



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 11/14
KENTENHKOWA (Nov.)

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



**The Mohawks of the Bay of Quinte Offices will
Be Closed Tuesday, Nov. 11
For Remembrance Day**

She:kon,

If you would like to have your water sampled please give me a call at the Administration Office at (613) 396-3424 ext. 131. To set up a time that is convenient for you.

Nia:wen,

Carrie Jacklin



****Please Note****

Christmas Closure

**December 24 at noon and
reopen Monday, January 5 at 8:30**



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in Sept.
responded to 4 calls:

**3 Medical Assists
1 Controlled Burn**

This brings our total to 55 calls for the year 2014

COME OUT!! AND TALK TO AN EXPERT

Please join us for a Well Water and Septic Information night with guest speakers Kim Yee Ministry of Environment and Natalie Rosso from Quinte Conservation at the Mohawk Community Center on Thursday November 13, 2014.

Free supper provided at 5:00pm. If planning to attend the supper you must **RSVP** Carrie at 613-396-3424 ext. 131 no later than November 10, 2014 by 12:00pm. Guest speakers to follow meal.

**Everyone Welcome
Giveaways – Door prizes – Coloring Contest for kids**

For more information contact the Water Department at the MBQ Administration
Office 613-396-3424.



Tyendingaga Mohawk Territory celebrated their first homegrown ARTFEST 2014 this past weekend.

Twelve Mohawk artists exhibited their art and photography at the Community Centre for a steady stream of nearly 200 visitors from as far away as Delaware, U.S.A.



The first evening 12 pieces were sold, much to the joy of the artists and those who purchased the works. A total of 25 works went to new homes from Ottawa to Brighton and Prince Edward County. Comments overheard were "Oh so many beautiful pieces", "This is just exceptional", "Fabulous, fabulous", "I want to take them all home" and "I wish I had a bigger house". Our curator to whom we owe the beautiful arrangement of works is Sue Barclay from the PECAC who volunteered to do this for us. Much thanks to her for this gracious offer.

The artists were also introduced to other gallery owners from the local area and the Woodland Cultural Centre in Brantford. Exposure and marketing are foremost for an artist. It also allows the artist to get a feeling for what the public may be looking for at this time.

The exhibitors were Douglas Brant, Janice Brant, Jennifer Brant, Mary Claus, Michael Green, Narda K. Julg, Allison Lynn, D.A. Maracle, Kristin Maracle, Rheana Maracle, Mark Neal and Debra Vincent.



Debra Vincent sold many pieces and in the process was asked to take on a commission for the new Band Administration building on the Territory. This added to the excitement.



I would like to thank our sponsors, donors and volunteers. One cannot put something like this on without help of various kinds. Buildall Construction, Just Past The Pines, McMurger Home Centre, Cash Auto, NKJ Native Originals, Bank of Montreal in Napanee, Campbell Monument, Black Diamond/Balderson Cheese, Stanners Vineyards, Lacey Estates, Debra and Tom Vincent, Pat Brant, Pam Dettlor, Sue Barclay, Linda Brant, Sandra Maracle, Lori Maracle, Sheryl General, Jonathan Maracle, Bob Decker, Edgar Tumak, Susan O'Coin, Broken Walls and Narda K. Julg.

It took 10 months to organize this process and Narda K. Julg worked diligently with a very small group of volunteers to put this together. Now the planning for next year begins. Come on out and join the process.

The Hill Family would like to express their gratitude to everyone who was there to support us throughout this tragic time in our lives. Jeff was a strong, kind, amazing friend and this showed through all who offered a hug and kind words to us. First thank you goes to the First Responders who were with Jeff and did their best to save him. We will always be grateful for your efforts. Special thanks to Michelle and staff at McGlade Funeral Home, Joe Brown, Jon and David Maracle. Thanks to the Ladies Guild who put on the luncheon, as well as to those who donated food. Also, thanks to the many community members who dropped food, flowers, etc off to our homes.

Nia:wen,

Megan, Avalyn, Sierra-Lynn

Sharon and Gordon

Amanda, Dan and Family

Laura, Richard and Family



Braiden Brant is #75 and Braeden Smith-Maracle is #99

"After a very successful Box Lacrosse Season with the Nepean Knights, Braiden Brant & Braeden Smith-Maracle of Tyendinaga Mohawk Territory successfully made the tryouts for the U16 Elite Ottawa Nemesis Field Lacrosse Team for 2014 Fall Season. They have three major Tournaments in New York & New Jersey. The weekend of October 25th The Ottawa Nemesis U16 Elite Team were victorious claiming 3 wins out of 4 games, and winning the last one in a Braveheart face off which took place at the Gladiators Tournament in Albany, New York. They are scheduled for Princeton, New Jersey on November 2, and their final Fall Finale Classic Turkeyshoot Tournament in Ithaca, New York on November 22, 2014. We are so very proud of our boys, and the perseverance and persistence they have shown in being dedicated players of their team, traveling thousands of miles once again to play the Creator's game. Another big shout out to all the parents who have been dedicated to driving to all the practices in Ottawa for the season!"



Classic Car Show 2014

We would like to thank all the people who supported another successful year at the Mohawk Fair for the Classic Car Show 2014

West City Honda

Tyendinaga Computers

Smoking Pit Stop

Part Source

OSR Performance

Captain George's Fish & Chips

Quinte Trade Services

Rez Boyz

Threadworks

Village Variety Gas Bar

K.C. Builders

Little Turtles 2

Deb's Restaurant

Speedy Gas Hwy 49

Turtle Island Deli & Produce

Smokin Coffee Express

James A. Graham

Rez Cresting

Bayview Auto Sales

Happy Days Car Club

Bob & Jane Burrell

Mohawk ONE

Nation 2 Nation Tobacco & Trading

Build All Contractors

Bob's Portable Toilets

Star Trophy

L & M Enterprises

O.N.E

CAA

McMurter Home Centre

Ward Auto Sales

Tyendinaga Propane

United Restaurant

L&M Enterprises

Congers Plumbing

The Work Gear

McCurdy Chev Olds

Tyendinaga Windows & Doors

Peter Smith Chevrolet

State Farm Insurance-Napanee

Bernie & Shirley Foley

Onkwehonwe Neha Enterprises

Fred Knight/Steve Lowry



Albert and Christine Maracle are proud to announce
the marriage of their daughter

Brandie Teresa Lynn Maracle

To

Sean William Fowler

Sept 13, 2014

Congratulations from Dad, Mom, Brother David
Uncle Chuck and Aunt Noella,
Reta and Jerry



Thank you Thank you

I would like to express my sincere appreciate to the Dream
Catcher Fund for the help
they gave me in order to purchase a scooter I needed to
assist with my mobility issues.

If it wasn't for the help received by them I would not be able
to maintain the quality
of life I have become accustomed to so again Thank you so
very much.

Bill Brant



THANK YOU!

The Mohawk Agricultural Society would like to say **THANK YOU** to all of our very generous sponsors and supporters. We could not have the fair without you!

49 Quik Stop
Andy Maracle
Anglican Parish of Tyendinaga
Bernhardt Cabinetry & Flooring
Bob's Toilet Rentals
Bowden's Accounting Services
Bowden Contracting
Briar Fox Golf & Country Club
Brittany Brant Music Centre
Buck or More Store
Build All Contractors
Burr Insurance Brokers
Clayton Long
Community Wellbeing Centre
Community Volunteers
Conz Cutz
Crown Amusements
Darren Green Sandblasting
Deb's Gas Bar & Restaurant
Duty Free
Eagle Orthopedics
Elsie Dowdle
Elton Brant Barrister & Solicitor
Elvin Green
Exhibit Judges
First Nations Technical Institute
Free Flow Petroleum
Gates Men & Women
Joe Sliwa Fitness
Kagita Mikam

Kanhiote Library
KC Builders
Kevin Brant Auto Body
KTA General Maintenance
L&M Enterprises
Lewis Lacrosse
Little Turtle
Little Turtles 2
Loyalist Asphalt
MAS Members & Exhibitors
Maracle Construction
Maracle Touch Detailing
Mary Maracle
McGlade Funeral Home
McMurter Home Centre
Mike's Restaurant
Mohawks of the Bay of Quinte
Mohawk Imperial Gas Bar
Mohawk Recreation Committee
Mr. Fry & Mrs. Cone
Nation 2 Nation
Native Renaissance II
OSR Performance
Post Garage
QTS Electrical
Quinte Cycle & Marine
Quinte Mohawk School
Quinte Variety Video
Randy's Leather
Rez Boyz

Sam Martin
Security Staff
Shannonville Library
Smokin' Coffee Xpress
Smokin' Speedway
Smoking Pit Stop
Snookie's Hideaway
Speedway Gas
Student Volunteers
The Lazy Gardener
The Sacred Circle
Threadworks
TNT Sound
Total Source Construction
Tsi Tyonnheht Onkwawenna
Turtle Island Deli & Catering
Tyendinaga Computers
Tyendinaga Fire Department
Tyendinaga Fitness Resource
Centre
Tyendinaga Kitchen
Tyendinaga Police Service
Tyendinaga Propane
Tyendinaga Thrashers
United Restaurant
Vendors & Concessionaires
Village Variety
Xpress Gas and Variety
Your Town Grocery
Ward's Gas Bar

Happy Birthday!!



- ★ Good Bye to the Fifties
- ★ Your headed for 60
- ★ Pamela Coleman
- ★ Nov. 30
- ★ Love from Arn & Vern
- ★ & the Boys (Jim & Jack)
- ★ A Big “Happy Happy Happy”
- ★ Birthday
- ★ Mary Lynn
- ★ Nov. 14
- ★ Love from Arn & Vern, Bear
- ★ & the Boys
- ★ Happy Birthday
- ★ Heather
- ★ Dec. 8
- ★ Love from Arn & the Boys
- ★ Happy Birthday
- ★ Frankie
- ★ From Chip & Allison
- ★ Happy Birthday
- ★ Gram (Norma Brant)
- ★ Love Chip, Allison & Kody
- ★ Happy Birthday
- ★ Scott -Nov. 15
- ★ Love Wendy & Glenn
- ★ Happy Birthday
- ★ Nicole – November 7th
- ★ Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
- ★ Phill & Hayden

- ★ Happy Birthday
- ★ George – November 12th
- ★ Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
- ★ Phill & Hayden
- ★ Happy Birthday
- ★ Adam – November 13th
- ★ Love Marilyn, Rick, Sam, Emmett,
- ★ Phill & Hayden
- ★ Happy 3rd Birthday
- ★ Declan – November 19th
- ★ Lots of Love Aunt Marilyn, Uncle Rick, Sam,
- ★ Emmett, Phill & Hayden
- ★ Happy 50th Birthday
- ★ Sandy – November 25th
- ★ Love Marilyn, Rick, Sam, Emmett,
- ★ Phill & Hayden
- ★ Happy 8th Birthday
- ★ Jeremy – November 27th
- ★ Lots of Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
- ★ Phill & Hayden
- ★ Happy Anniversary
- ★ Mom & Dad (Mary & Bruce) – November 20th
- ★ Love Rick & Marilyn
- ★ Happy Anniversary
- ★ Grandma & Grandpa – November 20th
- ★ Love Sam, Emmett, Phill & Hayden

Birthdays are Free
Call:
613-396-3424



Tyendinaga Justice Circle
Tontakaiê:rîne
 (It has become right again)

Presents...

**THE 7TH ANNUAL
 RESTORATIVE JUSTICE SYMPOSIUM
 FIRST NATION WARRIOR WOMEN**

MONDAY NOVEMBER 24, 2014
TYENDINAGA COMMUNITY CENTER
1807 YORK ROAD

**THIS YEAR'S R.J. SYMPOSIUM WILL FOCUS ON A UNIQUELY
 FIRST NATION FEMININE PERSPECTIVE ON:**

VIOLENCE AGAINST WOMEN, ACTIVISM, POLITICS, AND EDUCATION,
 THE CANADIAN JUSTICE SYSTEM, RESTORING RELATIONSHIPS
 AND MOVING FORWARD WITH A GOOD MIND.

- AGENDA:**
- 8:00 A.M. – REGISTRATION
 - 8:45 A.M. – OPENING
 - 9:00 A.M. – KEYNOTE BY ELDER (TBA)
 - 10:15 A.M. – HEALTH BREAK
 - 10:30 A.M. – WANEK HORN-MILLER**
 - 12:00 P.M. – LUNCH (PROVIDED)
 - 1:00 P.M. – MEMEE DAWN HARVARD & JEANNETTE CORBIERE-LAVELL
 - 3:00 P.M. – CLOSE



**NO COST TO REGISTER,
 EVERYONE WELCOME !**

***PLEASE BRING A NON-PERISHABLE FOOD ITEM
 FOR THE TYENDINAGA FOOD BANK**

TO REGISTER, PLEASE CONTACT:

SHANNON BUTCHER OR MARK BRINKLOW

PROGRAM COORDINATOR

613-396-2122 EXT. 166

EMAIL: SHANNONB@FNTI.NET

YOUTH JUSTICE WORKER

613-396-2122 EXT. 125

EMAIL: MARKB@FNTI.NET

SPONSORED BY:





**TENDER CALL
for
SNOW REMOVAL**

FNTI is calling for tenders for snow removal. 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, 2014 until March 31, 2015.

Contract #1 – Parking lots (290 & 314 Airport Road & 3 Old York Road) - Plow/shovel/sand & salt

Contract #2 – Ramp, taxiway and runways (Tyendingaga Aerodrome) - Plow

Scope of work:

- The contractor is expected to supply and maintain own equipment & personnel.
- Contract #1
 - Removal of snow prior to the commencement of each business day with accumulations of 2” or greater or when requested
- 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
Tyendingaga Mohawk Territory, ON

613-827-2407

Closing date for this tender is 2 pm on November 21, 2014.

All tenders must be submitted to FNTI’s York Road location in a sealed envelope clearly marked:
“Snow Removal Tender Contract # ”.

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

The lowest or any tender will not necessarily be accepted.

OFFICE ADMINISTRATION PROGRAM

PROGRAM DELIVERED IN ORILLIA, JANUARY 2015



FIRST NATIONS TECHNICAL INSTITUTE (FNTI)

in partnership with **ST. LAWRENCE COLLEGE**

In order to be successful, every organization or business requires exceptional Administrative Skills to manage the work flow. If your life needs a kick start or you need to add significant administrative skills to your resume, then consider FNTI(s) in partnership with St. Lawrence College "Office Administration Program" as the Learning experience you need to take the next step for advancement.

Embrace the advantage of our "Compressed Learning" approach; 1 week of classroom every 4 to 6 weeks.

Funding assistance is available, for further information contact Jake Brant at FNTI



First Nations
Technical
Institute



November 2014

Tahatikhonshontonie Head Start: Drop In Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Daylight Saving Time	3	4 Picture Forms Due Show & Tell	5	6	7 Outreach Program Information @10:00am	8
9	10	11 Remembrance Day No Program	12	13	14 Picture Day 9:00-11:00am	15
16	17	18 Candy Cane Wreaths	19	20	21 Dancing with Keelán	22
23	24	25 Gym & Swim PEFAC	26	27	28 No Program	29
30						

Drop In Program **Junior Program** **Afternoon Program**
 Tuesdays & Fridays 9am-11am Mondays & Tuesdays 9am-11am Monday to Friday 1pm-4pm

Gym & Swim at the Prince Edward Fitness & Aquatic Center will be held each month on the last Tuesday. It will run from 9:30am - 11:00am, cost is \$3.00 per family and any additional adults the cost is \$3.00. Transportation is limited please sign up with Carla or you can meet us there!

Guardians must accompany their children in the pool

PEAFC Address:
 13263B Loyalist Parkway,
 Picton, Ontario K0K 2T0



Community Based Health Advisory Board

Community Members needed!!

A Community driven Health Advisory Board
is being developed.

Watch for more information to follow or contact any one of the
steering committee members listed below.

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

Thomas Krasnuik 613-967-3603 / thomask@mbq-tmt.org

Sandra Lewis-den Otter 613-885-1918 /

sjlewisdenotter@gmail.com

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

Gloria George 613-813-9008 / gloriag@mbq-tmt.org

Wendy Sonneveld 613-967-3603 / wendys@mbq-tmt.org





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

2014 Seasonal Influenza Clinic Schedule

Location	Date	Time
Community Wellbeing Centre 50 Meadow Drive (Community Health) "Families"	Tuesday November 4/14	4:00 PM - 8:00 PM
Community Wellbeing Centre 50 Meadow Drive (Teaching Lodge)	Thursday November 6/14	1:00 PM – 4:00PM
Community Wellbeing Centre 50 Meadow Drive (Teaching Lodge)	Thursday November 13/14	1:00 PM - 4:00 PM
Tyendinaga Fitness Resource Centre 14 York Rd	Tuesday November 18/14	2:00 PM – 4:00PM
Administration Building 24 Meadow Drive (Board Room)	Tuesday November 25/13	10:00 PM - Noon
FNTI 3 Old York Road	Tuesday November 25/14	2:00 PM - 4:00PM

Protect Yourself, Your Family and Your Community

No appointments necessary for the above scheduled flu clinics

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

November 2014

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club—8:00 to 9:30 a.m. Diners Club—12:00 to 1:00 p.m. Handivan Departure—9:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m.		Birthday Tea—2:00 to 4:00 p.m. Euchre —6:30 to 8:30 p.m. Wii Bowling—6:30 to 8:30 p.m. Ceramics—1:00 to 3:00 p.m. Friendly Visiting Lunch—12 to 3:30 p.m.				1
2	3 Ceramics Wii Bowling	4 Meals on Wheels	5 Euchre	6 Meals on Wheels Napanee Shopping	7 Meals on Wheels Handivan Des	8
9	10 Ceramics Wii Bowling	11 OFFICE CLOSED 	12 Diners Club & Bingo HOME SUPPORT @ Community Centre	13 Meals on Wheels Birthday Tea Trip to Pat's	14 Meals on Wheels Handivan Des Scrapbooking	15
16	17 Breakfast Club Peacemaker Workshop Wii Bowling	18 Meals on Wheels	19 Christmas Craft Euchre	20 Meals on Wheels Kingston Shopping	21 Meals on Wheels Handivan Des	22
23	24 Ceramics Wii Bowling	25 Meals on Wheels Afternoon at The Movies	26 Diners Club & Bingo HOME SUPPORT @ Community Centre	27 Meals on Wheels Friendly Visiting Lunch	28 Meals on Wheels Handivan Des Scrapbooking	29
30						



From the Good Minds program THANK YOU to ALL who attended the October 4th SISTERS IN SPIRIT VIGIL and a SPECIAL THANK YOU to those individuals and Business that made donations

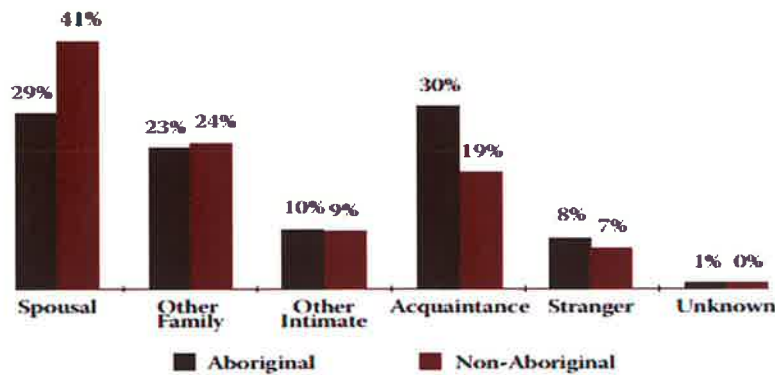
An earlier flyer claimed that the RCMP report indicated there were 1,181 unresolved cases of murdered or missing Aboriginal Women. This was incorrect.

The facts according to the RCMP report is that the total number of 1, 181 includes 1,017 homicides and 164 unresolved missing persons cases.

This shows that Aboriginal women are over-represented among Canada’s murdered and missing women.

However, the Data collected indicates 897 of the 1017 of Aboriginal female homicides were solved. **RCMP statistics indicate that 88% of Aboriginal female homicides were solved which is comparable to the 89% for non-Aboriginal female homicides.** There are 225 unsolved cases of either missing or murdered Aboriginal females.

Data Collected regarding the Offender to Victim relationship in Female Homicides shows the following in Aboriginal vs Non-Aboriginal Cases between 1980 and 2012.



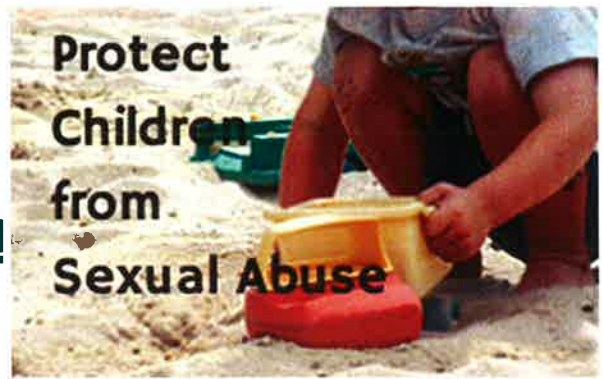
Offenders accused in both Aboriginal and Non-Aboriginal cases were mostly male (89%) as opposed to female (11%). The statistics also indicate that in 62% of the Aboriginal cases perpetrators were spouses, other intimates or other family members which indicates family violence. 30% were acquaintances, 8% were by strangers and 1% were unknown.

For the full RCMP report visit <http://www.rcmp-grc.gc.ca/pubs/mmaw-faapd-eng.pdf>.

For more information contact Diana Barlow at (613) 967-0122 Ext. 133.

WE THANK ALL WHO CONTINUE TO SUPPORT OUR EFFORTS TO HONOUR OUR WOMEN AND ENCOURAGE EVERYONE TO LEARN MORE REGARDING THIS ISSUE

SEXUAL PREDATORS LIKE SILENCE- CONVERSATION STARTS HERE! November 24/14 9am-Noon at CWC Teaching Lodge



The sexual abuse of children continues to thrive in an environment of silence. It continues to be the issue that few will talk about. It makes people uncomfortable. It is unimaginable. It couldn't possibly be happening in MY community or organization. **Here's the truth.** Children are being sexually abused in every community, in every city, province and territory in Canada and around the world. From the poorest to the richest and everyone in between. And over 95% of the time, these children are sexually abused by people known and trusted by the child and their family.

Wherever there are children, there will be pedophiles.

No organization, community or family is immune.

The good news is that YOU can do something to stop it. It takes courage, support and a willingness to take risks. The [Stewards of Children®](#) child sexual abuse prevention training provides you with tools and knowledge that will empower you to protect children. **Sexual predators like silence.**

5 Steps to Protecting Our Children

When you take Stewards of Children training you leave with valuable tools and a framework to reinforce what you have learned. The 5 Steps to Protecting Our Children outlines the core principles for preventing, recognizing and reacting responsibly to child sexual abuse.

Personal empowerment helps provide adults with the capacity and momentum to take action against child sexual abuse. With personal empowerment, we can make choices, take risks, and support each other – the foundation of The 5 Steps.

5 Steps to Prevention

Step 1: Learn the Facts

Step 2: Minimize Opportunity

Step 3: Talk About it

Step 4: Recognize the Signs

Step 5: React Responsibly

Take the Training

Child sexual abuse is a very complex problem. Take the [Stewards of Children training](#) for an in-depth understanding of child sexual abuse prevention.

Contact Tracey Gazley or Diana Barlow at 613-967-0122 for more information or to register.

OPTOMETRIST EYE EXAMS AND DESIGNER GLASSES

 mobileyez



FREE FRAMES
WITH PURCHASE OF LENSES*

THURSDAY NOVEMBER 27TH 11AM-6PM

COMMUNITY WELLBEING CENTRE, 50 MEADOW DRIVE, DESERONTO

TO BOOK YOUR EYE EXAM
CALL TOLL FREE:

1-866-920-6480

CLEARANCE \$99 RAYBAN R_x FRAMES

50% OFF SECOND PAIR OF LENSES

ALL AGES WELCOME

 GUCCI PRADA



RUDY PROJECT. TOMFORD prodesign: denmark

 SONS + DAUGHTERS
EYEWEAR

 Ray-Ban

PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT

* Selected models. One per customer. While quantities last.

BASIC BAKING & COOKING WORKSHOP FOR YOUTH

**Come out and socialize while learning how to bake and
prepare different dishes.**

Ages: 11 to 13 years old

Every Wednesday For 6 weeks

**When: December 3rd, 10th
& January 7th, 14th, 21st, 28th**

Time: 5:00 to 7:00pm (Supper will be provided)

**Where: 59ers Club, 811 Old Hwy #2, Tyendinaga Mohawk
Territory**

To register for the 6 week workshop call Carla

@ 613-396-6716

(No cost for the workshop & spaces are limited)

FUNDED BY NCB DOLLARS



Looking for fun activities for the whole family?

**Community Health Programs are offering
FREE swim, skate & gym passes**

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

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

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

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



Need more info, please call 613-967-3603



GOOD BABY FOOD BOX

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

Price List:

Infant:-\$6.00

- 20 pack of diapers
- 1 chosen speciality item

Over 6 Months-\$10.00

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

Toddlers:-\$6.50

- 20 pack of diapers
- 1 chosen specialty item

Speciality Items are:

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

Formulas:

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

Good Food Box



Calendar For 2014

Order By and Paid By 4:30pm	Order Arrives
November 10, 2014	November 19, 2014
December 9, 2014	December 17, 2014

Please note all orders must be placed and paid on the Health side of the Community Wellbeing Centre by order deadline at 4:30 pm.



Large Food Box \$15.00

Singles Box \$10.00

Fruit Bag \$5.00

COMMUNITY HEALTH

GOOD FOOD BOX

(Items in each)

Large Food Box

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

Small Food Box

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

Fruit Bag

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

FAMILY FUN NIGHT

Have you ever wondered how you get diabetes?
Would you like more information about diabetes?
Would you be willing to sit at your kitchen table and discuss diabetes?

If so, Community Health Programs offer you, in your home, an evening of information about diabetes but made fun for everyone.

You provide the home, family & friends and we will do the rest.

We bring the education, information and snacks and come to you!

To schedule your in home family fun night please call Denise @ 613-967-3603 ext 128





Wear A Scarf

November is **Domestic Violence Awareness Month**
By wearing a scarf you are showing your support for ending
violence towards women and children in our communities.



Red Cedars Shelter

(Onekwenhtara Onen'takwenhten:tshera Kanonhsote)

Telephone: 613-967-2003/1-800-672-9515 (24/7 crisis line)



Nya:wen,

To all of the following people and programs that helped make the Orange Shirt Day screening of "We Were Children" a huge success on September 30, 2014!

Shari Maracle
Velvie Woodstock
Carlene Smart
Mandy Smart
Crystal Loft
Dakota Brant

Tahatikonhsotontie Head Start
Enyonkwa'nikonhriyo:hake Good Minds
Family Health and Child Development
Community Wellness Centre

And of course,

All of the people who came out to take part in this event and share their stories. Without you, this event would not have been possible!

With all of your support, we are able to honour the survivors of Indian Residential School. We have now spread awareness about this sensitive issue.

I encourage all community members and Chief and Council to take part in next year's Orange Shirt day!

Together we can honour the survivors of Indian Residential School.

Nya:wen ko:wa,
Kaya'tahente Kerri Smart

Canadian Physical Activity Guidelines

FOR CHILDREN - 5 – 11 YEARS

Guidelines



For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:



Vigorous-intensity activities at least 3 days per week.



Activities that strengthen muscle and bone at least 3 days per week.



More daily physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause children to sweat a little and to breathe harder. Activities like:

- Bike riding
- Playground activities

Vigorous-intensity physical activities will cause children to sweat and be 'out of breath'. Activities like:

- Running
- Swimming

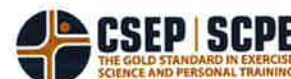
Being active for at least 60 minutes daily can help children:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

Parents and caregivers can help to plan their child's daily activity. Kids can:

- Play tag – or freeze-tag!
- Go to the playground after school.
- Walk, bike, rollerblade or skateboard to school.
- Play an active game at recess.
- Go sledding in the park on the weekend.
- Go "puddle hopping" on a rainy day.

60 minutes a day. You can help your child get there!



www.csep.ca/guidelines

Fetal Alcohol Spectrum Disorder (FASD)

The Government of Canada's Fetal Alcohol Spectrum Disorder (FASD) Initiative seeks to prevent FASD and improve outcomes for those who are already affected, including their families and communities. The FASD Initiative is led by the Public Health Agency of Canada (PHAC) in partnership with Health Canada. This website provides information on FASD and its effects, current funded projects and funding opportunities, up-to-date resources, and links to other FASD websites.

What is FASD?

FASD describes a range of disabilities that result from exposure to alcohol during pregnancy. The medical diagnoses of FASD include:

- Fetal Alcohol Syndrome (FAS)
- Partial FASD (pFAS)
- Alcohol Related Neurodevelopmental Disorder (ARND)



What are the effects of FASD?

FASD is the **leading known cause of preventable developmental disability** among Canadians. It is estimated that FASD affects approximately one percent of the Canadian population.

FASD cannot be cured and has **lifelong impacts on individuals, their families, and society**. Effects, including alcohol-related birth defects, can vary from mild to severe and may include a range of physical, brain and central nervous system disabilities, as well as cognitive, behavioral and emotional issues.

Canada's new Low-Risk Alcohol Drinking Guidelines advise that there is **no safe amount, and no safe time, to drink alcohol during pregnancy**.

<http://www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/fasd-etcaf/index-eng.php> - Public Health Agency of Canada

FASD FACTS

- FASD is a brain-based physical disability. As such, FASD is permanent and cannot be cured.
- FASD is an umbrella term used to describe *any* neurological, physical and behavioural effects that result from exposure to alcohol *in utero*.
- The Public Health Agency of Canada asserts that there is no known safe time or amount to drink when pregnant.
- FASD cannot be inherited from either parents; it is not genetic.
- FASD is significantly under-diagnosed among the Canadian population.
- The neurological and behavioural effects of FASD create challenges at all stages of the criminal justice process for those affected by it.

- John Howard Society of BC

FASD

ABNORMALITIES
CULTURE
DAMAGE
DEFECTS
DELAYS
DEVELOPMENTAL
DISORDER
EFFECTS
EXPOSURE
FETAL
HARM
IRREPARABLE
MISCARRIAGE
NOALCOHOL
NOTGENETIC
NOVOICE
PREGNANCY
PREVENTABLE
PROBLEMS
SPECTRUM
SUBSTANCEFREE
SYNDROME

Searching for Words related to FASD

Try to find all 22 words on this board.

J D N P H G R F E Z O N K C C E W M U K
B T K O H B R F K C V H A M L L H Z C E
R B V B G C F D U T I S A B X A U O J F
K V S Z U A O R I C T O A H R A M N Q G
N N B O E L W Y V C W T V M D D A F G L
O O Q S E A Y V E B N L I O E B I U X B
T A I R R T M F X E R Q G E N Z L U T L
G L U U F N F P V Z N W O O H N Z K E D
E C Q X E E W E J M P W R V Z W F J S K
N O E M C M R U W J G M G K H P X C Y P
E H G I N P R E G N A N C Y D U N R A H
T O A S A O X L N L I H J C U Y S Y L K
I L W C T L H X I R R E P A R A B L E E
C V W A S E Y T D Z F G L R B H D B D M
U Y B R B V I Y P V N E N A O F I W C O
L W Y R U E X P O S U R E A T B F L P R
T D N I S D I S O R D E R R S E L X M D
U G L A T W I Q H A O C S T C E F E D N
R L I G P F W E G A Q G J X H Q U C M Y
E D J E J D A M A G E R M U R T C E P S

Bring your completed word search to Jill Beck or Kayla Brant

at The Community Wellbeing Centre and receive

a \$25 gift card for NoFrills/Dewe's.

Good Luck and Nya:wen for participating!

Please indicate below your name and the number of people in your family

– adults and children.

Weekly Men's Group

Offered by the Enyonkwa'nikonhriyohake' Program

On Tuesday Evenings from 6 to 8 pm

In the Teaching Lodge at Community Wellbeing Centre

All men 17 & up are welcome!!

Contact Jill Beck, NNADAP Worker for information, 613-967-0122



**DRUGS +
YOUR BODY:**



It Isn't Pretty

If you are struggling with addictions please call the

Drug and Alcohol Helpline

1-800-565-8603

Someone will answer 24/7

For individual counselling and/or help applying to a treatment
centre please contact Jill Beck, NNADAP Worker

at 613-967-0122, extension 125

Tyendinaga Fitness Resource Centre



SILENT AUCTION



Auction is open

December 1st—12th, 2014

Please come out and support our 5th Annual fundraiser!

Lots of items to be won, for all ages.

Drop –In & make a bid - OPEN for Everyone

TFRC is Open : Mon. to Thur. 6:30am to 8pm

Fri. 6:30am to 6pm & Sat. 8am to 2pm

Age 15 and over Emailing bid is also an option .

You do not have to be a TFRC member to take part .



Thank you for your support!

For more information please contact us!

(613) 962-2822 tyfitnessres@mbq-tmt.org or

www.mbq-tmt.org / LIKE US ON FACEBOOK



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

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

Nov. 2014 Discover the Balance We have Gift Certificates

Get Fit and Healthy in the Fall

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

TFRC Staff

Darlene Loft /

TFRC Manager

Sonya Maracle / P.T

Jayna Leland / P.T

Shanleigh Maracle

Jordan Hughes

**Taylor-Rain
 Tabobandung**

Get Fit Outdoors– Throw in a no equipment required exercise routine. Lunges, squats, step up, sprinting uphill. Why not try hiking, mountain biking, walking, rollerblading or throwing a Frisbee

Exercise With Your Family– rock climbing, canoeing or bowling. Set a family weekend and go apple picking at your local orchard or conquer a corn maze.

Take Advantage of the Leaves– rake the leaves in your yard and enjoy running and jumping into the pile

Welcome to the NEW Fitness Studio Coordinator

She:kon/hello everyone my name is Jayna Katsitsaro:roks Leland. I am very excited to be stepping into the role of Fitness Studio Coordinator at the Tyendinaga Fitness Resource Centre, **funded by Ontario Trillium Foundation**. I am a Certified Personal Trainer with Can-Fit Pro and believe in living a healthy active lifestyle. I am originally from Kahnawa:ke and of Mohawk ancestry. I have been in the community for the last nine years and look forward to many more to come. I am a firm believer in being a healthy role model for my family, two children and friends.

As the Fitness Studio Coordinator I have been hired to offer fitness programs, workshops, and to promote the **Fitness Studio** . I will be conducting outreach events in and around the community. As our goal we would like to reach more youth, seniors, and people who live with health issues. We would like to help people achieve overall health and wellness. By hosting events and workshops that touch on body, mind and spirit we can achieve overall health and wellness.

I am looking forward to working with the partners in this project: Community Wellbeing: Ontario Works Administrator, Diabetes Education Program, Home Support Program, as well as Moira Secondary School – Hope Program, and supporting community Members in this project. I am looking forward to helping the community and surrounding areas get fit and active. There will be more exciting details to follow in the near future. **Jayna Leland – Fitness Studio Coordinator**

Thank You to :

**Ontario Trillium Foundation
 For the Operating Grant for 3 Years**



An agency of the Government of Ontario.
 Relève du gouvernement de l'Ontario.





Child Care At Tyendinaga Fitness Resource Centre



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

The TFRC staff want the best for you and your child, we give them a hour of active and creative time. Our childcare is a great place for your child to start before preschool or kindergarten, it gets them use to being away from mom and time to socialize with other children. We also allow the children to have active fun in the Fitness Studio when mom or dad are done their workout.

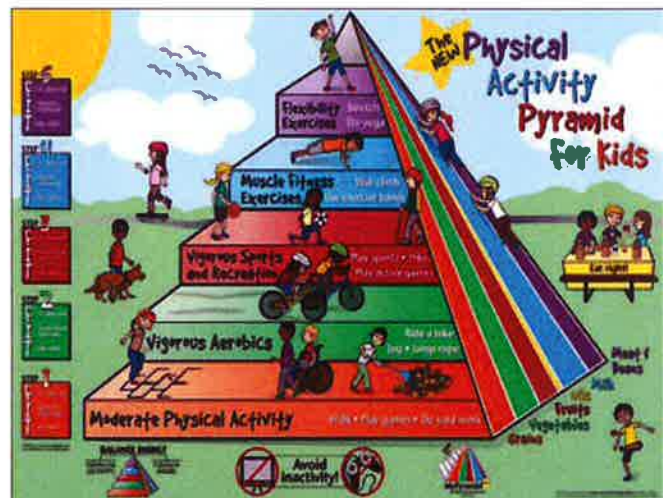
Its important that our children know that having a active healthy life-style is the beginning of a disease FREE active life.

We are offering a Special for November

2 months of childcare for the price of one month - which means with your paid membership you pay \$30.00 for 2 months of childcare. A savings for Christmas gifts, and you will look great for that special Xmas party or wedding in the spring.



Childcare Hours : 9:30am to 12pm
Let us know what you require for care



Welcome to the Fitness Studio

The History of the Fitness Studio. The Tyendinaga Fitness Resource Centre (TFRC) opened its very own Fitness Studio in September 2013 and since then has been hosting specialized fitness classes, workshops and small events in the space. We welcome the public to stop in and check out the space or participate in a class or workshop. TFRC was awarded the first grant for capital of \$70,600.00 in Dec 2013 and the second grant for operating for the total of \$103,800.00 in June 2014.



Now in the Fitness Studio: (613) 962-2822 LIKE US ON FACEBOOK

Awesome Abs– A workout designed to strengthen the core muscles.

Better Butts– A workout for the lower body with extra focus on the butt area and legs.

Circuits—A full body workout that uses weights.

Body Weight– A workout that uses entirely your own body weight to perform different exercises.

Seniors Functional Fitness– A gentle workout that focuses on balance, coordination, and everyday functional movements. Includes light cardio with light resistance using bands.

Yoga - Great for flexibility, strength, posture and balance.

Hanio Oksa Healthy Lifestyles workshop - Presenters to be announced. Save the date, Thursdays at 6pm in the month of February 2015.

We are searching for NEW Presenters & Fitness Instructors for programming



Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario



Mohawk Family Services

NEEDS YOUR DONATIONS!

Children's Shopping Day 2014 – Every year over 250 children at Quinte Mohawk School enjoy shopping for loved ones during the Children's Shopping Day at QMS. The items they purchase are comprised of community donated items.

We are looking for new or gently used, clean donations again this year. Please make sure all donations 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 (Social Side)

ANYTIME between 8:30 am and 4:30 pm Monday to Friday

OR at the Tyendinaga Fitness Resource Centre during Gym hours.

Drop off on a weekend can be arranged ahead of time by

contacting **Mohawk Family Services at 613 967 0122**

during business 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 5, 2014

Celebrating!

Women's Health & Wellness Day

November 15, 2014

10:30am-3:00pm

1807 York Road , (Community Centre)

Tyendinaga Mohawk Territory

Admission \$2:00 (Must be 16yrs and older)

Something For Everyone!!

Vendors:

Herbalist

Esthetician Services

Seers and Card Readers

Chiropractor

Massage Therapists

.....and more!!!



Come out for the day and enjoy lots of laughter, fun, relaxation, get some pampering and even buy yourself a little something!!

Prizes!!!

Silent Auction!!

Food!!

For more information or to register your booth please contact Sheila Stacy at Red Cedars—613-967-2003 or Brandy Maracle - MFS—613-967-0122

Proceeds go to Red Cedars Shelter to continue providing support to women and children who are fleeing family violence situations.

Nya:wen

SAVE THE DATE

November 23, 2014

Mohawk Family Services is hosting the
8th 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!

Please see November's newsletter for more details
regarding the sale of admission tickets!



**SANTA CORDIALLY
INVITES EVERYONE TO VISIT
HIM IN HIS LIVING ROOM**

AT

366 MAIN ST. DESERONTO



starting November 21nd to December 21nd 2014

*** IN SUPPORT OF CANDIES FOR KIDS***



1964 50 YRS 2014

Please join us for a 50th Anniversary Party Honouring

Kathy & Roy Brant
Saturday, November 22, 2014
Community Center - 1807 York Rd Deseronto ON
Open House - 1:00pm till 4:00pm
Prizes for those best dressed in 1960's style, photo booth, etc
EVERYONE WELCOME
Presents are not necessary - Your Presents is our Gift

CHRISTMAS CRAFT SALE

SATURDAY, DECEMBER 6

9am - 4pm

COMMUNITY CENTRE

GREAT GIFTS FOR EVERYONE
ON YOUR CHRISTMAS LIST!!

IF YOU WOULD LIKE TO BOOK A TABLE, CALL
BONNY OR RENEE AT 613-396-3424



Tyendinaga Native Women's Association

Wish to Invite you to a

Remembrance Day Ceremony

At the

War Memorial at Christ Church

At

9:00 a.m., November 11, 2014

Please contact Carol LaVecque at 613-968-4398 if you would like to lay a wreath.

The Quinte Singers

Presents

“HOME FOR THE HOLIDAYS”

Saturday, November 29, 2014

2:00 pm

Deseronto United Church
(Corners of Fourth and Thomas Sts.)

Wheelchair access from Thomas St.

Tickets \$10.00/person – Children 12 and under Free

50/50 Draw

Proceeds to Deseronto Food Bank and Napanee Morning Star Mission

Light Refreshments to follow

Deseronto Transit

Will now have transit
Stops here on
Tyendinaga Mohawk Territory



DESERONTO
Transit

WESTBOUND
TO BELLEVILLE

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

EASTBOUND TO
NAPANEE

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

**BUS
STOP**

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



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

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



DESERONTO
Transit

WESTBOUND
TO BELLEVILLE

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

EASTBOUND TO
NAPANEE

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

**BUS
STOP**

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



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

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



DESERONTO
Transit

WESTBOUND
TO BELLEVILLE

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

EASTBOUND TO
NAPANEE

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

**BUS
STOP**

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



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

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



THE ANGLICAN PARISH OF TYENDINAGA

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

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

Christ Church (Lower Church)
52 South Church Lane
9:30 a.m.

*Worship Schedule - 9:30 a.m.
All Saints' - Jan-Mar and Jul-Sep
Christ Church - Apr-Jun and Oct-Dec*

A Reflection on Remembrance

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 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, and this year we especially remember all those who volunteered to fight in the First World War as we mark the 100th anniversary of its beginning. 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:
Dale & Lorna Vos
613-968-8586 or 613-921-8015

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

Losers Unite, Join Us!

WINTER HOURS

Thursdays

5 - 5:30 = Weigh in
5:30 - 6:30 = Meeting
Elders Lodge
(Bayshore Rd)

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

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

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

Contact: Joy Brant - 613-885-0506
Tree Good altree94@gmail.com



She: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

Tyendingaga, 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)



MOHAWK PENTECOSTAL CHURCH

WHEN WE MEET

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

1984 York Road
Tyendingaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325

COMING EVENTS

- | | |
|-------------|--|
| Nov 9, 2014 | Rev. Keith Sprackett |
| Dec 2014 | Annual Christmas Dinner and Caroling, keep eye out for dates |

Spend a little more time trying to make something of yourself and a little less time trying to impress people. . . .

~Breakfast Club

CLASSIFIED

LAND FOR SALE

- 1 acre located on Bells Side Rd
- Beautiful Pine Forest
- Spring on property

Contact:
613-827-7253 via text

FOR RENT

OFFICE/BUSINESS SPACE 1000 sq. ft.
- 5717 Old Hwy 2
in Shannonville
at the Village Variety

Call 613-967-7920
for inquiries

LOT FOR SALE

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

Call John Maracle
1-716-826-4208

FOR RENT

ROOM IN MY HOUSE
- Looking for a clean, neat
border to share my house
- complete access to the house
- located at 458 York Rd.
-\$500.00 complete

For more information call:
613-967-2345



HOUSE FOR SALE

- 840 # 49 Hwy Tyendingaga 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

BABYSITTING AVAILABLE

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

Call Fran - 613-396-2393

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

Kenmore heavy duty washer and dryer
- asking \$300.00 firm.

Gold couch and chair in good condition.
- asking \$200.00.

Call 613-849-8194 if interested.

LOT FOR SALE

HY 49 & BAYSHORE RD
Partial dwelling located there

Phone: 613-243-9079



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:
tyendinga11@yahoo.com OR
416-938-4157 or 613-396-2151

BABYSITTER AVAILABLE

Hello, my name is Mackenzie Bowden. I am a responsible 15 year-old who loves kids. I can baby-sit evenings and week-ends. I have 2 years of experience babysitting and have completed the Red Cross babysitting course. If you need a night out call me at 613-849-4305

HOUSE FOR SALE

4 BEDROOM

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

If interested serious "inquiries only" please call and leave a message with your name and number to Bill 1-587-276-1092 or Wendy -780-972-3641

FOR SALE

Used Michelin Snow Tires
- latitude X-ice 245/65R17
- \$100.00

Call 613-967-1129

LOT WANTED

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

Please call: 613-985-5308

HOUSE FOR SALE

- 24 North St.
Deseronto

For more information
Please call:
613-354-3826

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

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.
- **REDUCED NEW Price \$599.99.**
- Great buy in excellent condition!

Contact Marilyn at 613-967-1129 if
interested.



SADIES MENS WELLNESS

Attention to the Mohawk Men of our Community

ARE YOU A MAN WHO IS LOOKING
FOR A PLACE TO STAY WHILE YOU
ARE DECIDING ON YOUR NEXT STEP
TOWARDS GETTING BACK ON YOUR FEET!

CALL 613 396 1607. ASK FOR JIM, OR LEAVE INFORMATION FOR CONTACT
ALL INQUIRIES CONFIDENTIAL!

FOR SALE

WINDOWS VARIOUS SIZES

Low-e Argon Gas

Call 780-224-7336

150.00 1- 36" right hand door

400.00. 1- 93.5 x 72 1/4-1/2-1/4

casements

175.00 1- 39x60.5 Lt case

175.00. 1- 58.5 x 36 Lt case

175.00 ea. 2- 48.5 x 36 Lt case

175.00. 1- 48 x 31 Rt case

175.00 ea. 2- 48 x 36 Lt & Rt case

175.00 1- 47 x 35 DBL slider

175.00 1- 46.5 x 36 Lt case

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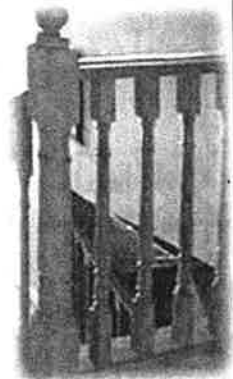
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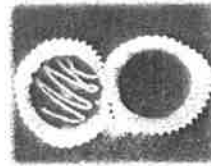
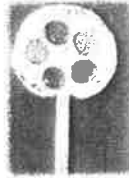
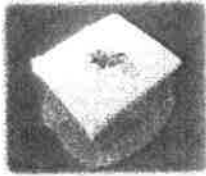


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