



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 11/10  
Kentenhkowa (Nov.)

**ORI:WASE** (News)

*We are on the web [www.mbq-tmt.org](http://www.mbq-tmt.org)*

## ANGEL TREE PROGRAM



The Angel Tree Program is designed to assist families in need during the Christmas Season. Services provided to community members who have children age 16 years of age and younger.

Referrals will be taken as of October 15th, 2010

If you wish to access the "Angel Tree Program" or the "Christmas Food Hampers"

Contact Melissa R Maracle CHR, CDPW or Denise Leafe CHR, RPN, Thayendanege Health Centre  
613-967-3603

Application Deadline : November 26th, 2010

# Check it out...



[www.mbq-tmt.org](http://www.mbq-tmt.org)

- ◆ Tyendinaga news & press releases
- ◆ Community Calendar
- ◆ Tyendinaga Mohawk Council
- ◆ MBQ programs & services
- ◆ Sign up for email alerts
- ◆ Photo galleries
- ◆ Job opportunities & tenders for service

....And much more!

## \*\* EYEGLASSES FOUND \*\*

The Health Centre has 2 pair of glasses that were found in the Vehicles of those receiving Medical transportation.

Inquiries can be made to the Health Centre at

**613-967-3603**



**MOHAWK FIRE  
DEPARTMENT**

The Mohawk firefighters in October responded to 8 calls:

- 2 - Medical Assists
- 2 - Motor Vehicle Accidents
- 1 - C.O. Detector
- 1 - Auto Alarm
- 1 - Mutual Aid
- 1 - Structure Fire

This brings our total to 86 calls for the year 2010

To better serve the community and its members, the Tyendinaga Mohawk Council has asked that the following procedure for public presentations to the Council be recognized. This procedure will ensure that the Council receives all pertinent information in order to serve you and the community. This procedure has not been established to hinder your access to the Council, but to enhance service in a timely fashion.

### **PROCEDURE FOR LOCAL BUSINESS**

Local Business Meetings are held the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday's of each month at 7:00 p.m. unless otherwise notified.

The deadline for inclusion on the Local Business Agenda is the previous Friday at 12:00 p.m. Requests made after the deadline will be placed on the following Local Business Agenda.

The Tyendinaga Mohawk Council requires that the Community member provide a written statement on the issue the member wishes to discuss by the deadline. Assistance will be provided upon request. This will allow the staff the opportunity to gather any additional information on the issue so the Council can be fully informed and that your time is well spent.

All requests are to be directed to Angela Maracle, Administrative Officer, or Shelley Bowden, Administrative Support.

The order for the agenda is determined on a first-come, first-serve basis and each slot is scheduled for 20 minutes.

Please be advised that Community members that do not follow this procedure will not be recognized to be heard at the meeting. This is to ensure that all the proper information is available to the Council so that an informed decision can be made that is fair and equitable to every member.

## **HAVE YOU HAD YOUR WATER TESTED?**

Please call Liz Brant at the  
Mohawk Administration Office to  
arrange an appointment that's  
convenient for you.

**396-3424 ext. 129**



## EMPLOYMENT OPPORTUNITY INTERNAL POSTING

### *Community Wellbeing Home Support Program*

#### ***Part-time Cook (approximately 20 hours per week)***

##### ***JOB SUMMARY:***

Position is responsible for providing well-balanced nutritional meal and snacks at approximately 20 hours per week. This position includes some heavy lifting (ie; large pots of potatoes, boxes of groceries possibly up to but not exceeding 50 lbs.). Successful applicant is also responsible for operating, maintaining and organizing the food preparation facilities utilized by the MBQ Home Support Program.

##### ***Essential Qualifications:***

- Willingness to obtain certificate from food handler course, minimum of 6-9 months experience in an institutional or commercial food establishment
- Valid Class "G2" drivers license and own transportation
- Preference will be given to applicants of Mohawk Ancestry

##### ***Skills/Abilities/Knowledge:***

- General housekeeping and maintenance skills; Good organizational skills
- Good communication and active listening skills; Enjoyment of socializing with seniors and/or adults who are physically challenged
- Capacity to remain calm in unexpected situations; Ability to set clear boundaries
- CPR and First Aid certified and Food preparation and service practices
- Knowledge of community residence and resources
- Knowledge and adherence to MBQ & Home Support policies and procedures and to respect confidentiality
- Ability to relate to routine operations and conform to policy and procedures
- Ability to be a team player as well as take initiative to self direction
- Ability to be positive, tactful and maintain harmonious working relationship with seniors, staff, volunteers, management and Tyendinaga Mohawk Council
- High level of sensitivity to Native Health issues and community concerns
- Must be able to provide a satisfactory Criminal Reference Check
- Must be available to work weekends and evenings as per scheduled events
- Appreciation of contemporary nutritional standards

##### ***Main Duties & Responsibilities:***

1. Ensuring preparation and delivery of nutritious meals and snacks
2. Ensuring cleanliness of preparation areas, equipment and dining areas
3. Administration and maintenance duties as requested and/or required by the Meal Services Coordinator

Application must be **submitted no later than NOON** on the closing date and must include notation of position applying for, resume, three references (at least two professional) AND other required documents

##### **CLOSING DATE FOR APPLICATIONS:**

**November 19<sup>th</sup>, 2010 at 12:00 NOON**

Application or requests for information can be sent to:

Reception at:

Mailing address:

13 Old York Road  
Tyendinaga Mohawk Territory  
K0K 1X0

Email:

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

Fax:

613-396-3627

Inquiries please call:

613-396-3424

*Note: Eligible candidates for an Internal Posting are members of the Tyendinaga Mohawk Territory  
We thank all applicants for their interest in this position but only those selected for an interview will be contacted.*

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### ***Community Wellbeing – Dietician TERM opportunity to February 2012***

##### ***JOB SUMMARY:***

The Dietician is directly responsible to the Diabetes Nurse Educator to develop and implement nutrition programs to promote healthy diet for adults at high risk or living with type 1 or 2 diabetes; promote wellness, and maintenance of healthy lifestyles through a complete consultative approach; work within the administrative procedures established for this position; represent and promote the health service interests of the Mohawks of the Bay of Quinte; work in a courteous, cooperative, positive and proactive manner; and, provides information as requested.

##### ***Essential Qualifications:***

- Bachelors of Science in Nutritional Science with experience in community nutrition preferred.
- Member or eligible for membership with the Ontario College of Dietitians.
- Good knowledge, preferable gained through related experience and training in the delivery of nutrition services.
- CPR and First Aid certificate preferred

- High level of computer skills of Microsoft Office, MS Word, Excel
- High level of sensitivity to Native issues; culture and traditional foods
- Exhibits a high degree of initiative and self-direction; good analytical, organizational, verbal and written communication skills.
- Good background in research; ability to conceptualize
- Ability to work with tact and discretion; high level of public relation skills and good project management skills.
- Able to develop and deliver workshops, information sessions, and other presentations to individuals and groups of clients at age appropriate levels and in clear terms for the general population
- Preference will be given to persons of Mohawk Ancestry

#### **Knowledge:**

- Knowledge and understanding of aboriginal culture
- Knowledge of policies and procedures relative to Community Wellbeing programs and services
- Demonstrate leadership, critical thinking & decision-making skills.

#### **Main Duties & Responsibilities:**

1. Develop, deliver and enhance effective individual and group nutrition promotion and education services
2. Maintains individual client health files/documentation according to the established standards of the MBQ Community Wellbeing department
3. Work within the Community Wellbeing team promoting positive client outcomes
4. Other duties associated with the program as requested

Application must be **submitted no later than NOON** on the closing date and must include notation of position applying for, resume, three references (at least two professional) AND other required documents

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Tyendinaga Mohawk Territory  
K0K 1X0

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

Fax: 613-396-3627

Inquiries please call: 613-396-3424

*Note: We thank all applicants for their interest in this position but only those selected for an interview will be contacted.*

### **EXTERNAL POSTING**

#### ***Community Wellbeing – Good Minds Program***

#### ***Traditional Community Wellness Worker***

##### **JOB SUMMARY:**

The Traditional Community Wellness worker (TCWW) is directly responsible to the Good Minds Coordinator, the Traditional Practitioner and the Enyonkwa'nikonhriyo:hake Team to assist members of the community, clients and MBQ staff; to ensure clients receive support and wholistic care; counsell and support clients to maintain emotional, physical, mental and spiritual well being; offer guidance and support to community programs; and encourage and build relationships with outside agencies for referral purposes and to build resources.

##### **Hours of Work:**

The TCWW will work full time consisting of 40 hours per week. Some evening and/or weekend work will be required.

##### **Essential Qualifications:**

- Bachelor of Social Work

OR

- Diploma in Social Service program or Diploma in Humanities & two years direct counselling experience

AND

- Excellent organizational and time management skills
  - Criminal Reference Check must be included
  - Knowledge of counseling theories and practices
  - Possess a valid G drivers license, vehicle insurance & reliable vehicle
  - Excellent written, verbal communication and interpersonal skills
  - Ability to work independently and responsibly as well as part of a Team
  - Competent in high stress management and crisis situations
  - Strong interest in Mohawk culture and traditions
  - Keen interest in traditional healing methods
  - Ability to be creative and flexible
  - High degree of initiative, insight and self direction
  - Excellent computer based skills, MSOffice, email, internet
  - Willing to continue skills, professional development to meet client/service delivery needs
- Preference will be given to persons of Mohawk Ancestry

### ***Duties & Responsibilities: Work Procedures***

1. Contributes to program management and administration
2. Ensure all clients receive support and wholistic care, including development and implementation of culturally appropriate materials, services and programs
3. Provide Community with participant based activities that promote wellness and balance
4. Perform a variety of physical activities including walking outdoors in various weather conditions
5. Additional duties as assigned to compliment programs and services

Application must be **submitted no later than NOON** on the closing date and must include notation of position applying for, resume, three references (at least two professional) AND other required documents

### **CLOSING DATE FOR APPLICATIONS:**

**Friday November 12<sup>th</sup>, 2010 at 12:00 NOON**

Application or requests for information can be sent to:

Reception at:

Mailing address: 13 Old York Road  
Tyendinaga Mohawk Territory, K0K

1X0

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

Fax: 613-396-3627

Inquiries please call: 613-396-3424

*Note: We thank all applicants for their interest in this position but only those selected for an interview will be contacted.*

## **INTERNAL POSTING**

### ***Community Infrastructure – Water Delivery Driver***

### ***JOB SUMMARY:***

Provide water to community members who do not have access to the water and sewer system; communicate with Technical Services staff concerning delays, accidents, equipment breakdowns or other maintenance issues; conduct daily Chlorine residual checks on truck; use of chemicals such as chlorine for water safety; ensure any potential environmental hazards are reported; perform circle check and general maintenance of truck and equipment prior to leaving and at the end of the day including cleaning the truck; monitor vehicle performance and mechanical fitness; ensure any mechanical failures, etc. are reported to Supervisor and MBQ Mechanics immediately; and, screen and report any potential environmental hazards.

### ***Essential Qualifications:***

- Must possess a valid class D-Z driver's license and provide a satisfactory driver's abstract with no convictions for dangerous driving;
- Must possess excellent customer service skills;
- Able to maintain D-Z license and require medical certificates;
- Must have own steel toe safety boots;
- Prior experience driving liquid (tanker) trucks an asset;
- WHMIS knowledge and willing to re-certify annually;
- Knowledge and ability to adhere to safe work practices;
- Able to lift and move equipment repeatedly throughout each shift;
- Must have the strength, stamina and agility required to be on their feet; and,
- Must be willing to work a variety of hours, including weekends
- Preference will be given to applicants of Mohawk Ancestry
- Applicants must be eligible for Kagita Mikam LDM's Targeted Wage Subsidy program

### ***Main Duties & Responsibilities:***

1. Will establish and maintain good working relationships;
2. Responsible for the collection of data;
3. Responsible to ensure safety of self and others; and,
4. Other duties required of the Delivery person may include water testing, provision of information to clients, demonstration of processes to keep holding tanks clean/sanitary.

Application must be **submitted no later than NOON** on the closing date and must include notation of position applying for, resume, three references (at least two professional) AND other required documents

### **CLOSING DATE FOR APPLICATIONS:**

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Application or requests for information can be sent to:

Reception at:

Mailing address: 13 Old York Road

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Inquiries please call:

Tyendinaga Mohawk Territory

K0K 1X0

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

613-396-3627

613-396-3424

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We thank all applicants for their interest in this position but only those selected for an interview will be contacted.*

## Trustee Report for October, 2010

It's official – I have been appointed by Chief and Band Council to serve another term (4 years) to sit on the Hastings and Prince Edward District School Board and represent our Mohawks of the Bay of Quinte Band. I should also mention that the Trustee composition of the Board and our Director of Education and senior team have all worked very well together in the past and have taken great pride in the accomplishments of the Board. The relationship between HPEDSB and MBQ, in many ways a partnership, has also been very important in developing initiatives that have continued to pave the way towards building on the success that our Native Students can

look forward to achieving.

The next four years may bring about new challenges to work through, but I am confident that our continuing efforts to work together will provide opportunities for our Native Students and community to grow and have even more success in the future.

It is with much pride that I will continue to serve as the Mohawks of the Bay of Quinte's representative on the Hasting Prince Edward District School Board.

For more detailed information, please go to the Board web site: [HPEDSB.on.ca](http://HPEDSB.on.ca) > Board and Committee meetings.

Remember, if you have any questions or concerns please call me at (613) 962-3595 or email me at

[mbrant@hpedsb.on.ca](mailto:mbrant@hpedsb.on.ca).

Respectfully submitted  
Mike Brant, Trustee HPEDSB  
representing Tyendinaga First Nations

### ASK A TEACHER

Ask A Teacher chat rooms are open  
Sunday through Thursday evenings  
from 5:30 pm - 9:30 pm.

It is free to all high school students  
and a wonderful opportunity for a young person  
to interact with a teacher in live time via the internet.

Go to  
<http://www.ilc.org/aat/chat.php>

and you can find the schedule for each evening.  
Just click on the subject you need  
and you will find out how many are before you or not.

Great for regular homework problems,  
special assignments or  
before the big exams or provincial tests.

Enjoy!

Cut this  
out &  
place it  
on your fridge  
when  
needed!





# What to take to the Waste Depot Site

OPEN Every Saturday from 8:30 am - 5:00 pm

## FREE TO TAKE TO THE WASTE DEPOT SITE

Tires  
Electronics  
Steel  
Household Hazardous Wastes



## Minimal Fee to Dispose of Large Items

Please do not leave items at the gate; we WILL look through the bags to find the owner. This will help to eliminate extra costs for clean-up.

## \*REMINDER\*

Please remember to SORT all of your recycling into 2 bins.

Bin One: Paper and Paper products.

Bin Two: Metal, Tin, Mixed Containers, Plastics



# Household Hazardous Waste!

## Items that are accepted:

### In the Garage:

Transmission Fluid  
Batteries (all types)  
Battery Acid  
Brake Fluid  
Body Filler  
Auto Spray Paint  
Car Wax  
Fuel (kerosene, diesel)  
Windshield Washer Fluid  
\*Motor Oil is accepted at the  
Landfill Oil Tank\*



### In the Kitchen:

Abrasive Powders  
Ammonia-based Cleaners  
Disinfectants  
Drain Decloggers  
Chlorine Bleach  
Stain Removers  
Floor and Furniture Polish  
Metal Cleaner/Polish  
Oven Cleaners  
Window and  
Glass Cleaners  
\* empty aerosol cans can go  
into the blue box\*

### In the Workshop:

Glues & Cements  
Paints (alkyd and latex,  
max. 20 - 4 litre  
cans or 4 -20 litre  
pails)  
Paint Strippers  
Rust Removers  
Stains  
Finishes  
Thinners & Turpentine  
Wood Preservatives  
Mothballs  
Flea Collars & Sprays  
Florescent Tubes

### In the Shed:

Fertilizers  
Pesticides  
Rat and Mouse Poison  
Roach and Ant Poison  
Pool Chemicals

### In the Bathroom:

Aftershave  
Perfume  
Depilatories  
Hair Lotions  
Dyes  
Medicines  
Shoe Polish  
Nail Polish Remover







Tyendinaga Home Support Program  
Phone: 613-396-4005

# For Seniors 55+ or 18+ Physical Challenges

## November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
All programs are held at the Elders Lodge unless otherwise stated.	1 Breakfast Club (Full) Ceramics Wii Bowling	2 Breakfast Club (Continental) Meals on Wheels Fitness Language Class	3 Breakfast Club (Continental) Diners Club Deseronto Movie Night	4 Breakfast Club (Full) Meals on Wheels Blvl Shopping	5 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	6	
	7	8 Breakfast Club (Full) Ceramics Wii Bowling	9 Breakfast Club (Continental) Meals on Wheels Fitness Language Class	10 Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night	11 OFFICE CLOSED 	12 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	13
	14	15 Breakfast Club (Full) Ceramics Wii Bowling	16 Breakfast Club (Continental) Meals on Wheels Fitness Language Class	17 Breakfast Club (Continental) Movie Night	18 Breakfast Club (Full) Meals on Wheels Birthday Tea	19 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	20
	21	22 Breakfast Club (Full) Ceramics Wii Bowling	23 Breakfast Club (Continental) Meals on Wheels Fitness Language Class	24 Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night	25 Breakfast Club (Full) Meals on Wheels BINGO	26 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	27
	28	29 Breakfast Club (Full) Extra Shopping Ceramics Wii Bowling	30 Breakfast Club (Continental) Meals on Wheels Fitness War Museum Language Class	Breakfast Club - 8:30 a.m - 9:30 a.m. Ceramics - 1:00 p.m. - 3:00 p.m. Diners Club - 12:00 p.m. - 2:00 p.m. Birthday Tea - 2:00 p.m. - 4:00 p.m. Handivan Departure - 10:00 a.m Bingo - 12:00 p.m. - 3:00 p.m. Meals on Wheels delivered between: Euchre - 6:30 - 8:30 p.m. 11:30 a.m. - 12:30 p.m. Movie Night - 7:00 - 9:00 p.m.. Friendly Visiting - 1:00 - 3:00 p.m. Wii Bowling - 7:00 - 9:00 p.m. Scrapbooking - 10:00 - 3:00 p.m. Fitness - 9:00 a.m. - 10:00 a.m.			

## BREASTFEEDING CIRCLE

*"I am pregnant and interested in breastfeeding, or at least giving my baby breastmilk if possible. I am HIV-positive. Can I breastfeed safely without passing HIV to my baby?"*

Since 1985 HIV-positive mothers in developed countries have received clear advice to avoid breastfeeding, since the HIV virus is in breastmilk and formula feeding was considered safe. For artificial feeding to be considered a safe option, specific **AFASS** conditions must be met. That means it must be:

**Acceptable, Feasible, Affordable, Safe and Sustainable.**

As formula is expensive and safe water must be available to prepare it, the conditions in many First Nations communities and homes do not meet AFASS criteria.

The World Health Organization issued new Recommendations for Prevention of Mother to Child Transmission (PMTCT) During Breastfeeding in 2009. New research shows increased health risks for *artificially-fed* HIV-exposed children. The new recommendations focus on extended use of preventative drug treatment for mother and child throughout pregnancy and breastfeeding.

***The risk of transmission through exclusive breastfeeding is less than the risk during the 24 hours surrounding labour and birth.***

Even with no intervention, approximately 2/3 of HIV exposed babies will *not* become infected.

Risk of transmission is increased with mixed feeding. ie breastfeeding + formula.

Viral load is the main risk factor for passing on HIV from mother to baby by all routes – pregnancy, labour, birth, and breastfeeding. Babies of HIV-positive moms are often delivered by Cesarean. However, some pregnancy guidelines

are being revised in developed countries to include the option of vaginal birth when the mother's blood tests show low enough levels of the virus (undetectable or very low) on preventative drugs. Those mothers who can be considered for vaginal birth, may also be candidates to safely breastfeed, ***as long as the mother will be breastfeeding exclusively (ie no supplements of formula or other food or drink).***

One option for HIV-positive moms to provide HIV-free breastmilk to their babies is to pump their milk, pasteurize it, and bottle feed it. There is an easy method of doing this at home called "**Flash-past Pasteurization of Breastmilk**", which kills HIV while retaining most

of the important special nutrients and antibodies of breastmilk. (Information available from an IBCLC).

It is helpful for a mother to share this information along with the desire to breastfeed with the health care provider who will be caring for her through delivery, as not all health providers may yet be aware of the new World Health Organization recommendations. It is also important to get a doctor's order & support to back up her decision to breastfeed, to avoid hassles from other workers involved with the mother and baby who do not understand the new guidelines.

Gale Hayward IBCLC, RN

NURSING MOTHERS' GROUP  
OF  
TYENDINAGA  
INVITES\*  
BREASTFEEDING MOTHERS  
AND BABIES  
AND EXPECTANT MOTHERS  
(\*Interested women and girls also Welcome)  
To their ongoing series of meetings

FRIDAY November 12, 2010  
&  
FRIDAY November 26, 2010  
at QUEEN ANNE PARISH HALL  
10:30 am – Noon

### PLEASE NOTE:

Date for move to Community WellBeing building uncertain...

Call before meetings to check location

***DISCUSSIONS ON A VARIETY OF TOPICS  
RELATED TO THE CHALLENGES AND JOYS  
MOTHERHOOD***

***LIBRARY & MOTHER-TO-MOTHER HELP  
BREASTFEEDING CLINIC AVAILABLE :***

***\* If having problems, please call for an appointment \****

**TO CHECK MEETING LOCATION or  
FOR APPOINTMENTS for BREASTFEEDING HELP**

**CALL HEALTH CENTRE: 967- 3603  
or 396-2942 when Health Centre closed**

November 2010

## Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

The Thayendanegea Health Centre is offering **MONTHLY FOOD VOUCHERS** to women during their pregnancy. For more information please drop by or call the Health Centre 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

## *Moon Ceremony*



*All Women Welcome!*

WHERE: RED CEDARS  
WHEN: *Nov. 21st* at Dusk

Please wear a  
dress/skirt and  
bring tobacco, lawn chair  
& water if possible.

Call for more  
information:  
613-969-2215 or 967-2003  
POTLUCK MEAL SHARING



# DIABETES WELLNESS CIRCLE

**November 9/10**

**7 P.M.**

To be held at  
**Elder's Lodge Common Room.**

**Featured Topic**

**Benefits of Massage**

**With Mora File**



**ALL WELCOME.**











For more information please call 613-967-3603

November is designated as Diabetes month to bring attention to the growing epidemic of diabetes around the world.

Many people are struggling with diabetes, to live a healthy lifestyle and to manage all of the tasks that go with diabetes. It's important to learn all you can about diabetes, so you won't feel overwhelmed about what you need to do on a daily basis.

Carol Loft  
Diabetes Prevention Coordinator  
613-396-3900  
[eastern@soadi.ca](mailto:eastern@soadi.ca)

# NOVEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Symptoms of diabetes include extreme thirst, frequent urination, feeling tired, blurred vision, etc.</p>	<p>Aboriginal people had virtually no diabetes when they lived a traditional lifestyle. This included lots of activity &amp; eating "fast foods" (deer, moose, etc.)</p>	<p>If you are Aboriginal descent you need to be tested yearly for diabetes. Having an early diagnosis of diabetes can prevent a lot of health issues</p>	<p>Blood sugar levels for people with diabetes are: 4-7 mmol/L (before meals) 5-10 mmol/L (2 hours after meals)</p>	<p>Poorly controlled diabetes can lead to serious health problems. Diabetes doesn't kill you, the complications do</p>	<p>Check your feet every day. Your feet can be easily injured, &amp; take a long time to heal, which can lead to serious problems</p> 	<p>When you have diabetes it not only affect you, but also on your family members &amp; friends</p>
<p>Symptoms of diabetes include extreme thirst, frequent urination, feeling tired, blurred vision, etc.</p>	<p>When you have diabetes, you are the key to making healthy changes in your life</p> 	<p>Symptoms of diabetes can develop slowly. People aren't always aware they have diabetes, until the complications appear</p>	<p>The body uses insulin more effectively when you are physically active &amp; maintain an ideal body weight</p>	<p>If a person has been diagnosed with pre-diabetes &amp; it's left unchecked, they will have full blown diabetes - within 8-10 years</p>	<p>It's important to drink 6-8 glasses of water a day</p> 	<p>If you smoke, less oxygen flows inside the body, which can cause heart disease or stroke, etc.</p>
<p>Gestational diabetes is a temporary condition which affects 2-4% of pregnant women. There is an increased risk for the mom &amp; child of getting Type 2 diabetes in the future</p>	<p>Over the counter medicines can affect blood sugar levels. Talk to the pharmacist to make sure these medicines won't affect you</p>	<p>The number one cause of kidney failure is diabetes</p> 	<p>Unhealthy eating &amp; lack of physical activity is a factor in the increase of diabetes with aboriginal children, youth &amp; adults</p>	<p>Wear I.D. such as the Medic Alert bracelet to indicate you have diabetes. Wear it at all times</p> 	<p>Some risk factors for diabetes are - being Aboriginal, being inactive &amp; overweight, having had gestational diabetes, family history, etc.</p>	<p>If you are sick, and/or stressed, your blood sugar levels will be higher than normal</p>
<p>The more you learn about diabetes, the better prepared you will be in dealing with this disease</p> 	<p>If your blood glucose levels are in acceptable levels, you can live a long &amp; healthy life</p>	<p>A loss of 5% - 10% of body weight helps insulin work better, which means lower blood sugar levels</p>	<p>Laughter, a positive attitude &amp; humor is "healing" &amp; will help you deal with diabetes in a more positive way</p> 	<p>Diabetes - the pancreas is not releasing enough insulin, or the insulin isn't working effectively. The body needs insulin to change the sugar from food into energy</p>	<p>A person with diabetes has an increased risk of blindness, heart disease, kidney disease, foot ulcers, amputation, stroke, etc.</p>	<p>Attend a diabetes wellness circle/support group. Share your concerns, &amp; learn from others</p>
<p>Diabetes doesn't have to control you. It's your choice as to who is in the "drivers" seat</p>	<p>Some of the causes of Type 2 diabetes are poor eating habits, smoking, little or no physical activity &amp; high levels of stress</p>	<p>To prevent Type 2 diabetes, eat healthy, be active for life &amp; maintain an ideal weight</p>				



## ANGEL TREE PROGRAM



*THE ANGEL TREE PROGRAM HAS BEEN  
SUCCESSFUL YEAR AFTER YEAR THROUGH THE  
SUPPORT OF OUR CARING COMMUNITY, LAST  
YEAR, THROUGH FUNDRAISING AND  
DONATIONS WE WERE ABLE TO PROVIDE  
MUCH NEEDED WARM CLOTHING TO 53  
CHILDREN.*

*"Let's continue to work together to help keep the children of our community stay warm and happy!"*

Angels will be available starting November 8, 2010 at the Thayendanege Health Centre—main reception 1658 York Road, RR# 1 Deseronto, ON K0K 1X0

We ask all unwrapped gifts or donations be returned to the Health Centre  
by December 8, 2010

PLEASE make cheques payable to Mohawks of Bay of Quinte. "Angel Tree Program"

*FOR MORE INFORMATION, CONTACT  
MELISSA R MARACEL, CHR, CDPW, OR  
DENISE LEAFE CHR, RPN THAYENDANEGE  
HEALTH CENTRE 613-967-3603*



October 25, 2010

Dear Community Members

The Community Safety Working Group (CSWG) is pleased to provide you with an update on our activities since the circulation of the CSWG brochure in the spring. For this fiscal year 2010-2011, the CSWG, in collaboration with Mohawks of the Bay of Quinte Administration and with Tyendinaga Mohawk Council support, submitted a proposal for funding to the New Relationship Fund (NRF) Enhanced Capacity Building Program. The proposal was successful and will allow the CSWG to continue working toward establishing a police services board in Tyendinaga.

Last year, the CSWG received funding that allowed us to: research other First Nations that have established police services boards; develop of a draft governance document for the proposed police service board; and, attend training related to the roles and responsibilities of a police services civilian authority.

This fiscal year, the NRF funding will allow us to further develop our governance document, receive enhanced police board training, and network with the other First Nations who have established police services boards in their communities. We plan to hold two community meetings between now and March to elicit your input and ideas and to share our research findings. The primary focus will be on relationship building and clearly defining the roles and responsibilities of the proposed police services board.

The current members of the CSWG are:

Elvin Green, Chair  
Nora Brant  
Sandra Lewis-den Otter  
Jo-Anne Tabobandung  
Bill Maracle  
Twila Brant

The CSWG meets regularly and would be happy to hear from you. Please share your ideas and questions with the CSWG by sending an e-mail to [TyendinagaCommunitySafety@yahoo.ca](mailto:TyendinagaCommunitySafety@yahoo.ca).

Be safe,

Elvin Green  
Chair  
Community Safety Working Group



### Attention Community Members

\*\*\*Please note an amendment to our October notice.\*\*\*

We will **NOT** be holding elections in November 2010.

**Elections will now be held in January 2011 on the regular meeting date of January 10 at 7:00PM.**

Please mark it on your calendar to come out and voice your opinion by becoming a member and voting on the 2011 Mohawk Agricultural Society Executive. In addition, there will be no regular meetings for November or December.

As always, the Mohawk Agricultural Society values all opinions and looks forward to new and fresh ideas for the new year.

**Next Meeting Date: January 10, 2011**

### **“AA OPEN MEETINGS”**

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

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



To our amazing children Amy, Jesse, Travis and Em your thoughtfulness and hard work to organize our 50<sup>th</sup> Birthday Party on Sept. 25th will be truly treasured. Amy

and Shane thank you for hosting the party, we know how exhausting and how much time it must have taken to put it all together, not to mention the clean up afterwards. It was a full week of excitement, starting with the surprise visit on Tuesday from Jesse who travelled from Fort McMurray to help celebrate our day. The yummy bbq dinner Travis provided on Friday and then the birthday celebration on Saturday. The band was awesome; the food delicious; the birthday hats we could have done without, but were cute; the cards and gifts were not necessary, but fun to read and will be cherished. Thanks to our family and friends – spending time with you makes any age great! It just wouldn't have been as much fun without all of you. To our out of town friends, thank you so much for adding to an already great day. You know how to get the party started and making our special day extra special. You truly are the best children, family and friends ever.

Love Kell and Bren

*Join us  
in our  
Friendly Environment  
at the  
**York Road Restaurant***

*Every night we offer different dinner specials.  
Take out or Dine in.*

*Now Open  
8 a.m. for Breakfast!  
Breakfast Special \$4.25 includes Coffee.*



*Now Booking Christmas Parties  
For more information please call  
us at  
**613-967-1028***

## **NIA:WEN Gary Maracle!**

Thank you for your assistance in collecting a small injured hawk on York Road on Sept 15, 2010.

Without your help and kind donations of a cage and towel the small carnivore would never have been transported safely to the Animal Sanctuary in Napanee. Hawks rely on their strong wings to catch small prey and live in harmony. Unfortunately, the small hawk's wing had been injured for quite awhile before he was found and had to be humanly euthanized as the wing could not be repaired.

Please inform the environmental department at the Administration Office should you find any wild animals in need of assistance.

613-396-3424 ext. 131



*In Loving Memory  
of a very dear and loving Husband, Dad,  
Grand Papa, Great Grand Papa.*

**Reg Maracle**

who passed away one year ago

Nov. 14, 2009

*Two years ago we saw you getting tired  
and a cure was not to be,  
with tearful eyes we watched you suffer  
and saw you fade away.*

*Although we loved you dearly,  
we couldn't make you stay.*

*Its lonesome here without you.*

*We miss you more each day since  
you've been gone away.*

*When days are sad and lonely and  
everything seems wrong,  
we seem to hear you whisper  
"cheer up and carry on".*

*Each time we see your picture you  
seem to smile and say*

*"We will meet again some day"*

*We love and miss you every day.*

*The Cook (Millie)  
Kids, Grandkids & Great Grandkids*

*The family of the late  
Loretta M. Bernhardt  
wish to express their  
most heartfelt thanks to Friends,  
Neighbours and Relatives  
for their kind gifts of food,  
flowers, donations to the  
Heart & Stroke Foundation, etc.  
and most especially the  
expressions of comfort and  
sympathy. Special thanks to  
Don and Charlie for  
their kind words and the  
very appropriate duet,  
to Father Brad for his very moving service  
and to Michelle Smith of McGlades  
Funeral Home for everything she did to  
make it easier for us at home.*

**JORDYN KRING**

April 8, 1995- Remembrance Day 2008

*Loved with a love beyond all telling,  
Missed with a grief beyond all tears,  
To the world he was just one,  
To us he was the world.*

*Your smile has gone forever,  
And your hand we cannot touch,  
We have so many memories,  
Of you, Jordyn, we love so much.*

*Lovingly remembered,*

*Dad, Mom, Evin, Jenna & Anna*





# November Newsletter

Maternal Child Health & Early Childhood Development Program  
1295 Ridge Road  
Queen Anne Parish Centre (downstairs)  
613-969-1835

## Thank You!!

I would like to take this time to Thank everyone that helped on October 28th 2010 for the Halloween Party. We had a great turn out and lots of goodies that were donated for the children that attended. We look forward to seeing you next year.

Thanks again to;

Carol Loft-SOADI, Shannon Butcher-Justice Circle, Sarah Brown-AHBHC, Kim Maracle-HBHC, Barbara Gail Brant-HBHC, Mellissa Maracle-CHR, Mary McCauley CHN, Laura Wood-Red Cedars, Headstart Staff Steve Lindsay, Shari Maracle, Lori Lain, Melissa Maracle, MJ Loft, Racheal Duffy-Children's Mental Health, Millside Ceramics and Miranda Maracle.

## FASD can be prevented!

Alcohol use during pregnancy is the only cause for this disability.

If you're pregnant, or planning to be pregnant, don't drink alcohol. If you need help to stop drinking, look for someone who works in the addictions field to help you. If you are the partner, family member or friend, you can support a pregnant woman by not drinking, and encouraging her not to drink alcohol at this time.



## Where can I go for help?

If you need help to stop drinking, the best thing is to find help as soon as possible.

- Your doctor
- Community Health Nurse
- Local AA Group
- Thayendanega Health Centre
- Healthy Babies Healthy Children Program
- ECD/FASD Program
- Maternal Child Health Program





## Reading Section

Me and you  
By: Genevieve  
Cote  
Ages: 2+



I love Grandma & I love  
Grandpa  
By: Lizi Boyd



## Aqua Tot's

Every Wednesday November 3, 10, 17 & 24th 2010

Napanee Indoor pool  
10:00-11:00a.m.



## Walk this way!!

To stay in cardiovascular shape, walk at a rate of 100 steps per minute for half an hour five days a week. Here are some song suggestions to help you while walking.

1. Dancing Queen, ABBA
2. The way I are, Timbaland
3. Stayin' Alive, The Bee Gees
4. Bring the funk, Ben Harper
5. Switch, Will Smith
6. Respect, Aretha Franklin
7. Eye of the tiger, Survivor
8. Spotlight, Jennifer Hudson
9. Let it rock, Kevin Rudolf
10. Picture to burn, Taylor

## Evening Play Group

Thursday November 4th 2010

Queen Anne Parish Center

6:00-7:30pm

0-8 with a parent / caregiver

Healthy snack provided

If you have any questions please feel free to call

613-969-1649 or 613-969-1835



FASD can be prevented, don't drink alcohol during your preg-





## *"Christmas Spirit"* *Purse & Pie Auction*



November 27th, 2010 (Saturday)  
10:00am - 2:00pm  
59ers Club

(Purses & Pies will be Auctioned with interesting things in the purses)

**Auction will start at 10:30am**

**Admission is \$2.00 per person**

**Refreshments will be served**

Plan to Attend this Fun Filled Day!!

~ something for everyone ~

If you have any questions call: MJ 613-396-6716 or Carol 613-396-3900

Proceeds of this event will go to  
"Tyendinaga Coalition for Healthy Lifestyles"

## Scrapbooking



Thursday November 25th 2009

6-8pm

Queen Anne Parish Center (downstairs)

Call ahead to reserve your spot!

613-969-1835

\$2.00 per person

Some supplies available.

# November 2010

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1	2	3 <i>Aqua-tot Napanee Pool 10-11am</i>	4 <i>Evening Play group 6:00-7:30pm</i>	5	6
7	8	9	10 <i>Aqua-tot Napanee Pool 10-11am</i>	11  <i>Office Closed</i>	12	13
14	15	16	17 <i>Aqua-tot Napanee Pool 10-11am</i>	18	19	20
21	22	23	24 <i>Aqua-tot Napanee Pool 10-11am</i>	25 <i>Scrapbook Workshop 6-8pm</i>	26	27 <i>Purse &amp; Pie Auction 59er's Hall 10:00-2:00</i>
28	29	30				

# Happy Birthday!



☆ Happy 28th Birthday!  
☆ Ash  
☆ Nov. 29  
☆ From your Hubby Rye  
☆  
☆ Happy Birthday!  
☆ Kaylah  
☆ Nov. 8  
☆ From Kell & Bren  
☆  
☆ Happy Birthday!  
☆ Kristin  
☆ Nov. 21  
☆ From Kell & Bren  
☆  
☆ Happy Birthday!  
☆ Mom  
☆ Nov. 30  
☆ From Kell & Bren  
☆  
☆ Happy Birthday!  
☆ Gram (Norma Brant)  
☆ Love Kody, Chip & Allison  
☆  
☆ A Big Happy Birthday!  
☆ Scott & Bonnie  
☆ from the gang at THC  
☆  
☆ Happy Birthday  
☆ Scott  
☆ Nov. 15  
☆ Love Wendy & Glenn  
☆  
☆ A Big Happy Birthday  
☆ Uncle Scottie  
☆ Nov. 15  
☆ Love Mr. Baby Shoes  
☆

Happy 30<sup>th</sup> Birthday!  
Nicole  
November 7<sup>th</sup>  
Love Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy Birthday !  
Adam  
November 13<sup>th</sup>  
Love Marilyn, Rick, Sam & Emmett

Happy Birthday!  
Sandy  
November 25<sup>th</sup>  
Love Marilyn, Rick, Sam & Emmett

Happy 4<sup>th</sup> Birthday!  
Jeremy  
November 27<sup>th</sup>  
Lots of Love, Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy 56<sup>th</sup>  
Anniversary!  
Mom & Dad  
November 20<sup>th</sup>  
Love Rick & Marilyn



Happy 56<sup>th</sup> Anniversary!  
Grandma & Grandpa  
November 20<sup>th</sup>  
Love Sam & Emmett





MOHAWKS OF THE BAY OF QUINTE  
ECONOMIC DEVELOPMENT OFFICE

## Support Local Business

### Business of the Month

On Sunday October 24th, Tota Maz celebrated their greatly anticipated Grand Opening with a special of 2 for 1 Indian tacos that were guaranteed to pack the house.

A family oriented restaurant, centrally located on the Territory that provides good, healthy food and a vast array of sinfully delicious alternatives, proudly opened their doors to a constant stream of hungry customers.

Owner Pauline Maracle, along with friends and family members, provided excellent food

and service to a steady stream of people who were content to sit back in a warm, inviting area while enjoying their meals.

With a variety of choice from traditional Native foods to family favourites, Tota Maz is certain to become a "hot spot" for all those travelling through the community and those who wish to have their event catered.

Some specialties of the house include wild game, fresh baked goods, a scrumptious soup & salad bar, diabetic friendly creations and all day breakfast!

#### Open Daily

Mon-Saturday 6am-9pm

Sunday 8am-6pm

1794 York Road



For more information, please  
contact:

**Kelly Maracle**

Economic Development Officer

Phone: 613.396.3424 ext. 109

Fax: 613.396.3627

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

Or visit us on our website at:

[www.mbq-tmt.org](http://www.mbq-tmt.org)

### What's New....



Christmas Craft Show  
Sat. Dec. 4, 2010  
Community Centre  
9 am ~ 4 pm  
\$10 Table  
Proceeds to Angel Tree  
and Food Bank

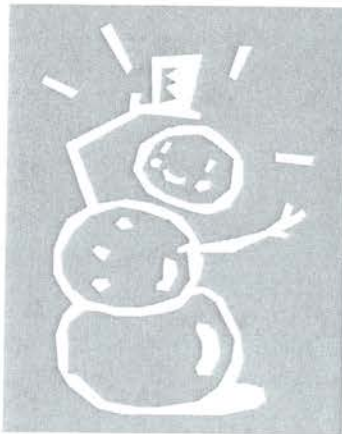


Provide your logo in  
an electronic format  
to be included on our  
business directory!  
[www.mbq-tmt.org](http://www.mbq-tmt.org)



Business owners interested  
in developing a  
**Chamber of Commerce**,  
please call  
Kelly @613-396-3424





# Christmas Craft Show

December 4th  
at the Community Centre  
9 am—4 pm

If you would like to be a vendor  
call Kelly @ 613-396-3424

## VOTE FOR BRITTANY BRANT!

**SINGER/SONGWRITER BRITTANY BRANT FROM TYENDINAGA  
IS LOOKING TO WIN A RECORDING CONTRACT!**

**HERE'S HOW YOU CAN HELP...**

**SUPPORT OUR LOCAL TALENT**



*People can vote once a day!  
Contest continues until  
December.*

- 1) GO ONLINE TO [INDISCOVER.NET](http://INDISCOVER.NET)
- 2) CLICK ON MUSIC CHANNEL --> STAR SEARCH CONTEST
- 3) CLICK ON BRITTANY'S PICTURE/NAME, LISTEN TO SOME  
OF HER ORIGINAL MUSIC, THEN CLICK "VOTE NOW!"

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

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

November 2010

**Discover the Balance**

**We have Gift Certificates**

**Discovering the Balance**

**By Working the  
Mind, Body,  
Heart and Spirit**

**Hours of Operation**

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 1:00pm

**Fees**

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

**Purchase a 12 month  
membership and save**

**Adult save \$50**

**Student save \$40**

**Senior save \$30**

**Compare us to other Fitness  
Centre's & Save Up to \$600**

**A year !**

**Bone Building Habits**

1. Adding plyometrics to your routine such as jumping rope, is more beneficial to bones than non weight bearing activities such as cycling and swimming.
2. Eating more fresh, dark leafy greens everyday can help you reach your daily calcium intake.
3. Too much caffeine can have a negative affect on bones and joint health, so try and limit yourself to a maximum of two cups of coffee per day

**One Day At A Time, You Can Do It @ TFRC**

**Volunteers for January**

We are looking for volunteers to help us with the following :

1) Childcare 2) Laundry 3) Welcoming new members

Your reward for volunteering is free membership at TFRC and job experience.

**Xmas Fitness**

We will be open during the Xmas holidays Dec. 27 to Dec..31 regular hours. Stop in for a visit and check out the new equipment.

**Website**

Check us out on the new website : [www.mbq-tmt.org](http://www.mbq-tmt.org) under community services. We welcome any ideas or comments about the website.



**Thank You for Your Continuing Support !**

**Have a Safe & Active Xmas**

**Tyendinaga Fitness Resource Centre Phone: 613-962-2822 tyfitnessres@mbq-tmt.org**

**Calendar of Events November 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 6:30am Monday to Friday	1 Norwex Fundraiser 9am to 1:30pm	2	3 Pilates 6pm-7pm	4 Childcare Tues & Thur. 11am to 7pm	5 Closed at 6pm	6 Open Saturdays 8am-1pm
7 Open until 8pm Monday to Thursday	8 Silence Auction Until Nov.30	9 Iridology 10am-2pm Ion Cleanse 2pm to 5:20pm	10 Pilates 6pm-7pm	11 CLOSED	12	13
14 New Programs Starting In Jan	15 	16	17 Pilates 6pm to 7pm Last Night	18	19	20 De-Stress Massage Day
21	22 Childcare Mon. Wed. Fri. 9am to 3pm	23 Iridology 10am to 2pm Ion Cleanse 2pm-5:30pm	24	25 	26	27
28  Ontario	29	30 Last day of Silence Auction Fundraiser	To start in Jan. Seniors Fit for You Program	This Seniors Program will Be during the day !		Thank You For supporting Your local Fitness Centre !

**Nature's Sunshine Products - orders go in the end of each month**

**www.naturesshine.ca - no taxes 1-800-265-9163 / This is a fundraiser for TFRC**

**NEW PROGRAMS : Oct. & Nov. - Pilates by Wendy Meraw**

**Dec. - Core Fitness by Mandi Tisdale**

**Jan. - Women's Self Defense by Denny Tompkins**

**Jan. - Seniors / Fit For You Exercise Class by Wendy Meraw**



**10am to 2pm**

# **Iridology**

**At Tyendinaga Fitness  
Resource Centre**

**Tues.  
Nov. 9  
& 23**



**Your eyes are the  
windows of your  
health.**

**This session will in-  
clude a nutritional  
health recovery  
plan.**

**This program will  
continue every other  
Tuesday**

**The session will take 10 min. done by a diploma holder of  
Doctor Of Natural Medicine (Nida)**

**First session- \$15.00**

**Second session- \$5.00**

**(which will be donated back to TFRC.)**

**Please contact TFRC for more information 613-962-2822**

**Or email [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)**







# ***De-stress Before the Holidays***

***Saturday November 20/10***

## ***Try Out a Massage !***

*at the Tyendinaga Fitness Resource Centre  
Prices are set by 2 local community members*

***No Taxes & Save on Your Gas***

***Sonya Maracle and Joe Brown***  
***(Table Massage) (Chair Massage)***

***Tea or Coffee served while waiting !***

**Call for an appointment today or email**  
**(613) 962-2822 [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)**

**Check us out on the website :**


**[www.mbq-tmt.org](http://www.mbq-tmt.org) / under community services**

**Special Price**

**\$15.00**

**a massage**

**Thank You for Your Support !**



# KANHIOTE LIBRARY

613-967-6264

Monday, Tuesday and Wednesday 10:30  
to 5:30      Thursday 12 to 7



*You're invited to join these incredibly talented young musicians as they perform traditional Metis tunes including jigs and reels that will set your hands clapping and feet tapping and maybe even inspire you to get up and dance!!*



**Metis Fiddlers**  
**Friday, Nov. 19**  
**Community Centre**  
**5:30 for supper followed by a performance .**

**\*\* No Cost! \*\***



*Originally from Winnipeg, The Metis Fiddler Quartet are an ensemble of siblings proud of their Metis heritage who are eager to share their passion for the distinct style of fiddle music learned from their elders and to expose both aboriginal and non-aboriginal audiences to this uniquely Canadian musical heritage. Funding for this performance is made possible by Mariposa In The Schools Artist Renewal Project generously funded in large part by the Ontario Trillium Foundation, and the Ontario Arts Council's Arts Education Program.*



## Christmas Cookie Sale

Sunday, Dec 12  
10 - 2 p.m.  
59'ers Building (Hwy # 2)

*Also drawing the winner of the Steeped Tea Basket*



# Mohawk Family Services Children's Shopping Day



**Dec 15<sup>TH</sup> at QMS in the Gym**

**We are taking donations of Xmas bags that  
may be dropped off at MFS**

**All children will be shopping for family  
members so.....**

**No Parents allowed in the Gym \*please\***



**The Quinte Singers**

Proudly present

**"My Favourite Things - A Christmas Show"**

Featuring music from "The Sound Of Music"  
and a variety of holiday classics & favourites

Saturday November 27, 2010  
2:00pm

Deseronto United Church

Door Prize & 50/50 draw

Tickets:  
\$10.00 per person  
Children under 12 free

Tickets available from any Quinte Singers member  
or by calling 613 243 3666

## **T.O.P.S. ON#5258**

Take Off Pounds Sensibly  
We **"DO NOT"** promote any diets

**WHERE:** The Elders Lodge  
Common Room  
Tyendinaga Mohawk Territory  
Bayshore Road

**WHEN:** Thursday Evenings

**TIME:** 5 p.m.—7 p.m.  
Weigh in 5—6 p.m.  
Meeting & Discussion 6—7 p.m.

*T*.ake that 1st step.  
*O*.vercome a weight problem.  
*P*.ut yourself in a happy place.  
*S*.upport one another



# **MOHAWK FAMILY SERVICES PRESENTS ~ 3RD ANNUAL CHRISTMAS MERCHANDISE BINGO**



*It's an exciting time for families to come together  
and have some fun!!*

**COME ONE ~ COME ALL!!!!!!**

**DATE:** Dec. 5<sup>th</sup>, 2010 **PLACE:** Community Centre

**TIME:** Doors open @ noon – Bingo starts at 1:00

**FREE:** Prizes, Turkeys, Fun & Giveaways

*Bring a non-perishable item for Food Bank you will receive an extra  
draw ticket for prize*

ALL CHILDREN MUST BE OVER 6 YEARS OLD AND ACCOMPANIED/SUPERVISED BY AN ADULT

LIMITED SEATING AVAILABLE

# Christmas Tea & Bazaar



**Christmas Crafts & Sewing**

**Tea \$4.00**

**WHITE Elephant TABLE**

**Saturday, Nov. 20th**

**12 NOON - 3:00 PM**

**Deseronto Legion**

**Main St. Deseronto**

**Silent Auction**

**Bake Table**

**"Surprise Table"**

**Looking is "FREE" !**

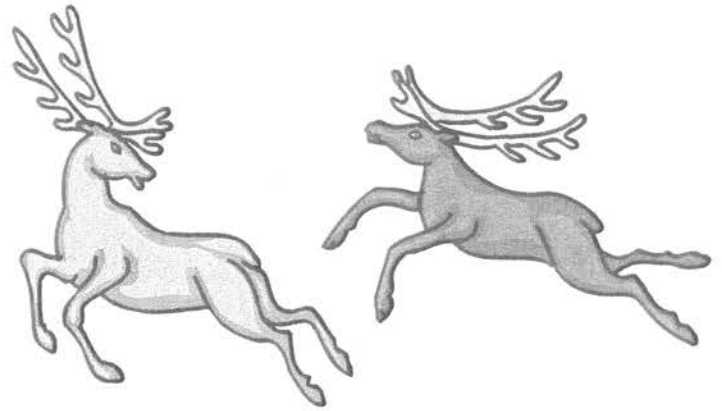
**Sponsored by**

**Love in Action**

**Outreach in Tyendinaga**



# **SANTA AND HIS REINDEERS are coming TO TYENDINAGA**



**NOVEMBER 20TH AND 21ST**

**@ THE 59er's Hall**

**Time: 1:00pm to 5:00pm**

**HOT CHOCOLATE AND COOKIES WILL BE SERVED**

**Pictures ready to take home**

**Cost : Minimum \$5.00 donation**

**Children come visit with Santa and His Reindeers**

**PS. Don't forget your letters for Santa**



***EVERYONE WELCOME***





THE ANGLICAN PARISH  
OF TYENDINAGA

Parish Priest  
The Rev'd Brad Smith  
Mohawk Rectory, 396-3797

SUNDAY CELEBRATION

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

Christ Church  
Her Majesty's Chapel Royal of the Mohawk  
52 South Church Lane  
10:30 a.m.\*

\*On 21 Nov, the only service is at 8:30  
at All Saints' Church

UPCOMING EVENTS

Wednesday 17 November, 7 p.m., QAPC  
Parish Fun Night  
Bring a game, a friend, and a snack!

Advent Study

The Church's season of preparation for Christmas is called Advent. Join us for a study of what it means to prepare for the birth of Jesus on Tuesdays in Advent, 30 November, 7, 14, 21 December at 7 p.m. at All Saints'. Please bring your Bible.

IN THE NEWS

Taking care of our buildings:  
leaving a legacy for the next generation

Have you noticed the new steel roof on All saints' Church? Thanks to G & F Roofing for the excellent job they did. We believe it's important to use local businesses and on this \$30,000 job we are very satisfied with the work! All Saints' also has a new furnace. We working on ensuring both churches are compliant with fire regulations and we are working on a plan to ensure our buildings remain viable. We thank all the members of the community who support various fundraisers to complete building work. Your generous donations to ensure the continuation of ministry in the community are always welcome.

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

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



Traditional Anglican Communion  
*The Anglican Catholic Parish of  
Keristhos Ne Korahkowa  
(Christ the King)  
Tyendinaga, M. T.*

***Holy Communion***

Fr. Gérard Trinqué, OHI, SSM, Officiating  
Every Sunday—10:00 a.m.

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

Traditional Anglican Services  
Using the long-established  
**Book of Common Prayer (1962)**  
and the time-honoured hymnal  
**Book of Common Praise (Blue Book)**

For more information, please call:

Mr. Charles E. Maracle at 613-396-3089

OR

Ms. Lorna J. Moses at 613-396-2538

***Food Bank Day:***  
***Third Sunday of each Month***

***"This is the Day the Lord hath made!"***

## CLASSIFIED

### FOR SALE

#### TWIN BED

- wood platform chest with curved headboard
- 3 large under-bed drawers
- matching nightstand with 2 doors
- matching large 6 drawer dresser with wood framed mirror
- LIKE NEW
- a bargain at \$375.00

Call Deseronto cell:  
613-827-7992 (p.m. Only)

### FOR SALE

#### STRAW

- small square bales
- & 4 X 4 round bales

Phone: William J. Brant  
613-967-1129

### HOUSE FOR SALE

#### 3 BEDROOM HOUSE

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

### HOUSE FOR SALE

#### 3 BEDROOM

- 741 Ridge Rd.
  - with 2 full bathrooms
  - propane fireplace, stove & hot water tank
  - 1 1/2 car garage
  - partially wired for generator
  - lots of good water, good septic System
  - 1/2 basement, screened in deck
  - asking price \$159,000.00
- Open to offers please call  
613-962-5179

### LAND FOR SALE

- located on the York Rd
- approx. 23.8 acres (can be severed into building lots)

For more information please  
call: 613-967-8935

### FOR SALE

#### MOBILE HOME

- 192 Church lane
- must be moved
- \$15,000.00

Call: 613-396-1607

### HOUSE FOR SALE

- locate at 467 York Rd.
- this home also contains an apartment
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Selling Price: **\$225,000.00**

Property Descriptions:  
**60 feet x 40 feet**  
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Requirements: **Cash**

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**3 rooms plus**  
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Other:  
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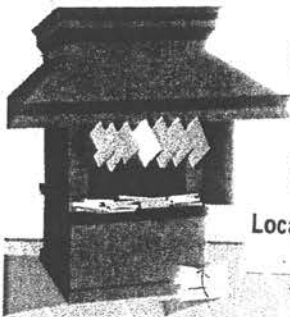
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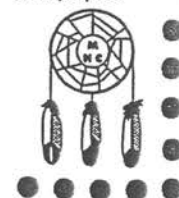
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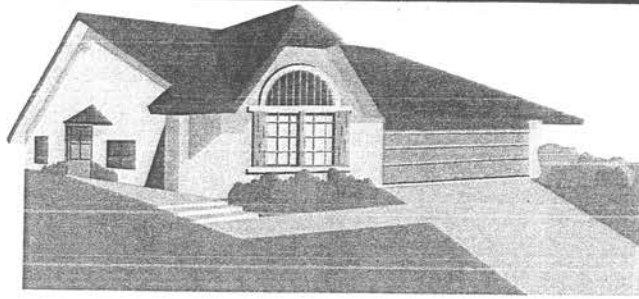
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