



# MOHAWKS OF THE BAY OF QUINTE

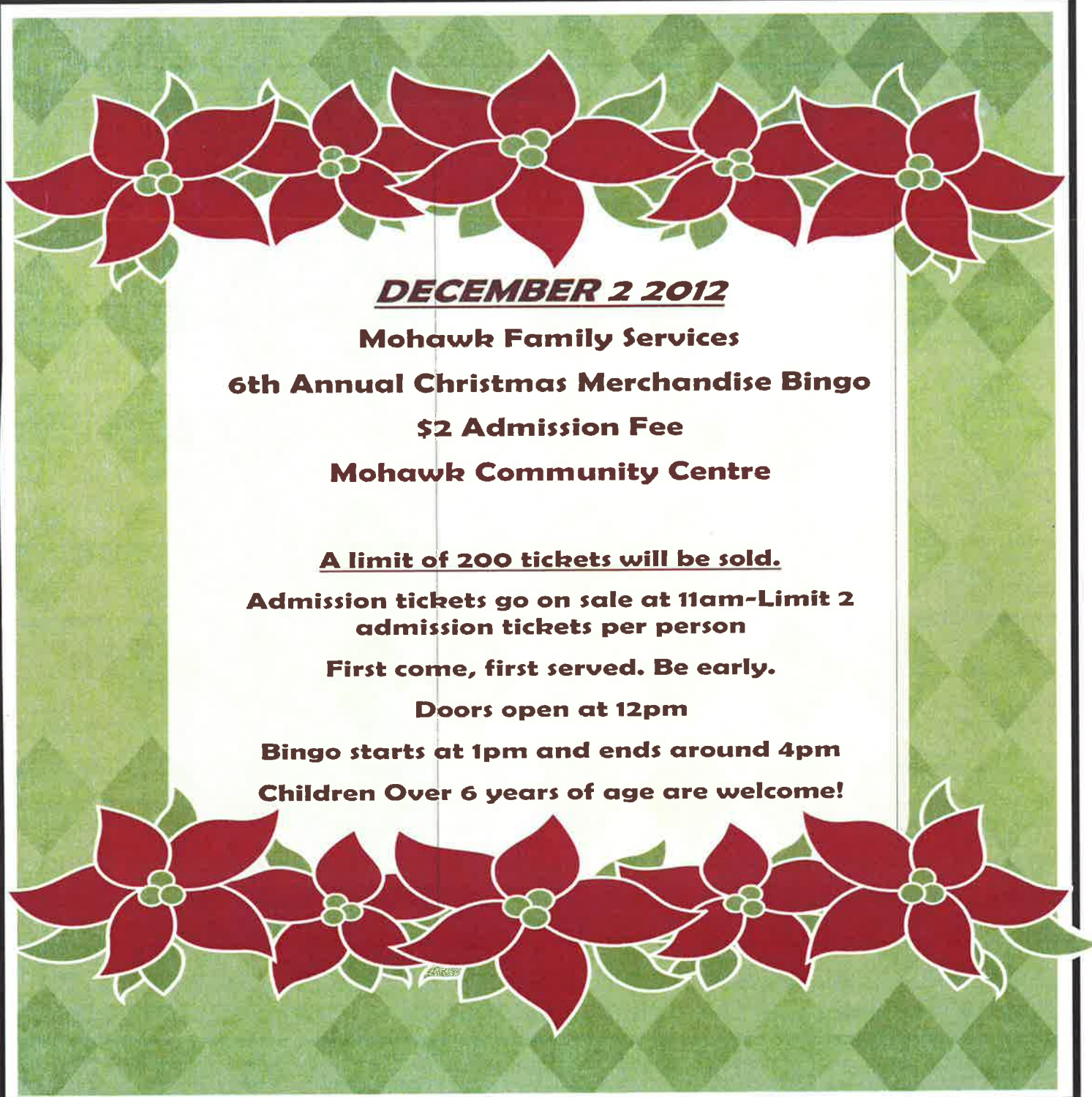


KENHTEKE KANIENKEHA

## ORI:WASE (NEWS)

ISSUE 11/12  
KENTENHKOWA (November)

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



**DECEMBER 2 2012**

**Mohawk Family Services**

**6th Annual Christmas Merchandise Bingo**

**\$2 Admission Fee**

**Mohawk Community Centre**

**A limit of 200 tickets will be sold.**

**Admission tickets go on sale at 11am-Limit 2  
admission tickets per person**

**First come, first served. Be early.**

**Doors open at 12pm**

**Bingo starts at 1pm and ends around 4pm**

**Children Over 6 years of age are welcome!**



# November 11

Let us not forget those who  
fought for our freedom.

The Administration Office will be closed on  
Monday, Nov. 12 for Remembrance Day!

Bag Tags for your Waste Disposal  
are available at the following businesses:

Bayview Variety  
49 Quick Stop  
Village Variety  
L. & M. Enterprises  
Administration Office



**MOHAWK FIRE DEPARTMENT**

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The Mohawk Firefighters in Sept. & Oct.  
responded to 11 calls:

**2 Medical**  
**2 Tanker Assists**  
**1 Structure Fire**  
**1 Rubbish Fire**  
**1 Natural Gas Leak**  
**1 Smoke Investigation**  
**1 Motor Vehicle Accident**  
**1 Mutual Aid call**  
**1 Wires down**

This brings our total to 84 calls for the year 2012

## **COMMUNITY MEMBERS AND HUNTERS**



### **FACTS ABOUT TICKS:**

Ticks live in and around wooded areas and they get infected when they feed on mice, squirrels, birds and other small animals that can carry the bacterium. Ticks then spread the bacterium to humans. Tick bites are usually painless and most people do not know that they have been bitten. The black-legged tick is more commonly known as the Deer Tick and can be found in parts of Canada. Ticks can spread the disease known as Lyme Disease. People cannot spread Lyme disease to each other. Although, dogs and cats can contract Lyme disease, there is no evidence that they can spread the infection directly to people. Pets can, however, carry infected ticks into homes and yards.

**HUNTERS:** may be at greater risk, because they spend more time in habitats where ticks tend to live. However, Lyme disease cannot be contracted from butchering or eating deer meat or organs.

***Positive ticks have been indentified in some areas of Picton, Ontario.***

### **PROTECTING YOURSELF:**

1. Using insect repellent that contains DEET on your boots, socks, pants, sleeves, waist and cuffs can reduce your risk
2. Wear appropriate clothing when you are in wooded areas, i.e. long pants with socks over your pants. If Ticks climb on you they soon drop off as they cannot attach to your skin. They need food to survive. (blood).
3. Checking yourself after every time you have been in wooded areas.

Please check your children when they return from outside as our pets can provide transportation for ticks to our yards/homes. Therefore: Check your pets on a daily basis.

**DEER HUNTERS!! Please ensure you check yourselves after returning home every time for your own protection against Lyme Disease.**

*If you find a tick, or have any questions, please contact: Crystal Maracle, Env. CHR at the Mohawk Administration Office, 613-396-3424, ext. 131.*

Information sheet on Lyme Disease

(See attached file: ***Its Your Health Lyme Disease.pdf***)

(See attached file: ***Its Your Health Insect Repellent.pdf***)





MOHAWKS OF THE BAY OF QUINTE ECONOMIC DEVELOPMENT AND  
EMPLOYMENT OFFICE PRESENT:

## November 2012

### Business of the Month



**Open  
Wednesday to  
Saturday  
by appointment**

**GIFT CERTIFICATES  
ARE AVAILABLE!**

**106B Johnson's Lane, Tyendinga Mohawk Territory**

**613-396-3600**

*Ancient Healings at eagle hill* is the November Business of the Month!

This newly opened Thalassotherapy and Holistic Day Spa, owned and operated by Cherylann Brant, is a one of a kind in our area. Nestled in a quiet corner of the Territory, this peaceful Day Spa offers many services such as Esalen, Hot Stone and Thalasso Massages, Thalasso Body Therapies (Wraps), Holistic Facials and Ear Candles, to just name a few.

The focus of the Spa is the healing of the whole body. The various services are great for keeping yourself relaxed and stress free – especially during the upcoming hectic Holiday Season – and many services are geared to helping those with health issues.

The Spa only uses products that are 100% natural and organic and are from Canada, including seaweed that has been harvested by the Haida Gwaii. The spa also carries a variety of books, natural skin care lines, all natural soaps, seaweed, and of course gift certificates, which would all make great gifts for the holiday season.

So be sure to take time to visit *Ancient Healings at eagle hill*, where they are committed to help you to get.... "*your issues out of your tissues*"

[ancienthealings@eagle-hill.net](mailto:ancienthealings@eagle-hill.net)

## Support Local Business

**REGISTER FOR THE CHRISTMAS CRAFT SHOW BY NOVEMBER 23!**

**Call Bonny or Renee at Community Services for more information!**

**613-967-3616**

**Websites are a powerful marketing and selling tool for any business. A small business can be as attractive as a large business thanks to tools that are cost effective and easy to use to build your own website.**

**The course is a hands-on workshop where participants will go through all 15 steps and will create an effective WordPress website ready to launch.**

**Date: November 22 & 29, 2012**

**Time: 9am to 3pm (Lunch will be provided)**

**Location: Kanhiote Library**

**To register: Phone: 613-961-0590 Fax: 613-961-7998**

**Email: [events@smallbusinessctr.com](mailto:events@smallbusinessctr.com)**

For information regarding the employment and training program, please contact:

**Sandy Sero**

Employment and Training Coordinator

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

Phone: 613.967.3603

Fax: 613.967.3816

Or visit us on our website at [www.mbq-tmt.org](http://www.mbq-tmt.org)

**Social Media is a great tool to help your business stay connected to current clients and assist in reaching untapped potential clients. Share and learn from others by attending our upcoming workshops.**

**November 6—Facebook Help Desk**

**November 13—Setting Up Twitter**

**November 20—Using Twitter**

**Where: Kanhiote Library**

**Time: 12pm to 1pm (Sandwiches provided)**

**To register, please contact:**

**Email: [events@smallbusinessctr.com](mailto:events@smallbusinessctr.com)**

**Phone: 613-961-0590**

**Fax: 613-961-7998**

### **November's Tip**

1. Customers care more about service quality and attitude than about service speed.
2. Customers know what they want; they're also willing to help.
3. Customers like loyalty programs...as long as you make them seem easy.
4. Creating goodwill with customers doesn't take a lot of money.
5. Customers absolutely *adore* personalization; they will gladly pay more for it.

**For more information, visit:  
<http://blog.kissmetrics.com>**

**"There is only one boss. The customer. And he can fire everybody in the company from the chairman on down, simply by spending his money somewhere else."**


**-Sam Walton (Wal-Mart Founder)**

## Are you dealing with Diabetes Burnout?

The occasional slip-up is one thing, but if you start having more bad days than good days, you could be experiencing diabetes burnout- a common problem. Since Diabetes care is a round the clock job, it's easy to get tired of managing the condition, and some people may decide to ignore it for a few days, weeks, or even all together. But ignoring your diabetes can lead to dangerous complications, such as blindness, amputations, kidney failure, etc. I have listed some ideas below how to pull out of diabetes burnout mode and resist the urge to stray from your diabetes treatment plan going forward:





**Set short-term goals:** Having realistic goals goes a long way toward avoiding diabetes burn out. Your Doctor or diabetes educator can help you set short-term goals that will get you to long – term goals. 

**Measure self-care realistically:** Don't judge your progress only by your day to day behavior, knowing your A1C test results, which measure your average blood sugar over a three-month period, will give you a better handle on how well your managing your diabetes. 

**Build your support team:** This network should include your doctor and other diabetes health care providers, caring family and friends, along with support groups. 

**Have a restaurant plan:** If heading to a restaurant have a meal plan in place and don't over indulge on breads and desserts. 

**Don't arrive hungry:** If going to an event or gathering do not arrive hungry, have a snack before attending and this will help you not too indulge on all the unhealthy foods that may be at a gathering or event. 

**Get an exercise buddy:** Having a workout partner can provide support and accountability on the days your really busy or just don't feel like exercising. 

If you would like more information on diabetes please call the Community Wellbeing Centre at  
613-967-3603



# MOHAWKS OF THE BAY OF QUINTE

## KENHTEKE KANIENKEHA

PROGRAM - COMMUNITY WELLBEING CENTRE  
50 Meadow Drive, Tyendinaga Mohawk Territory, ON K0K 1X0  
Phone 613-967-3603 Fax 613-962-4210

### 2012 Seasonal Influenza Clinic Schedule

The influenza vaccine is available at no cost to all persons over 6 months of age who live work or attend school in Ontario. The above clinics do not require an appointment.

Location	Date	Time
Community Wellbeing Centre 50 Meadow Drive	Tuesday November 6/12	4:00 PM - 8:00 PM
Administration Office 13 Old York Rd	Thursday November 15/12	10:00AM - Noon
F.N.T.I. 1807 York Rd	Thursday November 15/12	2:00PM – 4:00PM
Community Wellbeing Centre 50 Meadow Drive	Tuesday November 20/12	1:00PM - 4:00 PM
Community Wellbeing Centre 50 Meadow Drive	Tuesday November 29/12	4:00 PM - 8:00 PM

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*Tyendinaga, as part of the Mohawk Nation, is a healthy, sustainable Kaniienkeha community, built on and united by our language, culture, traditions, knowledge and history. We exercise our rights and responsibilities for the protection of and respect for our people, our land, our resources and the environm*

ARTS ON MAIN GALLERY at 223 Main St. in Picton is holding its ANNUAL GIFT and ART Show beginning on Wednesday, October 31 and running through to Sunday, December 30. Hours are from 11:00AM to 4:00 PM Monday to Friday and from 10:00 to 5:00 on the weekend. Come visit and see the wide range of wonderfully creative gifts and art for this time of year. [www.artsonmaingallery.ca](http://www.artsonmaingallery.ca)

  
Dave Boorne





### *Moon Ceremony*

*Women are invited to join us to honour and seek guidance from  
Grandmother Moon on Nov. 28 / 2012 at Dusk (Approx. 6:30 pm)*

*What to bring:*

*Tobacco for offering (if you have it)*

*A skirt to wear*

*A bottle of water*

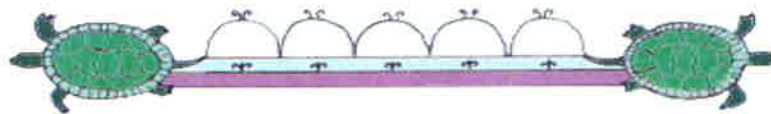
*A lawn /camp chair*

*Pot Luck Item*

*(If you are unable to bring any of the following please give us a call,  
we keep a limited supply on hand.)*

*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 at (613) 967-0122 Ext. 133*



### **Support The Angel Tree Program**

**Dietary Express offers Chia/Flax  
blend that you add to your favourite  
foods & help fight diabetes, heart  
disease, cancer & weight gain! A one  
pound bag retails for 15\$ & a dollar  
from every sale will be donated to the  
Angel Tree Program!  
If interested email:**

**Dietary Express  
CEO Fred Leonard  
[dietaryexpress@gmail.com](mailto:dietaryexpress@gmail.com)**



A WARM BOWL OF SOUP CAN SEND A MESSAGE OF COMFORT. IT WARMS US UP.

PLEASE REQUEST:

FRIENDS AND/OR FAMILY MEMBERS CAN CALL. Please let us know  
and we will be happy to help.

**CALL CWB AT (613) 967-0122.**

Let the receptionist, Seaira know that you would like a pot of soup.  
Give her the details and we can deliver the soup to the venue or you  
can pick it up.

**SOUP BECAUSE WE CARE.**

Sponsored by:  
CWB PROGRAMS

**~~SOUP FOR COMFORT~~**

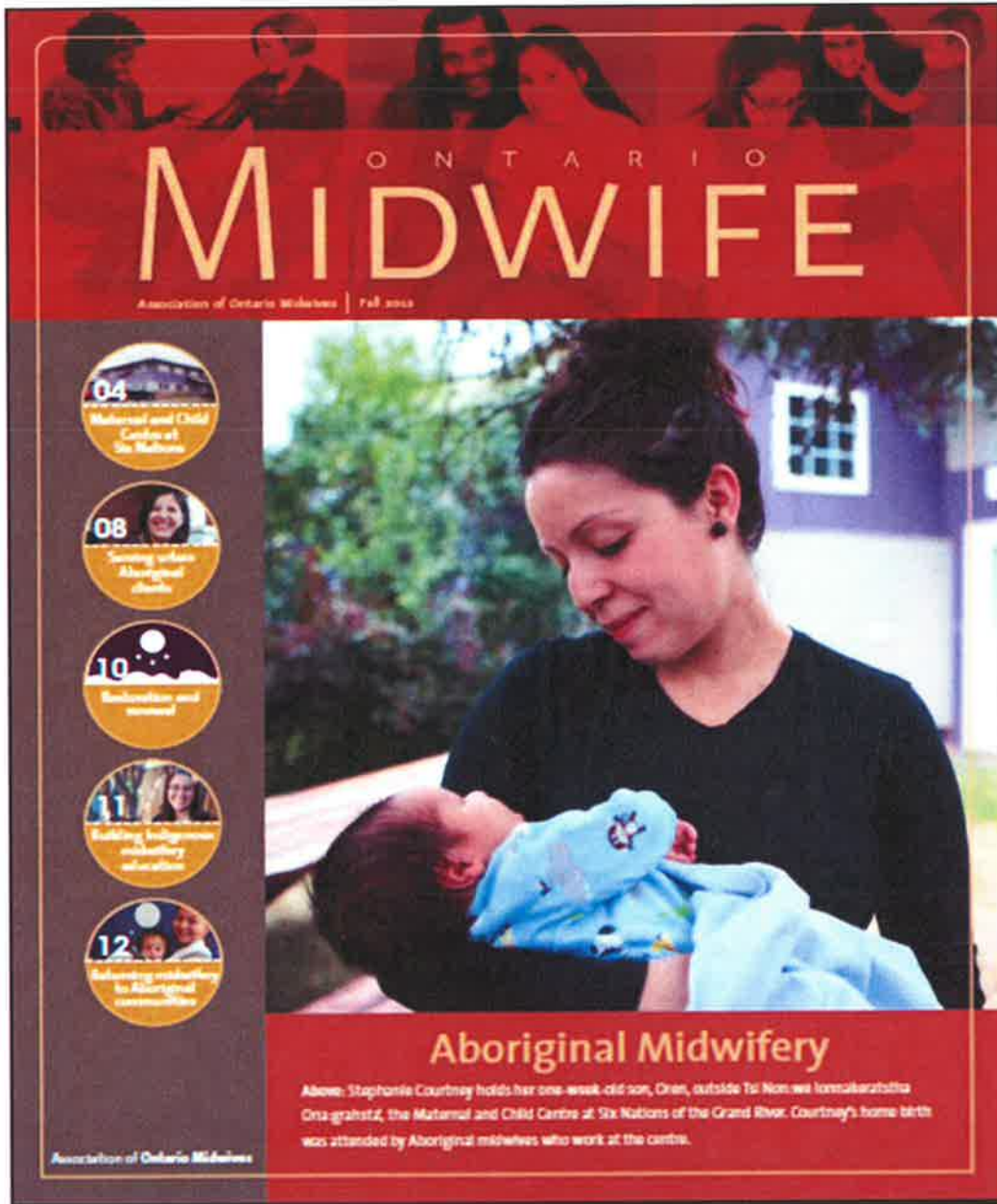
**COMMUNITY WELLBEING CENTRE**

WOULD LIKE TO GIVE BACK TO THE COMMUNITY DURING  
TIMES OF SORROW!!! We know what it is like to lose a  
loved one and we would like to help.



# ABORIGINAL MIDWIFERY FALL 2012 ISSUE

[http://www.ontariomidwives.ca/images/uploads/newsletter/OntarioMidwifeFall101012\\_FINAL.pdf](http://www.ontariomidwives.ca/images/uploads/newsletter/OntarioMidwifeFall101012_FINAL.pdf)



Aboriginal Midwifery is transforming care and tackling inequities in our communities.

The Aboriginal Midwifery issue of Ontario Midwife has been published and can be viewed at the link posted above.



**NACM**  
NATIONAL ABORIGINAL  
COUNCIL OF MIDWIVES

FOR IMMEDIATE RELEASE

October 16<sup>th</sup>, 2012

The National Aboriginal Council of Midwives (NACM) is pleased to announce the launch of its website along with a new series of educational materials that focus on Aboriginal Midwifery. The website and the educational materials, which include video, web and print materials, are intended to provide support, information and resources to First Nations, Inuit and Métis individuals interested in the profession of midwifery as well as to communities interested in returning birth to their region. All the promotional materials, along with additional information, can be found at [www.aboriginalmidwives.ca](http://www.aboriginalmidwives.ca).

The profession of midwifery is as old as any Aboriginal community. A midwife in an Aboriginal community is not only someone who cares for pregnant women; she is a person who is knowledgeable in many aspects of women's health. She provides education that helps keep the family and the community healthy. During the process of colonization, midwifery in our communities has become nearly extinct, with only a handful of Aboriginal midwifery practices across the country active today.

Today, more than ever, Aboriginal communities need the skills, values and knowledge that midwives have to share. The core competencies of midwives around ensuring maternal health and well being, establishing breastfeeding, promoting infant bonding, and are deeply needed in the struggles to overcome the major health crises within Aboriginal communities today, such as diabetes, childhood obesity and addictions. Midwifery care, in its holistic approach centred on the well-being of family and community, is integral to regaining our health.

The new resources launched by NACM aim to provide not only an inspiration to young people who may be interested in becoming midwives, but also aim to provide concrete knowledge and tools for First Nations, Inuit and Métis communities who are looking to reclaim birth and midwifery care. These materials include three inspiring videos, and accompanying pamphlets, focused on the history and importance of Aboriginal midwifery, the scope of practice of a modern Aboriginal midwife, and the educational pathways to becoming an Aboriginal midwife. In addition, a series of ten posters featuring the Core Values of the National Aboriginal Council of Midwives and the portraits of ten different Aboriginal midwives and students have been released. As Katsi Cook, Aboriginal Midwife, has said, "I think that as more Aboriginal women enter the field of midwifery and are able to grow in their practice and experience, they are going to awaken and become alive to this incredible dimension of **knowledge, power and intelligence** that will heal our generations."

All materials are available to interested individuals and communities, free of charge, either online or in printed form via the postal service. If you or your community is interested in printed materials, please use the contact information below.

The launch of these resources is timed with NACM's Annual Gathering and the Canadian Association of Midwives's (CAM) Annual Conference in St. John's, Newfoundland. This year, CAM's conference theme is "Choice. Access. Midwives." which emphasizes the importance for all women to have equal access to choose midwifery care. Access to culturally appropriate midwifery care for Aboriginal women and families is extremely limited across Canada, despite the evidence that midwifery care leads to improved health outcomes. Aboriginal women and their infants have a **two to four times higher morbidity and mortality** rate than the average Canadian. It is clear that increasing access to midwifery care will help our communities to improve health in a holistic way.

The National Aboriginal Council of Midwives is a diverse group of midwives from all regions of Canada, representing First Nations, Inuit and Métis communities. We recognize that the good health and well-being of Aboriginal mothers and their babies is crucial to the empowerment of Aboriginal families and communities. We advocate for the restoration of midwifery education, the provision of midwifery services, and choice of birthplace for all Aboriginal communities consistent with the U.N. Declaration on the Rights of Indigenous Peoples. As active members of the Canadian Association of Midwives, we represent the professional development and practice needs of Aboriginal midwives to the responsible health authorities in Canada and the global community.

For more information, visit our website at [www.aboriginalmidwives.org](http://www.aboriginalmidwives.org)

# Go Ihsten'a

(mom in Mohawk)

Introduce your baby to the joy of music and dance while you have fun and workout!

Learn Traditional Mohawk Social Dances and basic steps of other types of dance, with the best little partner of all – your baby

Special Funding from

"Mother's In Motion"

2 months of the following:

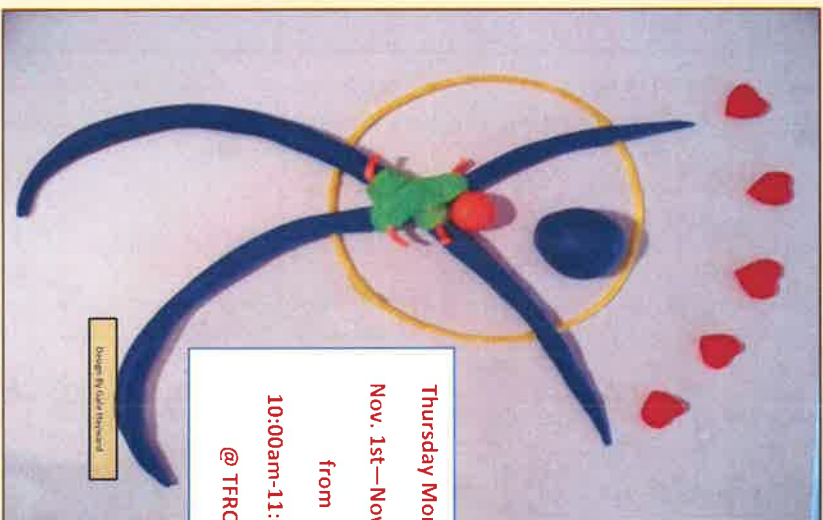
- \* Dancing with baby
- \* Urban Pole walking
- \* Stroller-Fitness
- \* Social Time & learning
- \* Social fitness
- \* FREE Childcare

FREE & SPECIAL PRIZES

FOR PARTICIPANTS

Bus Tickets Available

mothers in motion



Thursday Morning's  
Nov. 1st—Nov. 29th  
from  
10:00am-11:00am  
@ TFRC

With the Healthy Moms Healthy Babies Research Project, Tyendinaga Fitness Resource Centre is partnering to offer these Healthy Events at NO COST to participants.

Thursday mornings from 10:00am – 11:00am. Babies must be @ least 6 weeks old.

Wraps available at class on loan.

Please call for more information and to register: 613-967-3603 ext 166 or TFRC (613) 962-2822 Dads and siblings welcome!

# FAMILY YOGA at QMS



Mothers and children participate in yoga exercises with nature and animal themes that are fun for all ages!

PLEASE BRING A  
YOGA MAT IF YOU  
HAVE ONE!



7 Week Session  
Mondays,  
Oct 15th—Nov 26th  
6:00pm - 7:00 pm

Classes held at  
Quinte Mohawk  
School Gym  
Monday Nights  
from  
6pm-7pm

Cost is \$5.00 per  
adult per session.  
Children FREE

Healthy  
Snacks  
Provided



for more info & to register  
call  
613-967-3603 ext 166 or  
email [chp\\_cwb@mbq-tnt.org](mailto:chp_cwb@mbq-tnt.org)

Presented by: Healthy Moms, Healthy Babies Project







# Let's Walk & Beat Diabetes Together!



# November 2012

## Upcoming Events for November

Thurs. Nov 1st: **'Go Istenha'** - @ TFRRC - "Stroller FIT",  
"Urban Pole Walking", "Mom & BB Dancerize"  
10:00-11:00am Please register early!

Mon. Nov 5th-26th: **FAMILY YOGA** continues! from 6-7pm  
@ QMS. Cost is \$5 per Adult/per session  
Children-attend FREE

Sat. Nov. 24th: **ABC FAIR** "Celebrating Families with  
Children Birth to 6" @ Community Centre  
from 10am-1pm

## 'Go Istenha' Community Healthy Lifestyle Events in November 2012!

Tyendinaga Fitness Resource Centre is partnering with  
UWO's Healthy Mom's, Healthy Babies Project to provide these  
healthy events at **NO COST** to participants.  
Free childcare is provided:

**\*Mom & BB Dancerize \* Urban Pole Walking \*Stroller Fitness**  
For More Information and to Register  
Please contact Dorothy or Gale at 613-967-3603 ext 166!!!

## Community Walking Program

Tues. Evening Walking Group @ 6pm:  
Walk at your own pace, weather permitting.  
Approx 30-minute walk.  
Quinte Mohawk School Track.  
Please use **Sadie's Lane entrance**

Yonata'karite Konwati'nhstenha,  
Yonata'karite Rotiwirā'a'

Dorothy Green & Gale Hayward  
Healthy Moms, Healthy Babies  
Community Healthcare Professionals  
Community Wellbeing Centre  
50 Meadow Drive

Tyendinaga Mohawk Territory, ON K0K 1X0  
Phone: 613-967-3603 Extension 166 Email: chp\_cwo@mhq-tmt.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Go Istenha' @ TFRRC 10-11:00 am togethers @ registration	2	3
4 Daylight Savings Time Ends	5 FAMILY YOGA @ QMS Gym 6-7pm	6 Evening Walk @ 6pm QMS track	7	8 Go Istenha' @ TFRRC 10-11:00 am togethers @ registration	9	10
11	12 FAMILY YOGA @ QMS Gym 6-7pm	13 Evening Walk @ 6pm QMS track ● New Moon	14	15 Go Istenha' @ TFRRC 10-11:00 am togethers @ registration	16	17
18	19 FAMILY YOGA @ QMS Gym 6-7pm	20 Evening Walk @ 6pm QMS track	21	22 Go Istenha' @ TFRRC 10-11:00 am togethers @ registration	23	24 ABC FAIR "Celebrating Families with Children Birth to 6" 10am-1pm
25	26 FAMILY YOGA @ QMS Gym 6-7pm	27 Evening Walk @ 6pm QMS track	28 ◦ Full Moon	29 Go Istenha' @ TFRRC 10-11:00 am togethers @ registration	30	





Chief Montour and Representatives from the Juvenile Diabetes Research Foundation stand together at the Clinical Trial Conference Announcement

## **Study Aims to Improve the Care and Outcome of Diabetes in Pregnancy in On-Reserve First Nations Women**

OHSWEKEN - A study that involves pregnant women on Six Nations and two other Ontario reserves will help to address what Chief Coun. Bill Montour calls a diabetes epidemic among First Nations people.

"There are huge instances of diabetes," Montour said Monday at the launch of a study that aims to improve the care and outcome of diabetes in pregnancy.

"One-tenth of our population is suffering diabetes. There is an increase in childhood obesity. We've got to start looking at the health of our young people."

The JDRF (formerly known as the Juvenile Diabetes Research Foundation) has launched a clinical trial called Healthy Moms, Healthy Babies: A Strategy to Improve the Care and Outcome of Diabetes in Pregnancy in On-Reserve First Nations Women.

Led by Dr. Stewart Harris at Western University in London, the pilot study will evaluate the use of continuous glucose monitoring and community lifestyle programs in on-reserve First Nations women with diabetes in pregnancy (gestational diabetes or type 2 diabetes).

In the First Nations population, there is a higher prevalence of diabetes in women, especially during the reproductive years.

While gestational diabetes occurs in 2-4% of all pregnancies in Canada, a higher prevalence is seen in aboriginal populations (8.4-12.8%)

And 50% of First Nations women with gestational diabetes are diagnosed with the disease in subsequent pregnancies. The risk of type 2 diabetes in First Nations women with a history of gestational diabetes is much higher than the general population (70% vs. 40% respectively).

Harris said First Nations communities are Canada's highest-risk population from all types of diabetes.

"It has seemingly come out of nowhere over the last generation or so, and it is ravaging communities," Harris told a group gathered at the Six Nations Community Hall in Ohsweken for the launch.

"The incidence is up to 40% higher across some First Nations communities compared to non-First Nations communities."

Harris said he has worked with many First Nations in an attempt to "get a handle on strategies communities can adopt to control diabetes."

The study will include 60 participants, aged 13 and over from Six Nations, the Mohawks of the Bay of Quinte, and Walpole Island First Nation, who are living with gestational or type 2 diabetes.

The goal of the study is to determine if continuous glucose monitoring -- using a device that records blood sugar levels -- improves glycemia and delivery outcomes in on-reserve First Nations women with diabetes in pregnancy, compared to use of standard capillary blood glucose monitoring (finger-pricking).

The study will also look at whether a community lifestyle program (usually a walking program) involving these women decreases hyperglycemia and prevents excessive weight gain during pregnancy. Participants will be asked to take part in a program consisting of 30-minute exercise programs offered five days a week.

"We want to develop strategies to identify at-risk women and educate them about healthy lifestyles," said Harris.

Dorothy Green, a midwife and community health professional with the Mohawks of the Bay of Quinte, said they have so far signed on eight participants in the study.

Green read a testimony from one of the participants who described how the continuous glucose monitoring helped her co-relate the types of food she ate with high spikes in her blood sugar readings. The monitoring also allowed her to see the lowering of the readings through exercise.

"The monitor was a constant reminder that I had to watch my sugar," she said.



# Attention Hunters & Shooters!

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

“ONE STOP” courses will be offered.

The Firearms Safety Course (PAL) portion will be Jan. 25/26

The Hunter Education Course portion will be Feb. 1/2 (Outdoors card)

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

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

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

There is limited space.

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

# YOU CAN PREVENT FALLS



## Protect Yourself Around Your Home

Anyone can fall. But as we age, our risk of falling becomes greater. That's the bad news. The good news is that *falls can be prevented*. The first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in and around your home can increase your chance of falling. Staying safe and on your feet is a matter of taking some steps to protect yourself.

You **can** prevent falls by making the needed adjustments to your home and lifestyle, and by making sure you eat well, stay fit, and use whatever devices will facilitate your daily life while keeping you safe. Your independence and well-being are at stake. Take action!

### Bathroom

- Ensure that you have non-slip surfaces in the tub or shower.
- Install grab bars by the toilet and bath to help you sit and stand. Make sure they are well anchored.
- Use a raised toilet seat, and a bath seat in the shower, if you need them.

Wipe up moisture or spills immediately.

### Kitchen

- Store kitchen supplies and pots and pans in easy-to-reach locations.
- Store heavy items in lower cupboards.
- Use a stable step stool with a safety rail for reaching high places.
- Always wipe up any spills immediately to prevent slipping.
- If you use floor wax, use the non-skid kind.

### Exterior

- Keep front steps and walkway in good repair and free of snow, ice and leaves.
- Install and utilize hand rail on steps.
- Keep front entrance well lit and free of obstacles.
- Put gardening implements such as hoses and rakes away when not using them.

### Living Room and Bedroom

- Reduce clutter! Get rid of loose wires and cords as well as any other obstacles.
- Consider using a cordless phone to avoid rushing to answer.
- Have good lighting throughout the house and install night lights.
- Make sure the path is clear between the bedroom and bathroom.
- Scatter mats are tripping hazards. Get rid of them or make sure they are non-slip.

### Stairs

- Make sure your stairs are well lit.
- Have solid handrails on both sides of the stairway.
- Remove your reading glasses when you go up or down the stairs.
- Never rush up or down the stairs. It's a major cause of falls.

**Ask for help with tasks that you feel you can't do safely**



# Enyonkwa'nikonhriyohake' Program

~ Sharing Circle ~



The National Native Alcohol and Drug Abuse Program (NNADAP) will be offering an opportunity for community members to participate in a sharing circle. To share concerns about how alcohol and drugs have affected their lives. Every Wednesday starting in November, from 6:45-7:45pm we will offer a safe place to meet and share. There will be some structure & guided discussions each week with a comfortable & casual atmosphere. Some light refreshments will be provided. The sharing circle will be held in the Teaching Lodge at Community Wellbeing Centre.

The following is a list of topics for each week:

Week One: Ohen:ton Karihwaterhkwen

How can giving Thanks help?

Week Two: Skennen

Where do you get Peace?

Week Three: Ka'satstenhsera

What gives you Strength?



Week Four: Ka'nikonhriyo

How does a Good Mind help?

Week Five: Smudging

Praying & Meditating

Week Six: Awareness Wheel

Self Awareness Tool

Week Seven: Maintaining Wellness

A 4D Approach

Please keep the following dates open:

November 7, 14, 21, 28, December 5, 12 & 19

## Vision

The Enyonkwa'nikonhriyohake' Program will build safety, encourage & promote wellness through practising: peace, inclusiveness & respect inspired by our cultural beliefs, values & teachings.

## Community Wellbeing Centre

50 Meadow Drive  
Tyendinaga, ON  
Telephone: 613-967-0122  
Fax: 613-967-3618

Contact Jill Beck, NNADAP Worker



## Trustee Report for October, 2012

The school year is well underway for Hasting Prince Edward District School Board with a focus remaining on Student Enrollment/ School Capacity with regard for closing or replacing certain schools, a legal challenge to the bus transportation policy, and the implication of the "Putting Students First Act" which was discussed in last month's newsletter.

We are still in the process of replacing our Mohawk Language Teacher position in the high school with the retirement of Dorothy Lazore. Currently, we have a qualified teacher from our Territory filling that position until a permanent teacher can be found.

The Board and the Band Council continue to work towards getting a new Tuition Agreement signed with AANDC. The past three year agreement ended on August 31, 2011.

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

Remember, if you have any comments or concerns, please call me at (613- 962-3595 or email me at [mbrant@hpedsb.on.ca](mailto:mbrant@hpedsb.on.ca).

Respectfully submitted

Mike Brant, Trustee HPEDSB, representing Tyendinaga First Nations



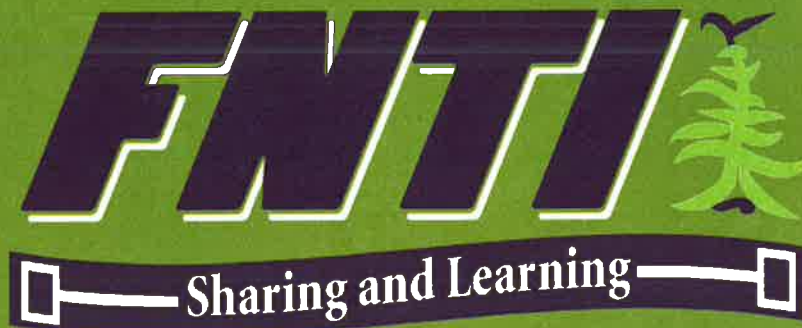
## News from the Ohahase Education Centre

**DON'T FORGET!** We now offer evening classes for Adult Ed students ~ Every Wednesday from 6 pm - 9 pm at the FNTI Main Campus ~ Call in advance if you need transportation.

The participants of the last intake of the Tyendinaga Youth Program will graduate on November 9<sup>th</sup>. Congratulations to the 12 young people who completed this 16-week program, and nya:wen kowa to Ken Sparks for your hard work in coordinating this program over the years. We look forward to securing new funding so that we can run similar programs in the future.

Mid-term reports for the Grade 9 and 10 students will be mailed home on November 7<sup>th</sup>.

Ohahase Education Centre  
3 Old York Road  
613-396-2122



SPACES AVAILABLE – JOIN US!

FNTI, in partnership with St. Lawrence College, is offering a one year

# Office Administration Certificate Program

in Tyendinaga, starting January 2013.

Courses include: Office Procedures\* • Computer Applications  
• Communications • First Nations Governance  
Bookkeeping & Computerized Accounting • Work Placement\*

\*Advanced standing may be awarded through Prior Learning Assessment

Learn how to:

- create PowerPoint presentations
- produce great-looking reports
- answer telephone calls and emails professionally
- set up formulae in Excel

... and much more

This is a full-time accredited Ontario College Certificate delivered over 8 week-long sessions.

Financial assistance may be available, contact us for more information

For more information or to register, contact us at:

registrar@fnti.net or 613-396-2122

## *THANK YOU*

We would like to extend our sincere appreciation to the many relatives, friends and neighbours for the many acts of kindness shown to us during our time of sorrow in the loss of our wonderful Mum.

In particular, we would like to thank the Tyendinaga Mohawk Council & Staff and Housing Department for the beautiful floral arrangements and for the use of the Mohawk Community Centre for the funeral reception.

A special thanks to Michelle Smith-Trousdale and staff at the McGlade Funeral Home for their professionalism and caring support.

A heartfelt thank-you to Fr. Richard Whalen, Fr. Gerard Trinque, Pastor David Bowbeer and Rev. John Maracle for their visits at our home and at the hospital for your unwavering support during Mum's illness and for the most inspirational prayers said at the wake at our home. Special thanks to Fr. Trinque for keeping an all-night prayer vigil during the time Mum rested at home and for the countless acts of compassion and generosity you have shown to Mum and our family over the course of your ministry at Tyendinaga..

We especially would like to thank Fr Whalen and Fr Trinque, the Crucifer and Acolytes at St. Michaels'; the parishes of Christ the King; Tyendinaga and St. Michael the Archangel Catholic Church Belleville; our dear friend and organist, Matthew Larkin; Marilyn Woolven - Music Director at St Michael's; St. Michaels' choir, Rev. John Uttley – sub-organist; the Mohawk Singers; Rose Green and Patti McAlpine-Scero for so aptly reading the selected scripture readings, and all those who played such a caring role in making the funeral service such a spiritual and meaningful event. We will never forget what a beautiful service it was and how befitting it was for such a beautiful lady we were so proud to call our Mum!

We are grateful to the Tyendinaga Home & Community Care Program, especially Bessie Tinney and Dorothy Ann Brant for the excellent care given to our Mum over the years, you were both very special to Mum and will always remain special to us!

We would to express our sincere appreciation to the Tyendinaga Police Service and the Belleville City Police Service for the funeral escort from our home to the Church of St. Michael the Archangel Catholic Church in Belleville and back to Tyendinaga for the interment service at Christ Church Cemetery, it was indeed a special honour and tribute to our Mum! Also, special thanks to the Mohawk Fire Department for their support.

We would also like to express our thanks for the many cards, beautiful floral tributes and generous donations to the Belleville General Hospital, L & A Napanee Hospital, Tyendinaga Home & Community Care Program and the Christ Church Restoration Fund.

Special thanks to all who brought food to our home and to all who attended the wake to offer their condolences and to so many relatives and friends who attended the funeral service to honour our Mum.

Special thanks to Mum's grandson's, Kim, Alan, Dewayne & Michael Maracle, Trevor & Chris Brant for acting as pall-bearers.

We are sincerely grateful to the Tyendinaga Native Women's Association for convening the lunches for the wake at our home and at the funeral reception.

**Your kindness will never be forgotten. Mum will always be loved and truly missed!**

**Niawen:Kowah,**

*Don, Charlie, Danny, Wayne & Leona, Glen & Donna, Ronnie & Mary, David (Rocky) & Edith, Willie (Junior) & Iva, Mary Ann, Brenda & Lester, Evelina and families of  
The Late Vera Maracle*

A GREAT BIG THANK-YOU!

The Come-In-Unity Co-ordinators wish to extend our appreciation and thanks to each and everyone that attended or contributed in any way to the fundraiser event held on Saturday October 20<sup>th</sup> in support of our Families in Distress. It was a great success with a Pie and Preserve Auction, Grocery Baskets and CD Draws. A wonderful time was had by all as we visited, feasted and danced together while being entertained by our own local talented community members. What a wonderful feeling it was to see and experience " Our Community and Surrounding areas pull together in Love and Support of each other. The 3 Food Baskets were won by Malcolm Bauder from Violet , Carleigh Maracle and Cheryl and Mike Maracle. 2 CD's donated by The Mustangs, (Carl and Jennifer Brant) were won by Randy Brant and Sherry Proconier. Congratulations Winners!! Again, NYA:WEH for your heartfelt love and support!!





# Thank You!!

The Tyendinaga Block Parent<sup>®</sup> Program would like to thank everyone for their generous contributions towards the 6<sup>th</sup> Annual Haunted Hay Ride & Movie Night held on Saturday, October 27, 2012 at the Bayshore Park. A special thank you to the Tyendinaga Community Development Fund Commission for their continuous support each year and the dedicated community members who continue to volunteer their time at a moments notice.

As a non-profit committee, the hay ride & movie night would not have been as successful without the support of everyone who contributed in one way or another to this event. A special thanks to those who volunteered their time and expertise, and a very big thank you to everyone who attended our annual community gathering!

Nia:wen!

The Tyendinaga Block Parent Committee

## Thank You!



*I would like to thank my husband and three daughters for the awesome surprise Birthday Party.*

*A big thank you also to my sisters and brothers for your help and great gifts. A special thanks to my friends, nephews and nieces who took the time to celebrate my special day.*

*A very special thank you to Abby who dropped by my house with a gift.*

*Hugs to all,  
Carlene*



# Thank you!



We wanted to send out a huge thank you to everyone who organized and contributed to the fund raiser that was held October 20th, in support of our family.

We are very grateful for your donation and your kind, warm generosity, will always be remembered by our family.

Thank you all so much,  
The Hughes Family  
Jason, Sarah, Troy, Cole and Carter



# A Big Thank You!

*I would like to take a minute to thank everyone who helped me run the admission gates at the Mohawk Fair this year. If it weren't for you taking time away from family and friends to help, our Fair wouldn't have had the success we achieved this year.*

*I would also like to pass on a special thank you to my daughter Melissa who helped organize and get volunteers.*

*Thanks again guys for a job very well done.*

*Yours truly,  
Lenny Maracle*

*Gwen Maracle  
Sara Maracle  
Melissa Maracle  
Jesse Sager  
Andrew Kring  
Tommy Kring*

*Sarah Morrow  
Cheryle General  
Sharon Hill  
Tina Brant  
Gladys Bowden  
Gail Maracle*

*Ben Brant  
Bev Larue  
Doug Sager  
Lynda Leween  
Ainsley Leween*

**Mohawk  
Agriculture  
Society**



*wish to express our  
special thanks to all of you!*

*Thanks to the Fair Board Executive, Directors,  
Volunteers, Donators and Sponsors of events  
and our Fair Book, Businesses, MBQ offices,  
Community Wellbeing Centre for providing  
space for the fair books to be put on for  
distribution.*

*To Norma & Wendy at the Community Wellbe-  
ing Center for selling advanced armbands for  
the fair and Crown Amusements.*

*To the Chief and Council for the grounds care  
and painting.*

*To the exhibitors for all the great exhibits, great  
displays, our youth exhibitors had the highest  
amount of prizes in the youth competitions.*

*To the Vendors for good food, crafts and  
Community information.*

*Excellent job Caroline Brant and Norma  
Maracle for sorting the judges sheets and  
getting the prize money ready to give out on  
Sunday of Fair weekend.*

*Sorry some events were canceled due to the  
rain.*

*There will be a  
**Fair Board Meeting**  
**Nov. 15/12 at 7:00**  
**at Quinte Mohawk School.***

*Fair Dates for 2013  
are **Sept 20, 21 & 22***



**DESERONTO LEGION**

**Coming events...**

**Nov. 3 - Lisa Hart and the Hartacres**  
entertain downstairs from 3 - 6 pm.  
As always, everyone is welcome  
and there is no cover charge.

**Nov. 11** - A remembrance service will be held at  
the Deseronto Cenotaph at 11 am.  
Lunch and entertainment will follow  
downstairs in the club room.

**Nov. 17** - Deseronto's favorite **Bill Young**  
is back by popular demand with his group  
**"Family Tradition"** to entertain downstairs  
from 2 to 6 pm.

**Nov. 23** - Our annual Veterans' Dinner will be  
held upstairs at 6:30 pm.  
All invited Vets are asked to RSVP by Nov. 10.

**Nov. 26** - A General Meeting will be held  
upstairs at 7:30 pm.  
All members are urged to attend and voice their opin-  
ions.

Legion membership renewal is ongoing for 2013.

Bingo is held every Tuesday night upstairs, doors open at  
5:30 and play starts at 7:00.

Those wishing to go on our bus trip, held Dec. 1,  
are asked to sign up at the bar and  
pay \$25. per person. Legions to be visited include  
Marmora, Madoc, Tweed and Belleville.



# Happy Birthday!



☆ Happy Birthday Scott!  
 ☆ Nov. 15  
 ☆ Love, Binda & Glenn  
 ☆  
 ☆ Happy Birthday Nicole!  
 ☆ November 7th  
 ☆ Love Aunt Marilyn,  
 ☆ Uncle Rick, Sam & Emmett  
 ☆  
 ☆ Happy Birthday Adam!  
 ☆ November 13th  
 ☆ Love Marilyn, Rick, Sam & Emmett  
 ☆  
 ☆ Happy 1st Birthday Declan!  
 ☆ Nov. 19  
 ☆ Lot of Love Aunt Marilyn, Uncle Rick, Sam &  
 ☆ Emmett  
 ☆  
 ☆ Happy Birthday Sandy!  
 ☆ November 25th  
 ☆ Love Marilyn,  
 ☆ Rick, Sam & Emmett  
 ☆  
 ☆  
 ☆  
 ☆  
 ☆  
 ☆  
 ☆  
 ☆  
 ☆

Happy 6th Birthday  
 Jeremy!  
 November 27th  
 Love Aunt Marilyn, Uncle Rick,  
 Sam & Emmett

Happy Birthday George!  
 Nov. 12  
 Love Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy Birthday!  
 Scotty  
 From your friend Allison

Happy Birthday!  
 Norma (Gram) Brant  
 Love Chip, Allison & Kody

Happy Anniversary  
 Mom & Dad (Bruce & Mary)  
 Nov. 20th  
 Love Marilyn & Rick

Happy Anniversary  
 Grandma & Grandpa  
 Nov 20th  
 Love Sam & Emmett



## Community Kitchen

Nov.16  
 Dec. 7  
 Jan. 18  
 Feb. 8



at 59ers from 9 to 1

Join us for another season of Community Kitchen  
 Enjoy some new foods and recipes and some old favourites too.



*NOTICE of CHANGE*

PLEASE be advised that effective *November 1st*

**PELLETIER LAW OFFICE**

located at 186 Ridge Road, Tyendinaga Territory

Will be closing.

Any former clients who wish to contact me may do so

by calling 613-305-3050 to obtain original wills

and power of attorney documents, corporate property and records,

other valuable property or documents as soon as possible.

**Bonnie Pelletier**  
Barrister-Solicitor-Adjudicator  
**Pelletier Law Firm**

*Thank you*

186 Ridge Road, Tyendinga, Ont



All of the staff at Red Cedars Shelter would like to thank everyone who attended our open house on September 28, 2012. It was a huge success and a wonderful day!!! Special thank you to our firekeepers and singers. (Great job).

Red Cedars Shelter would also like to thank everyone who supported our fundraising event by purchasing a ticket on the patio furniture. Congratulations to the winner David Curtis. We were able to raise \$359.50. All proceeds will go to help support the women and children who reside at the shelter.

Red Cedars is currently in need of winter clothing, all sizes. If you have any winter items you would like to donate you can drop it off at the shelter or if unable to deliver, arrangements can be made to pick up by calling Red Cedars 613-967-2003.

Thank you again for your continued support.

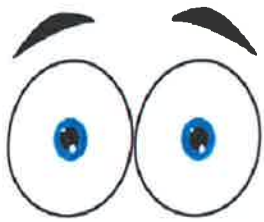
Red Cedars Shelter Staff.

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

# November 2012

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Diners Club—12:00 to 1:00 p.m. Handivan Deseronto—10:00 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. Wii Bowling—7:00 to 9:00 p.m.		Birthday Tea—2:00 to 4:00 p.m. Bingo/Lunch—12:00 to 3:00 p.m. Euchre —6:30 to 8:30 p.m. Library—2:00 to 4:00p.m. Friendly Visiting—1:00 to 4:00 p.m. Aqua Fit—12:00 to 2:30p.m.		1 Meals on Wheels  Blvl Shopping	2 Meals on Wheels  Handivan Des	3
4	5 Breakfast Club  Wii Bowling	6 Meals on Wheels  Aqua Fit  Library	7 Diners Club <i>Deseronto</i>  Euchre Night	8 Meals on Wheels	9 Meals on Wheels  Handivan Des  Scrapbooking	10
11	12  <b>Office Closed</b>	13 Meals on Wheels  Aqua Fit  Library	14 Diners Club HOME SUPPORT  BINGO	15 Meals on Wheels  5-Pin Bowling	16 Meals on Wheels  Handivan Des  Friendly Visiting	17  <i>Kingston Santa Claus Parade</i>
18	19 Christmas Craft  Wii Bowling	20 Meals on Wheels  Aqua Fit  Library	21  BINGO  Euchre Night	22 Meals on Wheels  Kingston Shopping	23 Meals on Wheels  Handivan Des  Scrapbooking Festival of Trees	24
25	26 Christmas Craft	27 Meals on Wheels  Aqua Fit  Library	28 Diners Club HOME SUPPORT  Drum Teaching	29 Meals on Wheels  5-Pin Bowling	30 Meals on Wheels  Handivan Des	



## LOOKING FOR VENDORS



**Do you have used clothing, toys or books your child no longer uses?  
Earn extra money.. Christmas is Coming !!!!**



**Where:** Community Center

**When:** Saturday, November 24th, 2012

**Time:** 10:00am– 1:00pm

**Cost:** \$ 10.00 per booth (includes one table)

**Call Tracey for more information 613-396-6716**



We are looking for vendors for the ABC: Fair Celebrating Families with Children Birth to six.

This event is available to all community members to learn about their children's growth and learning development.

If you are interested in being a vendor for this event please call to put your name on the list, call **Tracey Gazley at 613-396-6716!**

**Spaces Are Limited**

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

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

November 2012

Discover the Balance

We have Gift Certificates

Discovering the  
Balance

By Working the  
Mind, Body,

Heart and Spirit

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 2:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

We Are Open to

The Public

Staff

Darlene Loft /  
Recreation Manager

Sonya Maracle /

Fitness Staff & P.T

Part -Time Staff

Mahaley Brant

Talyor Lefort C.

Theresa Brant

**Why Can't I Lose Weight? Exercise & Meal Planning**

The average person should only have 2000 milligrams of sodium per day. One teaspoon amount (about the size of a quarter) of table salt has 2400 milligrams of sodium. Logic should tell you that even without adding salt to your meals you get all of the salt you need daily. So take the salt shaker off the table, you don't need it. Salt will hold the fat, let it go today !

Winner of the 1 year membership to TFRC

*Thomas Parks*

Winners of 5th Anniversary

Tyendinaga Computers GC - Mark Ormond

Work Gear GC - Suzanne Brant ,Free Flow GC - Linda LeFort , Native Plate - Holly Brant

TFRC Family Membership - Yvonne Comeau-Sexsmith

Subway GC - Brock Ormond

Testimonials / Thank You

**F.Colson** - This fitness Centre is one of the best things that has happen in Tyendinaga. Everything about it is wonderful and money wise it is an absolute bargain.

**M.Brinklow** - Great place, helped me lose 85lbs and keep it off for 2 years

**T.Parks** - Great staff, good clean gym

**L.Lefort** - We should be proud of this awesome Centre, I'm making a commitment to use it.







TFRC is in the process of applying for funding under the Ontario Trillium Foundation, this will help expand to Unit # 2 , for floor space for fitness programs, and Alternative Medicines in the front.



**Therapy Appointments:**  
**Massage - Sonya Maracle**  
**Chiropractor - Dr. Jason Young**  
 (613) 876-5855 call for an  
 Appointment at TFRC

**Tyendinaga Fitness Resource Centre Calendar of Events**  
**Phone: 613-962-2822** [tyfitness@mbq-tmt.org](mailto:tyfitness@mbq-tmt.org)  
[www.mbq-tmt.org](http://www.mbq-tmt.org) under community services

# November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dr. Jason Tuesdays and Thursdays 2pm-6pm	TFRC is collecting Items for the QMS student Shopping Days During opening hours		<b>We Welcome Everyone!</b>	Go Ihsten'a 10am-10:40am Urban Poling	Urban Poling 7pm-8pm Quinte Sports & Wellness	
4	5 Never too Late To Start Being Active	6	7 Pilates 5:50pm-6:50pm Drop-In Welcome	8 Go Ihsten'a 10am-10:40am Social learning	9 Urban Poling 7pm-8pm Quinte Sports & Wellness	10
11	12 <b>Closed for Remembrance Day</b>	13	14 Pilates 5:50pm-6:50pm	15 Go Ihsten'a 10am-10:40am Traditional Dance	16 	17
	19 Ride You Bike to TFRC	20 	21 Pilates 5:50pm-6:50pm Great for Abs Slow Exercise	22 Go Ihsten'a 10am-10:40am Social Fitness Any time or day (call for childcare)	23	24
25	26	27	28 Pilates 5:50pm-6:50pm	29 Go Ihsten'a 10am-10:40am Social Fitness Any time or day	30 Go Ihsten's Program done Dec.11 Thank You for the funding CAAWS	<b>TFRC has 2 Row Machines</b>
<b>January</b> Sign-up for Yoga	<b>Watch for Feb Events:</b> <b>Fit for 2</b> Program starting	<b>Hanio Oksa</b> Healthy Lifestyles Workshops	<b>Fitness Bingo</b> Lose To Win Contest	<b>QUIT The Couch!</b>		Canadian Association for the Advancement of Women and Sport and Physical Activity Association canadienne pour l'avancement des femmes du sport et de l'activité physique

## **Ask the Doctor:**

I know there is controversy over whether the flu shot is safe and effective, but what other options are there? I don't like needles and have felt the flu shot never worked for me, I still always got sick.

Thanks,  
Janice

There are many things you can do to naturally to boost your immune system, but common sense is where you can avoid the flu. Be sure to drink a lot of water, get adequate sleep and exercise, wear the proper clothing when out in the cold, wash your hands with soap and water after touching doorknobs and railings in public places, and eat right. These seem simple because they are. We just forget about them when things get busy and then when we get run down we get sick. We are all susceptible if we don't watch what we do.

Some dietary considerations to help boost your immune system are minimizing sugar in your diet (sugar can depress your white blood cells ability to fight infection), eating for the season (for example root vegetables, soups and stew), and eating more garlic and onion (they are both rich in sulfur-containing compounds giving them health-promoting effects). In addition probiotics and Vitamin D3 are important in maintaining your immune system. Probiotics can be obtained from raw milk and cheese, fermented foods, and water and milk kefir. Vitamin D3 is best acquired from the sun however supplements can be used during the winter months.

Have a great day!



**Dr. Jason Maracle Young DC, CSCS**  
**Maracle Chiropractic**

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

# PILATES

Pilates is a method of core conditioning which can help increase your muscular strength, flexibility and endurance without building bulk or stressing your joints. This class will cover mat work exercises that will leave you feeling revitalized.

**Every Wednesday**

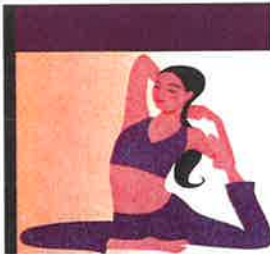
**November 7,14,21,28**

**Time: 5:50pm to 6:50pm**

**\$10.00 a night - limit of 10 Participants**

The Fitness Instructor has 30 years experience with Pilates — Wendy Meraw  
(Drop-In's are welcome but please let us know the day before)

**For a successful program sign - up & pay before Nov. Classes**



**AT - Tyendinaga Fitness Resource Centre**

14 York Rd Shannonville / Unit # 1

(Limited Space per class but classes will continue )

**(613) 962-2822 or email [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)**

Any questions on Pilates please e-mail: [wmeraw45@gmail.com](mailto:wmeraw45@gmail.com)

JUST IN TIME FOR THE HOLIDAYS  
THE MOHAWK GUILD PRESENTS THE  
ANNUAL 2012

## COOKIE WALK

SATURDAY DECEMBER 8TH, 2012  
10:00 AM - ???

QUEEN ANNE PARISH CENTER  
1295 RIDGE RD TMT

HERE'S HOW IT WORKS

1. BUY YOUR CONTAINER - \$5.00 OR \$10.00
2. TAKE A WALK AROUND TABLES FILLED WITH WONDERFUL HOME MADE COOKIES
3. FILL YOUR CONTAINER
4. ENJOY

BAKE TABLE (ASSORTMENT) ALSO AVAILABLE  
PROCEEDS TO AID IN THE WORK OF THE TYENDINAGA MOHAWK GUILD

DON'T BE LATE DON'T BE DISAPPOINTED





# SAVE THE DATE!!!!

Upcoming in February

Dr. Gabor Maté

*"Addicts are made, not born, and the most common precursors are early childhood privation, neglect and abuse. For several generations, Canada's native children have been far more likely to suffer grinding penury, abuse and childhood substance addictions than non-natives. But contrary to what is sometimes asserted, such facts say nothing about the "innate" nature of Canada's native peoples, either cultural or genetic."*



Gabor Maté M.D. is a physician and bestselling author whose books have been published in nearly twenty languages worldwide. Dr. Maté is highly sought after for his expertise on a range of topics, from addiction and attention deficit disorder (ADD) to mind-body wellness, adolescent mental health, and parenting.



Sioux Lookout | Toronto | Oshawa  
Peterborough | Tyendinaga | Kingston | Ottawa

## 3RD WORLD CANADA TOUR

By reaching out to individual citizens, the 3rd World Canada Tour will spark the shift toward celebrating First Nation culture and citizens, and raising awareness of the deplorable living conditions that First Nations people endure. Kitchenuhmaykoosib Inninuwug First Nation and Productions Cazabon are proud to bring the 3rd World Canada Tour across Ontario to build relationships for change between First Nations and Canadians. Each night will consist of a traditional smudge ceremony, a performance from the K.I. Youth Drum Group, the documentary 3rd World Canada, and a discussion panel hosted by K.I. Community, filmmaker Andrée Cazabon, and local speakers. Local outreach projects will be highlighted at each tour stop to connect community members and inspire further action.

Tyendinaga Lacrosse Box @ 6:30PM

Sunday, November 11<sup>th</sup>, 2012

FREE EVENT- Donations to support KI accepted



Waking Spirit  
Singers Youth  
Drum Group



Kitchenuhmaykoosib  
Inninuwug  
First Nation



Andrée Cazabon,  
director of 3rd  
World Canada





# ABC Fair: Celebrating Families with Children Birth to 6

Adult family members with children 0–6 years of age are invited to our Community Event which will be a free fun-filled day of many activities!



Older siblings are welcome

**Saturday November 24, 2012**

**10:00 a.m. to 1:00 p.m.**

**Mohawk Community Centre**



## Resource professionals & tools available to learn about your child's growth and learning.

ABC Early Childhood Checks

(Accessing & Building Connections)

Vision	Nipissing Checklist
Hearing	Ages & Stages
Dental	Speech & Language
Child I.D. kits	Nutrition information
Literacy	Car seat Clinic

**Lunch provided**  
**Giveaways**  
**Door prizes!!**

**FREE**



Gently used clothing, toys & books will be available for sale during the event.

Opportunity to learn about Community Programs & speak with Service Providers

Call Tracey Gazley at 613-396-6716 for more information and/or if you plan to attend or if you require Transportation.

## Literacy activities and more!!

Brought to you by Tahatikonhsotontie Head Start, Eksa o' kon:'a Childcare Centre, Healthy Babies/Healthy Children, Early Childhood Development/Maternal Child Health Programs, Red Cedars, Family Space Quinte, HPE Children and Youth Services Network, with the support of other Community and Non-Community services.

# November 10th, 2012

Our  First  Annual  
Christmas Décor & Purse Auction

The Community Angel Tree Committee would like to extend an invitation to join us in a fun filled afternoon to auction off Purses and Christmas Décor. This is a great way to support local programming and fundraising efforts. Your participation will ensure community children, in need are clothed this winter. As our community need has increased yet again this year, we must work extra hard at fundraising to keep the program running effectively. The Christmas Décor and Purse Auction gives you a chance to replace those worn or tattered Christmas decorations you have had hanging around for years, or maybe you have just moved into a new place and you need some reasonably priced Christmas items. Either way it's a fantastic way to kick off the Holiday Season!

We will have a wide variety of purses for auction. Each purse will be filled with items that have been donated from local businesses and retailers, including MBQ programs. There will be gift certificates in amounts of \$10, \$20 and \$25 in random purses. It could be your lucky day to get a new fashionable purse and a bonus special gift inside!!!!

There will be a \$2.00 entry fee per person to cover the cost of the hall rental. The Auction will take place at 10:00 am and end approx. 2:00pm. Snacks, tea and coffee will be provided. All proceeds will directly go towards the Angel Tree Program. It's going to be a great time!!

**We hope to see you all there!!!!**



For Additional Information Please contact the Community Wellbeing Centre—613 967 3603

Enyonkwa'nikonhriyohake' (Good Minds) Program

# Youth Drop-in 6-8pm @ Youth Centre/Canteen

All events are FREE  
**NOVEMBER 2012**



↓ Tuesday: AGES 6-10	↓ Wednesday: AGES 11-14
<p>6<sup>th</sup></p> <p><b>Games &amp; Crafts</b></p> 	<p>7<sup>th</sup></p> <p><b>Games &amp; Crafts</b></p> 
<p>13<sup>th</sup></p> <p><i>Exciting community event TBA No drop-in tonight</i></p> 	<p>14<sup>th</sup></p>  <p><b>Games &amp; Crafts</b></p>
<p>20<sup>th</sup></p> <p><b>Crafts &amp; Games</b></p> 	<p>21<sup>st</sup></p> <p><b>Enlightening Crafts</b></p> 
<p>27<sup>th</sup></p>  <p><b>It's GROOVY craft night!</b></p>	<p>28<sup>th</sup></p>  <p><b>Games &amp; Crafts</b></p>





# Bears & Cubs

## November 21, 2012



Ice fishing will be our focus for November's Bears & Cubs!! We will participate in a fun filled interactive evening with a special guest speaker. Our special guest will teach us the techniques for fishing in the winter months and explain what dangers to be aware of when out on the ice. We will also include a super fun ice fishing game where Cubs and Bears can compete to win prizes!

**If you are interested in participating, we do require you to register by contacting Julie or Johanna at 613 967 3063 Ext. 149/143**

All Bears and Cubs will be provided with supper. If you have any special allergies please let us know when you register your child. Bears & Cubs is a program for men in our community who would like to spend an interactive evening bonding with that special child in their life. The program is open to boys and girls ages 12 and under.

Bears & Cubs will take place at the Community Wellbeing Centre, located behind the Tyendinaga Police Station—beginning at 6:00pm and ending at 8:00pm.

**\*\*\*Please note Bears & Cubs has moved to Wednesday Night this month\*\*\***





# November Schedule



Thurs., Nov. 1 @ Picton

Fri., Nov. 2 @ Home vs Picton

Fri., Nov. 9 @ Home vs Campbellford

Sun., Nov. 11 @ Amherstview

Fri., Nov. 16 @ Home vs Port Hope

Sat., Nov. 17 @ Port Hope (7:00 pm start)

Tues., Nov. 20 @ Napanee

Fri., Nov. 23 @ Home vs Campbellford

Sat., Nov. 24 @ Campbellford

Tues., Nov. 27 @ Napanee

Fri., Nov. 30 Home vs Port Hope

*~ All HOME games have an 8:30 start ~ Away games have a 7:30 start ~*

For more information and all the latest updates, please go to [www.deserontostorm.net](http://www.deserontostorm.net)

## HO HO HO

Santa will be stopping by **KWE Radio** on

December 6 from 6p.m. until 9p.m.

Come in and get your picture taken with Santa. Also enjoy Christmas caroling and goodies to eat.

So kids bring your wish list and your parents and have fun.

(Proceeds to KWE Radio and Candies for Kids)





## SANTA'S LIVING ROOM

WILL BE IN DESERONTO



**Come visit Santa at 380 Main St.**

Come and have a tour of Santa's Living Room  
Enjoy a cup of hot chocolate and cookies

Have your pictures taken with Santa  
(printed and ready to take home while you wait)  
Cost only \$5.00 per photo

**\* Proceeds in support Candies for Kids \***



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

	Friday	Saturday	Sunday	
November		23	24	25
November		30		
December			1	2
December		7	8	9
December		14	15	16
December		21	22	23

# Dreams in Motion Tour Coming to Tyendinaga!!!

Lindsay  
**willier**  
CANADA'S NEXT  
**top model**  
National Finalist



James  
**JONES**  
DON'T DREAM WITHOUT YOUR DREAM!  
**DANCE**  
CANADA  
National Finalist

*After appearing on "Canada's Next Top Model" & "So You Think You Can Dance", Lindsay and James have teamed up to launch their own company "Dreams In Motion". Their focus is to empower youth across the country with interactive workshops and high-energy performances. Lindsay and James share their life stories and speak about what it takes to accomplish your goals and dreams, while living a healthy life style.*

**DATE: Saturday November 24, 2012**

**PLACE: Quinte Mohawk School Gym**

**Cost: FREE**

**TIME: 2:00pm – 4:30pm Youth workshops ages 13-17**

**Please call Melissa R Maracle at 613-967-3603 to register for this event, supper will be provided for youth event only.....**

**Community Event Show Open for all ages**

**6:00pm till 7:30pm**



The Quinte Singers Present.....

## Christmas Wishes

Featuring some of your favourite Christmas Songs

### 2 Venues

Saturday December 1, 2012

@ 2:00 pm

Deseronto United Church

With Special Guest

Sunday December 2, 2012

@ 2:00 pm

Grace United Church, Napanee

Special Guests: Grace Bell Ringers

Tickets: \$10.00

Children 12 and under Free

Tickets available from any member or at the door

50/50 Draw

Proceeds to Local Charitable Organizations

**Envirotex Recycling Inc. works on behalf of charities in  
Canada and around the world bringing  
clothin and funds for people in need.**

#### List of items that can be collected

**Clothing  
Linens  
Towels  
Toys  
Shoes/Boots  
Blankets  
Jackets/Coats  
Curtains/Drapes  
Purses/Belts  
Other Misc. Cloth Items**

**Proceeds from items collected will go towards the  
Tyendinaga Mohawk Pentecostal Church's  
building program.**

**Drop box located 1984 York rd.**



**ENVIROTEX**

*"Recycling what matters"*



# CLASSIFIED

## FOR SALE

- WASHER/ DRYER SET
- new, unable to use
  - large capacity
  - Inglis Whirlpool
  - asking \$900.00 for set

Call: 613-396-5923

## FOR SALE

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

Call: William J. Brant  
613-967-1129

## HOUSE FOR SALE

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

## LAND FOR SALE

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

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



## For Sale

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

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

## FOR SALE

- INCOME PROPERTY FOR SALE
- 12 acres
  - 3 Apartment Rentals- new cedar shake roof and windows
  - Excellent Business location -
  - Hobby Farm with 2 barns with

- water & chicken house
- 3000 sq ft. 5 bedroom brick house, wood pellet stove, fireplace, new water softener & UV light, lots of water with trickle system
- inground pool, some new windows, 4 bay metal drive shed & paved driveway,
- 251 York Road, Shannonville

Call: 613-962-9187

## FOR SALE

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

Please call Bill: 613-966-1092

## FOR SALE

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

Serious inquiries only  
Call: 613-396-5879

## FOR SALE

- 4 BEDROOM HOUSE
- 376 Beach Rd in Shannonville
  - 3300 square ft. living space
  - full basement
  - 2 full bathrooms
  - 2 car garage
  - 27' above ground pool
  - utility shed

Please call Bill: 613-966-1092

## Babysitter Available

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

## Child Care Available

Hello My name is Donna Glass

- mother of one & starting childcare in my home
- experience at day cares, day camps, before & after school programs
- accepting ages up to 10
- spot s available for before & after school
- healthy lunch, snacks, crafts
- walks, nap time if needed & more

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

We are  
on  
the web  
Check it  
out!

www.mbq-tmt.org

### For Rent

- 2 Bedroom - 2 Bathroom Duplex
- Newly renovated, clean, modern
- \$775.00 per month includes heat and hydro
- Suitable for adults only or adults with older child
- 1 bedroom on main level, 1 bedroom on lower level.
- Available immediately
- 207 Bayshore Rd.  
Tyendinaga Territory

For Viewing please  
call: Kelly 613-929-7355

### FOR SALE

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

Best reasonable offer

Call: 613-967-8935

### FOR SALE

- 26 ACRES, 2 HOUSES
- includes apartments for extra income
  - ponds, ATV trails, quiet rural location near Deseronto.
  - Owner will hold mortgage for qualified buyer.
  - Make a reasonable offer. Owner is Retiring.

Call 613-847-9761

### HOUSE FOR SALE

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

Please call for viewing and more information: Cell: 613-848-0117  
Home: 613-396-3971

**\*\*SERIOUS INQUIRIES ONLY\*\***

### HOUSE FOR SALE

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

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

### ROOM FOR RENT

- FURNISHED OR UNFURNISHED ROOM
- \$400.00 per month
  - 20 minutes from Belleville
  - 10 minutes from Napanee, just a few minutes from 401
  - includes: utilities, use of laundry, high speed internet service, satellite t.v., shared fridge and use of kitchen, parking space and shared living room.
  - looking for someone who is neat, clean and respectable of others

If you have any questions please call:  
613-396-2176 or 613-922-5356

Classifieds are "Free"  
Please call: 613-396-3424



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

**KERISTOS NE KORAH:KOWA**

***CHRIST THE KING***

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



***Morning Prayer with***

***Communion from the Reserved Sacrament***

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



***Holy Eucharist (Complete Mass):***

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

**Services are held at: The Elders' Lodge Common Room**

**For additional parish information, please call:**

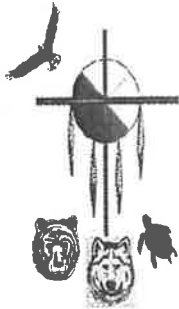
Mr. Charles E. Maracle, Rector's Warden, at 613-396-3089

OR

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

OR

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



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



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



**TYENDINAGA MOHAWK TERRITORY**

**1984 YORK ROAD**

**CHURCH · 613 · 396 · 5329**

**PARSONAGE · 613 · 396 · 5325**

**Sunday**

**10:30 am Worship Service**

**11:30 am Children's Church**

**6:30 pm Worship Service**

**Wednesday**

**7:00 pm Bible Study**

**Saturday**

**7:00 pm Prayer**

### **Coming Events**

**Dec 16 · Christmas Dinner and Concert  
5:00pm**

**Dec 19 · Christmas Carolling at 6:00pm**

**Christmas Services: Dec 23, 10:30 am only  
Dec 24, 7:00 pm only  
Dec 30, 10:30 am only**

*"I hope the Great Heavenly Father, who will look down upon us, will give all the tribes his blessing, that we may go forth in peace, and live in peace all our days, and that He will look down upon our children and finally lift us far above this earth."*

**Red Cloud**



## THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest  
The Venerable Brad Smith  
962-2787

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

### SUNDAY CELEBRATIONS

All Saints' Church (Upper Church)  
and Queen Anne Parish Centre  
1295 Ridge Rd  
9:30 a.m.

Christ Church (Lower Church)  
52 South Church Ln

*From Sunday 21 October to Sunday 25 November,  
the parish will worship together at  
All Saints' Church at 9:30 a.m.  
Regular times resume Sunday 5 December  
(see the next newsletter for times).*

### UPCOMING EVENTS

Parish Fun Night  
Wed 21 Nov, 7 p.m.  
Queen Anne Parish Centre  
Bring a game, a friend, and a snack!

Men's Breakfast  
Sat 24 Nov, 8 a.m.  
Small Town Cafe, Deseronto  
The men of the Parish (and friends) gather once a  
month for breakfast and fellowship.

### MINISTRY OPPORTUNITIES

The parish is seeking to hire two part-time staff: an organist and an administrator. Remuneration is negotiable. Both positions are for 10-12 hours/week. For more information, please visit the website [www.parishoftyendinaga.org/hiring.htm](http://www.parishoftyendinaga.org/hiring.htm)

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

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

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

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

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

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

**Contact:** Joy Brant - 613-967-0411  
Tree Good [altee94@gmail.com](mailto:altee94@gmail.com)

### **“AA OPEN MEETINGS”**

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

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





Shear Heaven

Hair Salon & Day Spa

359 Thomas St.

613-396-2843

Deseronto

All Hair Care Services

Cuts - \$14.00

Color - \$ 35.00 Foils - \$ 5.00 ea



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On Location by Appt

Grand Opening Special

Week of Nov. 5 - 10

Purchase any of our services and receive a free gift of additional services

Are you or someone you know having a...

GIRLS NIGHT IN

WEDDING

BIRTHDAY PARTY

GRADUATION

PROM

MOBILE Aesthetics BY Natalie

613-813-3295

\*NEW SERVICE\*

Gel Nails \$35

Gel Fill \$20

Natural Nails or Tips

Indulge yourself by being pampered in the comfort of your own home. I supply all of the products, tools & linen, all at affordable prices. All you need to do is sit back, relax & enjoy!

Pedicure \$30

Manicure \$20

Make Up Application \$30

Eye Lash Extentions (semi-permanent) \$23

Brow Tinting \$15

Lash Tinting \$12

Hair Removal

Lip, Chin, Brows \$10

Underarms \$13

Upper Leg \$30

Lower Leg \$40

Upper & Lower Leg \$65

Bikini \$25

# Turtle Island Deli & Produce

5965 Hwy #2 east, Shannonville

613-966-2553

info@turtle-island-park.com

## Home Cooked

### Everyday Sides

Sandwichs from the Deli \$3.95

Pulled Pork \$4.95

Spicy Meatball \$4.95 (\$1.50 each)

Chili or Soup & bun \$3.50

Roasted Potatoes \$3.50-\$5.50

Chicken Fried Rice \$3.95-\$5.95

For Gluten Free Bread substitutes  
\$1.00 extra

## Rotisserie Chicken

**\$9.95**

Rotisserie Chicken  
Meal

1 Roasted Chicken

1 Large

Roasted Potatoes &  
Chicken Fried Rice

**\$19.95**

## Monday

Soup & Sandwich

\$5.95

(regular price \$6.95)

## Tuesday

Indian Taco

\$6.95

Fry Bread, Chill  
taco toppings

## Wednesday

Roast Beef &  
Yorshire Pudding

\$8.50

served with roast potato  
& vegetable

## Thursday

Cabbage Rolls

\$2.95 each

Sheppard Pie

\$5.95

## Friday

Stir Fry &  
Chicken Fried  
Rice

\$5.95

## Weekends

Everyday  
Home Cooked Sides  
& Sandwiches

Hours of Operation

Monday-Friday 8am-8pm

Saturday 9am-7pm Sunday 10am-6pm

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Free Basic Installation  
Speeds Up To 5 MBPS

**& 100GB of Monthly Bandwidth!!**

Pre-Book your install now and take advantage of this generous limited time offer from Xplornet. Also be sure and check out our newest tower located in the heart of Shannonville serving the Village of Shannonville and surrounding areas.

**THIS OFFER ENDS NOVEMBER 13TH**

---

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on the Mohawk Territory  
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Ours**



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 Fax: 613-396-3359  
 quintetradeservices@live.com

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**Greg Lewis**                      967-1407

**Aunt Sadie's**  
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 68 Sadies Lane • (613) 961-1524

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 advertise  
 in this space!  
 613-396-3424*

*Rheana Maracle Photography*  
 613-967-4722  
 Shannonville, On.

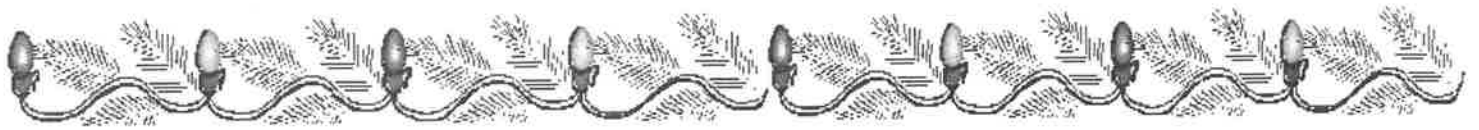
Cell: 613-921-2241

**Bowden Contracting**  
 Licensed Carpenter

Home Renovations  
 New Construction  
 Free Estimates



**Ron Bowden**  
 Cell - 613-848-5331                      613-962-0082



## K.C. Builders and Landscaping

*is wishing all a very Merry Christmas Season!*

Christmas trees for sale the weekend  
of November 17<sup>th</sup> thru to December 22<sup>nd</sup> 2012

Come see our selection of reasonable priced trees!

*For every tree sale,  
we at K.C. Builders, will donate to  
the community Angel Tree Program*

778 Hwy #49  
Tyendinaga Territory, ON

**613-396-1259**



## *Time For You Salon*

613-968-9459

Chelsey Green    Hairstylist Graduate Art and Technique 2010  
Corissa Maracle    Esthetician Graduate Loyalist College 2011  
Rheana Maracle    Photographer Graduate Humber College 2011  
Make Up Artist Graduate 2011



PAMPER YOURSELF WITH A RELAXING PEDICURE  
SPA PEDICURE \$35.00  
HOT STONE PEDICURE \$45.00

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Cell 613-848-8082

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Cel: 613-961-9103

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71 Industrial Park Road  
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K0K 3A0

Phone: 613-921-1164  
E-mail: info@tabmech.com

# Bo Maracle

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Tyendinaga Mohawk Territory

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613-396-9949

# RB Contracting

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Free Estimates

Licensed Carpenter

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Bill

# Belleville

# Bakery

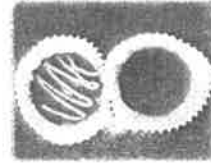
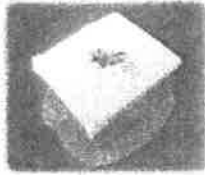
300 Bell Blvd, Belleville  
And Our New Location At  
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Fresh Buns and Breads Made Daily Made From Scratch

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**PLUS...**

**Melt In Your Mouth SWEET TREATS!**



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