



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 3/16

ENNIHKKOWA (March)

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

*** NOTICE ***

**INDIGENOUS AND NORTHERN
AFFAIRS CANADA (INAC)**

Will be coming to TMT to renew or apply for the secure
certificate of Indian Status Cards

WHEN: **CANCELLED** 16 - 9:00 a.m. to 5:00 p.m. each day

WHERE: Mohawk Community Centre, 1807 York Road

MORE INFORMATION INSIDE!

ARTFEST
Added new categories
See inside!



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYEN'KEHÁ:KA

ADMINISTRATION, 24 Meadow Drive, Tyendingaga Mohawk Territory, ON K0K 1X0
Phone 613-396-3424 Fax 613-396-3627

NOTICE

INDIGENOUS AND NORTHERN AFFAIRS CANADA (INAC)

Will be coming to TMT to renew or apply for the secure certificate of Indian Status Cards

WHEN: **CANCELLED** 9:00 a.m. to 5:00 p.m. each day

WHERE: Mohawk Community Centre, 1807 York Road

- You will have to supply two passport style photographs.
- 16 and older requires birth certificate + two pieces of government ID (SIN cards not accepted)
- If someone has a different name other than what's on their birth certificate, you are required to provide a name linking document, such as marriage certificates or legal name change document. (married more than once requires all marriage certificates)
- Anyone whose card is expired or expiring in the next six months can renew it.
- 15 and under - child's long form and parent/guardian photo government ID, court documents if applicable
- The guarantor forms which cover one piece of ID (not the birth certificate) will be available

For assistance to complete the forms or if you have any questions please contact the Membership Department at the Administration Office

TYENDINAGA MOHAWK COUNCIL PORTFOLIOS FOR 2016-2017

<p>Maracle, Chief R. Donald Box 98, 48B Bayshore Road Tyendinaga Mohawk Territory, ON K0K 1X0 Phone (H): (613) 396-3089 Cell Phone: (613) 391-9249 E-Mail: rdonm@mbq-tmt.org</p>	<ul style="list-style-type: none"> ➤ All Portfolios ➤ Media Relations – Council Spokesperson ➤ AIAI Chiefs Rep – COO Liaison ➤ External Government Relations – Lobby/Funding ➤ Fed/Pro Legislative Initiatives ➤ Chiefs Committee on Health ➤ Seniors Issues ➤ BREC/Drainall ➤ Major Capital Projects
<p>Vincent, Debra A. 36B Bayshore Road Tyendinaga Mohawk Territory, ON K0K 1X0 Phone (H): (613) 396-2749 Cell Phone: (613) 813-2367 E-Mail: debraV@mbq-tmt.org</p>	<ul style="list-style-type: none"> ➤ INFRASTRUCTURE <ul style="list-style-type: none"> - Roads - Water & Sewer - Sanitation - Environment - Mohawk Fire Department - Emergency Preparedness - Technical Services - Utilities - Special Projects – Tobacco Quotas
<p>Maracle, Douglas E. 186 Ridge Road Tyendinaga Mohawk Territory, ON K0K 3A0 Phone (H): (613) 969-9568 Cell Phone: (613) 391-7058 E-Mail: dmaracle@kos.net</p>	<ul style="list-style-type: none"> ➤ EDUCATION, CULTURE & LANGUAGE <ul style="list-style-type: none"> - Post Secondary Education - Daycare - Headstart - Quinte Mohawk School – Operations - Elementary k-8 - Secondary Education - Busing - Library - Before & After School Program - Ohahase
<p>Loft, Stacia L. 270 Bayshore Rd. Tyendinaga Mohawk Territory, ON K0K 1X0 Phone (H): (613) 396-3795 Cell Phone: (613) 847-3557 E-Mail: staciaL@mbq-tmt.org</p>	<ul style="list-style-type: none"> ➤ COMMUNITY WELLBEING – HEALTH & SOCIAL <ul style="list-style-type: none"> - Health Services - Home Support - Red Cedars - Ontario Works - Mohawk Family Services - QHC Diabetes - Income Support - Home & Community Care - Youth Services - Fitness Centre
<p>Maracle, Carl (Ted) 1112 York Road Tyendinaga Mohawk Territory, ON K0K 1X0 Phone (H): (613) 966-0009 Cell Phone: (613) 885-2458 E-Mail: tedm@mbq-tmt.org</p>	<ul style="list-style-type: none"> ➤ HOUSING <ul style="list-style-type: none"> - New Construction - Renovations - RRAP – CMHC - HASI – CMHC - Band Rentals - Elders Lodge – Maintenance - Band Property Maintenance - Parks - Recreation Complex – Future Planning/Maintenance

<p>Council as a whole</p>	<ul style="list-style-type: none"> ➤ Lands Research & Claims ➤ Lands & Estates ➤ Membership ➤ Treaty Rights ➤ Iroquois Caucus ➤ Police Relations ➤ Community Safety ➤ Nation Building ➤ Communications ➤ Casino Rama Funding ➤ Major Capital Projects ➤ Finance / Administration / Human Resources ➤ Budgets ➤ MBQ Organizational Structure ➤ Legal Matters ➤ Consultation ➤ MBQ Standing Committee ➤ Intergovernmental Relations ➤ Economic Development ➤ Employment & Training
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Tyendinaga Mohawk Council Meetings for March 2016:

TMC Meetings	Agenda Deadlines
<p>Local Business – Monday, March 14, 7:00 p.m. Regular – Tuesday, March 22, 9:00 a.m. Local Business – Tuesday, March 22, 7:00 p.m.</p>	<p>Thursday, March 10, 12:00 p.m. Tuesday, March 15, 12:00 p.m. Thursday, March 17, 12:00 p.m.</p>



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in January responded to 7 calls:

- 2 Medical Assists**
- 1 Odour Investigation**
- 1 Gas Investigation**
- 1 Public Service**
- 2 Auto Alarm**

This brings our total to 7 calls for the year 2016



Tontakaie:ríne

Tyendinga Justice Circle

For the past 10 years,
we have been offering
Indigenous restorative justice services
for qualifying youth ages 12-17 in
the Quinte and Tyendinga region.

Tontakaierine is an alternative to mainstream court intended for Indigenous youth in conflict with the law; as such the TJC aspires to provide all participants that were affected by the 'wrong-doing' with a positive transformative experience using holistic circle processes.

Call us:

613-396-2122 | 1-800-267-0637

shannonb@fnti.net

Coming Sept 2016 to
TYENDINAGA

Delivered in partnership with Canadore College

1 YEAR CERTIFICATE programs:
PERSONAL SUPPORT WORKER
INDIGENOUS COMMUNITY
DIABETES SUPPORT WORKER

Delivered in partnership with St. Lawrence College

2 YEAR DIPLOMA program:
SOCIAL SERVICE WORKER

Courses are delivered in **INTENSIVE MODE**
with 1 week of classes every 4-6 weeks.

FNTI



*First Nations
Technical
Institute*

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

Sonya Maracle

A dear friend and a great lady who passed away March 15, 2008

*Your photo stands in pride of place,
A lovely smile upon your face.
You always seem to be so near,
How I wish Sonya you were still here.*

Thinking of you always,

Love Nora



Gilchrist, Ethel

Unexpectedly at home on February 17, 2016 in her 79th year. Wife of Rody Gilchrist. Loving mother of Andy (Tammy) and Stepson Bobby and always remembered by his family.

Treasured grandma of Chelsey and Amanda. Survived by her brothers and sisters and all her many nieces and nephews. In keeping with Ethel's wishes cremation will take place. On-line condolences may be made at www.mcgladefuneralhome.com

IN THE CARE OF
MCGLADE FUNERAL HOME
78 CENTRE STREET
DESERONTO, ONTARIO
613-396-2310

LIBRARY PROGRAMMING:

Movietime

March 9th The Walk a Mile Film Project

Shown at 1 and 6 pm

March 16th and 23rd - movie tbd

LIBRARY FUNDRAISING:

March 25th

Bake Sale

10am

March 30th

Lunch at the Library

Corn Soup or Tomato Mac and bun or dessert

\$5.00

April 27

Soup tbd

At Kanhiote Library

1658 York Road

* Hours *

Tuesday 10 to 2

Wed and Thurs 1 to 7

Saturday 10 to 2

Library **closed** on

Saturday of long weekends.

pancakes &
pajamas



March 5

at 10:00 a.m.

Family Storytime with

Kelly-Anne

A family event





Lunch @ the Library

Soup and bun or square \$5.00

Eat in or take out or we can deliver

Last Wednesday of the month

From 11:30 to 2

Mar. 30th - Corn or tomato mac

April 27th - tbd

613-967-6264



Happy Birthday!



Happy Birthday
Gail - March 9
Love Bin and Glenn

Happy Birthday
Amy Cowie
Love Chip, Allison, Kody & Kamryn

Happy Belated Birthday
Destiny Brant - Feb. 1
Love Poppa, Gram & Princess

Happy Belated Birthday
Chris Brant - Feb. 20
Love Mom, Dad & Princess

Happy 70th Birthday
Ken - March 27
Love from Barbara Gail
& doggy kisses from Princess



MARCH 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Fitness & Falls Meals on Wheels	2 Walking Program Euchre	3 Napanee Shopping Meals on Wheels	4 Deseronto Run Meals on Wheels	5 Income Tax Sessions
6	7 Ceramics <i>Wii Bowling</i>	8 Fitness & Falls Meals on Wheels	9 Diners Club Bingo	10 Meals on Wheels	11 Deseronto Run Meals on Wheels	12
13	14 Breakfast Club Ceramics <i>Wii Bowling</i>	15 Fitness & Falls Meals on Wheels	16 Walking Program Euchre	17 Meals on Wheels 	18 Deseronto Run Meals on Wheels	19 Supper Club
20	21 Ceramics <i>Wii Bowling</i>	22 Fitness & Fall Meals on Wheels <i>Friendly Visiting</i>	23 Diners Club Bingo	24 Belleville Shopping Meals on Wheels	25 Good Friday <i>Office Closed</i>	26
27	28 Easter Monday <i>Office Closed</i>	29 Fitness & Falls Meals on Wheels	30 Diners Club	31 Meals on Wheels		

All Home Support Programs are for Seniors 55+ or 18+ with physical challenges.

TRANSITION LENSES

50% OFF

APR
06



COMMUNITY WELLBEING CENTRE

50 MEADOW DRIVE, DESERONTO

☰ TO BOOK YOUR EYE EXAM
CALL MOBILEYEZ TOLL FREE:

1-866-920-6480

PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT

We do direct insurance claims. Please have your band registry number when you schedule appointment.

Questions? Contact Mobileyez at 416-619-0064 (toll free 1-866-920-6480) info@mobileyez.com



**Main Office – Belleville**

179 North Park Street, Belleville, ON K8P 4P1
T: 613-966-5500 | 1-800-267-2803 | F: 613-966-9418
TTY: 711 or 1-800-267-6511
www.hpepublichealth.ca

2016 January 21

Over Due Notices for Students

To All General Practitioners, Nurse Practitioners, and Pediatricians:

Under the *Immunization of School Pupils Act*, students must provide evidence of adequate immunity for Measles, Mumps, Rubella, Tetanus, Diphtheria, Poliomyelitis, Pertussis and Meningococcal. If students do not have the above information on file with Hastings Prince Edward Public Health (HPEPH), they may be suspended from school. Exemptions may be granted for conscience or religious belief, or for medical reasons that meet certain criteria.

Some parents may have already received a notification letter from HPEPH informing them of the immunization requirements that are due for their child.

Notices for secondary schools (17-year-olds only) are in the process of being sent out.

Notices for elementary schools (7-year-olds only) are scheduled to be sent out the first week of February.

Note - this is an initial Overdue Notice. Students that remain overdue for mandatory immunizations (after Feb 15th for 17 year-olds and after Feb 22nd for 7 year-olds) will receive a Suspension Notice in March or April.

Please inform parents to call HPEPH to update their child's immunization information by:
 phone: 613-966-5500 x221 OR fax: 613-966-8145 OR email: CDCImm@hpeph.ca

You may experience an increase in vaccine demand; therefore, your monthly orders may need to be increased.

If you have any questions, please call our Vaccine Preventable Disease intake line at 613-966-5500 x313.

Bill Sherlock, RN, BScN
 Manager, Health Protection Dept.
 BS/tb

North Hastings

1P Manor Ln., L1-024, P.O. Box 99, Bancroft, ON K0L 1C0

T: 613-332-4555 | F: 613-332-5418

Prince Edward County

35 Bridge St., Picton, ON K0K 2T0

T: 613-476-7471 | F: 613-476-2919

Quinte West

499 Dundas St. W., Trenton, ON K8V 6C4

T: 613-394-4831 | F: 613-965-6535

Is it a **Cold** or the **Flu**?

SYMPTOM	COLD	FLU (INFLUENZA)
Fever	Rare	Usual, high fever (102°F/39°C to 104°F/40°C) sudden onset, lasts 3–4 days
Headache	Rare	Usual, can be severe
General aches and pains	Sometimes, mild	Usual, often severe
Tired and weak	Sometimes, mild	Usual, may last 2–3 weeks or more
Extreme fatigue	Unusual	Usual, early onset
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore throat	Common	Common
Chest discomfort, coughing	Sometimes, mild to moderate	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure; Can worsen a current chronic respiratory condition; Can be life-threatening

SEE A HEALTH CARE PROVIDER RIGHT AWAY IF YOU DEVELOP THE FOLLOWING SYMPTOMS

- Shortness of breath, rapid breathing or difficulty breathing
- Chest pain
- Bluish or grey skin colour
- Bloody or coloured mucus/spit
- Sudden dizziness or confusion
- Severe or persistent vomiting
- High fever lasting more than three days
- Low blood pressure

ADDITIONAL SYMPTOMS TO WATCH FOR IN CHILDREN

- Not drinking enough fluids or eating
- Not waking up or interacting
- Irritability; not wanting to play or be held

To find out where to get your flu vaccine or to learn more about the ImmunizeCA app, visit Fightflu.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada





Prenatal Classes

Spring

Session

Wednesday April 13th, 2016

6:00 pm - 8:00 pm

Community Wellbeing Centre

Teaching Lodge

50 Meadow Drive

Tyendinaga Mohawk Territory

**For more information and to register for class
call**

613-967-3603

and speak with the Community Health Nurses



SADIE'S WALK

FRIDAY, MARCH 25/16

8 A.M.

COMMUNITY WELLBEING CENTRE

50 MEADOW DR.

PLEASE

NOTE

LOCATION

CHANGE

Grab your friends & family and come out for some laughs, snacks, activity & prizes.

For more information please call Denise Leafé @ 613-967-3603



GOOD BABY FOOD BOX

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

Price List:

Infant:-\$6.00

- 20 pack of diapers
- 1 chosen speciality item

Over 6 Months-\$10.00

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

Toddlers:-\$6.50

- 20 pack of diapers
- 1 chosen 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

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



Calendar For 2016

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



Large Food Box \$15.00

Singles Box \$10.00

Fruit Bag \$5.00

COMMUNITY HEALTH



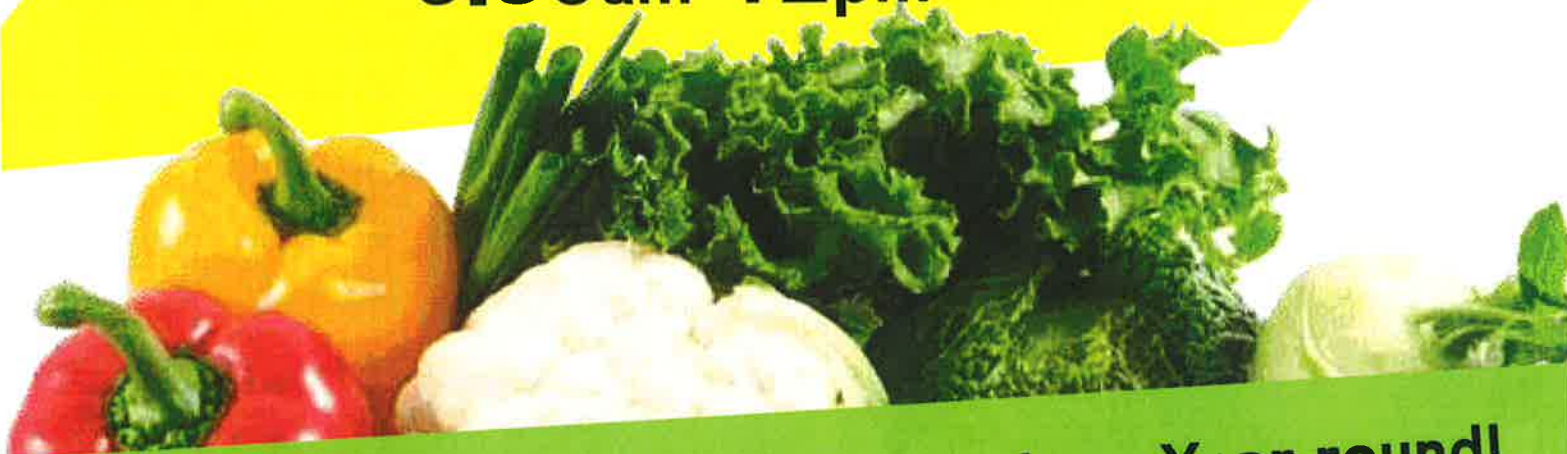
**Good
Food**

MARKET

Deseronto

**Second Wednesday of every month
Starting December 9th**

9:30am-12pm



Fresh produce at affordable prices. Year round!

Location: Royal Canadian Legion, 340 Main Street



www.cdcquinte.com



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



Promote

Protect

Support Breastfeeding

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

Nursing Mothers Support Group

Tuesdays 10:30-12:00 noon

G-Tech Training Centre

5701 Old HWY 2

Shannonville, On

K0K 3A0

Lactation Consultation available

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

Looking for fun activities for the whole family?

Community Health Programs are offering

FREE swim, skate & gym passes

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

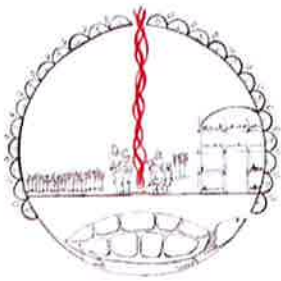
- 1. Stop in to Community Wellbeing Centre during regular business hours (8:30-4:30) Mon-Fri and pick up passes.**
- 2. Check out the Quinte Sports & Wellness Centre's schedule, pick a time, gather the family & go!**

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

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



Need more info, please call 613-967-3603



Alzheimer Society

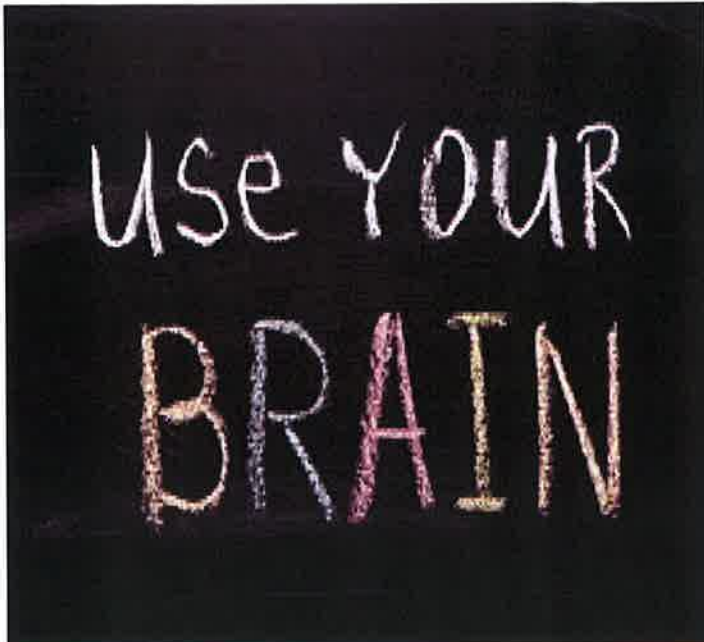
HASTINGS - PRINCE EDWARD



MBQ Community Health and Home Support Programs are partnering with the Alzheimer Society to offer

Memory Loss & Brain Health An Information Session

**Are you worried about your memory?
Would you like to learn more about brain
health and strategies to boost your memory?
Do you support a family member with
Memory loss?**



**ALL WELCOME
PLEASE JOIN US**

Date: March 29th, 2016

Time: 2-4pm

Place: Activity Center

Address: 1794 York Rd

**Presenter: Darlene Jackson with the
Hastings Prince Edward
Alzheimer Society**

Refreshments provided

Transportation available

To register for the event or if you require
transportation please contact:

Hannah Hill **613-967-3603 ext #166**

By Tuesday March 22, 2016 at 4:30 pm

We are pleased to announce that we have secured funding again this year to financially assist with projects benefiting our children and youth in our community!

National Child Benefit Reinvestment Initiative 2016/2017

Do you have a project, workshop or initiative that you would like financial assistance with, that would benefit the children and youth of our community?

Applications are available at the **Ontario Works** office or on the **MBQ website**

[Deadline is March 31, 2016 by 4:30 pm.](#)

Completed applications can be mailed, emailed, faxed or dropped off at the Ontario Works office in the Community WellBeing Centre.

Attention: Samantha Maracle, Ontario Works Administrator
Community WellBeing Centre
50 Meadow Drive
Deseronto, Ontario, K0K 1X0

Phone: 613-967-0122, ext. 111

Email: samm@mbq-tmt.org

Fax: 613-967-3618

Medicine Cabinet Clean Out

ALWAYS...

...bring your expired,
unused and
unlabelled
medications to your
local participating
pharmacy
**for free, safe
disposal**



Did you also know?

**Expired, unused and
unlabelled medications:**

- can be brought into the pharmacy at any time
- should never be thrown out in the regular garbage or flushed down the toilet
- will be sent for disposal as approved by the Ministry of Environment



Harm Reduction Task Force
Hastings and Prince Edward

"By First Nations, For First Nations"

First Nations Regional Health Survey (RHS)



The RHS is here! Participate! Your voice matters!

By participating, you will be providing information to support community planning and program development for our children, youth, adults and Elders.

SURVEY COLLECTION START DATE: Feb 5th, 2016



In Partnership with:



**Beginning
Soon!**



Share this info with your family member or friend who is struggling.

NEW

Community support group for individuals who are affected by someone's Mental Health and /or Addiction.

Building Trust

Acknowledge the Sacredness of Self

Developing New Friendships

Special Guest Speakers



**Helping to Strengthen
FAMILY !**

Emotional Support and Understanding

Creating a Safety Net

Learn Healthy Coping Skills

Understanding you are Not Alone

If you have any ideas or input, I'd love to hear from you. Please do not hesitate to call Melissa at Red Cedars Shelter (613)967-2003

Next month's flyer will have dates, time, place etc.

Tyendinaga Fitness Resource Centre

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

March

2016

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

Contact

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

Hours

Monday - Thursday
6:30am-8:00pm
Friday
6:30am -6:00pm
Saturday
8:00am -2:00pm

Fees

Senior (55+) \$20.00
Student \$25.00
Adult \$30.00

OPEN TO THE PUBLIC

TFRC Staff

TFRC Manager
Darlene Loft
Personal Trainer
Carole Lasher
Fitness Studio Coordinator
T.B.A

Casual

Tristan Nugent
Mahaley Brant
Shanleigh Maracle
Taylor-Rain Tabobandung
Diiio Maracle

How to Appropriately Lift Weights



1. **Highlight the groups of muscles you'd like to work out-** Try to make a routine that you will be able to follow, and that you'll be excited to work on.
2. **Do a warm up routine before you start exercising.-** This will get more oxygen in your bloodstream and to your muscles. It also prevent, or at least reduce muscle soreness after your workout.
3. **Choose an appropriate amount of weight.-** If you're doing bench presses, you'll want to do more than 3 or 4 reps to build muscle, so you'll need to find an amount of weight you'll be able to lift 10, 15
4. **Lift Slowly and Steadily-** Doing fewer reps slowly and properly is better than maxing out on super-heavy lifts and getting done in record time.
5. **Add weight progressively-** You will want to use weights which are still comfortable to use, but heavy enough to only let you do 15-20 reps.
6. **Do pyramid sets -** Do a set of 5, then 1 set of 10, 1 set of 15, before working your way down again. Rest between your sets for 30 seconds to a minute

**WELL ITS NOT
GOING TO LIFT
ITSELF**



World Water Day

March
22

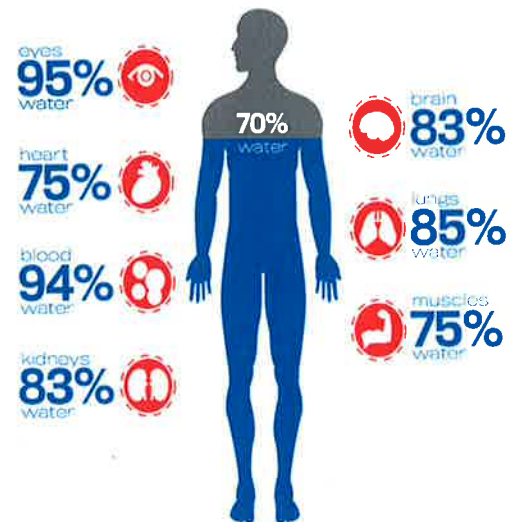
"World Water Day is an international observance and an opportunity to learn more about water related issues, be inspired to tell others and take action to make a difference ."

<http://www.unwater.org/worldwaterday/about/en/>

Water's Role in the Body

Water helps nearly every part of the human body function efficiently. Considering that our bodies are almost two thirds water, it is important to understand water's role in healthy lifestyles. The following are just some of the things water does in the body:

- Brain is 75% water / Moderate dehydration can cause headaches and dizziness
- Water is required for breathing
- Regulates body temperature
- Carries nutrients and oxygen to all cells in the body
- Blood is 92% water
- Moistens oxygen for breathing



ALL WATER IS NOT EQUAL

S - Squat Jumps
T - Triceps Dips w/Kicks
P - Pushups
A - Alternating DB Front Lunges
T - Tuck Jumps
R - Rear Lateral Raises
I - Inchworm
C - Calf Raises w/Overhead Shoulder Press
K - Kettlebell Swings
S - Spiderman Plank
D - Dumbbell Biceps Curls
A - Alternating Crossover Jumping Jacks
Y - YTI Raises

St. Patrick's Day Irish Workout

Do one, two, or three times through for a circuit style workout. Rehydrate with Guinness.

www.fitnessandfun.com

Tyendinaga Fitness Resource Centre
613-962-2822

Friday March 25 - Closed for Good Friday
Monday March 28 - Closed for Easter Monday



Sorry for any
Inconvenience

TFRC Team
Feb. 23/16

TYENDINAGA FITNESS AND RESOURCE CENTRE

Welcome to the Fitness Studio

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

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

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

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

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

“YOGA TEACHES US TO CURE WHAT NEED NOT ENDURED AND ENDURE WHAT CANNOT BE CURED.”

- B.K.S IYENGAR -

TYENDINAGA FITNESS AND RESOURCE CENTRE

TYFITNESSRES@MBQ-TMT.ORG

(613) 962-2822

FACEBOOK.COM/TYENDINAGAFITNESS

FUN Movement for Life

NEW

STARTING APRIL 5 /16



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

Funded by South East LHIN / VON Canada

Tuesday & Thursday 10am -11am

Wednesday 6pm to 7pm

- * Help Improve Your Quality of Life
- * Low Impact Exercises, Balance
- * Strengthen & Endurance
- * Boost Energy & Laughter for Health

Western Canadian Centre for Activity & Aging Senior
Certified Fitness Instructor : Darlene J. Loft



8 Week Program

Limited Space sign up by March 24/16

If the program is Successful it will continue until the summer

any questions about transportation please call (613) 962-2822

Aboriginal Artfest 2016

Call for Expression of Interest.

Artfest is the Exhibition & Sale featuring the Tyendinaga Mohawk Territory artists of Aboriginal heritage, 18 years of age and older.

Deadline for reply: Monday May 2nd at 12:00 noon. This will confirm your intention to participate in the event. NO submissions will be accepted after this date.

Submissions: **2 categories for 2016.**

1. Any two-dimensional media including; oils, acrylics, watercolours, designer's gouache, tempera, pastels, inks, pencils, sculpted or cut paper, fibre art, photography
- *2. Any three-dimensional free standing sculpture or carving, from stone, wood, bone, antler, cast paper, bronze, glass, or clay.

Date: The Exhibition and Sale will be held October 21 - 23, 2016. All Exhibits must be delivered between 4:00 - 7:00 p.m. on October 20th at the Community Centre. Artworks not sold MUST be picked up at 4:00 pm Sunday, October 2nd.

Submission Fee: \$35.00 for 3 entries, \$5.00 for each additional entry.

All entries must be the original work of the entrant and must not infringe on the rights of any other party. Damage to any artwork is not the responsibility of the organizers. We care about your artwork, but cannot accept liability.

Entry forms and fee may be submitted to the following location:

120 Huron Brant Drive North, any time before May 2, 2016.
Call to make sure we are home at 613-396-3863.

Thank you.

Whether you are a first time artist who has never exhibited or even thought of exhibiting your work, or one who has exhibited many times - WE WANT YOU. We would like to display your artistic efforts and look forward to meeting you and sharing the gift of your talent. Please contact us if you have any questions.

GUIDELINES & POLICIES

APPLICATION & FEES:

All applications must be received by MAY 2, 2016 in order for organizers to secure adequate exhibition space and provide the marketing required. Applications to include a non-refundable deposit of \$25.00, with remaining fees to be paid upon delivery of artwork(s) on October 20, 2016.

ELIGIBILITY:

All Tyendinaga Mohawk Territory artists of Aboriginal heritage, 18 years and older, are invited to participate.

ARTISTS ON SITE:

We require all artists to be on-site: - Friday evening for reception 6 - 9
- Saturday 10 - 1, or 1 - 4
- Sunday 10 - 1, or 1 - 4.

STANDARDS:

1. All work displayed must be the artist's original design and handcrafted by the exhibitor.
- 2.a. All 2-dimensional submissions must be framed and ready to hang. No saw-tooth or other contraptions on the back will be accepted. If using wire, place it tightly across the upper quarter of the frame for the best hanging position.
- 2.b. All sculpture or carvings must be mounted securely or have a stable shape so it sits without fear of falling over or rolling away, at all times.
3. Each 2-dimensional submission must have the following information securely attached to the back of the work **BEFORE** it arrives on October 20.
Artist's Name:.....
Title of work:.....(Untitled us fine.)
Medium used:
- 3b. All sculpture or carving must also have identification in some form.

Reminder:

All entries must be the original work of the entrant and must not infringe on the rights of any other party. Damage to any artwork is not the responsibility of the organizers. We care about your artwork, but cannot accept liability. Thank you.

ENTRY FORM

1. **EXHIBITOR:**

FIRST NAME: _____

LAST NAME: _____

PHONE: _____

EMAIL: _____

ADDRESS: _____

2. **WORK DESCRIPTION:**

Estimated number of pieces: _____

Estimated size of pieces: _____

3. **CATEGORY: (please circle applicable ones)**

Oils Acrylic Watercolour Designers' gouache Tempera Pastels

Inks Pencil Sculpted or Cut Paper Fibre Art Photography Glass

Stone Wood Antler Bone Cast paper Bronze Clay

4. **EXHIBITOR'S SIGNATURE:** _____

DATE: _____

DEPOSIT INCLUDED: _____

___ I agree to have my name and email added to the list of artists that will be distributed at the exhibit.

Reminder: All entries must be the original work of the entrant and must not infringe on the rights of the any other party. Damage to any artwork is not the responsibility of the organizers. We care about your artwork, but cannot accept liability. _____

BALL HOCKEY



LOCATION: Karonhyaktatye Sports Complex (Lacrosse Box)

SEASON: April & May

AGES: Boys & Girls 5 to 18 years old

TIME: Weekday evenings (once per week)

COST: FREE

RULES: Non-contact, similar to ice hockey

EQUIPMENT: C.S.A. helmet with cage, hockey stick, athletic support, hockey gloves, shin guards, running shoes.

****LOOKING FOR VOLUNTEER COACHES & TIMEKEEPERS****

Registration Dates:

Monday, March 7, 2016 @ 6:30 p.m. to 8:00 p.m.

Karonhyaktatye Sports Complex, Canteen.

For more information please contact Cassie @ 613-967-0122 or
by email cassiet@mbq-tmt.org



COMMUNITY VOLUNTEER INCOME TAX PROGRAM

INCOME TAX RETURNS ARE DUE: APRIL 30/2016

***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 285 returns last years.

The "*Community Volunteer Income Tax Program*" will be offering tax preparation clinics on the following dates at the Community Well Being Centre (social side - south) at 50 Meadow Drive, Tyendinaga Mohawk Territory:

Thursday, March 17/16	5:30 – 7:30
Saturday, March 19/16	9:00 – 3:00
Thursday, April 7/16	5:30 – 7:30
Thursday, April 21/16	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

Please bring a copy of your last year's return with you to your appointment





**AUGUST
5-7
2016**

- Demolition Derby ● Bingo ● Midway ● Pet Show ●
 - Traditional Foods ● Community Exhibits ● Kids Games ●
 - School Exhibits ● Turkey Dinner ● Kids Events ●
 - Youth Exhibits ● Traditional Crafts ● Pony Pull ●
 - Olde Tyme Contests ● Classic Car Show & Shine ●
 - Horseshoes ● Talent Show ●
- And So Much More!**

**If You Would Like to Volunteer at the 2016 Mohawk Fair
Contact Us at: MohawkAgSoc@Gmail.com**



Mohawk.fair



Mohawk fair



@MohawkFair

WWW.MOHAWKFAIR.COM

**Keep checking for NEW Information and Events!
Find the Fair Book in Print and Online!**

CLASS P – PHOTOGRAPHY

RULES

- i. Each entrant may only enter ONE photo per section unless specified "Collection".
- ii. The exhibitor must have taken the photos.
- iii. All photos must have been taken in the last three calendar years.
- iv. All photos must be 4"x6" unless otherwise specified.
- v. All photos must be mounted on either black or white bristol board. **No frames accepted.** Exhibitor card to be stapled to bristol board.
- vi. Please leave a ½" border around your photos to allow for hanging.
- vii. A collection is an arrangement of four (4) photos under a particular theme (sizes of the photographs may vary in a collection). The four photos must be mounted together on a black or white bristol board.

SINGLE PHOTO ENTRIES

1. Action Shot
2. Agriculture
3. Babies (animals or birds)
4. Babies (children four years and under)
5. Baking
6. Bird(s)
7. Birthday
8. Bubbles
9. Corn, Beans, and Squash
10. Countryside
11. Door(s)
12. Elder(s)
13. Extreme Close Up! (on a facial feature)
14. Family (more than one person)
15. Farm Animal(s)
16. Farm memories of yesterday
17. Flower or Flowers
18. Inclement Weather
19. Insects
20. Grandparent(s) and Grandchild
21. Mohawk Fair
22. Moon
23. Native Regalia
24. Night Time
25. Pet
26. Pine Tree

27. Pow Wow Dancing
28. Reflections
29. Selfie (may use photobooth)
30. Selfie with Friends
31. Sports
32. Tyendinaga First Nations Landmark
(name of landmark on tag)
33. Vacation Photo
34. Water
35. Winter
36. "You Look Good in That"
37. Your choice 5"x7"
38. Your choice 8"x10"

COLLECTIONS

39. Bridges
40. Old Things
41. Your Choice

BLACK & WHITE PHOTOS

42. Your choice 5"x7"
43. Your choice 8"x10"

SEPIA PHOTOS

44. Your choice 5"x7"
45. Your choice 8"x10"

PRIZES # 1 - 38

1st \$4.00 2nd \$3.00 3rd \$2.00

PRIZES # 39 - 45

1st \$8.00 2nd \$6.00 3rd \$4.00

SPECIALS

A total of nine (9) specials may be randomly awarded by the Judge in this class. All specials DO NOT have to be awarded but may be at the Judge's discretion.

CLASS U – TEEN PHOTOGRAPHY

PLEASE PRINT TEEN'S AGE CLEARLY ON THE TOP OF EACH ENTRY TAG

SPECIAL NOTE! \$10.00 will be awarded to the Teen (13-18 Years) exhibiting the most items whether or not the exhibits were awarded prizes!

RULES

- i. Each entrant may only enter ONE photo per section unless specified "Collection".
- ii. The exhibitor must have taken the photos.
- iii. All photos must have been taken in the last three calendar years.
- iv. All photos must be 4"x6" unless otherwise specified.
- v. All photos must be mounted on either black or white bristol board. **No frames accepted.** Exhibitor card to be stapled to bristol board.
- vi. Please leave a ½" border around your photos to allow for hanging.
- vii. A collection is an arrangement of four (4) photos under a particular theme (sizes of the photographs may vary in a collection). The four photos must be mounted together on a black or white bristol board.

TEEN PHOTOGRAPHY

- | | |
|---|---|
| 1. A community building
(name building on tag) | 8. Traditional Native rattle/drum/basket |
| 2. An elder/dancer/drummer/singer
(native content) | 9. Family traditions
(name tradition on tag) |
| 3. Animal or Pet | 10. Selfie (may use photobooth) |
| 4. Object of Nature (Tree, Flower, etc.) | 11. Selfie with Friends |
| 5. Baby or Young Child | 12. Special gatherings
(name gathering on tag) |
| 6. Four Wheels | 13. Black and White Photo, Any Subject |
| 7. Interesting old building / shed/ house
(name item on tag) | 14. Collection, Your Choice (4) |
| | 15. Your Choice, Any Size |

PRIZES # 1 - 15

1st \$4.00 2nd \$3.00 3rd \$2.00

SPECIALS

A total of three (3) specials may be randomly awarded by the Judge in this class. All specials DO NOT have to be awarded but may be at the Judge's discretion.

CLASS Y – YOUTH PHOTOGRAPHY

PLEASE PRINT YOUTH'S AGE CLEARLY ON THE TOP OF EACH ENTRY TAG

SPECIAL NOTE! \$10.00 will be awarded to the Youth exhibiting the most items whether or not the exhibits were awarded prizes!

RULES

- i. Each entrant may only enter ONE photo per section unless specified "Collection".
- ii. The exhibitor must have taken the photos.
- iii. All photos must have been taken in the last three calendar years.
- iv. All photos must be 4"x6" unless otherwise specified.
- v. All photos must be mounted on either black or white bristol board. **No frames accepted.** Exhibitor card to be stapled to bristol board.
- vi. Please leave a ½" border around your photos to allow for hanging.
- vii. A collection is an arrangement of four (4) photos under a particular theme (sizes of the photographs may vary in a collection). The four photos must be mounted together on a black or white bristol board.

PHOTOGRAPHY ~ AGES 4, 5, 6

1. Toys
2. Friends and Family
3. My Favourite Animal
4. Selfie (may use photobooth)
5. New Item

PHOTOGRAPHY ~ AGES 7, 8, 9

6. A Building on Tyendinaga Territory
7. An elder/dancer/drummer/singer (Native Theme)
8. Animal
9. Baby or Young Child (up to 2 years)
10. Family
11. Friends
12. Inanimate Object (not nature)
13. Object of Nature (Tree, Flower, etc.)
14. Selfie (may use photobooth)
15. Selfie with Friends
16. Special Gathering
17. Traditional rattle/basket/drum

18. Black and White Photo, Any Subject
19. Collection, Your Choice
20. New Item

PHOTOGRAPHY ~ AGES 10, 11, 12

21. A Building on Tyendinaga Territory
22. An elder/dancer/drummer/singer (Native Theme)
23. Animal
24. Baby or Young Child (up to 2 years)
25. Family
26. Friends
27. Inanimate Object (not nature)
28. Object of Nature (Tree, Flower, etc.)
29. Selfie (may use photobooth)
30. Selfie with Friends
31. Special Gathering
32. Traditional rattle/basket/drum
33. Black and White Photo, Any Subject
34. Collection, Your Choice
35. New Item

PRIZES # 1 - 36

1st \$4.00 2nd \$3.00 3rd \$2.00

SPECIALS

A total of six (6) specials may be randomly awarded by the Judge in this class. All specials DO NOT have to be awarded but may be at the Judge's discretion.

IAPO Beginning Farmer Program

Are you interested in getting into the business of growing food
and farming?

Check out IAPO's Beginning Farmer Program:

- Financing and funding for new farm business startups
- Workshops & training opportunities
- Applicants must be between the ages of 16 & 35

Accepting applications: January 15- March 11, 2016

For more information or an application contact:



Indian Agricultural Program of Ontario
1-800-363-0329 or info@indianag.on.ca

AEDE
Aboriginal Economic Development Fund





Nijkiwendidaa Anishnaabekwewag Services Circle
1097 Water Street ~ Peterborough, ON K9H 3P7 ~ 705-741-0900
www.Nijki.com

Aboriginal Education and Career Fair

Wednesday March 9, 2016

Peterborough Memorial Centre

Morrow Building

151 Lansdowne St. W.

Peterborough, Ontario K9J 1Y4

10:00 AM – 4:00 PM

- Bring your resume or CV!
- Apply for jobs on the spot!
- Connect with the regions top Employers, Education and Training Institutes, Small Business Development Organizations and Trade Unions!
- ENJOY viewing live INTERACTIVE DEMONSTRATIONS that showcase the work done by represented trades.
- Gain access to information on skill sets required for success.

AWESOME PRIZES TO BE WON

For further information please contact:

Matthew Olsen – NASC Employment Worker – urbanp@nijki.com – 705-741-0900 ext. 7

Katelyn Brennan – NASC Women's Employment Worker – kate@nijki.com – 705-741-0900 ext. 3



THE ANGLICAN PARISH OF TYENDINAGA

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

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

CHURCHES

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

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

Introduction of Rev. Hal Graham, part-time priest

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

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

Upcoming Events

World Day of Prayer

Friday March 4, 2016 at Holy Name of Mary Catholic Church, Marysville
Service time: 1:30pm

Holy Week

Palm Sunday March 20, 2016 at 9:30am All Saints' Church

Maundy Thursday March 24, 2016 at 6:00pm Queen Anne's Parish Centre
Seder Supper Pot-luck

Good Friday March 25, 2016 at 10:00am All Saints' Church

Easter Sunday March 27, 2016 at 9:30am All Saints' Church

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

Or www.facebook.com/TyendinagaAnglican

ALL ARE WELCOME IN THIS FAITH COMMUNITY

An open door to something more this Easter.

Christ the King

Catholic Community

Meeting at Christ Church

Service Times:

Sundays 11am

Good Friday 11 am

Easter 11am



For information & Pastoral needs please contact:

Gerard Trinque @ 613.885.2499

Or

Murray O'Coin @ 613.969.6034

“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



MOHAWK PENTECOSTAL CHURCH

WHEN WE MEET

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

1984 York Road
Tyendingaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325
www.tmpc.ca

COMING EVENTS

Mar 20, 2016	Palm Sunday AM & PM service
Mar 25, 2016	Good Friday Service held at Deseronto Pentecostal Church@9:30am
Mar 25, 2016	Special Inter-Church service to be held at 7pm, contact for details.
Mar 27, 2016	Easter Sunday 10:30am no pm service
Apr 10, 2016	Leket Canada ministries
May 1, 2016	Ezra Ministries to Israel

“We live and die; Christ died and
lived!”

John Stott

CLASSIFIED

HOUSE FOR SALE

located at 1946 York rd.
approx 3/4 of an acre.
- older farm house 3 bedroom
- 2 car garage
- furnace 2yrs
- holding tank 2 yrs
- new septic system
- newer roof
- updated inground pool all new pump and filter system
- paved driveway
- certified pellet stove
- 1 bdrm apt. Located separately in front of home for extra income
Call to set up viewing
- serious inquiries only
613-848-6777

HOUSE FOR SALE

294 Upper Slash Rd
1700sq ft Ranch with two garages
Finished basement apartment with tenants
4 1/2 acres fully landscaped
Asking \$275,000

Call Larry Norman
(647) 466-5898

HOUSE FOR SALE

MUST SELL for health reasons. TMT house, 16 Church Lane South, Deseronto. Three bedrooms, one bath, public water. Good investment or starter home. Sold as is. \$48,500 cash or best offer. Contact: mohawkdrummer@outlook.com.

FOR SALE

WATERFRONT PROPERTY
- 3 Bedroom House
- water & sewer
- natural gas
- paved driveway
- 1 car garage
- 3 sheds
- back deck
- RV hook up
- approx. 2 acres
- \$125,000.00 negotiable
- 16 Ferry Lane
If interested serious
"inquires only"

Please contact:
613-396-9934
or 613-234-2040

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.
- handicap accessible

For more information call:
613-967-2345

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

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

***NEW* HOURS**
Thursday Evenings
5:00 - 5:30 p.m. - Weigh In
5:30- 6:00 p.m. - Meeting
Elders Lodge
(Bayshore Rd)

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

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

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

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

For Sale – 2 Water view Lots

Water view – Bay of Quinte

2 Lots – both approx.7500 sq. ft. ea

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KERAGE - K178 613 354-5435

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For Sale - Waterfront Lot

Waterfront – Bay of Quinte

Corner or Snookies & Toms Rd.

3 Parcels of Lots , 1 lot with waterfront

7.23 Acres

\$150,000.00

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Website: http://

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INC.,BROKERAGE - K178 613 354-5435

Independently Owned and Operated

Active



566 NORWAYS RD
TYENDINAGA
TERRITORY

- **PIN / MLS® #:**
403021800
- **List Date:** 01-FEB-2016
- **Price:** \$179,900
- **Foundation/Bsmt:**
Full, Poured
- **Type:** Single Family
- **Style:** Bungalow
- **District/Subdistrict:**
Tyendinaga - SOUTH OF HWY 401 (Tyendinaga)
- **Primary Heating Source:** Forced Air-Electric
- **Water:** Cistern
- **Sewage:** Septic
- **Exterior:** Vinyl Siding
- **Bedrooms:** 2
- **Full/Half Baths:**
Full:1 Half:0
- **Garage:** Yes
- **Approx. Age Range:** 21-25
- **Approx. Sq Ftg Range:** 1001-1200
- **Lot Size:** 208 X 200

Residential - This home is neat, tidy and waiting for you to move in. The sunroom provides an excellent area to relax and enjoy your coffee in the morning and watch the sunset in the evening. The eat-in kitchen provides space for the family to sit for meals and leads to a deck for outdoor activities. The living room is open to the kitchen for entertaining and can be separated by the french doors. The update bathroom has an oversize shower stall and main floor laundry unit. The full basement is insulated and waiting for your plans for family space. The two car garage has plenty of parking space as well as work area and has a walk in to the main house. This home is perfect for the buyer that is downsizing and looking for main floor living or the first home buyer. Purchaser must have Native Status with the Mohawks of the Bay of Quinte.

Listed By:

RE/MAX FINEST REALTY INC.,BROKERAGE - K178 - KELLY MCMURTER

613-929-7355



Tasha Howe - B.Comm Tim Reynolds - CFP, CHS Dianne Dowling - CHS Bob Vrooman - CFP, CLU, CH. F.C.



109 John Street
Napanea, ON
K7R 1R1

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FAX: 613-354-3585
EMAIL: service@lafc.ca



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Email: hyjenist76@gmail.com

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- Shalem Mental Health Network
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Counsellor/Psychotherapist
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Call/Text: 613.969.8647

Email: mattersofhopecounselling@gmail.com

www.mattersofhopecounselling.com

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Tyendinaga Mohawk Territory

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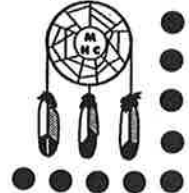
P.O. Box 755

Ontario, Canada K0K 1X0

Jim McMurter
Owner / Manager

E-mail: jmcmurter@mcmurterhome.com

BUS: (613) 396-1607 ~ FAX: (613) 396-6897



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Personal training for those not comfortable in a gym atmosphere!

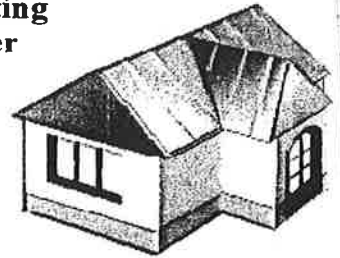
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Sun. April 3

- 11 am: Ballet Class for Ages 8-10
- 11:30 am: Watch a Ballet Class
- 12 pm: Creative Movement for Ages 3-6
- 12:30 pm: Dance Performance
- 1 pm: Play Freeze Dance & Dress-Up
- 1:30 pm: Jazz Class for Ages 7-10
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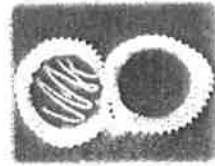
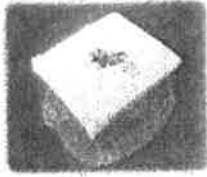


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