation to the Salmon River Bridge expansion project. The agreement included a great opportunity for registered members of the Mohawks of the Bay of Quinte to access VIA Rail Passenger Services.

This is the FINAL year for the program and Applications will be accepted and processed until the annual allotment runs out.

TMC has established three (3) categories of travel that will qualify for a ticket voucher:

1. Education
2. Health
3. Economic Development

Please contact Bonny Maracle at the MBQ Administration Office for an application or with any questions about the VIA Rail Passenger Service Voucher program.

For an application and for the program policy and procedures, please visit our website at:

<http://www.mbq-tmt.org/documents-and-reports>





MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYEN'KEHÁ:KA

TYENDINAGA MOHAWK COUNCIL,
24 Meadow Drive, Tyendinaga Mohawk Territory, ON K0K 1X0
Phone 613-396-3424 Fax 613-396-3627

January 2015

RE: VIA RAIL GOODWILL AGREEMENT

To All Members of the Mohawks of the Bay of Quinte

The VIA Rail Passenger Voucher service has been operating since November 2012. The program was made available through a signed agreement between the Mohawks of the Bay of Quinte and VIA Rail Canada as a goodwill gesture to establish a "harmonious and mutually respectful relationship" with the Mohawks of the Bay Quinte. The agreement between VIA Rail and the Mohawks of the Bay of Quinte is not intended to settle any land claims nor does it in any way prejudice the land rights, interests and claims of the Mohawks of the Bay of Quinte.

The program offers registered members of the Mohawks of the Bay of Quinte access to VIA Rail Passenger Services, up to a limited annual amount, and this is the final year to access this program as outlined in the agreement with VIA Rail. Tyendinaga Mohawk Council (TMC) established the following categories of travel that will qualify for a travel voucher:

1. Education
2. Health
3. Economic Development

Applications will be accepted and processed throughout the calendar year on a first come, first served basis until the maximum annual amount in the MBQ-VIA account is depleted. To be eligible for a VIA Rail Travel Voucher:

1. Applicant(s) must be registered members of the Mohawks of the Bay of Quinte (MBQ). Any Applicant(s) under the age of eighteen (18) years must be accompanied by at least one passenger over the age of eighteen (18) years.
2. Travel must fall within the categories listed above.
3. Travel has to be pre-planned, a minimum of two (2) weeks, to allow time for obtaining a reservation number and if necessary, for mailing the VIA Rail Ticket Voucher to the Applicant(s).
4. Applicant(s) must complete the VIA Rail Ticket Application Form, available on-line at <http://www.mbq-tmt.org/documents-and-reports/forms>, and submit it to the MBQ VIA Rail Voucher Officer at the MBQ Administration Office located at 24 Meadow Drive.
5. If travel plans have been changed or canceled, Passengers must notify VIA Rail (1-888-842-7245) and MBQ. If a train ticket has been issued, please return the unused ticket to MBQ VIA Rail program to ensure that any refund is applied to the MBQ account.

If you have any questions, please contact Bonny Maracle at 613.396.3424 extension 132 or by e-mail at bonnym@mbq-tmt.org.

Nyawen,

Chief R. Donald Maracle



VIA Rail Ticket Application

Contact Information

*Name:		
*E-Mail Address:		
*Full Mailing Address:		
*Home Telephone Number:		Alternate Telephone Number:
*Status Card Presented:	Yes <input type="checkbox"/> No <input type="checkbox"/>	*Date of Birth (mm/dd/yy):
Passengers under the age of 18 years must be accompanied by at least one (1) adult passenger.		

Travel Information

Reason for Travel:	<input type="checkbox"/> Education	<input type="checkbox"/> Health
	<input type="checkbox"/> Economic Development	
Travel From:		
Travel To:		
Departure Date:		
Return Date:		

What time of day would you prefer to travel? (Please check all that apply to your travel schedule.)

- Weekday mornings Weekday afternoons Weekday evenings
 Weekend mornings Weekend afternoons Weekend evenings

Do you have special needs? (If yes, please specify.)

- Yes No

Agreement and Signature

I understand, if my application is approved, that it is strictly forbidden to sell, assign, trade or transfer this voucher in any manner whatsoever. If a violation of this agreement occurs, I agree to pay the entire value of this voucher to the Mohawks of the Bay of Quinte.

Name (Please print.)	
Signature	
Date	

For Internal Use Only:

Voucher Number	
Fare Quoted	
Voucher Authorized	
Reservation Number	



CENTRE OF EXCELLENCE FOR MATRIMONIAL REAL PROPERTY

Hosted by the National Aboriginal Lands Managers Association

The National Aboriginal Lands Managers Association (NALMA) was selected by the Government of Canada to maintain the Centre of Excellence for Matrimonial Real Property. This resource centre is available to assist with the implementation of the *Family Homes on Reserves and Matrimonial Interests or Rights Act*.

Incorporated December 21, 2000, NALMA's extensive experience and connection to reserve land issues makes the organization the ideal host to support First Nations in implementing the matrimonial real property (MRP) legislation.

WHAT CAN THE CENTRE OF EXCELLENCE FOR MATRIMONIAL REAL PROPERTY DO FOR YOU AND YOUR COMMUNITY?

The Centre of Excellence can help First Nation individuals, communities and organizations in understanding and applying the new Act. The Centre can:

- Guide First Nations who are opting to develop their own MRP laws by providing templates, examples and answering questions, when applicable.
- Provide information on the protections and rights available to individuals and families living on reserve such as:
 - the right to occupy the family home;
 - safety for children and their caregivers in instances of family violence;
 - rights of survivors on the death of their spouse or common-law partner; and,
 - equitable distribution of MRP assets.
- Assist with implementing the provisional federal rules, which are interim rules that will apply until a First Nation community develops and enacts its own MRP law under the Act.
- Provide research on alternative dispute resolution mechanisms to help facilitate the creation of additional options for parties to resolve MRP issues.

Contact the centre today!

Centre of Excellence for Matrimonial Real Property
c/o National Aboriginal Lands Managers Association
1024 Mississauga Street, Curve Lake, ON K0L 1R0

P: (705) 657-9992 | Toll Free: 1-855-657-9992 | F: (705) 657-2999 | E: info@coemrp.ca

Matrimonial Real Property Rights on Your Reserve



Matrimonial Real Property – What is it?

Matrimonial real property can include land held by one or both spouses or common-law partners and used by the family, i.e. houses, sheds, mobile homes or other structures on that land. It does not include things such as cars, money, clothing or televisions.

In the event of death, divorce or separation, people living off reserve have provincial law rights and protections regarding their family home. These provincial law rights and protections do not apply to those living on reserve.

To give people living on reserves comparable protections and rights as those living off reserve, a law was put in place on December 16, 2013, called the Family Homes on Reserves and Matrimonial Interests or Rights Act (the Act).

What Does the Act Do?

The Act gives First Nation communities the opportunity to either develop their own community matrimonial real property law or follow provisional federal rules. These rules, although intended to temporarily apply until a First Nation develops their own matrimonial real property law, can be followed for an indefinite period of time.

As of December 16, 2013, First Nation communities can make their own matrimonial real property laws under the Act. If a First Nation makes its own laws within one year (before December 16, 2014), the provisional federal rules will not apply to that community.

A First Nation may enact its own law at any time. However, on December 16th, 2014, the provisional federal rules will apply until the First Nation law comes into force.

If a community develops its own laws, the content of the law has to be agreed upon by the First Nation and its members. All members of voting age, 18 years or older, regardless of whether or not they live on or off reserve, have the opportunity to vote on the proposed law. Community members have the right to learn about the law and to be made aware when a vote on the law is taking place.

Protections

As of December 16, 2014, once the provisional federal rules are in effect, the following are examples of the protections and rights that would apply, should a First Nation community not have enacted its own community law:

Emergency Protection Orders

- In cases of domestic violence, a victim can apply to the court to remove their abusive partner from the family home. This application can be made by the victim or by someone else, such as a nurse or a social worker on behalf of the victim, without the presence of the spouse or common-law partner.

Family Home

- Either spouse or common-law partner has the right to occupy the family home during the conjugal relationship.
- A family home cannot be mortgaged or sold without the consent of both people in the relationship.
- If a marriage or common-law relationship breaks down, a spouse or common-law partner can apply to the court to have time-limited exclusive occupation of the family home. That means that a court can order a spouse or common-law partner to leave the family home for a period of time.
- On the death of a partner who held the interest in the family home, the surviving partner may live in the family home for a period of 180 days.

Division of On-Reserve Matrimonial Interests or Rights

- In the event of separation, divorce or death, both partners are entitled to half the value of the family home.
- A court can enforce written agreements that set out the amounts that each spouse or common-law partner are entitled to receive in the event of separation or divorce.

Balancing Your Rights and the Rights Of Your First Nation Community

The provisional federal rules specify:

- First Nation councils are to be notified about applications for an order made under the Act, such as an application made to the court for exclusive occupation of the family home.
- First Nation councils will not be notified in cases of emergency protection orders and confidentiality orders arising from domestic violence situations.
- Before issuing exclusive occupation orders, courts are to consider the collective interests of the First Nation members and any representations by the First Nation council with respect to that First Nation's cultural, social and legal context, etc.

What the Act Does Not Do

- Allow non-Indians or non-members to gain permanent possession of a family home;
- Give non-members of a First Nation the ability to sell reserve land; nor
- Allow the Minister of Aboriginal Affairs and Northern Development to have any role in reviewing, cancelling, rejecting or altering First Nation laws.

Support Available for You and Your Community

Centre of Excellence for Matrimonial Real Property

A Centre of Excellence for Matrimonial Real Property, hosted by the National Aboriginal Lands Managers Association (NALMA), is now available to assist First Nation Communities.

Contact the centre today!

Centre of Excellence for Matrimonial Real Property
c/o National Aboriginal Lands Managers Association
1024 Mississauga Street, Curve Lake, ON K0L 1R0
Phone: 1-855-657-9992 or 705-657-9992

Fax: 705-657-2999
E-mail: info@coemrp.ca
Website: www.coemrp.ca

For more information, visit www.aadnc.gc.ca/MRP
contact mrp-bim@aadnc-aaandc.gc.ca about the Act.



**WATCH FOR
MORE
DETAILS!**

**TUESDAY
APRIL 14
2015**

**ARE YOU READY TO
START YOUR OWN
BUSINESS? OR DO YOU
NEED TO ENERGIZE
YOUR EXISTING
BUSINESS?**

**4TH ANNUAL
ABORIGINAL
BUSINESS DAY**

CONTACT:

Renee Brant at 613-396-3424 or by
email at reeneb@mbq-tmt.org

**1807 YORK ROAD
MOHAWK
COMMUNITY CENTRE**



MOHAWKS OF THE BAY OF QUINTE ECONOMIC DEVELOPMENT OFFICE

**“Succeeding in business is all
about making connections.”**

- Richard Branson

Marketing Plan Canvas Workshop

The Marketing Plan Canvas is a simple guide to ensure all marketing bases have been covered in your business. A visual aid to help focus your efforts.

Date: March 24 & 25

Location: Kanhiote Library

Time: 9am - 3pm

Contact Renee to Register!

Phone: 613-396-3424

Email: reeneb@mbq-tmt.org

Are you interested in
starting your own
business?
Or do you need new
ideas for an existing one?
Then the
**Self-Employment
Training Course**
is for you!

Starting May 2015

Contact Renee to register!

COME TO OUR MONTHLY BUSINESS NETWORKING MEETINGS!

Next Meeting:
Thursday, March 26
10am

For more information,
contact Renee.



EMPLOYMENT OPPORTUNITY CARETAKER Part Time & Full Time Positions Available

FNTI (First Nations Technical Institute), located on Tyendinaga Mohawk Territory near Belleville, Ontario, builds capacity in Indigenous communities through education. FNTI employs Indigenous educational approaches in its programming that are rooted in cultural relevancy, the integrity and internal congruence of which is accredited through the *World Indigenous Nations Higher Education Consortium*. FNTI, in partnership with various colleges and universities, offers a wide range of post-secondary programs across Ontario.

FNTI is seeking two **CARETAKER'S** for its various locations. The Part Time Position will be 20-22.5 hrs per Week and the Full Time Position will be 25-30 hrs per Week.

The successful candidate will:

- Clean and maintain facilities
- Interact and provide services to staff
- Maintain grounds
- Operate and maintain equipment
- Provide security services
- Other duties as assigned

The successful candidate will possess:

- Secondary School Diploma or equivalent
- Experience with industrial/office cleaning procedures
- Valid Class G driver's license and an acceptable driving record
- Demonstrated technical/mechanical aptitude and ability
- Knowledge of WHMIS (Workplace Hazardous Materials Information System)
- Ability to work independently
- Dependable, bondable
- Full Time Position will require a Vulnerable Persons Check
- Part Time Position will require a CPIC
- Valid CPR and First Aid

Salary: This is an ongoing position (with a ten month probationary period) – salary to be determined

Start date: March 30, 2015

Please forward your resume, including two recent work references, by March 13, 2015, at 12:00 p.m. to:

Leah Brant, Operations Officer
FNTI - 3 Old York Road
Tyendinaga Mohawk Territory, ON K0K 1X0
Email: leahb@fnti.net or Fax: 613-396-2761

***Thank you for your interest in this position; Those selected for an interview will be contacted by March 20, 2015
Interviews will be held on March 25, 2015***

Aesewathontá:ton takwatya'tahrhas ne onwa yohserá:te
ki owén:na tehatihsnye né ne

Tyendinaga Kanye'nkeháka Ratitsénhayens

Onén oyé:ri niyohserá:ke sha'tehatihsnye ne owén:na tánon ronahskéhnen
aonsontonnhete ne kén:en Kenhteke.

Enniskó:wa 30, 2015

6pm

Mohawk Community Centre

Tyendinaga Mohawk Territory, Ont.

Aesathontá:ton tesorihwa'seráko ohénton ne Enniskó:wa 23, 2015

(613) 967-3781 tóka ni' tto@kenhteke.org

Please join us as we celebrate this year's language heroes,

Tyendinaga Mohawk Council,

who for the past ten years have supported language
revitalization efforts in Kenhteke

March 30th, 2015

6pm

Mohawk Community Centre,

Tyendinaga Mohawk Territory, Ont.

Please RSVP by March 23, 2015

(613) 967-3781 or tto@kenhteke.org



1658 York Rd., Tyendinaga Territory K0K 1X0



**Free
tuition**

for those accepted
into the program

We put you to work.

Aboriginal Automotive Service Technician Pre-Apprenticeship Training

APPLY NOW FOR FEBRUARY

To determine eligibility, contact Deiana at the Loyalist Aboriginal Resource Centre
at 613-969-1913, ext. 2250 or aboriginalrc@loyalistc.on.ca

loyalistcollege.com

LOYALIST



COLLEGE

Knowledge Opens Doors

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

Mental Health and Addictions Worker

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

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

Offered in an intensive delivery mode.

Personal Support Worker

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

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

Offered 3 days per week - Monday to Wednesday.

Indigenous Community Diabetes Support

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

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

Offered in an intensive delivery mode.

First Peoples' Aviation Technology - Flight

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

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



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

Drop In Program

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

Afternoon Program

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

Junior Program

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

We have lots of books and resources to lend to the families in the community!

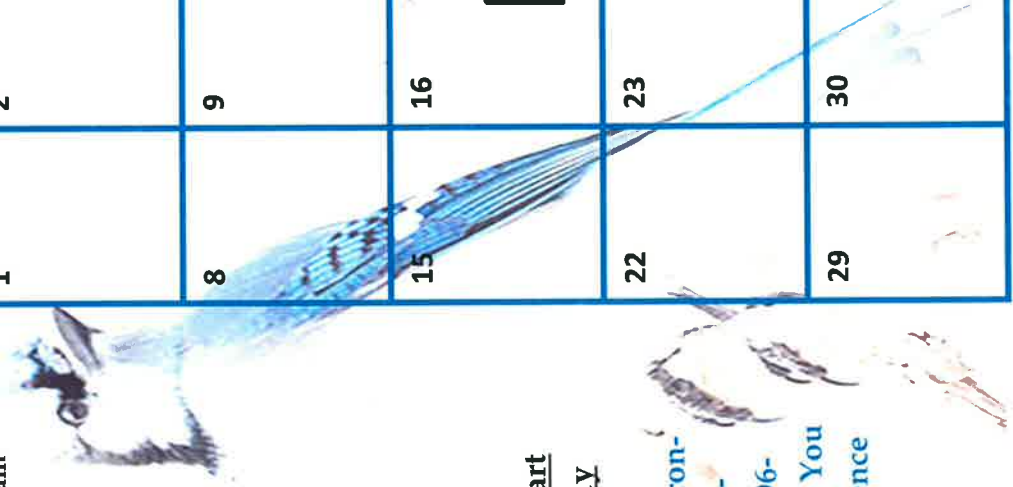
Please ask staff if you would like sign out a children's book to take home for your child/children to read each week.

Tahatikonhsontie Head Start program is looking for supply staff. If you're interested in working in a child care environment please drop off your resume in person or call 613-396-6716 to inquire more details. You must have a Criminal Reference Check & Vulnerable Sector Check.

Tahatikonhsontie Head Start: Drop In Program

March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Power Positive with Sarah Brown @ 9:45	4	5	6 Show & Tell	7
8	9	10 Wear Green!	11	12	13 March Break Starts No Program	14
15	16	17	18	19	20	21
22	23	24 Native Singing with Kerri	25	26	27 You & Me Fitness with TFRC @ 9:45am	28
29	30	31				



March Break

Tahatikonhsóntie Head Start: MORNING DROP IN PROGRAM INFORMATION

The morning drop-in program is for infant/toddlers/preschoolers and their parents/guardians or childcare providers. If you are an expectant Mom, do not hesitate to drop by for a visit to tour the building and inquire more information about our program.

The drop in program is opened on Tuesday and Friday mornings from 9am to 11am. The activities include crafts, circle time, dancing, native singing, outside play weather permitting, and much more.

We offer workshops for the parents/caregivers which include information from service providers in the surrounding areas as well as craft making, sewing, scrap booking, and additional workshops with Head Start staff.

We have a variety of books and resources to lend to the families in the community. We will try our best to find the information you may need!

**9 Deserontyon Drive
Tyendinaga Mohawk Territory
Ontario, K0K1x0
Tel: 396-6716
Fax: 613-396-3409
Email: carlah@mbq-tmt.org**



The Kanhiote Library Board wishes to thank all those who loaned their treasured items of beadwork for the library display marking the First Nations Library Week Feb. 9 - Feb. 12.

A special thanks to the Mohawk Beaders Circle who not only displayed much of their lovely work but also donated their time and talent to setting up and demonstrating their art.

They were particularly pleased to meet Mrs. Procnier's QMS grade 7 class who visited with them and made small items of their own.

NIAWEN



**KANHIOTE
LIBRARY**
613-967-6264

Monday, Tuesday
and Wednesday Thursday 12 to 7

**Beading Thursday evening
from 7 to 9
Beginners welcome
some supplies provided**

**Community Kitchen
March 13
from 9 to 1
at CWB**



Knitting Showcase

MARCH 30, 31, APRIL 1, 2

DURING LIBRARY OPEN HOURS

ITEMS BY EDITH AND HER WITTY KNITTERS



Good luck to my grand daughter Marina Thomas representing the Mariposa Gymnastics Club of Orillia. Marina is competing at the Quinte Bay Gymnastics Invitational which is being held on March 28, at

The Quinte Bay Gymnastic Club
14 Harder Drive in Belleville.

Marion Thomas

In loving memory of a wonderful mother & nanny,
Jean (Winnie) Carr-Braint nee Hill
September 17, 1925 – March 11, 2004

*A wife, a mother, a nanny too,
This is the legacy we have from you,
You taught us love and how to fight,
You gave us strength, you gave us might,
A stronger person would be hard to find,
And in your heart, you were always kind,
You fought for us all in one way or another,
Not just as a wife, not just as a mother,
For all of us you gave your best,
And for all of this you are surely missed,
Your love in our hearts, we'll eternally keep.*



Forever loved & never forgotten.

We miss you so much.

Love, Carol, Harry, Betty, Billy, Mary Jean, Marilyn, Mike, Tracey & Families

In loving memory of a
Special Friend
Sonya Maracle
March 15, 2008

*She never failed to do her best,
Her heart was true and tender,
She toiled hard for those she loved,
Then left them to remember.*

*7 years have passed, our hearts still sore,
As time rolls on we miss you more,
Your welcome smile and pleasant face,
No one can fill that vacant place.*

*Sadly missed but never forgotten...
Love Nora
March 2015*

THANK YOU

We would like to take this time to say thank you to our family, friends and community members for their love and support with the loss of our mother. Thank you to Dawn and Crystal for being around when needed. A special thanks to Harry and Frances Jolly for the music, you did a beautiful job. Thank you as well to the Hill family for all the help at the luncheon and Jackie, Verna and everyone else, we really appreciated all you have done. Thank you to everyone who sent flowers and cards and especially all the food donated. Thank you for the use of the Community Centre and also the use of the 59'ers hall, much appreciated.

Thank you to Cathy Vick for the service.

A heartfelt thank you to Michelle Smith and the staff at the McGlade funeral home for all her help in making things so much easier at this time.

Please forgive us if we forgot to mention anyone. We just want everyone to know we really do appreciate and thank you all once again.

Family of the Late Shelby Brant-Minaric

Happy Birthday!



★ Happy Birthday
★ Gail-March 9
★ Love Wendy & Glenn

★ Happy Birthday
★ Amy Cowie
★ Love Uncle Chip & Aunt Allison

★ Happy Birthday
★ Becky Brant
★ From Allison

★ Happy Birthday
★ Dan – March 1st
★ Love Aunt Marilyn & Uncle Rick

★ Happy 10th Birthday
★ Daniel – March 3rd
★ Lots of Love, Aunt Marilyn, Uncle Rick,
★ Sam, Emmett, Phill & Hayden

★ Happy Birthday
★ Dad (Bruce) – March 10th
★ Love Rick & Marilyn

★ Happy Birthday
★ Grandpa – March 10th
★ Love Sam, Emmett, Phill & Hayden

★ Happy Birthday
★ John – March 13th
★ Love Marilyn, Rick, Sam, Emmett, Phill &
★ Hayden

★ Happy Birthday
★ Chris – March 13th
★ Love Marilyn, Rick, Sam & Emmett

Happy 3rd Birthday to a beautiful
granddaughter
Layla – March 23rd
Lots of Love, Grandma & Papa

Happy 3rd Birthday to an awesome niece and
cousin Layla – March 23rd
Love Auntie Sam, Emmett, Phill & Hayden

Happy Birthday
Nancy – March 27th
Love Rick, Marilyn, Sam, Emmett, Phill &
Hayden

Happy Birthday Eileen – March 27th
Love Marilyn, Rick, Sam, Emmett, Phill &
Hayden

Happy 5th Birthday
Talen – March 29th
Lots of Love, Aunt Marilyn, Uncle Rick,
Sam, Emmett, Phill & Hayden

Happy 10th Birthday
Rhyder – March 30th
Lots of Love, Aunt Marilyn, Uncle Rick, Sam,
Emmett, Phill & Hayden

Happy Birthday
Angie – March 30th
Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
Phill & Hayden



Tyendinaga Coalition for Healthy Lifestyles has **DISSOLVED**

The “Coalition” was formed in the mid 1990’s, in response to the challenge made by the Kahnawake Schools Diabetes Prevention Project, as a *Community Driven* effort that encourages and raises awareness toward good health as an outcome of diabetes prevention. Over the years its various members have volunteered time to fundraising events, and managing donations from the Arnold J. Brant Memorial Golf Tournament and Kahnio’te Library, to provide or participate in Sadie’s Walk, Community Garden, Four—Two day Diabetes Awareness Conferences (1998 to 2011), Walk-a-thon; Displays at Fair & Pow Wow, sponsorship for education conference attendees & QMS soup program.

The Coalition’s account has been dissolved with donations to the following:

CHR’s to organize an awareness event 2015	\$2000.00
Community Wellbeing Food Resource	500.00
Quinte Mohawk School Food Program	3000.00
Tahatikonhsotontye Head Start Summer 2015	1000.00
Totahne Language Nest	600.00
Kawenna’onwe Primary Education	1100.00
Ohahase Secondary Education	800.00
Native Women’s Association	600.00
Mohawk Guild	600.00

Great gratitude goes out to all of the support received from the Community of Tyendinaga Mohawk Territory shown by your participation & contributions at our events.

Our ongoing vision is for the Healthy Lifestyles that belong to the People!!

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

March 2015

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Ceramics Wii Bowling	3 Meals on Wheels Walking Program	4 Euchre	5 Meals on Wheels Napanee Shopping	6 Meals on Wheels Handivan Des	7
8  Daylight Saving Time	9 Ceramics Wii Bowling	10 Meals on Wheels Walking Program	11 Diners Club & Bingo HOME SUPPORT @ Community Centre	12 Meals on Wheels Friendly Visiting Lunch	13 Meals on Wheels Handivan Des Scrapbooking	14
15	16 Ceramics Wii Bowling	17 Meals on Wheels Walking Program	18 Euchre	19 Meals on Wheels	20 Meals on Wheels Handivan Des	21
22	23 Ceramics Wii Bowling	24 Meals on Wheels Walking Program	25 Diners Club & Bingo HOME SUPPORT @ Community Centre	26 Meals on Wheels Belleville Shopping	27 Meals on Wheels Handivan Des Scrapbooking	28
29	30 Ceramics Wii Bowling	31 Meals on Wheels Walking Program	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 Lunch—12:00 to 3:30 p.m.		Euchre —6:30 to 8:30 p.m. Wii Bowling—6:30 to 8:30 p.m. Ceramics—1:00 to 3:00 p.m. Walking—10:00 to 11:00 am	



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



Prenatal Classes *Spring Session*

Starting

Wednesday April 15th, 2015

6:00 pm - 8:00 pm

Community Wellbeing Centre

Teaching Lodge

50 Meadow Drive

Tyendinaga Mohawk Territory

To register for class or for more information

call

613-967-3603

and speak with the Community Health Nurses

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
March 10, 2015	March 18, 2015
April 7, 2015	April 15, 2015
May 12, 2015	May 20, 2015
June 09, 2015	June 17, 2015
July 7, 2015	July 15, 2015
August 11, 2015	August 19, 2015
September 8, 2015	September 16, 2015
October 13, 2015	October 21, 2015
November 10, 2015	November 18, 2015
December 8, 2015	December 16, 2015



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



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 speciality 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

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



MARCH 19, 10AM-4PM

**INSIDE THE COMMUNITY WELLBEING CENTRE
TEACHING LODGE, 50 MEADOW DRIVE, DESERONTO**
TO BOOK AN EYE EXAM YOU **MUST CALL MOBILEYEZ** TOLL FREE:

1-866-920-6480



JUSTIN

EARLY SPRING SPECIAL

Ray-Ban

\$99

REG. \$179



ERIKA

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

 **mobileyez**

Health Advisory Working Group

Nov 2014 newsletter referred to as the Health Advisory Board



Terms of Reference & Direction

for the efforts of this Community team, are now developed—as a starting point.

The intention is that the Health Advisory Working Group would be a means to give voice to the concerns & solution based ideas from the People, that can influence direction for a healthy community.

The ultimate outcome is to effect change for the gaps that exist.

Please express your interest and availability

to meet every other month starting April 2015 by contacting a member of the Pre-Steering Committee:

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

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

Sandra Lewis-den Otter
613-885-1918
sjlewisdenotter@gmail.com

Thomas Krasnuik
613-967-3603
thomask@mbq-tmt.org

Gloria George
613-813-9008
gloriag@mbq-tmt.org

Wendy Sonneveld
613-967-3603
wendys@mbq-tmt.org

Sadie's Walk



Save the date! Friday, April 3/15

Elder's Lodge, 301 Bayshore Road

Tyendinaga Mohawk Territory

8 AM

All Welcome

Weekly Men's Group

Offered by the Enyonkwa'nikonhriyohake' Program

We will be running every Tuesday night

6 pm to 8 pm

In the Teaching Lodge at Community Wellbeing Centre

All men 17 & up are welcome!!

Contact Jill Beck, NNADAP Worker for information, 613-967-0122





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

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

March 2015 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+) \$20.00

Student \$25.00

Adults \$30.00

**We Are Open to
 The Public**

TFRC Staff

Darlene Loft /

TFRC Manager

Jayna Leland / P.T

Shanleigh Maracle

Taylor-Rain
 Tabobandung

Ben Brant

Trey Bardy

**What Will You Need to Do to Burn Off
 Your Favorite Easter Candy ?**

Crème Eggs (150cal) - 30mins game of doubles tennis

Mini Eggs (190cal/12 eggs) - 30mins walk/run

Marshmallow Egg (110cal) - 30mins of Pilates

**Whoppers (190cal/24 pieces) -
 30mins hike**

**Milk Chocolate Eggs (200cals/7
 pieces) - 30mins on the elliptical**



Beginner Fitness 2015

Thank you to all of our participants. Everyone did great! And without our participants our program would not be a success. Also a very big Thank You goes out to Jodi John for helping our group learn about Healthy Eating. Program was available by funding from AIAI, and this is a yearly program.

Fitness Programming Updates

Lunch Time Fitness - The program has been successful and will continue with Jayna Leland teaching. Drop in and take part.

Yoga - The program has been very successful on Saturdays and will Continue. Sign up and try a class. Drop in's welcome.

Functional Fitness - The program has been successful and it will continue on Tuesdays and Thursdays. Still room to join.




Video Fitness - Your welcome to use our fitness videos in the Fitness Studio or bring your own and a few friends.

Free Fitness Plan - One free plan with the purchase of a membership at TFRC. The Personal Trainer takes time with you to develop a plan for success. You can redeem your free plan at anytime.

WATCH FOR TFRC IN THE QUINTE COUPONS!



Welcome to the Fitness Studio

Time	Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30							
7:00							
8:00							
9:00							
10:00			Seniors Functional Fitness 10:00-11:00		Seniors Functional Fitness 10:00-11:00		Yoga 10:30 – 11:30
11:00							
12:00		Better Butts 12:15 - 12:45	Total Body Circuit 12:15 – 12:45	Awesome Abs 12:15 – 12:45	Exercise Without Weights 12:15 – 12:45		
1:00		Awesome Abs 12:50 – 1:20		Better Butts 12:50 – 1:20			
2:00							
3:00							
			←————→				
3:00			Rental Available				
4:00							
5:00						Ontario Trillium Foundation	Fondation Trillium de l'Ontario
6:00							

Special Memberships Funded by Ontario Trillium Foundations

50 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 too help with life's challenging issues and have certain restrictions. Please come in and speak to our Fitness Studio Coordinator Jayna Leland to see if you meet the specific criteria.

Notice –No Lunch Time Workouts during the week of March 16-20, 2015

- No Lunch Time Workout Monday March 23, 2015. Make up class available

Friday March 27, 2015 @ 12:15PM

-No Yoga Classes on Saturday March 7, 14 & 21, 2015

*Easter Photo Session in the Fitness Studio March 7, 2015.

*Watch for our new Mom & Tot Program and Youth Program starting in April 2015

Maternity Leave

Sonya Maracle will be leaving TFRC for one year to welcome a baby girl into her family. Sonya's last day of work is scheduled to be February 27, 2015. All the TFRC staff would like to wish her well and a safe delivery.



Congratulations



It's a



Girl!

Tyendinaga Fitness Resource Centre

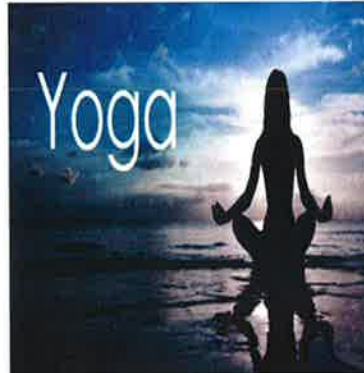
14 York Rd. Unit #1

Tyendinaga Mohawk Territory

613-962-2822

tyfitnessres@mbq-tmt.org

Discover the Balance



Saturday Morning's

10:30 AM—11:30 AM

With Yoga Instructor

Erin McMahon

Call for more Info

No Cost

With TFRC

Active

Membership

Stop In & Try

One of TFRC's Ongoing

Fitness Studio Classes

\$5.00 Classes

Without

TFRC

Membership

Functional Fitness for 55+



Help Improve Quality of Life

Every Tuesday & Thursday

10:00 AM— 11:00AM

With

Instructor Darlene Loft

Lunch Time Workouts

Better Butts & Awesome Abs

Monday 12:15PM– 12:45PM

12:45PM– 1:20PM

Total Body Circuit

Tuesday 12:15PM-12:45PM

Awesome Abs & Better Butts

Wednesday 12:15PM– 12:45PM

12:45PM– 1:20PM

Body Weight

Thursday 12:15PM– 12:45PM

Certified Personal Trainer Jayna Leland



Tyendinaga Fitness Resource Centre

SPRING TIME MOM & TOT WORKOUTS

Located in the Fitness Studio

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



Starting April 8th, 2015

14 York Rd. Unit #1

Tyendinaga Mohawk Territory

Spring

Looking for something fun for you and your infant/ preschooler to do? Come out to TFRC for a fun parent/ child friendly workout in our beautiful Fitness Studio. Jayna Leland our Certified Personal Trainer will guide the fun filled workout.

Drop in and take part for only \$2.00 per class.

Sign Up by April 2

Wednesday Morning's at
10:00A.M.

*Note: Not only limited to mothers, open to all caregivers.





Reduced
Fee's for
Band
Members

Bringing Health Services to You in Your Community

Family Chiropractic - Dr. Jason Young & Dr. Rebecca Huddleston

Who we see: Expecting moms, newborns and kids, dads and grandma and grandpa

Registered Massage Therapist / Doula - Morgan Young

Types of massage: Swedish, Deep Tissue, Sports, Relaxtion, Pregnancy and Infant,

Naturopathic Medicine - Dr. Alanna Kuhn

What we do: Natural medicine, Homeopathic medicine, Asian Medicine, Botanical Medicine, Acupuncture, Clinical Nutrition and Detox, Lifestyle Counseling

Certified Hypnosis / HypnoBirthing / Reiki Master - Michelle Breede

Allow yourself the time and the ability to focus on your goals, health and well-being. Hypnosis allows any individual to gain relaxation and intense focus on the their goals in a gentle and safe manner. Also, reiki allows for great relaxation and gentle energetic shifts in an individuals' mental, emotional, spiritual and physical levels of being. Finally, HypnoBirthing; The Mongan Method allows expectant Mom's and their partners to experience the beauty of birth in a calm, gentle and safe way through the unique 5-week prenatal course.

Book your appointment now.

Call, Text, Email or Book Online

613-876-5855

e: maraclechiropractic@gmail.com

www.maraclechiropractic.ca

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

**INCOME TAX RETURNS ARE DUE
APRIL 30/2015**

***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. Our volunteers completed 188 returns last years.

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:

Thursday March 26/15	5:30 – 7:30
Thursday April 9/15	5:30 – 7:30
Saturday April 18/15	9:30 – 3:00
Thursday April 23 /15	5:30 – 7:30

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





IAPO Small Business Financing

IAPO offers small business financing to support First Nations entrepreneurs and businesses. IAPO small business financing includes:

Equipment

- Production machinery and equipment
- Commercial vehicles
- Construction equipment
- Technology - servers, network, computers

Business Start- Up & Expansion

- Working capital
- Bridge financing
- Term loans

Commercial Real Estate Financing

- Purchase of land and buildings
- Construction of new premises
- Expansion or renovation of existing premises

For more information on how IAPO can help you grow your business contact:

Eastern and Northern Ontario

Mark Leahy
1-800-363-0329

Indian Agricultural Program of Ontario 220 North Street, Stirling, Ontario K0K 3E0
1-800-363-0329 info@indianag.on.ca

IAPO'S 30th ANNIVERSARY 1984 - 2014



Attention

Hunters & Shooters!

ONE STOP COURSE (PAL AND HUNTING COURSE COMBINED) 2 Separate weekends

Fri/Sat April 17/18 AND Fri/Sat April 24/25 (Fri 6 - 9 pm and Sat 8:30 am - 5:30 pm)

Cost is \$280 for ONE STOP which includes manual, tests, instruction and all the paperwork needed to obtain licences. OR Cost is \$140 for individual course.

The course will be run in Shannonville

Contact Ed Maracle for more info or to reserve a spot.

emaracle@xplornet.ca or (613) 396-3077



DESERONTO LEGION

UPCOMING EVENTS FOR MARCH

March 14th- Rob Carnegie- 4pm to 8pm

March 28th- Pickett Fences- 4pm to 8pm

Everybody Welcome



Bottle Drive

Fundraiser For Tyendinaga Youth

For International Indigenous Youth Exchange Program
With "Mapovchi of Chile"

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

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



The volunteers of KWE Radio would like to thank

Every one that purchased a ticket on our Valentine's Day Draw.

The Winners are:

*1st Prize- Dinner for 2 @ Portabellas in Picton --Judy Claus -
TMT*

2nd Prize- 2 Movie Theate Passes -- Shirley Read - Shannonville

*3rd Prize -- Bottle of wine and box of chocolates- Ken Canizaro -
Frankford*

Congratulations to all

Many Thanks to our sponsors:

Portabellas, Roy Howard, Dan Whalen

Watch for upcoming Easter Egg Hunt.





HAPPY 50th ANNIVERSARY

Dick & Gail Brant

Family & friends please help us
celebrate our parent's special day.

We invite you to drop in for a visit,

March 28/15

59'ers Hall, Highway 2

1-4 pm

Best Wishes only.

7th Annual Variety Show



**Tekwanonweratons Kwahonkarawis Kenh Tesewe
7th Kanyen'keha Tentewatyeronnyon'**

**We welcome you to attend the 7th Annual Kanyen'keha
Variety Show**

Onerahtokha 2, 2015

April 2, 2015

Quinte Mohawk School

At 6:30pm

Come out for an evening of entertainment and to see the Kanyen'keha language in its current thriving state!



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)
1295 Ridge Rd
9:30 a.m.

HOLY WEEK & EASTER CELEBRATIONS

Maundy Thursday 2 April
All Saints' Church, 6:00 p.m.

We remember Jesus' commandment to love and serve one another through a potluck supper (please bring your own plates and utensils as well as a dish to share) and retelling the story of the Last Supper.

Good Friday 3 April
All Saints' Church, 10:00 a.m.
A traditional commemoration of the Crucifixion.

Easter Day, Sunday 5 April
All Saints' Church, 9:30 a.m.
The joyful celebration of the Resurrection of Jesus and fulfilment of God's promise of eternal life.

UPCOMING EVENTS

World Day of Prayer
Fri 6 Mar, 1:30 p.m., Mohawk Pentecostal Church
World Day of Prayer is a global, ecumenical movement of Christian women joined together to observe a common day of prayer each year on the first Friday of March. The motto of "Informed Prayer & Prayerful Action" signifies that prayer and action are inseparable. Each year, the women of the churches in Deseronto and Tyendinaga invite the community to gather with them in prayer on this occasion.

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!

WINTER HOURS

Thursdays

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

Elders Lodge
(Bayshore Rd)

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

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

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

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



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

KERISTOS NE KORAH:KOWA

THE MOHAWK PARISH OF CHRIST THE KING

Under the Patronage of Saint Kateri Tekakwitha

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



Morning Prayer and

Holy Communion from the Reserved Sacrament

10:00 AM → Most Sundays ↓



Divine Worship (Mass):

11:00 AM →

Month

(Please Call to Verify Time of Service) 4

Services are held at: The Elders' Lodge Common Room

For additional parish information, please call:

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

OR

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

OR

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

✉ ChristTheKingParish@startmail.com



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



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



MOHAWK PENTECOSTAL CHURCH

WHEN WE MEET

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

1984 York Road
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325

COMING EVENTS

- Mar 6, 2015 World day of prayer held at MPC call for details/time
- Mar 6, 2015 Revival Service 7pm at Napanee Baptist Church
- Mar 8, 2015 Ezra Ministries to Israel at 10:30am service to update on conditions in Israel.
- Mar 22, 2015 Fellowship luncheon following morning service
- Apr 3, 2015 Good Friday held at MPC hosting Deseronto Pentecostal Church
- Apr 5, 2015 Easter Sunday Service am only

Try not to become a person of success, but rather try to become a person of value."

Albert Einstein

CLASSIFIED

HOUSE FOR SALE

- 24 North St.
Deseronto

For more information
Please call:
613-354-3826

HAY FOR SALE

4X4 BALES
- \$20.00

Call WM J. Brant
613-967-1129

LOT FOR SALE

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

Call John Maracle
1-716-826-4208

FOR RENT

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

For more information call:
613-967-2345

HOUSE FOR SALE

Beach Road
1800 Sq. Ft. Side Split Home
3 Bedroom, 2 Bath
New Doors / New Windows /
New Flooring
Single Car Garage – poured
concrete floor
New Propane Furnace W / A/C
Partially Finished Basement
Accessible crawl space with
lots of storage
Large Decks Front and Back
Drilled Well 12.5 Gallons /
Minute with Culligan System
Lot 120 Ft W x 200 Ft Deep
Includes all major stainless
steel appliances
Asking \$125,000

Serious Inquiries Only
Inquire @ (613) 848-6878

COTTAGE FOR SALE

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

Please call:
613-848-9929

LOT WANTED

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

Please call: 613-985-5308

FOR SALE

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

PRICE RECENTLY REDUCED
(Serious offers will be considered)

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

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

WATERFRONT LOTS FOR SALE

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

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

HOUSE FOR SALE

4 BEDROOM

- 2 baths (3 piece each)
- approx. 1700 sq. ft. Bungalow
- 4 1/2 acres
- cathedral ceilings, open concept living, dining, and kitchen areas
- new basement apartment (temporarily rented) 1 bedroom, open kitchen and dining area, large living room with wood stove, mud room, laundry room & small office
- professionally landscaped front lot with circular paved driveway
- one 2 car garage and a 24 X 30 workshop off a paved driveway
- 2 decks out back with a gazebo and chicken coup pen
- asking \$275,000.00

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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

HOUSE FOR SALE

4 BEDROOM AT 804 YORK RD

- with 1.16 acres or 26.22 acres
- 2400 sq. ft. with 3 bedrooms up & 1 down
- bathroom off the master bedroom has tub and shower plus extra stand up rain shower
- 2nd full bathroom has 2 sinks in vanity & corner Jacuzzi tub
- large dining room
- wood fireplace in living room
- airtight woodstove in freshly done recreation room with bar
- mature lot with paved driveway

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Residential - This home has lots to offer with its main floor living and relaxing gazebos, deck and manicured yard. The large living room with its open kitchen and dining area provides enough entertainment area for large family gatherings. The outdoor person with a green thumb will appreciate the green house's uniqueness and the abundant flower beds. With a detached garage as well as a workshop this home will keep the outdoors person busy! This home's main floor living is well suited for the retiree or that family that would prefer to have all family members on the same level. This home is located on a Native Territory and buyers must be a Status Member of the Mohawks of the Bay of Quinte Band. Summer pictures provided by the seller may not be exactly as illustrated

- MLS® #: 15601549
- List Date: 20-FEB-2015
- Price: \$179,900
- Foundation: Block, Crawl, Not Applicable
- Type: Single Family
- Style: 1 Storey, Detached
- Sale Type: Estate Sale
- Access: Municipal Road
- District/Zone: 65 - Deseronto/Quinte -
- Heating: Forced Air, Furnace Oil
- Water Supply: Municipal
- Sewer Type: Municipal, Holding Tank
- Approx SqFt:
- Lot Size: 182,644' X 125'
- Exterior: Vinyl
- Bedrooms: 3+0
- # of Full Baths: Full:1 Half:0
- Garage: Detached, Workshop, Greenhouse
- Building Age: 11-25

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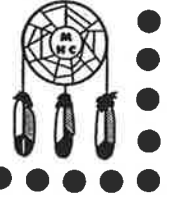
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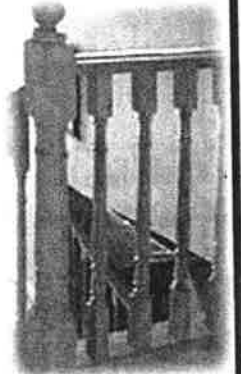
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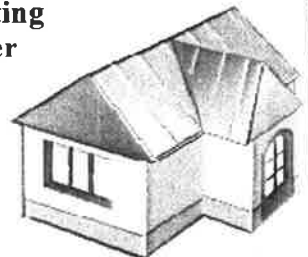
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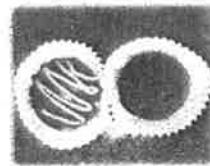


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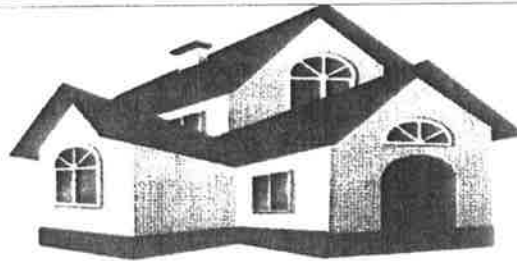
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