



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 11/13
KENTENHKOWA (Nov.)

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

Mohawk Family Services NEEDS YOUR DONATIONS!

Children's Shopping Day 2013 – Every year over 250 children at Quinte Mohawk School enjoy shopping for loved ones during the Children's Shopping Day at QMS.

The presents they purchase are comprised of community donated items.

We are looking for new or gently used, clean donations. Please make sure all items are in working order and have been thoroughly cleaned. Of particular interest are donations that would make great presents for Men.

Donations can be dropped off at:
COMMUNITY WELLBEING CENTRE or
the MOHAWK ADMINISTRATION OFFICE
ANYTIME between 8:30 am
and 4:30 pm Monday to Friday
OR at the Tyendinaga Fitness Resource Centre
during Gym hours.

We can also help by picking up donations if you are not able to lift them or have transportation issues.

DONATION deadline is December 6, 2013

Please contact Janice Maracle at 613 967 0122 ext 115 or more information.

Tyendinaga Mohawk Council Meetings for November 2013:

TMC Meetings	Agenda Deadlines
Local Business – Wednesday , November 13, 7:00 p.m. Regular – Wednesday , November 20, 9:00 a.m. Local Business – Wednesday , November 27, 7:00 p.m.	Thursday , November 7, 12:00 p.m. Thursday , November 14, 12:00 p.m. Thursday , November 21, 12:00 p.m.

Candidates for upcoming December 7th, 2013 elections for Chief and Council

Candidates for Chief are:

Brant, Barbara Frances
Brant, Shawn
Maracle, Corey T.
Maracle, R. Donald
Simmons, Steven (aka Balin Hill)

Candidates for Council are:

Brant, Barbara Frances
Brant, Barry
Claus, R. Christine
Lewis-Den-Otter, Sandra
Loft, Manson
Maracle, Carl (Ted)
Maracle, Curtis
Maracle, Douglas E.
Maracle, Melissa R. (Missy)
Neepin, Jennifer (Brant)
Sero, Keith A.
Simmons, Cathy (Catherine)

**** PLEASE NOTE ****

The offices of the Mohawks of the Bay of Quinte
will be closed on the following.

Monday Nov. 11
for Remembrance Day

Christmas Closure:

*Friday December 20, 2013 at 4:30 and will
reopen on Monday January 6 at 8:30*



For Sale

Lot of 2 - 2500HD bucket trucks (1998 and 1997)

One truck was certified and e-tested (with bucket certified) in spring 2012

One truck not working.

Both trucks being sold as-is for a combined price of \$10,000 o.b.o

Call Bryce McMurter 613-396-3424 M-F 8:30-4:30



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in September responded to 7 calls:

- 2 Medical Assists**
- 1 Motor Vehicle Collision**
- 1 Rubbish Fire**
- 1 Tanker Assist**
- 2 Medical Assists**

In October the Firefighters responded to 6 calls:

- 2 Motor Vehicle Collisions**
- 1 Mutual Aid**
- 1 C.O. Detector**
- 2 Auto Alarms**

This brings our total to 72 calls for the year 2013



Mohawks of the Bay of Quinte

The Sale Process

Step-By-Step Guide:

1. View the house at 213 Lower Slash Road, during a scheduled open house.
2. Contact the Housing Department to be pre-authorized to submit a bid on the house.
3. After pre-authorization, you will receive a bidding number.
4. All or any bids may not be accepted.
5. Submit your sealed bid to Reception at the Administration Office from Tuesday November 12th to Monday November 18th, 2013 between the hours of 8:30 am and 4:30 pm AND on Tuesday November 19th between 8:30 am and 2 pm. Bids will NOT be accepted after 2 pm on Tuesday November 19th.
6. Ensure that your bid is stamped, dated and timed. Do not put your name on the outside of the envelope. Address your envelope as "213 Lower Slash Road House Sale, Bidder Number _____".
7. Bidders may attend the Public Bid Opening on Tuesday, November 19th at 2:30pm in the Council Chambers of the Mohawk Administration Office, located at 13 Old York Rd, Tyendinaga Territory.

QUESTIONS? Contact:

The Housing Department

613-396-3424

Lori Maracle or Tina Brant

House For Sale

Appraised at \$139,000
213 Lower Slash Road
Tyendinaga Territory, ON
K0K 1X0



Open House

Thur., Nov. 7th - 9am to 12pm & 6pm to 8pm

Sat, Nov. 9th - 9am to 12pm

Sun, Nov. 10th - 9am to 12pm

Sale by Tender

- All or any bids may not be accepted.
- Sale by Tender which gives the pre-authorized community members an equal opportunity to bid on the property.
- The Mohawks of the Bay of Quinte have made a commitment to ascertain the highest dollar amount for the home.
- In the event of a tie for top bid, the bidders will have the opportunity to submit a written secondary bid. Secondary bids will be accepted from 8:30am to 12pm on Wednesday November 27th. Public bid opening of secondary bids will be held at 1 pm on November 27th in the Council Chambers.
- Only Mohawks of the Bay of Quinte Band members can submit a sealed bid.
- The successful bidder must make the property their primary place of permanent residence. Please refer to section 4 .C. of the MBQ Mortgage Application Policy.
- The successful bidder must comply with the corresponding MBQ Policies. Policies are available upon request.

Bidding

- Sealed bidding will be accepted at the Administration Office from Tuesday November 12th to Monday November 18th, 2013 between the hours of 8:30 am and 4:30 pm AND on Tuesday November 19th between 8:30 am and 2 pm. Bids will not be accepted after 2 pm on November 19th, 2013.
- Bidders may attend the Public Bid Opening on Tuesday November 19th at 2:30 pm in the Council Chambers.
- Bidders must be pre-authorized for financing through the Housing Department. Proof of mortgage authorization from the Bank of Montreal or proof of private financing required.
- MBQ Housing will work with any interested applicant with their request for pre-authorization.
- Bids will not be accepted by individuals who are not pre-authorized.
- All or any bids may not be accepted.
- The successful bidder will have 10 business days to close the sale and fulfil the necessary requirements.

—— REQUIREMENTS ——

You **MUST** be a registered member of Mohawks of the Bay of Quinte Band

You **MUST** make this house your primary place of residence if you are the successful bidder

You **MUST** be pre-authorized and have a bidding number

~There will be no exceptions to these requirements~

MOHAWKS OF THE BAY OF QUINTE
SCHEDULE OF CAPITAL FUND AND RESERVE TRANSFERS
BAND OPERATIONS
FOR THE YEAR ENDED MARCH 31, 2013

	Total Revenue \$	Total Expenses \$	Surplus/ Deficit \$
General Government - Administration/Council	2,099,636	(2,075,457)	24,179
Band Property Maintenance	374,814	(316,608)	58,206
Fire	230,618	(230,620)	(2)
Roads	827,379	(701,680)	125,699
Parks and Recreation	44,376	(44,375)	1
Economic and Employment Development	298,650	(298,344)	306
Lands, Estates and Research	319,146	(306,856)	12,290
Child Welfare	413,854	(393,459)	20,395
Home Support	562,388	(562,517)	(129)
Medical Services	631,503	(626,879)	4,624
Service Delivery - GWA Administration	380,649	(381,262)	(613)
Social Assistance	770,943	(772,273)	(1,330)
Day Care	562,784	(470,904)	91,880
Homemakers	289,628	(289,717)	(89)
Elementary / Secondary Instruction	1,408,921	(1,395,066)	13,855
Quinte Mohawk School Operations	506,122	(506,121)	1
School Busing	691,755	(584,426)	107,329
Post Secondary Education	3,456,440	(3,456,440)	(104,158)
Water / Sewer	429,314	(533,472)	(2,096)
Student Employment Program	32,252	(34,348)	(1,084)
Capital Programs	148,569	(149,653)	14,538
Specific Purposes	15,081	(543)	
Library Operation	78,287	(78,287)	2,916
Medical Centre	55,212	(52,296)	(4)
National Native Alcohol & Drug Abuse Program	49,493	(49,497)	(8)
Fetal Alcohol Effects	20,963	(20,971)	834
Aboriginal Healing & Wellness Strategy	81,804	(80,970)	(2)
Prenatal & Nutrition Program	34,470	(34,472)	25,195
Aboriginal Healing & Wellness - Shelter Operation	494,835	(469,640)	(41,487)
Police Office	46,414	(87,901)	
Tech Unit	253,797	(253,797)	(9,389)
Landfill Site	160,219	(169,608)	(2)
Management and Support	142,502	(142,504)	16
National Child Benefit	55,500	(55,484)	889
Environmental Program	16,225	(15,336)	36,763
Aboriginal Head Start - Operations	385,304	(348,541)	
Richmond Landfill Sit	135,375	(135,375)	7,518
Home & Community Care	529,162	(521,644)	(5)
Aboriginal Diabetes Program	119,111	(119,116)	(435)
Healthy Babies / Healthy Children	68,407	(68,842)	
Drinking Water Safety Program	52,979	(52,979)	
Culbertson Tract	19,343	(19,343)	1,338
Early Childhood	34,486	(33,148)	38,357
Ohahase / Hope / Mohawk Immersion	429,041	(390,684)	(10)
Health Services Accreditation	32,661	(32,671)	(102)
Maternal Child	59,747	(59,849)	(516,472)
Police Services Building	18,877	(535,349)	2
Fitness Centre	105,359	(105,357)	1
Demonstrated Mental Health	18,418	(18,417)	
Mohawks Family Services Special Program	9,222	(9,222)	
Before and After School Program	17,014	(29,433)	(12,419)
Iroquois Caucus Administration	74,242	(74,241)	1
Core Consultation Capacity Fundin	3,849	(3,849)	
Community Wellness Building Construction	1,825	(1,825)	
Nation Building	153,482	(153,482)	(1)
Fibre to the Home - Operations	237,108	(237,109)	(116)
CHR Other Programming	7,802	(7,918)	
Karonhiaktatie Sports Complex - Upgrades	23,934	(23,934)	
Water Truck	103,022	(103,023)	(1)
Building Healthy Communities	111,181	(111,180)	1
Brighter Futures	168,389	(167,000)	1,389
Community Wellness Building	202,939	(198,218)	4,721
ALAI Diabetes Education	11,686	(11,685)	1
Ontario Diabetes Strategy	201,220	(206,837)	(5,617)
Safe Water Operator Program	61,882	(61,882)	
Airport Road Reconstruction	23,391		23,391
Healthy Moms, Healthy Babies	74,837	(74,837)	
Right to Play	20,555	(25,045)	(4,490)
MBQ / VIA Agreement	100,000	(110,865)	(10,865)
Water Treatment Plant	40,000		40,000
Childrens Mental Health	111,938	(80,229)	31,709
Fibre to the Home - Construction			
New Admin Building			
Sadies Lane			
	19,752,331	(19,774,912)	(22,581)
Housing	2,741,052	(1,657,096)	1,083,956
Casino	3,502,574	(2,082,666)	1,419,908
Casino - Transfers for Capital	70,863	(24,339)	46,524
Turton			
	26,066,820	(23,539,013)	2,527,807

Amortization/Disposal of Tangible Capital Assets \$	Tangible Capital Asset Purchases \$	Replacement Reserves \$	Casino Rama Transfers \$	After Capital Adjustments and Reserves \$
	(24,192)			(13)
	(30,880)			27,326
	(5,265)		5,265	(2)
	(120,000)			5,699
	(1,697)			1
	(12,498)			(1,391)
	(20,396)			(208)
				(1)
	(7,620)			(129)
				(2,996)
				(613)
	(92,588)			(1,330)
	(13,856)			(708)
				(89)
	(169,400)	94,234		(1)
				32,163
				NIL
				(104,158)
				(2,096)
				(1,084)
				14,538
				2,916
				(4)
	(1,413)			(8)
				(579)
	(32,906)			(2)
				(7,711)
				(41,487)
		9,390		1
				(2)
				.16
	(36,851)			889
	(8,333)			(88)
				(815)
				(5)
				(435)
	(1,389)			(51)
				38,357
				(10)
				(102)
516,472	(1,572)		1,572	2
				1
				(12,419)
				1
	(47,134)		47,134	(1)
				(116)
	(1,573)		1,573	(1)
	(1,389)			1
				4,721
				1
				(5,617)
	(733,223)		709,831	(1)
				(4,490)
	10,865			
	(77,247)			(37,247)
	(31,703)			6
	(1,535,604)		1,535,604	
	(104,305)		104,305	
	(359,614)		359,614	
516,472	(3,461,783)	103,624	2,764,898	(99,370)
(252,569)	(3,195,488)	(50,583)	732,100	(1,682,584)
			(3,496,999)	1,419,908
		(2,100)		(3,496,999)
				44,424
263,903	(6,657,271)	50,941	(1)	(3,814,621)

**MOHAWKS OF THE BAY OF QUINTE
BALANCE SHEET AS AT MARCH 31, 2013
BAND OPERATIONS FUND**

	2013 Actual \$	2012 Actual \$
ASSETS		
RESTRICTED		
Cash	1,122,412	960,086
Due from member	1,467	1,700
Due from general fund	4,170	
Cash held in trust	4,737	3,767
	1,132,786	965,553
CURRENT		
Cash	196,745	
Due from Government of Canada	842,523	804,399
Due from Province of Ontario	281,878	328,362
Accounts receivable	597,159	706,725
Prepaid expenses, inventories and investments/accrued interests	88,786	84,635
Due from Housing Fund		5,728
Due from Casino Rama Fund	428,672	779,648
Due from Restricted Fund		25,481
Current portion of amounts due from Band members	934,186	868,368
Less: Allowance for doubtful accounts	(68,678)	(68,678)
	3,301,271	3,534,668
DUE FROM BAND MEMBERS		
Other loans and receivables	953,526	881,635
Business loans receivable	37,744	40,388
	991,270	922,023
Less: Current portion included in above	(934,186)	(868,368)
	57,084	53,655
	4,491,141	4,553,876

The accompanying notes form an integral part of these consolidated financial statements

**MOHAWKS OF THE BAY OF QUINTE
BALANCE SHEET AS AT MARCH 31, 2013
BAND OPERATIONS FUND**

	2013 Actual \$	2012 Actual \$
LIABILITIES		
RESTRICTED		
Community Development Fund	1,128,049	936,305
Funds held in trust	4,737	3,767
Due to General Fund		25,481
	1,132,786	965,553
CURRENT		
Bank indebtedness		31,327
Accounts payable and accrued liabilities	1,840,686	1,832,152
Security deposits and prepaids	8,802	11,703
Deferred revenue - Note 8	168,385	347,541
Due to Housing	251,930	
Due to Community Development fund	4,170	
Due to Turton	1,677	56,980
	2,275,650	2,279,703
LONG-TERM DEBT - Note 10		
Due to Aboriginal Affairs and Northern Development Canada - Culbertson	473,271	473,271
FUND BALANCE		
RESERVES		
Water/sewer, Business Centre and landfill truck replacement	11,143	20,533
Bus replacement - Note 12	181,459	275,693
Discretionary Fund	74,872	97,792
	267,474	394,018
BAND MEMBERS' SURPLUS - Statement 7	341,960	441,331
	609,434	835,349
	4,491,141	4,553,876

The accompanying notes form an integral part of these consolidated financial statements

**MOHAWKS OF THE BAY OF QUINTE
BALANCE SHEET AS AT MARCH 31, 2013
HOUSING FUND**

	2013 Actual \$	2012 Actual \$
ASSETS		
RESTRICTED FUNDS		
Cash	644,602	582,182
Due from unrestricted Housing Funds	45,623	61,937
	<u>690,225</u>	<u>644,119</u>
CURRENT		
Cash	598,063	1,448,835
Rental arrears	118,124	122,944
Accrued interest - Housing loans	256,745	202,136
Other accounts receivable	(83,938)	(145,758)
Due from Canada Mortgage Housing Corporation	17,071	17,071
Due from Band Operations Fund	251,930	
Current portion of amounts due from Band members	864,858	801,996
	<u>2,022,853</u>	<u>2,447,224</u>
DUE FROM BAND MEMBERS		
Housing loans receivable	18,251,068	17,677,473
Less:		
Allowance for doubtful loans receivable	(470,099)	(470,099)
Current portion included in above	(864,858)	(801,996)
	<u>16,916,111</u>	<u>16,405,378</u>
	<u>19,629,189</u>	<u>19,496,721</u>

The accompanying notes form an integral part of these consolidated financial statements

**MOHAWKS OF THE BAY OF QUINTE
BALANCE SHEET AS AT MARCH 31, 2013
TURTON PENN**

	2013 Actual \$	2012 Actual \$
ASSETS		
CURRENT		
Cash	312,711	233,378
Cash - replacement reserve	8,736	6,552
Accounts receivable from Band members	8,361	12,025
Due from Band Operations Fund	1,677	56,980
Current portion of amounts due from Band members	17,543	15,822
	<u>349,028</u>	<u>324,757</u>
DUE FROM BAND MEMBERS		
Housing loans receivable	756,728	735,488
Less:		
Current portion included in above	(17,543)	(15,822)
	<u>739,185</u>	<u>719,666</u>
	<u>1,088,213</u>	<u>1,044,423</u>
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities		2,875
Security deposits and prepaids	1,537	1,480
	<u>1,537</u>	<u>4,355</u>
FUND BALANCE		
FUND BALANCE - Statement 9	1,077,940	1,033,516
REPLACEMENT RESERVE	8,736	6,552
	<u>1,086,676</u>	<u>1,040,068</u>
	<u>1,088,213</u>	<u>1,044,423</u>

The accompanying notes form an integral part of these consolidated financial statements

**MOHAWKS OF THE BAY OF QUINTE
BALANCE SHEET AS AT MARCH 31, 2013
HOUSING FUND**

	2013 Actual \$	2012 Actual \$
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities	804,649	57,471
Due to Band Operations Fund		5,728
Due to Housing Restricted Funds	45,623	61,937
Due to Casino Rama	1,108,337	
Security deposits and prepaids	119,236	109,696
Deferred revenue - Note 8		91,240
Mortgage downpayments	5,943	2,043
	2,083,788	328,115
RESERVES		
CMHC replacement reserves	209,818	213,650
Housing replacement reserve	186,415	173,143
CMHC operating reserves	480,407	430,468
	876,640	817,261
FUND BALANCE		
FUND BALANCE - Statement 8	16,668,761	18,351,345
	19,629,189	19,496,721

The accompanying notes form an integral part of these consolidated financial statements

**MOHAWKS OF THE BAY OF QUINTE
BALANCE SHEET AS AT MARCH 31, 2013
CAPITAL FUND**

	2013 Actual \$	2012 Actual \$
ASSETS		
TANGIBLE CAPITAL ASSETS - Note 11	51,010,012	47,354,145
LIABILITIES		
CURRENT		
Current portion of long-term debt	695,343	269,228
LONG-TERM DEBT		
Loans payable - Note 9	3,544,386	3,814,037
Less current portion included above	(695,343)	(269,228)
	2,849,043	3,544,809
FUND BALANCE		
FUND BALANCE - Statement 10	47,465,626	43,540,108
	51,010,012	47,354,145

**MOHAWKS OF THE BAY OF QUINTE
BALANCE SHEET AS AT MARCH 31, 2013
FUNDS ON DEPOSIT WITH ABORIGINAL AFFAIRS AND
NORTHERN DEVELOPMENT CANADA**

	2013 Actual \$	2012 Actual \$
ASSETS		
CURRENT		
Cash	448,553	433,761
FUND BALANCE		
Revenue account - Statement 11	428,089	413,297
Capital account - Statement 11	20,464	20,464
	448,553	433,761

**MOHAWKS OF THE BAY OF QUINTE
BALANCE SHEET AS AT MARCH 31, 2013
CASINO RAMA FUND**

	2013 Actual \$	2012 Actual \$
ASSETS		
CURRENT		
Cash	435,324	2,397,215
Marketable securities - Note 5	9,682,650	11,191,132
Accrued interest	81,974	122,373
Due from Housing	1,108,333	
	11,308,281	13,710,720
LIABILITIES		
CURRENT		
Due to Band Operations Fund	428,672	779,648
Accounts payable and accrued liabilities	25,631	
	454,303	779,648
FUND BALANCE		
FUND BALANCE - Statement 12	10,853,978	12,931,072
	11,308,281	13,710,720

The accompanying notes form an integral part of these consolidated financial statements



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYEN'KEHÁ:KA

ADMINISTRATION BUILDING,
13 Old York Road, Tyendinaga Mohawk Territory, ON K0K 1X0
Phone 613-396-3424 Fax 613-396-3627

September 30th, 2013

Emily Workman
116 Lower Slash Road
Tyendinaga Mohawk Territory, ON
K0K 1X0

Dear Emily,

On behalf of the Tyendinaga Mohawk Council, I wish to take this opportunity to congratulate you on receiving the James Bartleman Aboriginal Youth Creative Writing Award for your poem, "When Skunk Smelled like Flowers".

Taking the initiative to share your creative talents is a quality that can inspire other people, young and old, and you should be proud of yourself. This is a very prestigious award and you honour our community. We wish you all the best in your future endeavors and encourage you to continue writing.

Yours sincerely,

Chief R. Donald Maracle
Mohawks of the Bay of Quinte



When Skunk Smelled like Flowers

By: Emily Workman, age 12 from Tyendinaga Mohawk Territory

Once upon a time in a far off land,
past the Brooklyn brook and past the sea of clams.
There was a little kingdom and this little Kingdom was,
a famous little kingdom, called the city of Fuzz.
This is a story about a skunk
and a fox ,but really the fox was the punk.
For fox played tricks and made mean jokes,
you could tell if he was jealous, when he played a mean hoax.

He was jealous of everything, even the grass
because it is even greener than him far vast.
Even the sand , the stars, the moon,
even the villagers that eat with straw spoons.
He was even jealous of one who never stunk,
and that one is non other than skunk.
He smelled like flowers and lovely things,
and even a dandelion who sings.
So fox thought, and thought for many days
until his mind became a haze.
For to stop skunk from smelling so good
there was no solution to be understood.
For skunk smelled like roses and smiling daisies.
Smiles so big they lit up the sky,
and just one whiff would make you fly.

So fox studied for days months **and a year**,
until he found something so clear.
Queen Anne's lace don't worry don't fear.

But there was a problem, that problem was that he thought
it was lace from the gown Queen Anne bought.
He went and ripped it off, or that's what he thought
but ripped off a flower and that's what he got.

He put it in hot water and it started to boil
until the consistency became tea oil.
That very night he talked to skunk,
and invited him to a tea, and a polar bear dunk.
His plan was simple, skunk will drink the tea,
then skunk will smell, cry, and plea.

Fox got dressed and trotted to the bay,
he better start early, it's a day away.
Skunk let him in and fox made the tea,
but when skunk drank there wasn't a change
so that's when fox began to rage.
He pouted, he screamed, he bit the chair,
until skunk screamed and something foul came from his derriere.
"oh it worked but EW!
Without your smell you're a coward too!"
skunk cried, mid cried all day, and **that's how skunks smell is here today!**

TRUSTEE REPORT FOR OCTOBER 2013

History has been made this fall when Hastings Prince Edward District School Board opened two new schools: Tweed Elementary School on Tuesday, September 3rd and Sterling Public School on Tuesday, October 15th, 2013. It has been almost 45 years since a new school was built in Hastings and Prince Edward District School Board. These two new buildings enhance our compliment for 47 schools, as well as represent significant contributions to the Stirling and Tweed communities. These two new schools are among a number of renovations and accommodations made to some of the other schools within Hasting Prince Edward District School Board over the past few years.

Following a tuition agreement workshop presented last week that had representatives from Aboriginal Education Office, Education Finance Branch, Special Education Policy and Program Branch, Aboriginal Affairs and Northern Development Canada, Chiefs of Ontario and Ontario Public School Boards Association, for the benefit of Boards of Education and First Nations Territories. We are now in a position to have a new tuition agreement presented to AANDC for approval. This will hopefully occur in the near future, more information on this process will follow next month.

For more detailed information on Board or Committee minutes, please go to 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

Respectfully submitted

Mike Brant, HPEDSB, representing Tyendinaga First Nations

ATTENTION MORTGAGE HOLDERS

It has come to our attention that many insurance companies will ONLY notify the MOHAWKS OF THE BAY OF QUINTE if your existing house insurance policy has been cancelled however will NOT when the policy has been renewed. This creates a problem when incentives, rewrites and renovations are requested. You will not qualify if your house insurance policy on file is not up to date. In order to ensure your policy is current, we ask that you mail, fax or deliver renewal form when received.



FNTI Board of Directors

Volunteer Opportunity

The FNTI Board of Directors is seeking individuals passionate about education and training as a means of building the capacity of Indigenous people and their communities.

FNTI's mission is to:

Provide respectful, holistic learning opportunities and experiences that enhance the capacity of First Nations people to regain control over their social, political, cultural and economic future.

We look forward to hearing from you if you:

- are a community focused person who values indigenous culture and knowledge;
- wish to provide your service to work collaboratively with regard to the overall governance of FNTI;
- have a background in education and training, marketing and communications, finance and/or governance; and
- are over the age of 18.

Applicants are invited to submit a letter of intent, a resume and three references by 4:00 pm on Monday, November 11th, 2013, to:

**FNTI Board of Directors
Attention: Board Secretary
3 Old York Road
Tyendinaga Mohawk Territory, Ontario K0K 1X0**

Email: (boardsecretary@fnti.net)



Tyendinaga Mohawk Territory, ON
K0K 1X0

Ph: 1.800.263.4220 or 613.396.3100
Fax: 613.396.1024 www.fnti.net

TENDER CALL

SNOW REMOVAL

At the TYENDINAGA MOHAWK AERODROME

FNTI is calling for tenders for snow removal at the Tyendinaga Mohawk Aerodrome. There are two separate contracts available, so please ensure that your submission is clearly marked indicating either Contract #1 or Contract #2. The contracts will cover the period from December 1, 2013 until March 31, 2014.

Contract #1 – Parking lots (290 & 314 Airport Road)

Contract #2 – Ramp, taxiway and runways

Scope of work:

- The contractor is expected to supply and maintain own equipment & personnel.
- Contract #1 - Remove snow prior to the commencement of each day
- Contract #2 - Remove snow and snow banks on an on-call basis.

The following items should be included with your tender submission:

- A list of equipment to be used.
- Proof of liability insurance.
- Proof of Workmen's Compensation Coverage.
- Your quote for the period indicated.

For further information please contact:

Randy Maracle, FNTI Facilities Manager
314 Airport Road
Tyendinaga Mohawk Territory, ON

613-396-3100 ext. 239

Closing date for this tender is 2 pm on November 22, 2013.

All tenders must be submitted to FNTI's York Road location in a sealed envelope clearly marked:

"Aerodrome Snow Removal Tender Contract # "

3 Old York Road
Tyendinaga Mohawk Territory, ON
K0K 1X0

The lowest or any tender will not necessarily be accepted.



PERSONAL SUPPORT WORKER (PSW)

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

This one-year certificate program trains students to offer personal care and home management services to clients in community or institutional settings.

Personal support workers provide services to clients with physical, cognitive, emotional and behavioral challenges and work under a regulated health professional or in a supported independent living environment. Students learn through in-class instruction, hands-on labs and community placements. Graduates are awarded a Personal Support Worker Certificate from Canadore College.

Type: Certificate

Length: Jan 6 – Aug 24, 2014

Delivery: Compressed
Students attend Mon, Tues and Wed weekly

Location: FNTI Home Campus

2013-14 Tuition: \$1946 per semester
(\$1266 basic tuition + \$680 FNTI fees)

Admission Requirements:

Ontario Secondary School Diploma (OSSD) or equivalent including:

- Grade 12 English at the C or U level

A Criminal Record Check and Vulnerable Sector Screening – (clear of convictions involving abuse or theft) are required before Clinical Placement).

- **Note:** If you have been convicted of an offence under the Criminal Code for which you haven't been pardoned, you may be ineligible for the clinical/field placements.

How to Apply:

Apply online at fnti.net

OR

Call 1-800-267-0637 ext. 182

Semester 1

CMM125 Communication Fundamentals
DFM123 Healthy Living, Healthy Eating
PSW150 Professional Issues I
PSW155 Client, Family and Community
PSW160 Lab I
PSW165 Lifespan I
PSW170 LTC Clinical 1
PSW180 Biology for PSWs

Semester 2

PSW200 Professional Issues II
PSW205 Mental Health, Cog Imp Pharm
PSW210 Lab II
PSW215 Life Span Development II
PSW220 LTC Clinical 2
PSW300 Consolidation
SOC100 Intro to Sociology
MTH128 Pre-Health Math
IPE100 Collaborating Across Professions

First Nations Technical Institute

3 Old York Road,
Tyendinaga Mohawk Territory, ON
K0K 1X0

613-396-2122

1-800-267-0637

www.fnti.net

recruitment@fnti.net

The 7th Annual Restorative Approaches Symposium

“The Cultural Roots of Restorative Justice”

Rupert Ross



BIOGRAPHY:

Mr. Ross is a retired Crown Prosecutor of Western Ontario. He is the author of several books including the Canadian best seller, *Returning to the Teachings: Exploring Aboriginal Justice*. In writing about the Hollow Water experiment, Mr. Ross found he was deeply touched by the sacred Ojibwa teachings and underwent personal transformative changes. He realized, as did the healers at CHCH, that courtroom proceedings and incarceration work against the healing process, and that courtrooms rarely allow victims and perpetrators to be seen as whole persons, as evolving persons, as extensions of their home communities.

work against the healing process, and that courtrooms rarely allow victims and perpetrators to be seen as whole persons, as evolving persons, as extensions of their home communities.



Tyendinaga Justice Circle
Tontakaiêrine
(It has become right again)

Special Keynote:

DUKE REDBIRD:

Mr. Redbird, a member of the Saugeen First Nation, is a poet, scholar, mentor, storyteller, and inspirational speaker. He is with us to inspire and share wisdom.



AGENDA:

November 20, 2013

- 8:00 a.m. –Registration
- 8:45 a.m. – Opening
- 9:00 a.m.—Keynote
- 10:00 a.m. –Health Break
- 10:15 a.m.—Rupert Ross
- 12:00 p.m.—Lunch (Provided)
- 1:00 p.m.—Rupert Ross (continued)
- 3:00 p.m.—Close

NO COST to register

*Please bring a non-perishable food item for the Tyendinaga food bank

Tyendinaga Community Center
1807 York Road

Everyone welcome !

To register, please contact:

Shannon Butcher, Program Coordinator
613-396-2122 ext. 166

Email: Shannonb@fnti.net

Mark Brinklow, Youth Justice Worker

613-396-2122 ext. 125

Email: Markb@fnti.net

QMS To Kenya

Upcoming Fundraising Events!

*Kreations for Kenya Craft Sale:
Held at Queen Anne's Parish Hall
All Saint's Church
Come shop unique handmade items!
Vendors still welcome!*

Date: Sat. Nov. 9th Time: 9am to 4pm

*QMS To Kenya Adult Dance:
Held at the MBQ Community Centre
19 years and older*

*Purchase tickets in advance from any QMS To
Kenya member at \$10 per ticket.
DJ, Bar, Games, Raffles and more!*

Date: Nov. 16th Time: 8pm-1am

For more information contact:

Patti (613) 813-4763 or Corinna (613) 396-2630

Happy Birthday!



★ Happy Birthday
★ Scottie—Nov. 15
★ Hope you have a wonderful day.
★ Love Wendy & Glenn

★ Happy Birthday
★ Frank
★ From Chip, Allison & Kody

★ Happy Birthday
★ Scotty
★ From Allison

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

★ Happy Belated Birthday
★ Shane
★ Love Chip, Allison & Kody

★ Happy Birthday
★ Nicole – November 7th
★ Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
★ Phill & Hayden

Happy 40th Birthday
Adam – November 13th
Love Marilyn, Rick, Sam, Emmett,
Phill & Hayden

Happy Birthday
Sandy – November 25th
Love Marilyn, Rick, Sam, Emmett,
Phill & Hayden

Happy 7th Birthday
Jeremy – November 27th
Lots of Love Aunt Marilyn, Uncle Rick, Sam,
Emmett, Phill & Hayden

Happy Anniversary
Mom & Dad – November 20th
Love Rick & Marilyn



Happy Anniversary
(Great) Grandma &
(Great) Grandpa –November 20th
Love Sam, Emmett, Phill & Hayden

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

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



"Thanks TCDF"



Destiny and Trinity would like to thank the TCDF for all their support in helping them to achieve their musical goals and perfect their talents in both piano and guitar respectively. With all your help and a whole lot of practice Destiny will be writing her Grade 5 Exam with the Royal Conservatory of Music. We are very proud of both of them and wish Destiny the best of luck on her big exam as well.

Love Mom and Dad



Thank you!

Thank you for a beautiful 85th Birthday. And to my family, relatives and friends thank you for the gifts, cards and well wishes.

A Special thanks to all who gave a helping hand with the food and decorating the hall. I am so thankful it turned out so nice.

Thanks to everyone.

Marie Brant



We would like to extend a big Thank You to all of you who attended the ABC Fair on October 5, 2013. A big Thank You also goes out to all the Service Providers that help make this years ABC Fair a huge success.

Nya:wen ko:wa,

Nicole Loft, Tahatikonhsotontie Head Start Manager
Tracey Gazley, Good Minds Child and Youth Wellness Program

Thank You!!!!

For making our Family Fun Day at
Red Cedars Shelter a **HUGE** success
on Saturday October 19, 2013!

Volunteers; J.J Sexsmith, Randy Rodgers (Magician) and Debbie Paul



Special Acknowledgement and Thank you !!!

To Tanya Maracle (Soaring Eagle) and Paul Gartland for their thoughtfulness and sincerity in making a monetary donation to our shelter, which will help us provide social programming to our community.

From The Team at Red Cedars Shelter



The Mohawk Agricultural Society says thank you to the following sponsors of the 2013 Mohawk Fair. Without your donations it would not be possible to present our annual fair.

THANK YOU AGAIN!

2nd Chance Collectables

49 Quick Stop

Aunt Sadies Cafe

Bernhardt Cabinetry & Flooring

Bob's Portable Toilets

Bowden Contracting

Briar Fox Golf & Country Club

Buck or More

Build All Contractors

Cigar Chief

Community Wellbeing Centre

Conz Cutz

Darran Green Sandblasting

Deb's Gas Bar & Restaurant

Dennis Cronk Excavating

Dockside Tavern

Elton A. Brant

Five Nations Tobacco Trading

FNTI

Free Flow Petroleum

Kagita Mikam

KC Builders

Kevin Brant's Auto Body

Leslie Cronk Financial

Lewis Lacrosse

Little Turtles 2 Restaurant

Loyalist Asphalt

Mary Kay - B.B Watson

Mohawks of the Bay of Quinte

McGlade Funeral Home

McMurter Ace

Mike's Restaurant

Nation to Nation

Native Renaisasance II

OSR Performance

Post's Garage

Quinte Variety & Video & Sears

Randy's Leather

Rez Boyz

Sago Gas & L&M Enterprises

Smokin Coffee Xpress

Speedway Gas

The Anglican Parish of Tyendinaga

The Lazy Gardener

The Sacred Circle

Threadworks Custom Embroidery

Time For You Salon

Tsi Tyonnheht Language Centre

Turtle Island Park Deli & Produce

Tyendiaga Propane

Tyendinaga Computer Sales

Tyendinaga Police Services

United Restaurant Inc

Village Variety & Gas Bar



EYE EXAMS AND GLASSES FOR THE ENTIRE FAMILY



NOVEMBER 21, 10AM-5PM
TYENDINAGA MOHAWK TERRITORY

COMMUNITY WELLBEING CENTRE PARKING LOT
50 MEADOW DR., DESERONTO, ON



TO BOOK AN EYE EXAM CALL TOLL FREE

1-866-920-6480

COMPREHENSIVE OPTOMETRIST EYE EXAM

WE DO DIRECT INSURANCE CLAIMS
BOOK EARLY, SPACES FILL FAST

OUR MOBILE UNIT WILL BE PARKED AT THE
COMMUNITY WELLBEING CENTRE



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

November 2013

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club—8:00 to 9:30 a.m. Diners Club—12:00 to 1:00 p.m. Handivan Departure—9:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Bingo/Lunch—12:00 to 3:00 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m.		Birthday Tea—2:00 to 4:00 p.m. Euchre —6:30 to 8:30 p.m. Wii Bowling—7:00 to 9:00 p.m. Chair Exercise—10:00 to 11:00 a.m. Ceramics—1:00 to 3:00 p.m. Movie—1:00 to 4:00pm			1 Meals on Wheels Handivan Des	2
3	4 Chair Exercise Wii Bowling	5 Meals on Wheels	6	7 Meals on Wheels Napanee Shopping	8 Meals on Wheels Handivan Des Scrapbooking	9
10	11 Office Closed	12 Meals on Wheels The Great War 1914—1918	13 Diners Club & Bingo HOME SUPPORT @ Community Centre Euchre	14 Meals on Wheels Birthday Tea	15 Meals on Wheels Handivan Des Friendly Visiting	16
17 Belleville Santa Claus Parade Leaving CWC @ 3:00p.m.	18 Breakfast Club Chair Exercise Ceramics Wii Bowling	19 Meals on Wheels	20	21 Meals on Wheels Belleville Shopping	22 Meals on Wheels Handivan Des Scrapbooking	23
24	25 Chair Exercise Ceramics Wii Bowling	26 Meals on Wheels	27 Diners Club & Bingo HOME SUPPORT @ Community Centre Euchre	28 Meals on Wheels Afternoon at the Movies	29 Meals on Wheels Handivan Des	30

Canada



Service Canada



Are you or your spouse turning 65 this year?

You should apply for the OAS six months before you turn 65.

Do you know about the recent changes to the CPP?

Have you completed your GIS form?

Are you familiar with pension sharing, survivor benefits, and credit splitting?

Monday December 2nd at the Community Wellbeing Centre

A Service Canada representative will be available for a pension clinic (private individual appointments**)**

- Pick up, and complete your pension application (OAS, CPP, GIS) or Allowance and Allowance for the survivor
- Have your application reviewed for accuracy
- Submit pension application
- Meet privately with the representative to ask questions
- Review any pension documents received from Service Canada

****Please call Patty at Home Support if you would like to book an appointment**. No cost.**

Transportation may be available upon request.

Call Home Support by Nov. 28th at 613-967-0122 ext 141 to sign up.

Get the Flu Shot!



The reasons are all around you.

Content and graphics courtesy of the Canadian Coalition for Influenza Immunization



www.publichealth.va.gov/InfectionDontPassItOn



Is it Influenza, a Cold or "Stomach Flu"?

Symptoms/Description	Influenza	Common Cold	Stomach Flu
Fever	Usually high	Sometimes	Rare
Chills, aches, pain	Frequent	Slight	Common
Loss of appetite	Sometimes	Sometimes	Common
Cough	Usual	Sometimes	Rare
Sore throat	Sometimes	Sometimes	Rare
Sniffles or sneezes	Sometimes	Common	Rare
Involves whole body	Often	Never	Stomach/bowel only
Symptoms appear quickly	Always	More gradual	Fairly quickly
Extreme tiredness	Common	Rare	Sometimes
Complications	Pneumonia; can be life threatening	Sinus infection Ear infection	Dehydration



Community Wellbeing Centre
50 Meadow Drive
Tyendinaga Mohawk Territory
K0K 1X0
613-967-3603

2013 Seasonal Influenza Clinic Schedule

Location	Date	Time
Administration Office 13 Old York Rd	Tuesday November 5/13	10:00AM - Noon
FNTI Building 13 Old York Rd	Tuesday November 5/13	2:00PM – 4:00PM
Tyendinaga Fitness Resource Centre 14 York Rd	Thursday November 14/13	1:00PM - 4:00 PM
Community Wellbeing Centre 50 Meadow Drive	Thursday November 21/13	4:00 PM - 8:00PM
Community Wellbeing Centre 50 Meadow Drive	Thursday November 28/13	1:00 PM - 4:00PM

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



Moon Ceremony

Women / girls are invited to join us to honour and seek guidance from Grandmother Moon on November 17 / 2013 at Dusk (Approx. 7:00 pm. Women / girls are encouraged to bring:

- Tobacco for offering (if they would like to use their own)
- A bottle of water
- A lawn /camp chair
- A small pot Luck Item
- And to wear a skirt.

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

Questions can be directed to Diana at (613) 967-0122 Ext. 133 or Betty Ext. 102.

Good Food Box




DATES TO PAY BY	ORDER GOES IN	ORDER ARRIVES
September 10, 2013	September 11, 2013	September 18, 2013
October 8, 2013	October 9, 2013	October 16, 2013
November 12, 2013	November 13, 2013	November 20, 2013
December 10, 2013	December 11, 2013	December 18, 2013

Large Food Box \$15.00

Singles Box \$10.00

Fruit Bag \$5.00

The Good Food Box is offered by the Community. It is a program that aims to lower your grocery bill by buying bulk fresh fruits and vegetables. Each box contains a variety of high quality, fresh, nutritious fruits and vegetables. Stock depends on which are in season or available at the best value.



For more info, or
to place your
order, call
Vanessa, at CWC

COMMUNITY HEALTH



GOOD BABY FOOD BOX

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

Price List:

Infant:-\$6.00

- 20 pack of diapers
- 1 chosen speciality item

Over 6 Months-\$10.00

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

Toddlers:-\$6.50

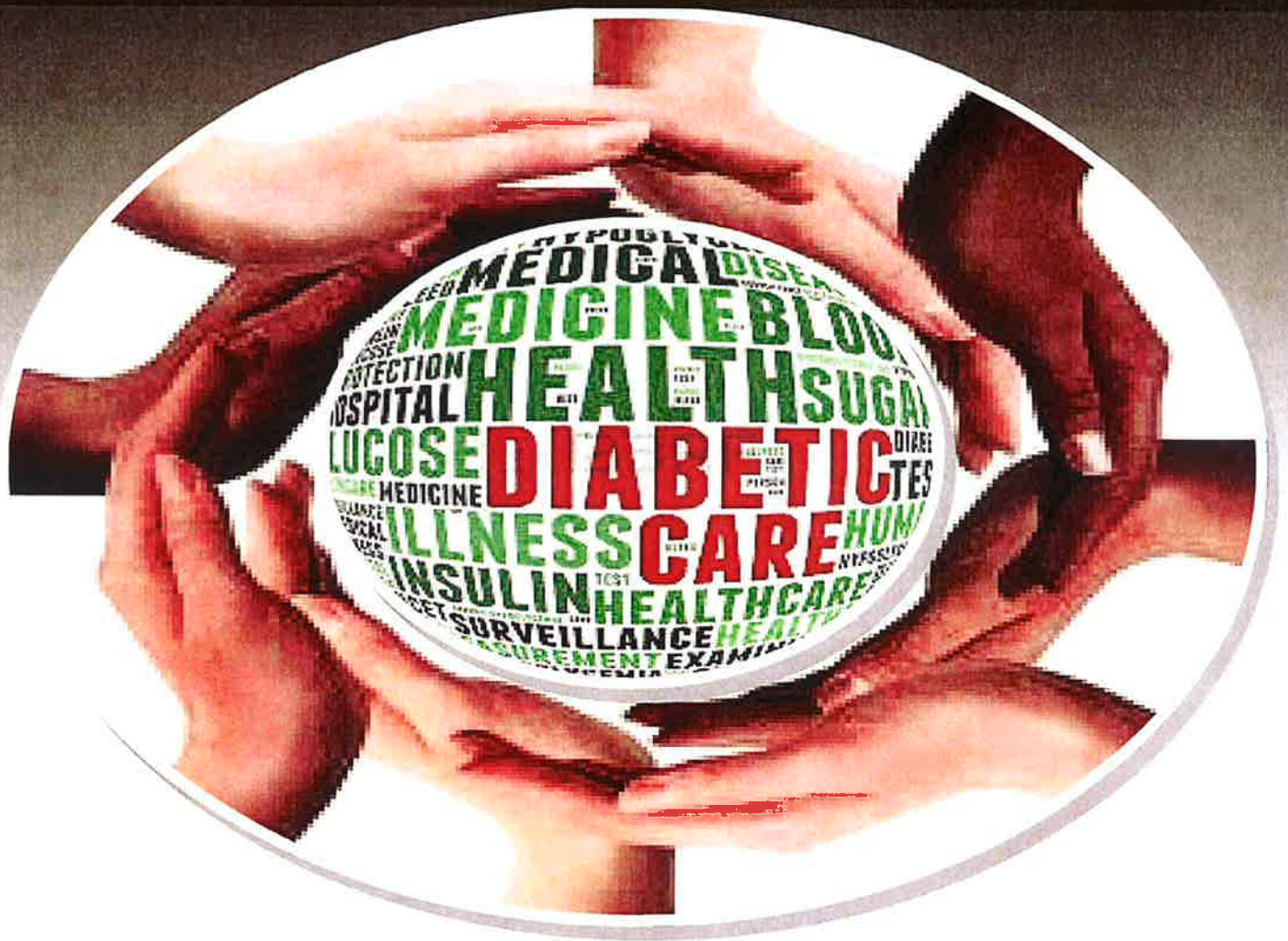
- 20 pack of diapers
- 1 chosen speciality item

Speciality Items are:

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

Formulas:

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



DIABETES SOCIAL CIRCLE

Next meeting: Tuesday November 12, 2013

6 pm to 8 pm at the Community Wellbeing Centre

We would like to invite anyone who is interested in learning about Diabetes to our monthly sessions. Topics covered include label reading, vision care, foot care, cooking classes, visit to grocery stores, stress and Diabetes, exercise, medications , eating out, holiday cooking and more.

Family Health & Child Development Program
Community Wellbeing Centre
50 Meadow Drive
Deseronto, Ontario.
K0K 1X0
613-967-0122



November Newsletter



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 Swift

Upcoming Events:

November 2nd 6:45am-7pm National Women's Day Trip to Toronto

November 7th 2pm-7pm Community Service Expo @ Quinte Sports & Wellness Centre, Come and check out or booth and other services available for your family in the area.

November 13th 6pm-8pm Bears and Cubs @ The Community Wellbeing Centre

December 16th Community Circle @ The Community Wellbeing Centre



Early Literacy

Parents and caregivers play an important role in helping a young child develop a lifelong love of reading. Read early and read often! Typically, children will have a number of literacy accomplishments before the age of three. Below is a list of what the successful learner is likely to exhibit.

Remember that every child is unique and will develop best with the guidance and support of a loving nurturing role model.

- Grasps chews and mouths books.
- Recognizes specific books by their cover.
- Pretends to read books.
- Understands that books are handled in particular ways.
- Begins to share books with primary caregivers.
- Appears to enjoy rhyming language, nonsense word play, and singing.
- Labels familiar objects in books.
- Comments on characters in books.
- Looks at pictures in books and realizes it is a symbol for the real object.
- Listens to stories.
- Requests / commands an adult to read or write.
- Pays attention to specific print such as the letters in own name.
- Scribbling becomes more purposeful.
- Sometimes distinguishes between drawing and writing.

For more information visit www.readingrockets.org to find out what is typical for children beyond age three, and for information on how to help your child become a reader for life.



Reading Section

Me and you
 By: Genevieve Cote
 Ages: 2+



I love Grandma & I love Grandpa
 By: Lizi Boyd
 Ages 2-4

Fetal Alcohol Spectrum Disorder Awareness



Giving your unborn child a beer is just as ridiculous.

FASD can be prevented!

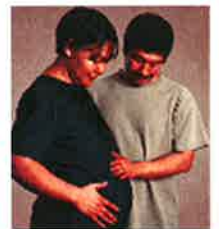
Alcohol use during pregnancy is the only cause for this disability.

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. **"Zero Alcohol for Nine Months"**

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
- Nurse Practitioner
- Local AA Group
- Community Wellbeing Centre



FASD can be prevented, don't drink alcohol during your pregnancy!

2nd ANNUAL

**Community
Service
EXPO**



Valuable information to enhance your lifestyle!

November 7th 2013

2-7pm

Quinte Sports & Wellness Centre Gymnasium
265 Cannifton Road, Belleville, Ontario

50 organizations will be on hand to answer your questions and distribute information.

The aim of this event is to raise awareness about the many programs and services available to community members. The Expo will feature everything from early childhood topics, financial support and immigration to volunteerism. Each agency will be promoting the importance of overall health and well-being of all community members.

Wendy Anderson, Coordinator of the Children and Youth Services Network, says, "it's important for everyone in our community to be aware of the wealth of free programs and services available them. Residents of Hastings and Prince Edward Counties are fortunate to have such dedicated service providers to help promote good health and well-being."

This event is sponsored by United Way Quinte and The Eastern Centre Ontario Training Board. We encourage residents to join us at the Community Service Expo to take advantage of some great information and resources.



Please join Facilitators Al Brant & Jill Beck

For a weekly Men's Group

At Community Wellbeing Centre, in the Teaching Lodge

Beginning Thursday November 7, 2013

6pm to 8pm



Learn some traditional teachings and make a mandala/shield.

We will also work toward making a kahstó:wa.



Call Jill Beck to register.

613-967-0122, extension 125.

Limited to 12 men aged 17 and up.

Community Kitchen



Join us for another season of Community Kitchen—same time, new location.

Call 613-967-6264 for info

SUPPORTED AND SPONSORED BY
TYENDINAGA DIABETES ED. PROGRAM

@CWC
9AM TO 1PM

- November 15
- December 13
- January 17
- February 21
- March 14



CARING FOR KIDS Open House



Mohawk Family Services is inviting community members to come learn about opportunities where we require community members to care for kids that are not their own. Kids in our community sometimes need a place to stay for a short time, and it does NOT have to be a foster care placement. MFS needs you to be one of the options for children, when they can't spend the night at home.

When and Where: Community Wellbeing Centre's Teaching Lodge

December 2, 2013 from 7:00 p.m. to 8:00 p.m.

Refreshments and snacks will be provided.



Enyonkwa'nikonhriyohake' Program Presents:

Youth Group!

All activities are FREE
NOVEMBER 2013



NOTES FOR NOVEMBER:

- REMINDER: if school buses are cancelled or leave early due to weather, Youth Group will also be cancelled
- MANDATORY registration for *all* ages (must be completed on 1st visit)
- Limited attendance (to be determined)
- Questions? Please call Tracy Hill at CWC @ 613-967-0122 x 146

Tuesdays

AGES: 6-8
TIME: 6-8PM



AGES: 13-18
TIME: 6-8PM

Wednesdays

Thursdays

AGES: 9-12
TIME: 6-8PM



Are You Struggling With A Loss?

- * The death of a family member, friend or pet?
- * The loss of a Relationship or Job? * A Move or Relocation?
- * Are you entering a new era of your life?
- * Need some help letting go?



The Enyonkwa'nikonhriyohake' (Good Minds) Program

will be offering a FREE
Grief Edu-Therapy Group
8-9 Weeks of Support
For Men and Women

To be held at the Community Wellbeing Centre Teaching Lodge

If interested, please contact Jessi Hill @ 613-967-0122 ext. 167



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

14 York Road, Unit #1 & 2B
 Shannonville, Ontario
 KOK 3A0

November 2013

Discover the Balance

We have Gift Certificates

Discovering the
 Balance
 By Working the
 Mind, Body,
 Heart and Spirit
Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 2:00pm

Fees

Senior (55+) \$20.00

Student \$25.00

Adults \$30.00

We Are Open to

The Public

Staff

Darlene Loft /
 Recreation Manager

Sonya Maracle /

Fitness Staff & P.T

Part -Time Staff

Sonya Lueth

Mahaley Brant

Damon Brant

Shanleigh Maracle

Co-op Welcome

Reasons to Eat a Healthy Balanced Diet

1. **Makes it easier to lose weight** - the fibre from fruits and vegetables will fill you up while keeping your calorie count down
2. **Reduces your risk of type 2 diabetes** - increasing your intake of healthy food and losing weight if you are obese will help cut your risk
3. **Sets a good example for your kids** - How can you expect your children to eat broccoli while you are eating potato chips?
4. **Helps you feel more energetic** - a healthy diet provides you with the carbs needed for energy
5. **Cuts out the excess sodium** - too much sodium is associated with cardiovascular disease, cutting out processed foods will help you cut back on sodium

Membership Fees:



As of November 1 2013 the membership fees at TFRC will be increasing.

The new prices will be

Seniors	\$20
Students	\$25
Adults	\$30
Family	\$100

**NEW
SPACE**

PILATES

Tyendinaga Fitness Resource Centre

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.

Starting date- Monday, October 7, 2013

Mon.- 9:30am-10:30am

Wed.- 5:50pm-6:50pm

**In order for this event to be Successful & Active, 10 people
need to be signed up and prepaid**

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

Deadline to signup - September 30/13

(613) 962-2822

or email tyfitnessres@mbq-tmt.org

Any questions on Pilates please e-mail:
wmeraw45@gmail.com



TAI CHI

Tai Chi is a slow moving, gentle exercise perfect for all ages and levels of fitness. Modern studies have shown that Tai Chi can have therapeutic value for people with high blood pressure, asthma, various forms of arthritis, back problems, and of course, stress. Discover for yourself why Tai Chi is considered to be a "national treasure" of China.

Weekly Classes

Wednesdays, 10^{am} ~ 11^{am} beginning Nov. 6th

COST

\$10.00 per class or \$35.00 per month

Classes being held at

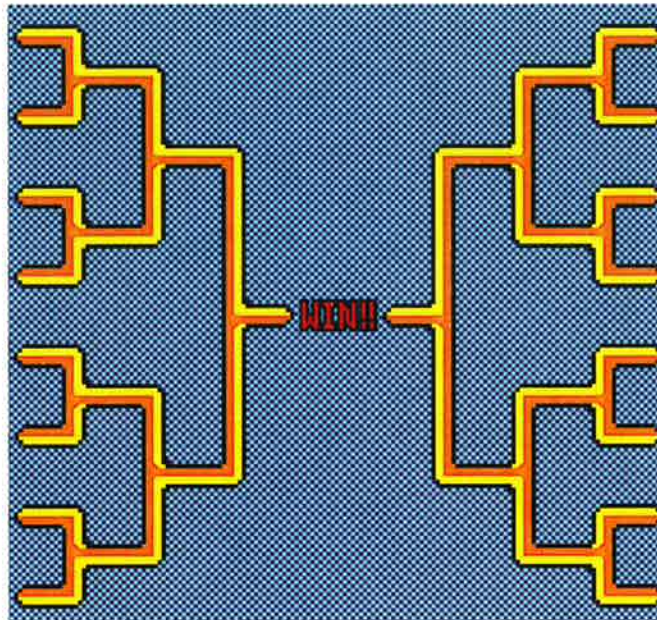
**The Tyendinaga Fitness Resource Centre,
14 York Rd. Tyendinaga Mohawk Territory
(613) 962-2822 tyfitnessres@mbq-tmt.org**

Or

Jocelyne Granger *certified* (613) 827-7022

***Classes Will Continue if
Successful so Sign Up
Today!***

PA Day **Wii Game Competition**



WHO: Youth ages 8-12

WHAT: Wii sports games, skipping competition, crafts and board games

WHERE: Tyendinaga Fitness Resource Centre.

WHEN: Friday, December 20th, 2013 from 8-12

* Deadline for registration: December 12th Limit of 16 students

*email: tyfitnessres@yahoo.ca *phone: (613)-962-2822



WIN PRIZES

Tompkins Martial Arts

Start Date: Thursday, October 3, 2013 - Registration & Demos

Time: Monday: 6:30pm -7:45pm

Thursday: 6:30pm -7:45pm

Saturdays 10 am - 11 am youth classes,
parents welcome

Cost: \$50 per month or **\$10 a night**

25% **discount** for 2nd family member

(**only** on monthly and 3 month memberships)

Introductory special: 3 months membership,

plus discounted Uniform (jacket, pants and white belt) **\$175.00**



The Instructor Shihan Denny Tompkins

is a:

-6th Dan Black Belt

-Kempo 5th Dan

-Goju-Ryu

-5th Dan Aiki-Justu

-2nd Dan Wado-Ryu

-Kick-boxer

Email for more information :

tompkinsmartialarts@hotmail.com

Phone: 613-962-2822

NOTE: Program will continue if successful



Tyendinaga Fitness Resource Centre

(613) 962-2822



Coming to TFRC

November 20, 9 a.m. to 3 p.m.

Bring about mind, body, spirit balance

Reduce stress, pain and inflammation

Improve circulation and digestion

Reduce symptoms of menopause

Manage symptoms of Diabetes, Arthritis

Experience a ½ hour Reflexology Treatment

Cost: \$30.00

Call 613-962 2822 and Book your treatment today

Tyendinaga Fitness Resource Centre (613) 962-2822 **NEW - Fitness Studio**

**Poster
Details
Available**

14 York Rd. Shannonville
Phone: 613-962-2822
E-mail:
tyfitnessres@mbq-tmt.org.

Pilates ~ Wendy Meraw

Martial Arts ~ Denny Tompkins

Tai Chi ~ Jocelyne Granger

Zumba - Brigitte Cole

*All Program fees go to the
Instructor / Programs will
continue if successful*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All Classes Are very reasonable price						Martial Arts 10-11
3	4 Martial Arts 6:30-7:45	5 Zumba 6pm-7pm	6 Tai Chi 10am-11am Pilates 5:50-6:50	7 Martial Arts 6:30-7:45	8	9 Martial Arts 10-11
If we do not Have enough participants Classes will be cancelled	11 CLOSED	12 Zumba 6pm-7pm	13 Tai Chi 10am-11am Pilates 5:50-6:50	14 Martial Arts 6:30-7:45	Sign-up for Heart & Stroke Workshops	16 Martial Arts 10-11
17	18 Martial Arts 6:30-7:45	19 Zumba 6pm-7pm	20 Tai Chi 10am-11am Pilates 5:50-6:50	21 Martial Arts 6:30-7:45	22	23 Martial Arts 10-11
We do our best To help the Small Business Of Fitness Professionals	25 Martial Arts 6:30-7:45	26 Zumba 6pm-7pm	27 Tai Chi 10am-11am Pilates 5:50-6:50	28 Martial Arts 6:30-7:45	29	30 Martial Arts 10-11

Nov. 14 - 1pm to 4pm - flu clinic childcare space by CWC

Nov 19 - 6:30pm - Survival Training Dave Young

Dec 20 - 8am -12pm - PA Day Wii Competition

Feb 6, 13, 20 - 6:00pm - Hanio Oksa Workshop

Sign Up Today - Limited Participants

**Discovering the Balance by
Working
the Mind, Body, Heart and
Spirit**

WOULD YOU KNOW WHAT TO DO?

Whether it's for

EMERGENCY PREPAREDNESS or **DOOMSDAY PREPPING...**

When the crap hits the fan how you respond could be the most important decision of your life, and how you prepare could be what saves the lives of you and your loved ones.

As a new resident of Tyendinaga, Dave Young, would like to offer the community a unique learning opportunity – **ENTRY IS BY DONATION** – with money collected being given to the gym.



TOPICS OF DISCUSSION MAY INCLUDE:

- Bug-out Bags and Survival/Emergency/Medical Equipment
- Water; Finding, Collecting, Storing and Treating
- Food; Finding, Gathering and Storing
- Shelter, Security, and Privacy
- Recognizing and Dealing with Stress/Stressors
- Dealing with Health and Hygiene Concerns
- Modern, Military, Traditional and Ancient Skills/Methods
- Making my plan....where do I start....what should I consider?
- Weapons, what's the best...or do I need one at all?
- How to **HOPE** for the best while preparing for the worst
-as well as answering any questions you may have.

This seminar will be facilitated by Dave and include opportunities to learn both from him and each other. Topics discussed will be determined by the people present so bring your questions or concerns. Also, feel free to bring your own Bug-Out Bag, or that special piece of equipment you love - if you have one.

WHEN: **NOVEMBER 19th at 6:30 pm / Donation appreciated**

WHERE: **Tyendinaga Fitness Resource Centre / Fitness Studio**

at 14 York Rd, Unit #2B, in Tyendinaga Mohawk Territory

MEET THE INSTRUCTOR:



Dave Young is Saami-Anishinabe, and has over 25 years experience working in the survival and emergency preparedness field.

His formal training includes Wilderness Search and Rescue, High Angle Rescue, Wilderness Survival, Wilderness Emergency First Responder, Lost Person Tracking, Homesteading Skills, and Primitive Arts and Living Skills.

Dave has also worked as a wilderness guide and wilderness growth facilitator for internationally recognized organizations like Outward Bound and the Pilgrimage.

As a respected Saami Culture Educator, his heart is for the return of our cultures and languages.





SPAGETTI DINNER FUNDRAISER

SUNDAY, NOVEMBER 24/13

DESERONTO ARENA – BANQUET HALL

4:00 pm – 7:00 pm

Adult - \$10.00 Senior - \$7.00 Child 6 under - \$5.00

(meal includes caesar salad, bun, beverage & dessert)

Tickets can be purchased at Home Games or by calling Colleen Brant at (613) 885-7865



On November 24, 2013

Mohawk Family Services is hosting the
7th Annual Christmas Merchandise Bingo

\$2 Admission Fee

Location: Mohawk Community Centre

Doors open at 12pm

Bingo starts at 1pm

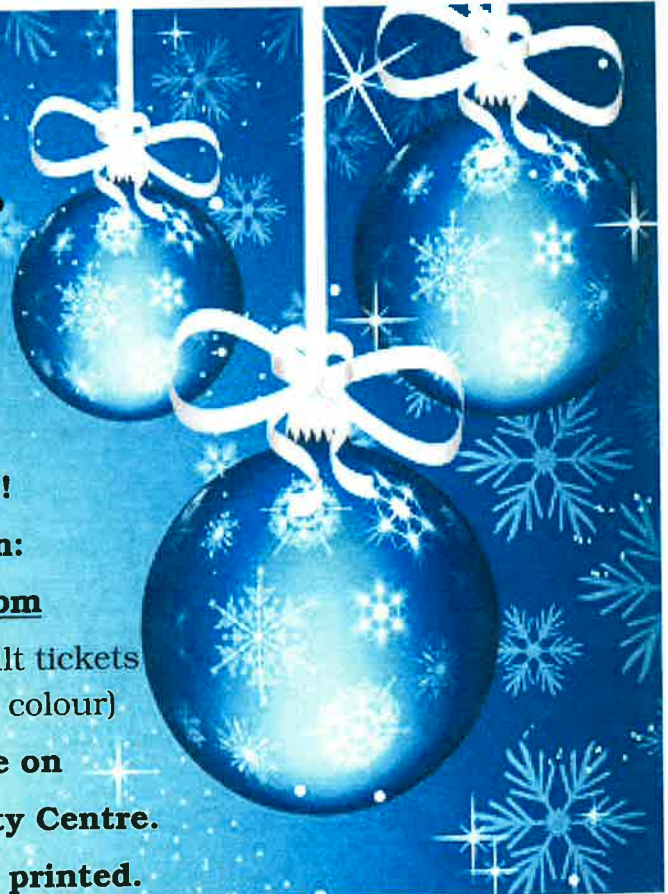
Children Over 6 years of age are welcome!

Tickets go on sale at CWC Social reception:

Friday November 22, 2013 9:00 am—4:00 pm

Each adult will only be permitted to purchase 2 adult tickets
and up to 6 kid tickets. (Tickets will be a different colour)

**Any remaining unsold tickets will be for sale on
November 24, 2013 at 10:00 am at the Community Centre.
First come, first served. Only 200 tickets will be printed.**





**SANTA'S LIVING ROOM
IS COMING TO 366 MAIN ST.
DESERONTO**



starting November 22nd to December 22nd 2013

Come and Enjoy a cup of hot chocolate and cookies

Enter a colouring contest.

Have your pictures taken with Santa (*ready to take home*)

Cost only \$5.00 per photo or all pics put on memory stick for a cost of \$20.00

* Proceeds will go to support Candies for Kids *



SANTA'S HOURS

1 pm to 5 pm

	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
November	22nd	23rd	24th
November	29th	30th	Dec. 1st
December	6th	7th	8th
December	13th	14th	15th
December		21 st	22 nd



The Quinte Singers

presents

"The Love of Snow"

with special guests

Ryland Clark

and

Noelle Maracle

Saturday, November 30, 2013

@ 2:00 p.m.

Deseronto United Church

(Cnr. Fourth and Thomas Sts.)

Wheelchair accessible from Thomas St.

50/50 Draw

Tickets \$10.00 per person

Children 12 and under Free

Refreshments to follow concert

Christmas Tea & Bazaar



Christmas Crafts & Sewing

Tea \$5.00

WHITE Elephant TABLE

Saturday, Nov. 16th

12 NOON - 3:00 PM

Deseronto Legion

Main St. Deseronto

Silent Auction

Bake Table

Grocery Raffle "Surprise Table"

Looking is "FREE" !

Sponsored by

Love in Action

Outreach in Twendinaga





Christmas Craft Show

The Annual Christmas Craft Show
Has been scheduled for Saturday
December 7, 2013.

Details on booking and times will be
distributed at a later date.

Great gifts for Christmas!!!!



New Years Eve Dance

music by

**Jennifer Brant
& Mustang**

Country music with some 50's & 60's Rock

December 31, 2013

8pm – 12:30 am

Light Luncheon Included

Orange Lodge Hall
York Road, Tyendinaga Territory

\$20.00 per person
Tickets can be purchased in advance: Pat 613-396-2132
Jennifer 613-396-3308
Lenore 613-476-7632



DESERONTO LEGION

UPCOMING EVENTS FOR NOVEMBER

Sat. November 30
Picket Fences
4 -7 pm.

Tickets for New Years Eve party go on sale Nov. 1st at the bar. Cost is \$15 per person.
Hot/Cold buffet included. A Bit of Nostalgia plays from 8:30 pm. -12:30 am.

Remembrance Day services begin at the cenotaph at 11 am.
Everyone is invited at the Legion for lunch. Shawn Nelson will entertain from 12 - 3 pm.



This year KWE Radio will be lighting up for Christmas with your memories starting November 12, 2013.

For Just \$2.00 you can purchase a bulb for someone you love or in memory of someone special.

**Give us a call at 613-967-0463 or 1-877-572-3794
or email us at kweradio@xplornet.ca
to purchase your bulb and help turn on the lights.**

**MERRY CHRISTMAS
AND
HAPPY NEW YEAR
FROM
KWE RADIO
92.3 FM**



THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest

The Venerable Brad Smith
962-2787

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

SUNDAY CELEBRATIONS

All Saints' Church (Upper Church)
1295 Ridge Rd
9:30 a.m.

*Worship Schedule - 9:30 a.m.
Christ Church - May to October
All Saints' - November to April*

UPCOMING EVENTS

Parish Fun Night

Wed 20 Nov, 7-9 p.m., Queen Anne Parish Centre
Once a month, parishioners and friends gather for an evening of games and fun. Bring a friend and a snack—all are welcome!

Men's Breakfast

Sat 30 Nov, 8:00 a.m., Small Town Café, Deseronto
A time of fellowship and food for Christian men.

November is a month of remembrance. In the calendar of the Church, All Saints' Day is celebrated on 1 November. It's a day when we remember the good works of the saintly people of God who went before us. When we are confronted with adversity, we recall the words of the Letter to the Hebrews: we are surrounded by so great a cloud of witnesses. On 11 November, we take time to remember and give thanks for those who put on the mantle of the warrior. In our community in particular, we commemorate those who fought as allies of the Crown in the Revolutionary War, the War of 1812, and in the First and Second World Wars. We invite you to take time this month to remember all those who have shown you a good path.

FOR THE MOST UP-TO-DATE INFORMATION,
VISIT WWW.PARISHOFTYENDINAGA.ORG
OR WWW.FACEBOOK.COM/TYENDINAGAANGLICAN

“AA OPEN MEETINGS”

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

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

WE ARE TOPS, ON#5258 T.M.T.

Losers Unite, Join Us!

WINTER HOURS

Thursdays

5 - 6 = Weight in

6 - 7 = Meeting

Elders Lodge
(Bayshore Rd)

TOPS is a weigh loss meeting and support group established in 1948 as a nonprofit organization. Our goal is to help each other lose weight for better health and appearance.

If you are struggling with a weight issue join us and together we can achieve our goals.

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

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

Contact: Joy Brant - 613-885-0506
[Tree Good altree94@gmail.com](mailto:TreeGoodaltree94@gmail.com)



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 → 1st, 3rd, 4th, 5th Sundays



Holy Eucharist (Complete Mass):

11:15 AM → 2nd 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 ✉ gtplus@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 22 · Christmas Dinner...info to be announced

**Love your life, perfect your life,
Beautify all things in your life.
Seek to make your life long, and
its purpose in the service of your
people.**

Chief Tecumseh

CLASSIFIED

HOUSE FOR SALE

41 UPPER SLASH RD
613-967-8230
Call to View

FOR SALE

FIREPLACE WITH CONSOLE
- with remote control & shelves for a disk player
- to view located 458 York Rd
- brand new, never used

Call: 613-967-3345

FOR SALE

4 BEDROOM 1800 sq. Ft
BUNGALOW
- on 1 full acre
- master bedroom is 15ft X 15ft, has a walk-in closet, drywall & pine, carpeted, 2 bedrooms are 12 ft X 11ft
- 1 bedroom is 15ft X 11ft
- living room is 25ft X 16ft, all pine walls & open concept with kitchen
- kitchen is 15ft X 16ft, oak cupboards, brick & drywall
- bathroom is 8ft X 10ft, completely renovated 2 yrs ago, ½ wood walls & drywall with crown molding, claw foot bathtub, all new fixtures
- central air, insulated full basement, electric furnace, 2000 gallon holding tank
- new windows last fall, new flooring throughout 3 yrs ago, metal roof
- double wide driveway, wheelchair ramp
- large shed
- includes fridge, stove, washer & dryer
- located at 554 Norways Rd
- \$135,000.00 (negotiable)

Please call for a viewing appointment
(613) 962-3748 or (613) 968-6626

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

WATERFRONT LOTS FOR SALE

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

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

FOR SALE

WATERFRONT COTTAGE
- with large 2 car garage & sun Porch
- located east of Ferry Lane (Private road) cottage is at the west end of the road
- large spacious 3 bedroom approx 1200 sq. Ft
- renovated and winterized with electric heat source
- hardwood floors

For further information, please call 613-544-7019

* LOOKING *

For Deer Antlers
Any size
613-967-8135 or leave a message

FOR SALE

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

PRICE RECENTLY REDUCED
(Serious offers will be considered)

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

FOR RENT

Executive 3 BEDROOM apartment
-available immediately.
-Non-Smokers Only need apply.
-Includes heat, hydro, television services, central vac, central air, washer/dryer, microwave, dishwasher etc..

All inclusive at \$1100.00 per month. References required.

For appointment to view please call 613-396-3957 or leave message.

HOUSE FOR SALE

4 BEDROOM

- 2 full baths, split level house on Beach Rd.
- 2 car garage, propane furnace /hot water tank / cook stove
- 2 yr old pellet stove secondary heat source in the basement
- partially completed basement which could host another bedroom
- large master bedroom, living room and full bath (Jacuzzi tub) above the garage
- main part of the house has a large dinning room, kitchen and 3 bedrooms and a full bath
- all laminate flooring throughout
- large yard with a 27 ft. above ground pool
- \$160,000.00 negotiable

If interested serious "inquiries only" please call and leave a message with your name and number to Wendy & Bill

FOR RENT

PRIME OFFICE SPACE
- Central location to Wellness Building & new Band Office
- 68 Sadies Lane
Unit 1 - 12 X 12 \$550/month including heat & hydro
Unit 2 - 13 X 19 \$750/month including heat & hydro
Phone & internet connection in building extra
Rent both units for \$1000.00/month
Contact Jim McMurter
613-849-3436

LOT FOR SALE

HY 49 & BAYSHORE RD
Partial dwelling located there

Phone: 613-243-9079

FOR SALE

BALES OF STRAW
- 4 x 4 round

Call: William J. Brant
613-967-1129

FOR SALE

HONEY OAK 2 PEDESTAL OVAL DINING TABLE - 40"X60"
- Quality handcrafted by Tompkins Furniture Deseronto. includes 2 leaves to extend it 24 more inches.
- Will fit large or small space and includes 6 matching oak chairs. Price \$725.99.
Great buy n excellent condition!

Contact Marilyn at 613-967-1129 if interested.

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in numerous scents and colors!

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~ 1154 York Rd., Tyendinaga Mohawk Territory ~
~ 613-966-7985 ~

The Christmas Shop

NOW OPEN

Wednesday: 11:00 a.m. – 6:00 p.m.

Thursday & Friday: 11:00 a.m. – 8:00 p.m.

Saturday & Sunday: 10:00 a.m. – 5:00 p.m.

CLOSED: Monday & Tuesday

We have wreaths, ornaments, decorations, gifts and more!!

Soy Candles by April sold here!



Is gift buying sometimes a challenge? A one-of-a-kind gift basket is the answer!

See our ready-made baskets or we will customize one for you!!

“You name the price, we’ll make it nice!”

Come in during the month of November and enter your name in a FREE draw for a gift basket valued at over \$60.00!

The Lazy Gardener

~ 1154 York Rd., Tyendinaga Mohawk Territory ~

~ 613-966-7985 ~

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arriving weekly!

“Unearth your Imagination”©

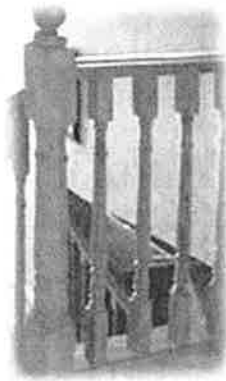


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(7664)

**Lessons are taught within Tyendinaga Computers, 5521
Old Hwy#2 Shannonville. Lesson rates are \$20/half hour.*

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Bonnie Pelletier, R.N., LL.B

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Email: pelletierlawfirm@bellnet.ca

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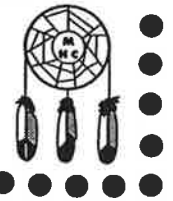
Tyendinaga Mohawk Territory

P.O. Box 755

Ontario, Canada K0K 1X0

Jim McMurter
Owner / Manager

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



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Napance, Ontario
K7R 1R1

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

EMAIL: service@lafc.ca

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Please phone to book a new patient appointment

T S C



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Fax: 613-961-2027

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| Framing | Renovation |
| Drywall | |

613-813-0893



Jeff Hill

jghconstruction99@yahoo.ca

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Belleville Bakery



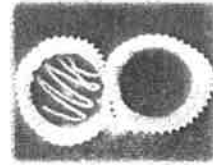
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~QUALITY WORK AND COMPETITIVE PRICES~

NOW FULL TREE SERVICE AVAILABLE!!



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- **42' BUCKET TRUCK
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- **STUMP REMOVAL**
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