



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 5/15

ONERAHTOKKOWA (May)

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



Mohawks of the Bay of Quinte Announce TORONTO 2015 Pan Am Games Torch Relay Community Torchbearers

The Tyendinaga Mohawk Territory is proud to announce
Iakohentiio Claus and Noah Sager
as the Tyendinaga Mohawk Territory community torchbearers
for the TORONTO 2015 Pan Am Games Torch Relay, presented
by President's Choice® and OLG.

Community Elder Katsitsiase (Betty Maracle) will welcome the
Pan Am flame as it arrives in the community.

See our notice inside for additional information on our
Torchbearers, the Torch and the Relay itself.

Further details will be provided in upcoming Newsletters, on our website and
social media feeds. If you would like to find out more about the Pan Am Games,
please visit: <http://www.toronto2015.org/>





Tyendinaga Announces Community Torchbearers for Pan Am Games Torch Relay

TYENDINAGA MOHAWK TERRITORY April 17th, 2015 – The Tyendinaga Mohawk Territory is proud to announce Iakohentiio Claus and Noah Sager as the Tyendinaga Mohawk Territory community torchbearers for the TORONTO 2015 Pan Am Games Torch Relay, presented by President's Choice® and OLG.

The torch relay will visit Tyendinaga Mohawk Territory on July 3rd and will feature Iakohentiio Claus and Noah Sager as the community torchbearers. Both of these young people will be completing a milestone in June, Iakohentiio is set to graduate from grade eight and Noah will be graduating from high school and both will be starting new paths. Community Elder Katsitsiase (Betty Maracle) will welcome the Pan Am flame as it arrives in the community and will provide a blessing as it continues its journey to Toronto.

Iakohentiio is a high achieving student and athlete. She has represented the community in the national Aboriginal Science Camp and numerous Regional Science Fairs. Iakohentiio has participated on the school basketball, volleyball, soccer and track teams. She is an accomplished long distance runner and has represented her school at district level track meets. Iakohentiio has overcome physical injury and challenge with grace. She is a gracious role model who embodies respect and cultural awareness.

Noah has played high level hockey from a young age and is currently playing junior hockey for the Picton Pirates. Noah has earned the respect of his peers as he helps coach his high school varsity boys' hockey team. He is also active in the school community where he serves as a mentor to fellow students. As a student, Noah has strived to maintain strong grades and plans to enroll in Queen's University's Commerce program after graduating this June.

"Iakohentiio Claus and Noah Sager will proudly carry the Pan Am flame as Tyendinaga Mohawk Territory's torchbearers," said Chief R. Donald Maracle. "We are excited to be a part of this historic event and we look forward to showing our community to the world."

During the 41-day torch relay, each of the 3,000 torchbearers will complete, on average, a 200-metre relay segment. The torch will be carried by more than 60 modes of transportation and exceed 5,000 kilometres on the road and 15,000 kilometres by air.

“The torch is a unique symbol of the Pan Am Games and carries a powerful energy that will unite Canadians,” said Saād Rafi, chief executive officer, T02015. “The torchbearers will proudly carry the flame through more than 130 communities, igniting the Pan Am spirit as they go.”



Featured on the torch are the United We Play! pictograms — colourful depictions of people in motion —symbolizing the assembly of athletes through the celebration of sport and culture. The aluminum torch stands 65 centimetres high and weighs 1.2 kilograms (or roughly the same weight as a baseball bat). With a burn time of 10 to 12 minutes, the flame can withstand winds of up to 70 kilometres per hour and is visible in all kinds of weather conditions.

About the TORONTO 2015 Pan Am Games Torch Relay

The TORONTO 2015 Pan Am Games Torch Relay, presented by President’s Choice® and OLG, is supported by community partner CIBC and signature supporters Star Media Group and Metroland Media, Ontario Trillium Foundation and Porter Airlines. The torch relay will invite Canadians to celebrate and share the Pan Am spirit throughout its 41-day journey towards Toronto, the Host City of the Games.

The torch relay starts May 30, 2015, and concludes July 10, 2015, with the dramatic lighting of the cauldron at the Opening Ceremony in downtown Toronto.

The TORONTO 2015 Games are funded by the Government of Canada, the Province of Ontario, as well as Lead Partner CIBC and other partners and sponsors.

For more information, visit TORONTO2015.org/torch-relay.

-30-

For further information regarding the Tyendinaga Mohawk Territory event, please contact:
R. Donald Maracle, Chief
613.396.3424
rdonm@mbq-tmt.org

For further information regarding TORONTO 2015, please contact:

Vanessa St. Louis
Communications Assistant, T02015
416.697.7410
relaymedia@toronto2015.org

TENDER

COUNCIL CHAMBER DESKS

DEADLINE MAY 15, 2015

Tenders are now being accepted for the below listed Council Chamber desks:

- 6 tables 2 1/5' X 5'
- 4 round edged corner tables.

The following needs to be in your sealed bid:

- Name
- Phone number
- Address
- Bid price per table
- Which table size
- How many you are bidding on

PLEASE SUBMIT YOUR BID IN A SEALED ENVELOPE CLEARLY MARKED "COUNCIL CHAMBER DESKS" BY 2:00 P.M. FRIDAY MAY 15, 2015 TO THE RECEPTIONIST AT THE ADMINISTRATION OFFICE.

Any questions or to view please contact Lori Maracle, Housing Office Manager 613-396-3424

The lowest or any tender will not necessarily be accepted.





7TH GEN
TECHNOLOGIES
ENLIGHTENING GENERATIONS

*****NEW HOURS*****

BUSINESS HOURS:

MONDAY	Closed
TUESDAY	Closed
WEDNESDAY	8:30-4:30 Closed for Lunch: 12:30-1:30
THURSDAY	8:30-4:30 Closed for Lunch: 12:30-1:30
FRIDAY	8:30-4:30 Closed for Lunch: 12:30-1:30

CLOSED on WEEKENDS and SATUTORY HOLIDAYS



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in March responded to 7 calls:

- 4 Medical Assist**
- 1 Vehicle Accidents**
- 1 Structure Fire**
- 1 Brush Fire**

This brings our total to 25 calls for the year 2015



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-aandc.gc.ca about the Act.



Check Out FNTI's
NEW PROGRAM

Mental Health and Addiction Worker

starting September 2015 in Tyendinaga

The Mental Health and Addiction Worker Diploma is a 2-year program, delivered by FNTI in partnership with Canadore College, which respects the histories and vulnerabilities of Indigenous peoples, while preparing students - culturally, intellectually, emotionally and experientially - for work and advancement in this challenging and in-demand field. Upon graduating, students receive a Health and Addiction Worker Diploma from Canadore College.

This program is offered in **Intensive Delivery Mode** -
Students attend week-long sessions every 3-4 weeks.

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

FNTI  First Nations
Technical Institute



TSI TYONNHEHT ONKWAWENNA
"Keeping the Language Alive"

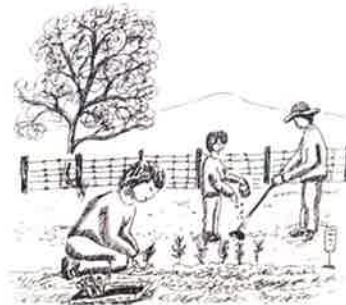
1658 York Road, Tyendinaga, Ontario K0K 1X0
Tel: 613-967-3781

Onerahtokó:wa – May

Tsyeyà:ta't yakón:kwe, Wá:ri yontátyats.
One woman, her name is Mary.

Tsi yenaktóhares tyóhton niyowihstá:'e
Saturday at nine o'clock

orhon'kè:ne nikahá:wi, yeyénthos
in the morning, she is planting



kahétakon. Tekeniyáhse tekenikhsá:'a yontatyenawà:ses ne aoti'nihsténha.
in the garden. Two girls help their mother

Tseyà:ta't yeksá:'a ayeyén:tho' ne kayenthóhsera tánon tsyeyà:ta't yesksá:'a
One girl plants plants and one girl

ayeyén:tho ne kanen'shón:'a. Wenhniserí:yo kí:ken wenhniserá:te.
plants seeds. It is a nice day today.



Nya'té:kon enkontiyéntho' ne akón:neke' tsi niwakénhnhes.
They planted different things to eat through the summer.



Otsi'tsayahshón:ha' (O-gee-gee-ya-h-soon-ha)-
Flowers

Ohná:wa' (Oh-naw-wah)- Current/Rapids

Tehonthén:no'ks (Day-hoon-t-hun-noo-ks)- They play
baseball

Kánhyen' (Ga-n-h-yun)- Baseball bat

Rontatsherótha' (Roon-da-t-s-air-oh-t-ha) - They play
golf

Yetsihkwa'ékstha (Yay-gee-gwah-ek-s-t-ha)- Golf Club



MOHAWKS OF THE BAY OF QUINTE

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



Tahatikonhsotóntie Head Start Summer Learning Program & Skatne Summer Camp Information

Registration Date: Wednesday, May 20, 2015
Time: 7:30am – 4:30pm or until spaces are filled
Location: Teaching Lodge at Community Wellbeing Centre



****LIMITED SPACES AVAILABLE: Spots will be filled on a first come, first serve basis with priority going to children who reside on Territory****
****policy available at registration****

All weeks must be paid in cash only at the time of registration, as applicable to the program your child will be attending.



Tahatikonhsotóntie Summer Learning Program

Ages: 6 to 11 (*must be 6 by December 31, 2015 and born after January 1, 2004*)
Spaces: 30
Dates: July 6 to August 14, 2014 (*5 days per week, except holidays*)
Time: 8:00 am to 5:00 pm
Fees: \$20.00 per week/per child (\$120.00 per child for 6 weeks)
Location: Tahatikonhsotóntie Head Start; contact Shari Maracle at 613-396-6716

Children will be exposed to activities which encourage self-exploration, thus promoting a better understanding of self and those around them. These activities will be interwoven with Cultural Teachings, Mohawk Language, self-awareness and team work concepts. Self directed projects will be encouraged where possible. We will encourage children to be active, healthy and involved in the various aspects of the Summer Learning Program.

Enyonkwa'nikonhriyohake' Program Skatne Summer Camp

Ages: 6 to 11 (*must be 6 by December 31, 2015 and **born after September 1, 2003***)*****new!**
Spaces: 25
Dates: July 6 to August 21, 2014 (*5 days per week, except holidays*)
Time: 8:00 am to 5:00 pm
Fees: \$20.00 per week/per child (\$140 per child for 7 weeks)
Location: Youth Centre/Canteen at Ball Diamonds; contact Tracy Hill, 613-967-0122 x 146

The overall aim of this camp is to provide children with an opportunity to participate in a variety of sports, crafts, games and field trips. Children will develop relevant skills, co-operation and team work while having fun. The Skatne Summer Camp provides children with a safe environment filled with interesting and challenging hands on activities.

We are looking forward to having a fun-filled, adventurous summer!

Please note that although we have one whole day set aside for registration, the spaces generally fill up within the first few hours. If this occurs we will post a notice on the social (east) entrance of the Community Wellbeing Building.

Tahatikonhsontie Head Start Drop In Program May 2015

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

If you wish to put you
child/children's name on
our waiting list for our
junior or afternoon pro-
gram please call

613-396-6717.

Its never too late or too
early, sign up today to
ensure your spot!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8 Backwards Shirt Day	9
10	11	12 Power Positive with Sarah Brown @9:45	13	14	15	16
17	18	19	20	21	22 Show & Tell	23
24	25	26 Native Singing with Kerri	27	28	29	30
31						

Amnesty for the month of May - no fine for return of all overdue books and DVDs!

The library has all 5 contenders that were in Canada Reads 2015
- read them for yourself - see if you agree with the winning choice
- the novel Ru.

Read or listen to books for free that you download to your
e reader, phone or computer from Overdrive on www.kanhiote.ca
using your library card - need help?
- phone 613-967-6264 to let us know you are coming in to learn
how on May 12th or 26th.

We don't have the book you want to read?
Let's try interlibrary loan.



**KANHIOTE
LIBRARY**

613-967-6264

Monday, Tuesday

and Wednesday Thursday 12 to 7

10:30 to 5:30

HAPPY Anniversary KANHIOTE



JOIN US ON
WEDNESDAY MAY 20
FROM 10:30 TO 5:30
FOR THE CELEBRATION
OF OUR
25TH YEAR OF
OPERATION
There will be
2 free draws and cake for
all. Please join us.

Re; TYENDINAGA COALITION for
HEALTHY LIFESTYLES.

It is with deep regret that we heard of the dissolving of this organization which was an asset to our community and helped many people . Our desire is to see that all the programs initiated by this organization continues to prosper.

We The Native Women's Association would like to Thank the Coalition not only for the donation of \$600.00 to our organization but also for all their efforts and encouragement in making us aware of how our health and practicing good habits can contribute to the prevention of diabetes among our people

Once again a heartfelt thank-you to all .

Native Women's Association.

Secretary: *Donna Crouse.*

Donna Crouse



Nya:wen!

Thank-you to everyone that joined us for the Earth Day BBQ at the Community Centre
On Saturday, April 25th!

Congratulations to our bicycle winners!

Ezra Maracle
Daniel Chase
Jared Barberstock
Oronhyathe Green



The Enyonkwa'nikonhriyohake' youth program ☺



Mississaugi-Tyendinaga

The OJI-Hawk Novice hockey team wanted to thank all of our sponsors for donating their time and money! This allowed them to compete at a very high level at our first Little Native Hockey League Tournament! Those sponsors were as follows: BUILD ALL, LEWIS LACROSSE/WORK GEAR, TYENDINAGA PROPANE, INVESTORS GROUP, FIVE NATION TRADING, CN, BROKEN CANOE TRADING POST, QUINTE TRADE SERVICES, SMOKIN COFFEE EXPRESS, OVERTIME SPORTS BAR, NATION 2 NATION, HOME HARDWARE, HOME DEPOT, TYENDINAGA COMPUTERS, UNION GAS, TYENDINAGA COMMUNITY DEVELOPMENT FUND, BOSTON PIZZA, NEW ENGLAND PATRIOTS, BELLEVILLE FIRE DEPT, ROBERT LITTLE, THE GRIZZLEY GRAMS, COMMUNITY WELL BEING, ALSO THE DREAMCATHCHER





THANK YOU TO OUR SPONSORS!

MOHAWK DUTY FREE

SMOKIN COFFEE EXPRESS

VILLIAGE VARIETY

ARROW HEAD EXCAVATION

STANLEY T. REID & ASSOCIATES

MILLSIDE CERAMICS

TYENDINAGA POLICE SERVICE

GOOD MINDS PROGRAM

AMOS MARACLE

KAREN MARACLE

WOODY & CAROL THOMAS

5 NATION FUEL

REZ BOYZ

WARD'S GAS BAR

O.N.E.

THREADWORKS

SOARING EAGLE

TYENDINAGA COMMUNITY DEVELOPMENT FUND

DREAMCATCHER FOUNDATION CN

TRACEY GAREY

SANDRA BRANT

JOAN BRANT

FREE FLOW PETROLEUM

TYENDINAGA PROPANE

KC BUILDERS

L&M CONVENIENCE

BOWDEN'S ACCOUNTING

NATIVE RENAISSANCE II

TERRI & CLAUDE SAURI

BOB & TAMAR THOMAS

LINE DRIVE

OSR

CASH AUTO

MOHAWK ONE

SPEEDWAY GAS

MOHAWK TRADING

LAZY GARDENER

SANDRA CORK

JODEE LAYFIELD

Thank you for all your support!!

TYENDINAGA THRASHERS COMMITTEE MEETING

WEDNESDAY, MAY 20, 2015 @7:00 P.M.

KARONHYAKTATYE SPORTS COMPLEX

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



**Big huge thank you to all who
participated in this year's
Sadie's Walk!**

The community's dedication to this
annual event always makes it a
great success.

Thank you to the following, without you, our day wouldn't have
happened;

- Mohawk Police Service and Mohawk Fire Department for your service in patrolling the route and keeping it safe for our participants.
- Thank you to Lea Green, your kindness is always appreciated.
- Thank you to Sport Check at the Quinte Mall for assistance with the great prizes.
- Finally, thank you to all volunteers, your help is greatly appreciated.

Given that the number of participants continues to grow, next year's walk will be at a different location and the route will change. We will inform you at a later date.

Congratulations to all prize winners!

Community Health Team

REZ WALK RESULTS



Congratulations to ALL teams
who participated in our

First Annual

REZ WALK

1st place– Team TFRC

2nd place– Team Diabetes

3rd place– Joe's Muffins

We had 24 teams of 4 registered.

Our team's total kilometers
were 20933, enough to travel
from Tuktoyaktuk, NT to
Nicaragua, South America and
back!

Check out some of our great teams!





In loving memory of a wonderful
 father, father-in-law & pa,
 Don Carr-Braint
 June 5, 1930 – May 27, 2005

*Your always there, keeping us safe
 It's filled with love & happy times
 It's never dark, your light it shines,*

*We won't forget that fateful day,
 You had to leave, you went away,
 A sadness filled us up inside,
 Emotions that we could not hide,
 Tears, they came, sadness too
 All our emotions, just for you
 Time will heal, so we were told,
 But time could never fill this hole
 Here in our heart there is a place,*

*In heaven now you do reside,
 To watch over us, with love & pride
 I know one day, we'll meet again
 Until we do just know how much we
 miss you!*

Always loved and remembered!

Carol, Harry, Betty, Billy, MJ,
 Marilyn, Mike, Tracey & Families



Happy Birthday!



- ★ Happy 10th Birthday
Andrew Hill-MacBride
May 19
Love you bunches and bunches
Nana & Poppa Venton
Les & Cindy
- ★ Happy Birthday
Kody Brant
Love Dad, Allison & Kamryn
- ★ Happy Birthday
Phill – May 3rd
Lots of Love Sam & Emmett
- ★ Happy Birthday
Dad – May 3rd
Love Hayden
- ★ Happy Birthday
Phill - May 3rd
Love Marilyn & Rick
- ★ Happy Birthday
Bill – May 10th
Love Rick, Marilyn, Sam, Emmett, Phill & Hayden
- ★ Happy 60th Birthday
Harry – May 14th
Love Marilyn, Rick, Sam, Emmett, Phill & Hayden

Happy 5th Birthday
 Eli – May 24th
 Lots of Love, Aunt Marilyn, Uncle
 Rick, Sam, Emmett, Phill & Hayden

Happy Birthday
 Betty – May 27th
 Love Marilyn, Rick, Sam, Emmett, Phill & Hayden

Happy 40th Birthday
 Cindy (Lordy Lordy looks who's 40) – May 29th
 Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
 Phill & Hayden

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

HAPPY MOTHER'S DAY! *Happy Mother's Day
 to all the mothers out there.
 May you enjoy your special day with
 family and being pampered as you
 deserve to be!*

**HAPPY 34TH WEDDING
 ANNIVERSARY
 LES & CINDY VENTON
 MAY 2.**



How to Deter Wasps and Hornets

Do you have a wasp/hornet issue each summer? Have you ever wondered why? Here are a few tips I recently learned at an apiary workshop I attended to help you deter wasps and hornets and attract honey bees.

- Honeybees are pollinators and have little pollen sacks on their legs.
- Wasps and hornets are scavengers looking for sweet liquids to ingest.
- Wasps will be attracted to garbage such as rotting fruit, left over soda in a pop can, etc.
- Honeybees are attracted to any pollinating plant.

SO...

- Plant pollinating flowers, shrub and/or vegetables around your yard.
- Reduce food waste by composting.
- Rinse containers that may have had a sweet liquid of some sort such as pop or juice.
- If you already have a wasp/hornet issue, you can confidently use sweet liquid in a bottle to capture them (you can find traps at any dollar store or hardware store) without worrying about 'accidentally' capturing honeybees because the honeybees just aren't interested.

Here's hoping you can enjoy your yard this year wasp and hornet free!

Nikki Auten

Happy Retirement

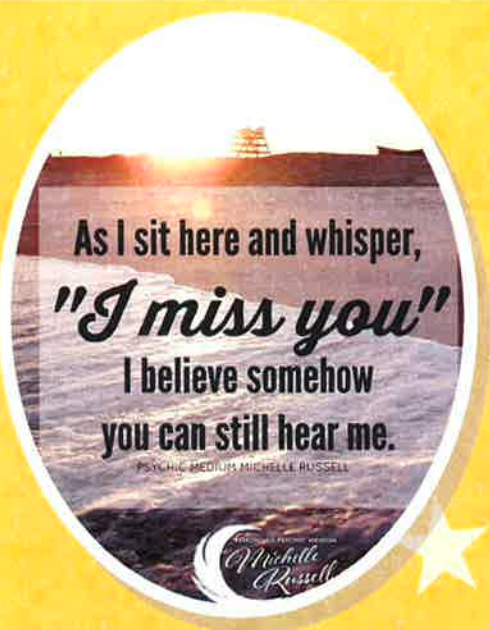
Bonnie Brant

We have so much gratitude for all your hard work and dedication as a Relief Workers here at the Shelter for the past 16 years. We will definitely miss our talks, our many laughs, your kindness and wisdom. We wish you all things that make you happy in your much deserved retirement. Enjoy!!!!!!!

Love from all of us here at

Red Cedars Shelter





Outreach

My name is Sheila Stacey, and I am certified to deliver the Grief Edu-Therapy program. I have been running this program for 5 years with positive responses.

This is a 8 week (meeting once a week for 1 hour) program that helps individuals with grief and the conflicting emotions caused by loss. If you would like to book a date for the program please call me at Red Cedars Shelter.

We provide a relaxed, safe and confidential environment for provision of this program, to support your healing and transformation of your thinking pattern.

If you would like to know more about this program or to talk please call me at Red Cedars Shelter—613-967-2003.

Mon-Wed-Thurs 8:30am to 4:30 pm

Tuesday 4pm to 12 am

Fridays 6am to 2pm

(Onekwenhtara Onen'takwenhten:tshera Kanonhsote) Red Cedars Shelter

IS a safe and secure environment for women & their children who are fleeing abusive situations/relationships. Our team will guide women in their healing with teachings of empowerment and holistic self care. Women will have a better understanding of family violence, it's impact, how to keep their family safe and work towards a better way of living.



We offer:

- Counselling
- Community Outreach Services (men & women)
- Healing Circles
- Grief Edu -Therapy Program
- Red Path Addictions Counselling Program
-and more.

IS NOT a shelter mandated for people who are homeless. Although we try our hardest to provide a referral or resource that will hopefully be helpful.

Our crisis line is available 24/7 to anyone in crisis or that may just need a gentle heart that will listen.

WE can help by sharing resources/information to those seeking help.

Contact us today: 613-967-2003/1-800-672-9515 (toll free)

Red Cedars Shelter is asking for your continued needed support of gently used clothing for all seasons for women and children of all ages.

Nia:wen for your Community Support



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



Moon Ceremony

Women / girls are invited to join us to honour and seek guidance from Grandmother Moon on June 2 / 2015 at Dusk (Approx. 7:30 pm).

Women / girls are encouraged to bring:

Tobacco for offering (if they would like to use their own)

A bottle of water

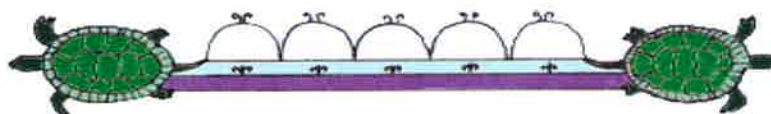
A lawn /camp chair

A small pot Luck Item

And to wear a skirt.

The Ceremony will be held behind the Community Wellbeing Centre and will be followed by a pot luck feast.

Questions can be directed to Diana or Crystal at (613) 967-0122



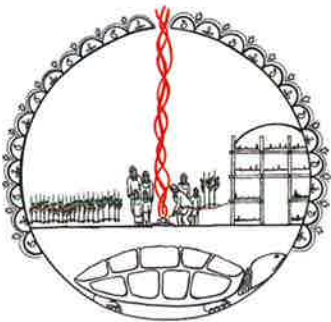
Our community has OTN!!

Tired of Travelling for medical appointments?

OTN is a way to have an appointment to see a specialist through a TV screen, to interact in real time with a Health Care Professional. No travel, bring the support person you need to your appointment., secure and confidential.

Ontario Telemedicine Network, helping to bring more patients the care they need, where and when they need it.

If you have to travel for specialist appointments of any kind, lets see how we can help you with OTN.



Community
Wellbeing Centre
50 Meadow Drive
Tyendinaga
Mohawks Territory
K0k 1x0

Please contact Shelly Brant,
Diabetes Education program
for more information

Phone: 613-967-3603 ext 108

Fax: 613-962-4210

E-mail: shellyb@mbq-tmt.org





GOOD BABY FOOD BOX

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

Price List:

Infant:-\$6.00

- 20 pack of diapers
- 1 chosen speciality item

Over 6 Months-\$10.00

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

Toddlers:-\$6.50

- 20 pack of diapers
- 1 chosen specialty item

Speciality Items are:

- Wipes
- Shampoo
- Kleenex
- Vaseline
- Lotion
- Soap
- Other items as available

Formulas:

Good Start
Enfamil lower iron
Enfamil with iron
Parent's Choice with iron
Parent's Choice lower iron
Powder: \$16.00 per can
Concrete: \$2.25 per can or 8 cans for \$17.00

Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

MONTHLY FOOD VOUCHERS are offered to women during their pregnancy. For more information please call Community Wellbeing at 613-967-3603 and speak with the Community Health Nurses who will outline the program

We want you to have a healthy pregnancy and a healthy baby

Mary McCauley R.N.
Community Health Nurse

GOOD FOOD BOX

(Items in each)

Large Food Box

5 lb. Potatoes
2 lb. Carrots
2 lb. Onions
1 Broccoli
1 Celery
1 Romaine Lettuce
1 Cucumber
1 Green Pepper
1 Green Onion
3 Tomatoes
5 Mac Apples
2 lb. Bananas (6)
5 Seedless Oranges
4. Bartlett Pears

Small Food Box

2.5 lb. Potatoes
2 lb. Carrots
2 lb. Onions
1 Broccoli
1 Celery
1 Romaine Lettuce
1 Green Pepper
1 Green Onion
2 Tomatoes
2 Mac Apples
1 lb. Bananas (3)
2 Seedless Oranges
2 Bartlett Pears

Fruit Bag

5 Mac Apples
2 lb. Bananas (6)
5 Seedless Oranges
1 Lemon
5 Bartlett Pears

Good Food Box



Dates: Order By and Paid 4:30pm	Order Arrives
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

Singing and Drumming Group



She:kon,

Enyonkwa'nikonhriyohake (Good Minds) program would like to extend an invitation to community members who are interested in learning traditional songs and the teachings behind them.

Every Wednesday at 6:30pm-8:30pm starting May 6th and runs until June 24th.

This is a family group so no one is excluded!

Weeks May 6th- 27th

Wateronnotha (Mandy Smart)

Women's songs and teachings

Weeks June 3rd – 24th

To Be announced in next months newsletter

Men's songs and teachings

~Spaces are limited, so please call to sign up

For more information or to sign up, please contact:

Crystal Haight, Traditional Wellness Worker

Enyonkwa'nikonhriyohake (Good Minds) Program

613-967-0122 ext. 102

crystalb@mbq-tmt.org



**11AM-6PM
MAY 07**

SINGLE VISION RX SPECIAL
**BUY ONE
PAIR
GET ONE
FREE**

COMMUNITY WELLBEING CENTRE
50 MEADOW DRIVE, DESERONTO
TOLL FREE 1-866-920-6480

TO BOOK AN EYE EXAM YOU MUST CALL MOBILEYEZ

RANDOLPH CELEBRITY SUNGLASSES

**STARTING @
\$199**



RE



RANDOLPH ENGINEERING



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

COMMUNITY TILLERS ARE NOW AVAILABLE
GET YOUR GARDEN STARTED!!



PROMOTING HEALTHY LIVING

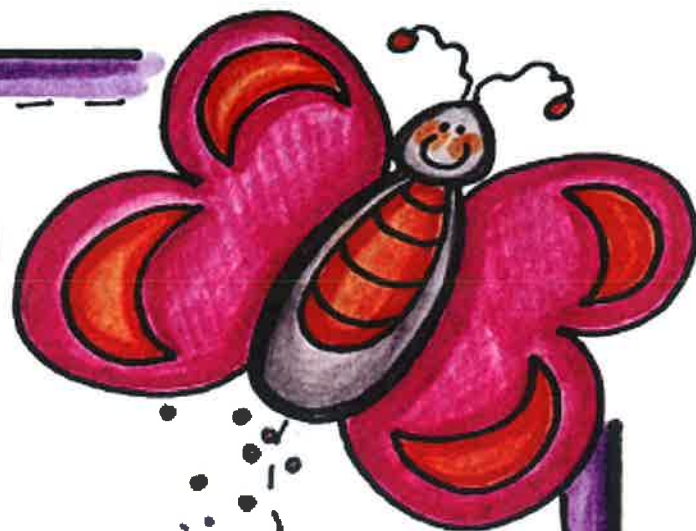
WE OFFER A TWO DAY LOAN POLICY
COMMUNITY WELLBEING/SOCIAL SIDE
FOR DETAILS OR TO CHECK AVAILABILITY

CALL 613-967-0122



❀ May 2015 Newsletter ❀
Family Health & Child Development Program

♥ Happy ♥
Mother's
Day



Events Coming Up for May 2015!

Wednesday May 6th - Indigenous Story Walk

Sunday May 10th - Mothers Day!!!

Thursday May 21st - Bears & Cubs

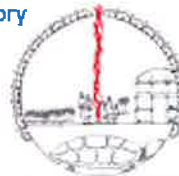
Monday May 25th - Community Circle

Wednesday June 3rd - Creation Station Evenings (NEW!)



Community Wellbeing Centre

50 Meadow Drive
Tventinaga Mohawk Territory
K0K 3A0
613 9617 0122
julieannb@mbq-tmt.org
estherb@mbq-tmt.org



BEARS AND CUBS MAY 2015 SCAVENGER HUNT/ MEDICINE PLANTING MAY 21ST, 2015 6 - 8 PM

We are excited to invite the bears and cubs to a fun filled outdoor experience! We will be spending the evening (6—8pm) out doors on a tricky and adventurous scavenger hunt! Use the clues provided to solve the mysteries and discover nature and our natural medicines. Please remember to dress for the outdoors.

We will then be planting our own medicines and garden items that can be started indoors and then transplanted to our gardens at home.

This will be our last Bears and Cubs till September so we will have a special gift bag for all bears and cubs for the summer!

Supper and refreshments will be provided.

(Please inform us of any allergies we should be aware of when registering).

All participants MUST register your space. This insures that we have enough supplies for everyone. Spaces are limited to 30 participants and fill fast.

To register please call 613 967 0122 ext. 149 or email: julieannb@mbq-tmt.org



Creation Station Evening

WEDNESDAY JUNE 3RD, 2015 6:00PM—7:30PM

COMMUNITY WELLBEING CENTRE—TEACHING LODGE

What is creation station evening?

It's a new evening that FHCD will be facilitating occasionally that is open to children 0 - 8 years old and their parents and care givers. (PARENTS ARE REQUIRED TO STAY WITH THEIR CHILDREN)

There is no cost to attend but registration is required to ensure there are enough supplies for everyone to create crafts.



It is open door so you are able to spend the whole evening with us or even an hour if there are wee ones who need to make bedtime.

Light refreshments will be provided. If there are any allergies please let us know when you register and we will do our best to ensure we can provide alternatives.

Register your family by calling **613 967 0122** or
emailing: julieannb@mbq-tmt.org by
May 29th, 2015.



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

May 2015

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club—8:00 to 9:30 a.m. Diners Club—12:00 to 1:00 p.m. Handivan Departure—9:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m. Friendly Visiting Lunch—12:00 to 3:30 p.m.		Euchre —6:30 to 8:30 p.m. Ceramics—1:00 to 3:00 p.m. Walking—10:00 to 11:00 am			<i>1</i> Meals on Wheels Handivan Des	<i>2</i>
<i>3</i>	<i>4</i> Ceramics	<i>5</i> Meals on Wheels Walking Program	<i>6</i> Euchre	<i>7</i> Meals on Wheels Napanee Shopping	<i>8</i> Meals on Wheels Handivan Des	<i>9</i>
<i>10</i>	<i>11</i> Breakfast Club Ceramics	<i>12</i> Meals on Wheels Walking Program	<i>13</i> Diners Club & Bingo HOME SUPPORT @ Community Centre	<i>14</i> Meals on Wheels Friendly Visiting Trip	<i>15</i> Meals on Wheels Handivan Des Scrapbooking	<i>16</i>
<i>17</i>	<i>18</i> Office Closed	<i>19</i> Meals on Wheels Walking Program	<i>20</i> Euchre	<i>21</i> Meals on Wheels Belleville Shopping	<i>22</i> Meals on Wheels Handivan Des	<i>23</i>
<i>24</i>	<i>25</i> Ceramics Trip to Pat's	<i>26</i> Meals on Wheels Walking Program	<i>27</i> Diners Club & Bingo HOME SUPPORT @ Community Centre	<i>28</i> Meals on Wheels Peterborough Trip	<i>29</i> Meals on Wheels Handivan Des Scrapbooking	<i>30</i>
<i>31</i>						

Health Advisory Working Group

Nov 2014 newsletter referred to as the Health Advisory Board



LOOKING FOR YOU—THE COMMUNITY TO BE INVOLVED!!

Wednesday, June 17, 2015

Mohawk Community Centre

Supper 4:30 to 5:30

Discussion with history starts at 5:30

Terms of Reference & Direction

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

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

You are encouraged to attend or contact one of the community members below:

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

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

Diabetes: Are You at Risk?

First Nations people are at high risk of type 2 diabetes.

Your risk is even higher if you:

- are over 40 years old
- are overweight
- have high blood pressure or high cholesterol
- have a parent, or sibling with diabetes
- gave birth to a large baby or had diabetes when pregnant

The good news is, even if your risk is high, there is plenty you can do to prevent diabetes!

- lose weight
- get active
- eat well
- control your blood pressure and cholesterol
- call Jodi at the Diabetes Education Program for help

Diabetes Education Program

Community Wellbeing Center

613 967-3603

EATING IN SEASON– LET NATURE GUIDE YOU!

Join us as we enjoy the tastes of the seasons!

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

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

THIS MONTH: MAY 22, 2015 10am –1pm

Community Wellbeing Teaching Lodge

Asparagus, Fiddleheads & Dandelion Greens

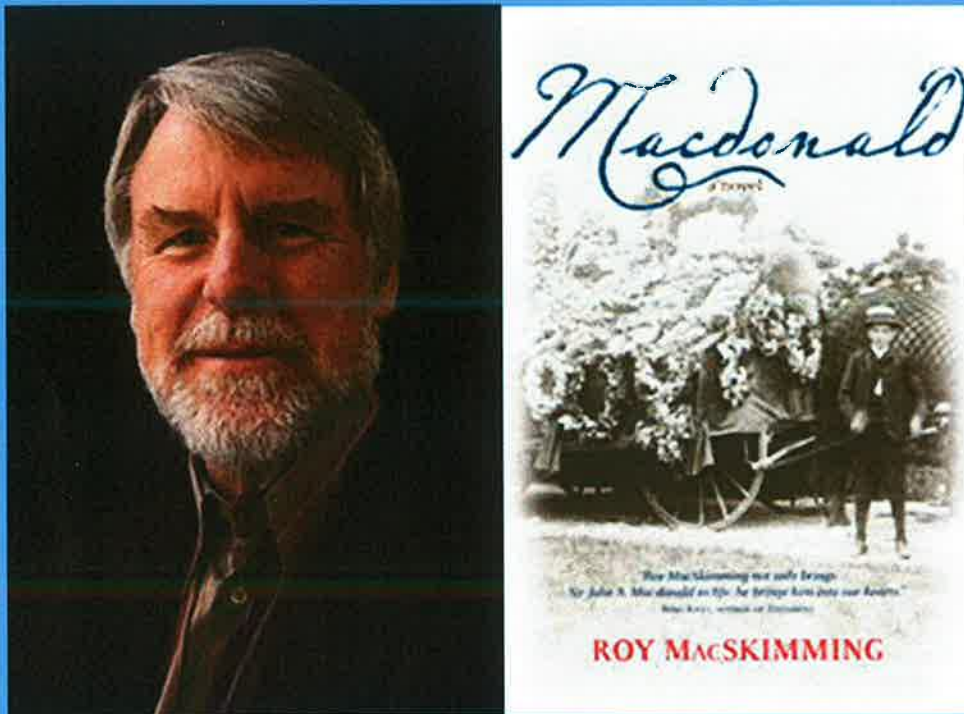


Call the Diabetes Education Program for more information
or to register. Space is limited

613 967-3603

HISTORY TALK & PRESENTATION

By Author Roy MacSkimming



He will be discussing the events and characters connected
with the life and
local connections of Prime Minister Sir John A. Macdonald

Saturday May 9, 2015 at 1:30PM
Adolphustown Township Hall
on the Loyalist Parkway (Hwy#33)
Refreshments to follow

ALL WELCOME TO ATTEND!

HOPE PROGRAM 12TH ANNUAL



WHEN: Thurs. May 14th 11:30am-1:30pm

WHERE: 14 York Rd. Shannonville

**MENU: Lightly battered Walleye, Potato Salad,
Macaroni Salad, Coleslaw, Rolls with
Butter, desserts and coffee**

**COST: Adults- \$10
Elders and Children- \$8**

CALL: 966-8079 for large orders

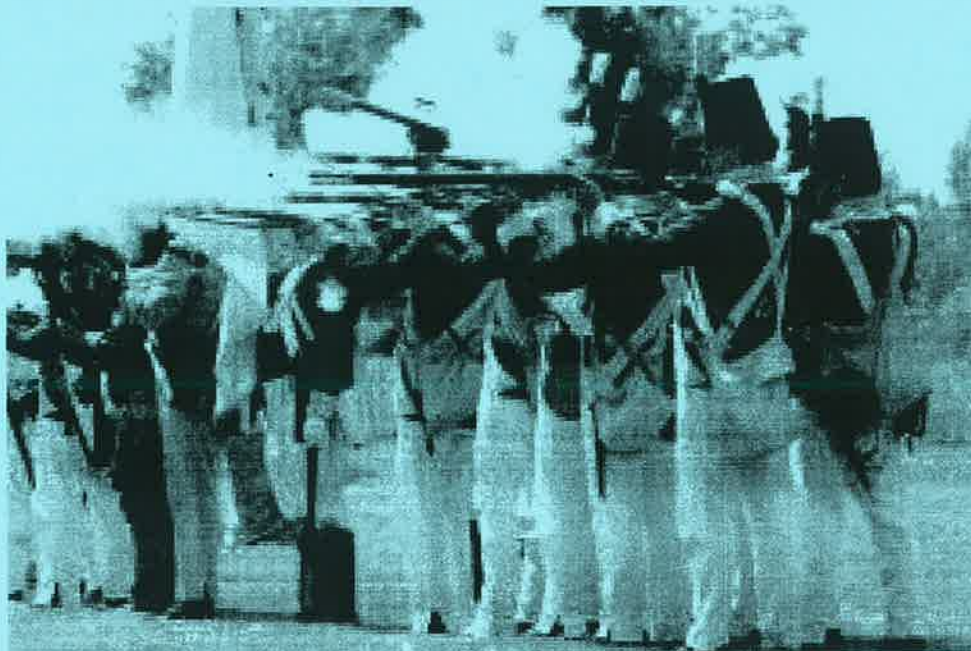
The staff and students at the HOPE Program would like to extend a Nyawen Kowa to the entire Baptiste family and especially to John, Ryan and Roshatste for graciously donating all the fish for the fish fry. All the funds raised will help offset costs for programming and school trips.

GLENGARRY 1812 RE-ENACTMENT WEEKEND

~Saturday, May 23rd, 2015 from 10:00AM to 4:00PM~

Two hundred years ago at the close of the War of 1812 in spring of 1815, the Glengarry Light Infantry Fencibles had over 400 soldiers garrisoned in the Village of Adolphustown.

The Glengarry 1812 Weekend Event will feature an encampment of 1812 soldiers & civilians and will also feature Loyalist Units from the Revolutionary War that settled on the Bay of Quinte shores in 1784.



- ~ MILITARY ENCAMPMENTS, DRILLS & PARADES ~***
- ~ HISTORIC & GENEALOGY TABLES & DISPLAYS ~***
- ~ FOOD & BEVERAGE CONCESSIONS ~***
- ~ UEL MUSEUM AND RESEARCH CENTRE OPEN ~***
- ~ GROUNDS ADMISSION \$5, PARKING ON SITE ~***
- ~ FREE TO CHILDREN 12 & UNDER ~***

Come experience life in the British Army at the UEL Heritage Park & Centre in Adolphustown along the historic Loyalist Parkway (Hwy 33)

For More Info: visit www.uel.ca or email us at 1784@uel.ca



Tyendinaga Fitness Resource Centre

14 York Road, Unit #1 & 2B

(613) 962-2822 tyfitnessres@mbq-

Shannonville, Ontario

KOK 3A0

May 2015 **Discover the Balance** We have Gift Certificates

Discovering the
Balance
By Working the
Mind, Body,
Heart and Spirit

Top 10 Anti-Aging Superfoods –the next “five”

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

Carole Lasher / P.T

Shanleigh Maracle

Taylor-Rain
Tabobandung

Ben Brant
Trey Bardy

Luke Jeffries

Tyler Crawford

Kahentiio Maracle

6. **Broccoli**—helps prevent wrinkles by synthesizing collagen. It rids your body of dangerous toxins by increasing enzyme production. It also contains lignans which help prevent cancer, heart disease & cognitive degeneration.

7. **Salmon & Tuna**—EPA one of the omega 3 fatty acids has been shown to keep skin firm by preventing the breakdown of collagen & reducing inflammation. This characteristic also helps prevent the formation of skin cancer.

8. **Olive Oil**—while not a food onto itself, it has a large amounts of antioxidants which help reduce internal & external signs of aging including: maintaining youthful glowing hair & skin, promotes healthy hearts, reduces risk of cancer.

9. **Cucumbers**—contain high amounts of water & silica, which help to lubricate joints & increase the effectiveness of the connective tissue in the body. The hydrating characteristic is great to promote healthy skin.

10. **Watermelon**—is packed full of antioxidants! One antioxidant is citrulline, which helps rid the body of toxins, boost metabolism & keep your immune system. The rind contains Vitamins A, B & C, while the seeds have E & zinc. So be sure to use the rind and seeds in your smoothie to “super-energize”.

New Staff

Luke Jeffries

I am the newest staff member to join the TFRC team. I am a resident of Tyendinaga Territory and am currently a graduate student at the University of Victoria. Athletically, I am a competitive fencer in both foil and sabre.

Kahentiio Maracle

I am one of the casuals working to be a part the TFRC team. I was born and raised here in Tyendinaga, I am currently doing Co-op with Pauline Maracle at Custom creations. I am looking forward to be teaching/learning from my community.

Welcome to the Fitness Studio

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30							
7:00							
8:00						Open for video fitness	
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					Open for video fitness		
3:00		Open for video fitness	Rental Available				
4:00							
5:00							
6:00			Tea Time At TFRC Any time !				



Ontario Trillium Foundation



Fondation Trillium de l'Ontario

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 – We are in the process of having after supper exercise programs Tell us what you would be interested in, email us today.

Thank You: To Jayna Leland for all you excellent Personal Training



TFRC Annual Easter Hunt Winners

Congratulations !!!

Kevin Rowe—Large Gym Bag and 1 Month Membership

Nancy Brant—Small Gym Bag and 1 Month Membership

Erin Ferrante—Small Gym Bag and 1 Month Membership

Patsy Dunnville—Small Gym Bag and 1 Month Membership

Karl Maracle—Wellness Kit

Tim McCullough—Small Gym Bag

Bill Brant—Shaker Bottle

Kayla Hill— Shaker Bottle

Tammy Fowler—Water Bottle

Don Merlin—Water Bottle

Margaret Stewart—Water Bottle

Debbie Howard—Water Bottle

Great Guess Gail !!!! 174 Easter Smarties in that little Bunny!!!

Happy Victoria Day- Mon. May 18

TFRC Will Be Closed.



Tyendinaga Fitness Resource Centre

Spring Show Off Special!

Open Door Event, May 25 - May 29



We welcome the public to come in and see our NEW fitness studio!

MEMBERSHIP SPECIAL

Buy 10 months,
receive 2 months
FREE!

First 30 people to
purchase a one-year
membership receive a
FREE
gym bag!

Seniors
\$200 - \$20 per month

Students
\$250 - \$25 per month

Adults
\$300 - \$30 per month

Membership hold available for a \$5.00 fee. BVQC-04-15

Fitness Studio Rental

Only \$25!



Personal Trainers and Fitness Instructors welcome!

Rent the Fitness Studio to run classes.

Also available for workshops and information sessions.

Service agreement applies. BVQC-04-15

\$103,700 in Ontario Trillium Foundation Grants

to be awarded Friday, May 29th - 1:00pm

We welcome you to share in the celebration with Chief R. Donald Maracle & Todd Smith, and to welcome our new Fitness Studio Coordinator!



Spring Show Off Events!

Tuesday

**Free Workout Day
& Health Displays**

Wednesday

Demo Classes:
Awesome Abs 12:15pm
Better Butts 12:50pm


Thursday

Demo Classes:
Functional Fitness
10:00am

**DISCOVERING THE BALANCE BY WORKING
THE MIND, BODY, HEART & SPIRIT**

14 York Road Unit #1
Shannonville
Tyendinaga Mohawk Territory



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

Monday to Thursday
6:30am-8pm

Friday
6:30am-6pm

Saturday
8am-2pm

All welcome!

2015 Talk Series
on
Local History

at Deseronto Public Library

May 23rd, 1.00pm

**Marlene Brant
Castellano**

*Mohawks and Settlers:
neighbours throughout
history*

Next talk at 1pm on June 20th

Amanda Hill : The Development of Deseronto

Refreshments will be
served after the talk



Deseronto
Archives





Calling All Youth

Would you like to come out to a Smudge Bundle (Kit)

Making Workshop

Learn how to make your own smudge kit

Learn what medicines are needed and how they influence your spirit

Youth ages 10-14 years old, all those interested please contact:

Gail Maracle, (613)661-1225

DEADLINE IS: 4:00 p.m. on June 29, 2015

Muti Family Yard Sale

May 8 & 9

8 a.m. - 4 p.m.

*Antiques, China Cabinet/dressers
washer & dryer, books, records
& miscellaneous items.*



7 QUEEN ST. SHANNONVILLE

Tis The Season!

TheYard Sale is Happening



Saturday, May 30th

8 am - 2 pm

36-B Bayshore Road

Lots of great stuff - books,
clothing, furniture, art, etc,
etc, etc.

**Something for
Everyone!**



DESERONTO LEGION

UPCOMING EVENTS FOR MAY:

May 9th - Tommy Abes 4pm to 8pm

May 23rd - 8th Annual Fish Fry
12 noon to 3:30pm tickets are \$12.50 per person
or \$15.00 at the door
Family Tradition 4pm to 8pm

ALL WELCOME

Thanks so much for your continued support.

Aboriginal



Artfest

2015

Call for Expression of Interest

ART EXHIBITION & SALE featuring creative First Nation artists of the Tyendinaga Mohawk community of Aboriginal heritage, 18 years of age and older.

DEADLINE FOR REPLY: Monday, June 1st at 12:00 noon.

This will confirm your intention to participate in the event. Entry forms will not be accepted after this date.

SUBMISSIONS: Any two-dimensional media including; oils, acrylics, watercolours, designers' gouache, tempera, pastels, inks, pencils, sculpted or cut paper, fibre art, photography, etc.

DATE: The Exhibition and Sale will be held October 2 - 4, 2015. All exhibits must be delivered to the Mohawk Community Centre between 8:00 am & 10:00 am on Friday, October 2nd. Artwork **MUST** be picked up at 4:00 pm on Sunday, October 4th.

SUBMISSION FEE: \$35.00 for 3 entries, \$5 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 may be submitted to:

Debra Vincent

By Email: vindebra@gmail.com

By Mail: 36B Bayshore Rd, Tyendinaga Mohawk Territory, ON K0K 1X0

The Aboriginal ArtFest of 2014 was a huge success, receiving many positive remarks from the approximately 200 people that attended.

Please consider participating in this awesome opportunity!

GUIDELINES & POLICIES

APPLICATION & FEES

All applications must be received by June 1, 2015. Applications need to include a non-refundable deposit of \$25, with remaining fees to be paid upon delivery of artwork on October 2, 2015.

ELGIBILITY

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

- during the Friday evening reception, AND
- Saturday - 10 am to 1 pm OR 1 pm to 4 pm AND
- Sunday - 10 am to 1 pm OR 1 pm to 4 pm

STANDARDS

1. All work displayed must be the artist's original design and handcrafted by the exhibitor.
2. All submissions must be framed or mounted and ready to hang.
3. Artwork needs to have a wire as its primary mode of hanging, on the back (**no saw tooth or other hardware that take special nails and extra hammers**). Ensure that the wire is in the upper quarter section of the frame for the best vertical hanging position.
4. Each submission must have the following information securely taped to the back of each piece:

Name:

Title of work: (Untitled is fine.)

Medium used:

Selling price:

COMMUNITY GIVING

All exhibitor fees will be donated to a Tyendinaga charity.

ENTRY FORM
(submit in person, email or snail mail)

1. EXHIBITOR

Please Print

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

2. WORK DESCRIPTION

Estimated number of pieces _____

Estimated size of pieces _____

3. CATEGORY (please circle)

Oils Acrylic Watercolour Designers' gouache Tempera

Pastels Inks Pencil Sculpted or Cut Paper Fibre Art

Photography

Other (*must be 2 Dimensional*) please state medium: _____

Exhibitor 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.

Tyendinaga Food Resource Centre Charity Golf Fundraiser June 5th, 2015

"4 Person Scramble"

Shotgun Start 11:00am

PRIZES

**\$15,000 Trailer
Hole-in-one prize**
Carl Cox RV Sales and Service

GAMES



Briar Fox Golf Club

FUN

Please bring a non-perishable food item

\$80 per player - includes Par 3 Prizes

Limited to first 144 players (register team asap)

Contact: Cliff Brant - 396-3104

George Hill - 966-2950 (leave message)

Deseronto Transit

Will now have transit
Stops here on
Tyendinaga Mohawk Territory



DESERONTO
Transit

WESTBOUND
TO BELLEVILLE

- *5:20 a.m.*
- 6:55 a.m.
- 1:05 p.m.
- 4:25 p.m.

EASTBOUND TO
NAPANEE

- *5:55 a.m.*
- 8:15 a.m.
- 2:35 p.m.
- 5:20 p.m.

BUS STOP

Note: Times encased with *asterisks* denote an "on request" stop. You must call to arrange ride.



613-396-4008
* AT THE NEW BAND OFFICE *

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



DESERONTO
Transit

WESTBOUND
TO BELLEVILLE

- *5:25 a.m.*
- 7:00 a.m.
- 1:15 p.m.
- 4:35 p.m.

EASTBOUND TO
NAPANEE

- *5:50 a.m.*
- 8:10 a.m.
- 2:30 p.m.
- 5:15 p.m.

BUS STOP

Note: Times encased with *asterisks* denote an "on request" stop. You must call to arrange ride.



613-396-4008
* QUEEN ST. & YORK SHANNONVILLE *

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



DESERONTO
Transit

WESTBOUND
TO BELLEVILLE

- *5:15 a.m.*
- 6:50 a.m.
- 1:00 p.m.
- 4:20 p.m.

EASTBOUND TO
NAPANEE

- *6:05 a.m.*
- 8:25 a.m.
- 10:50 p.m. - Thurs Only
- *11:50 p.m.*
- 2:50 p.m.
- 5:30 p.m.

BUS STOP

Note: Times encased with *asterisks* denote an "on request" stop. You must call to arrange ride.



613-396-4008
* HURON BRANT AND HWY 2 *

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



THE ANGLICAN PARISH OF TYENDINAGA

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

AN OPEN LETTER TO THE COMMUNITY ABOUT CHRIST CHURCH

April 2015

Dear neighbours,

I am writing to you in order to provide an update on the status of Christ Church, Her Majesty's Chapel Royal of the Mohawk.

For some time, the funds raised to cover the operating costs (oil, hydro, worship, salaries) of Christ Church have been insufficient to meet expenses. Funds are raised through voluntary offerings and donations from parishioners and other donors. We have never received any funding to operate the church from any level of government, including the band. It is safe to say that the congregation of Christ Church has provided the majority of funds to pay the bills.

Over the past three years, we engaged in a period of trial worship schedules where both congregations worshipped together on a rotation. These trials have been discussed and reflected on at length in the parish and parishioners have had many opportunities to vote on their preferences at both the annual and special meetings of the Vestry. At the annual meeting this past February, a resolution to release Christ Church to the care of the Mohawks of the Bay of Quinte in order that our amalgamated congregation might worship primarily at All Saints' Church was passed with an almost-unanimous vote.

So, what does this mean for Christ Church? First, let me be absolutely clear: there is no intention to close or deconsecrate Christ Church. In acknowledgement of its particular historic significance to this community and to Canada, in 2004, The Queen granted the church the dignity of "Her Majesty's Chapel Royal of the Mohawk". In order to continue as such, the building must remain as a consecrated Anglican church. We also hope that the church will continue to be available for worship and other uses by the community (as determined by the band). Community members will still be able to schedule marriages and funerals in the church.

We believe that this is the best possible arrangement given our circumstances. Our diminishing financial resources and membership placed us in the position of being unable to continue to operate Christ Church. As the building is owned by the community, releasing it from our exclusive use for worship to the community for its benefit seemed a better use of this resource. As the church is about to undergo another significant renovation, we are grateful for the opportunity to have shared in its stewardship for the last 170 years and we hope that this new arrangement will ensure that Christ Church remains a vibrant and important part of our community infrastructure and history for many years to come.

If you have any questions about this situation, we would be happy to answer them. Please speak to any one of the undersigned or call the parish office at 613-962-2787.

Sincerely,

Patricia Brant
Churchwarden

The Venerable Brad Smith
Rector

Edgar Tumak
Churchwarden



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.

A PENTECOST REFLECTION

A few weeks ago, Tsi Tyonnheht Onkwawenna hosted the Language Hero Dinner to kick off Indigenous Language Awareness Week. At the dinner, the first-ever screening of "Raising the Words", a documentary on language revitalisation efforts in our community by Chloe Ellingson was shown. It was a very powerful picture of the wonderful work being done by the various components of Tsi Tyonnheht Onkwawenna and left the audience with a sense of optimism for the future of Kanyen'keha language. One of the most important things about this short documentary is that it will be shown in many different venues. It will tell people far beyond the borders of our community about the good work that is being done here. It will inspire hope in our young people that their language and culture is becoming strong again.

In the Church, we celebrate Pentecost fifty days after Easter Sunday. It is the time when the Holy Spirit came upon the apostles, empowering them to speak in many languages in order to be understood by many people. It is the "birthday" of the Church and a time when we renew ourselves for the telling of our story of the good news of God's love for the whole creation and the overcoming of evil and death in the raising of Jesus from the dead. Christians are invited to proclaim the good news far and wide and to find hope in God's strength. In our community, there is lots of good news to share!

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:kan! Skennen:kawa! 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

- May 10, 2015 Mothers Day Service
- Jun 21, 2015 Fathers Day Service

"The positive response to my appearances on David's show has nothing to do with my amateur abilities as a broadcaster. People enjoy seeing a mother and son together. It's that simple."

Dorothy (Letterman) Mengerling, David Letterman's Mom

CLASSIFIED

FOR SALE

SIMPLICITY
PORTABLE 3 SEASON
COMFORT (3 in 1)
- 12000 BTU air conditioner
- dehumidifier
- fan with remote
- used only 2 Summers
- Paid \$650.00 asking \$200.00

Call: 613-962-4675

HOUSE FOR SALE

41 Upper Slash Road
\$185,000
New Roof July 2014
1 Acre Lot with Plenty
of Road Frontage
1640 Sq. Ft – Main Level
Propane Furnace and
Hot Water Heater
Hardwood and Ceramic
Floors Throughout
Large Eat-in Kitchen
Dining Room opens to
Multi-level Deck
Living Room with Large
Picture Window
Main Floor Laundry
3 Bedrooms Upstairs with Potential
for More Downstairs
Large Master Bedroom with
Private Deck and Soaker Tub
1 Full Bath and 2 – ½ Baths
(1 main floor and 1 on lower level)
Large Rec Room on Lower Level with
Walk-out and Corner Propane Fireplace
Craft/Extra Room on Lower Level
Outdoor Hot Tub and 27' Round Pool
Attached 2 Car Garage
Shed
Call to view (613)967-8230

HOUSE FOR SALE

4 BEDROOM HOME

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

PRICE REDUCED
(Serious offers will be considered)

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

* WANTED *

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

LOT WANTED

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

Please call: 613-985-5308

CHILD CARE AVAILABLE

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

Call Amanda
- 613-243-7945

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

BABYSITTING AVAILABLE

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

Call Fran - 613-396-2393

FOR SALE

3 BEDROOM HOME

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

Serious inquiries only please.

Contact number:
613-813-9005

LOT FOR SALE

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

Call John Maracle
1-716-826-4208

HOUSE FOR SALE

- 24 North St.
Deseronto

For more information
Please call:
613-354-3826

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~~
- asking ~~\$250,000.00~~
- asking \$240,000.00

By appointment only call:
Larry Norman 613-922-3066

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

House & 1.16 acres
\$299,000.00 or Best Offer
House & 26.22 acres
\$349,000.00 or Best Offer
Land only 25 acres with 453 ft. frontage
\$50,000.00 or Best Offer

Contact Neal -1-613-967-0778

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

FOR SALE

Waterfront LOT
- Bayshore Road
- Deseronto water and sewer available.
- \$80,000

Contact: tyendingwaterfront@gmail.com

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

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

Birthdays are Free
Call:
613-396-3424



9 Commercial Court
Napanee, ON
K7R 4A2

613-354-5435

Kelly McMurter

Sales Representative
RE/MAX Finest Realty Inc., Brokerage
Cell: 613-929-7355

www.kellymcmurter.com

For Sale



- MLS® #: 15603480
- List.Date: 10-APR-2015
- Price: \$99,900
- Foundation: Concrete / Poured, Full, Partially Developed
- Type: Single Family
- Style: 1 Storey, Detached
- Sale Type:
- Occupancy: Owner
- Exposure:
- Water Frontage:
- Access: Municipal Road
- Waterfront Features:
- District/.: 65 - Deseronto/Quinte -
- Heating: Forced Air, Furnace
- Water Supply: Well - Drilled
- Sewer Type: Septic Installed
- Approx SqFt: 900
- Lot Size: IRREG
- Exterior: Vinyl
- Bedrooms: 2+0
- # of Full Baths: Full:1 Half:0
- Garage: None
- Building Age: 26-50
- Taxes: 1
- Assessment:
- Tax Year: 2015



24 NORTH ST.
TYENDINAGA
TERRITORY

Residential - With some creative ideas, in decor, this home could be the perfect home for the persons not requiring large living space. This 2 bedroom home is wheelchair accessible with a main floor laundry room that can be turned back into a third bedroom. The full basement is insulated and ready for the interior finishing; it makes the perfect space for an extra bedroom, laundry room and rec room. The insulated workshop is 12ft x 30 ft and has the framing behind the walls for a garage door if you want to turn it back into a garage. The workshop was used as a business and has some of the business apparatus still on the building. Property is located on the Tyendinaga Territory; Buyer must be a Status Member of the Mohawks of the Bay of Quinte.

The Lazy Gardener

~ 1154 York Rd., Tyendinaga Mohawk Territory ~
~ 613-966-7985 ~ www.thelazyg.ca ~ thelazyg2@gmail.com



HANGING BASKETS

10", 12" and larger

PATIO POTS

Variety of sizes

BEDDING PLANTS

Pansies, Geraniums, Wave
Petunias, Impatiens, etc.

PERENNIALS

Echinacea, Holly Hocks, Coral
Bells, to name a few

GARDEN VEGETABLES

We have a large selection of pepper and tomato plants as well as herbs
and other garden vegetables.



*We have spikes, ivy, potato vine
and other thrillers, spillers and
fillers for the do-it-yourselfer!*

or

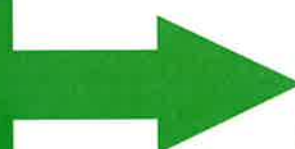
*We will be happy to do the
work for you!*



OPEN DAILY 10.00 a.m. – 6:00 p.m.

*Need a gift for a birthday, wedding,
anniversary or other occasion?
Ready-made or customized -
we have a basket for that!*

*Check out our website - we're more than
plants and flowers. www.thelazyg.ca*



"Unearth your Imagination"®

Rez Boyz

CUSTOM WHEELS, TIRES & ACCESSORIES

CARS & TRUCKS rezboyz.com

(613) 968-6333 1-888-730-2690

rez_boyz-07@hotmail.com

5976 Old Hwy. #2 Shannonville Ont.

TAX FREE

Bowden's Accounting Services

Accounting, Bookkeeping & Tax Preparation

Offering income tax preparation service that is affordable and professional.

- **Personal Income Tax Returns**
- **Small and Medium Business Tax Returns**
- **Self employed Income Tax Returns**
- **Assistance with Revenue Canada Tax Assessments**
- **Year-round Support**
- **Authorized E-filer**

Accounting and Bookkeeping Services Available
For Small and Medium Businesses

5976 Old Highway #2
Shannonville, ON K0K 3A0

613-813-1526/613-968-9777

tbowden98@hotmail.com

Located at Rez Boyz



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

Dianne Dowling
CHS

Tim Reynolds
CFP, CHS



109 John Street
Napance, Ontario
K7R 1R1

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

EMAIL: service@lafc.ca

T S C



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

TOTAL
SOURCE
CONSTRUCTION



Specializing but not limited to;
• Excavation, trenching, material handling
• Renovations and new construction

CELL: 613-242-0124
RESIDENCE: 613-961-1975
Fax: 613-961-2027

We are
on
the web
Check it
out!
www.m bq-tmt.org

Are you behind on
credit cards • car payments • personal loans

STOP
collection calls
wage garnishments
FAST

Talk to
Jeff Maracle
your

Goldhar

shed the debt™ specialist
for Bay of Quinte

call **613-707-6779**

to arrange a
free and friendly no obligation financial review
appointment times flexible • Goldhar can come to you

www.shedthedebt.ca

Goldhar & Associates Ltd. Trustees in Bankruptcy

consumer proposals • debt settlement • protection from creditors

Choice

Roofing & General Contracting

Dean Brant
Tyendinaga

Tel: 613-968-7814
Cel: 613-961-9103

Shingles, Flat Roofs, Decks,
Drywall, Siding, Soffit & Facia

McMurter ACE

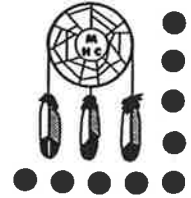
The helpful place.

Lumber & Building Supplies

Tyendinaga Mohawk Territory
P.O. Box 755
Ontario, Canada K0K 1X0

Jim McMurter
Owner / Manager

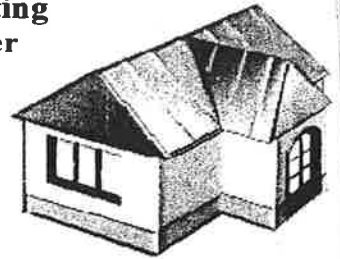
E-mail: jmcmurter@mcmurterhome.com
BUS: (613) 396-1607 ~ FAX: (613) 396-6897



YOU CAN
ADVERTISE YOUR BUSINESS
HERE
CALL FOR DETAILS.
613-396-3424

Bowden Contracting
Licensed Carpenter

Home Renovations
New Construction
Free Estimates



Ron Bowden
Cell - 613-848-5331

Pelletier Law Firm

Bonnie Pelletier, R.N., LL.B

Barrister Solicitor Adjudicator

Formerly Maracle Law Office



Divorce
Separation
Custody and Access
Child Protection Cases
Wills
Powers of Attorney
First Nations Law
Tribunal Hearings
Legal Aid Accepted

613-969-9000

14 York Road · Mohawk Business Centre
Shannonville, Ontario K0K 3A0 · Fax: 613-542-1003

EMAIL: info@pelletierlawfirm.com

Telephone 613 396-3570

New Installations and Repairs

Residential and Commercial

Cellular 613-827-1050

GARTLAND

PLUMBING

Heating & Air Conditioning

2040 Melrose RD. Marysville, ON., K0K 2N0

FOR ALL YOUR GARDENING NEEDS

Grown to Perfection!

778 Hwy 49 Deseronto 613*396*1259

Remember your Mother's Day Gifts

KC Builders
OPENING MAY 2, 2015

*Heirloom Vegetables

*Exciting New Annuals

*Culinary Herbs

*Favourite Perennials

Tropical Plants

*Native Plants

•Garden Gifts

*Soil- Bagged & Bulk

*Organic Soils

*Mulch- Bagged & Bulk

*Garden & Grass Seeds

* Aggregates

•Garden Products



Gardening Workshops starting soon



Offered by K.C.Builders

Belleville Bakery

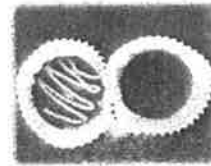
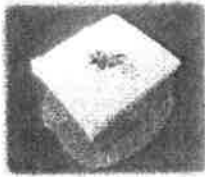


300 Bell Blvd, Belleville
And Our New Location At
5379 Hwy#2 Shannonville
613.966.9490

Fresh Buns and Breads Made Daily Made From Scratch

- No Artificial Preservatives
- Exceptional Nutritional Value

PLUS...
Melt In Your Mouth **SWEET TREATS!**



DON'T SETTLE FOR ANYTHING LESS THAN BELLEVILLE BAKERY FRESH!

BUILD-ALL CONTRACTORS

5427 HWY#2, TYENDINAGA TERRITORY
SHANNONVILLE, ONTARIO
K0K 3A0
PHONE: 613.969.1315
FAX: 613.969.9806
E-MAIL: buildall@bellnet.ca



GENERAL CONTRACTORS

~QUALITY WORK AND COMPETITIVE PRICES~

- **30 years experience**
- **New home construction**
- **Residential and commercial construction**
- **Driveways**
- **Brushing and tree removal**

