



**MOHAWKS OF THE BAY OF QUINTE**



**KENHTEKE KANIENKEHA**

**ORI:WASE (NEWS)**

**ISSUE 11/15**

**KENTENHKOWA (November)**

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

**On November 22, 2015**

**Mohawk Family Services is hosting the  
9th 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 the CWC:**

**Friday November 20, 2015**

**9:00 am—1:00 pm**

**Each adult will only be permitted  
to purchase**

**2 red adult tickets and up to 6 kid tickets.**

**(Green tickets for 12 and under,  
purple tickets for 13-18 years. )**

**Any unsold tickets will be for sale on  
Bingo day at 12 pm at the Community  
Centre.**

*Merry Christmas*

**First come, first served. Only 200  
tickets will be printed.**

## **CHRISTMAS MERCHANDISE BINGO**

Mohawk Family Services offers our sincere thanks to the following volunteers for their dedication, support and assistance to help make the 2014 Christmas Merchandise Bingo a success:

Sheryl Anderson  
Neeko Doreen  
Raven Maracle  
Hunter (Ratorats) Loft  
Donna Hughes  
Paul Maracle  
Joseph Francis  
Jane Loft  
Daylon Martin

Tom and Lisa Maracle  
Jade Brant  
Abby Aschmann  
Nora Brant  
Joe Brown  
Angus Francis  
Marie Loft  
Thomas Parks  
Trent King

Orange Lodge  
Nadine Stainton  
Allie Scero  
Kelly McMurter  
Lynn Brant  
Winston King  
Allyssa Maracle  
Karonhi:io Loft

Mohawk Family Services apologizes to anyone we may have forgotten to mention. We have been so busy we haven't been able to say thank you sooner, but we ALWAYS appreciate your help!

If you would like to VOLUNTEER at this year's bingo, please call 613 967 0122 and ask for Lori Maracle.

**CONGRATULATIONS TO ALL THE BINGO WINNERS!!!**

Mohawk Family Services raised \$4732.95 at the 2014 Bingo and spent over \$5000 on prizes!

**T H A N K   Y O U**



MOHAWK FIRE DEPARTMENT

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The Mohawk Firefighters in August responded to 10 calls:

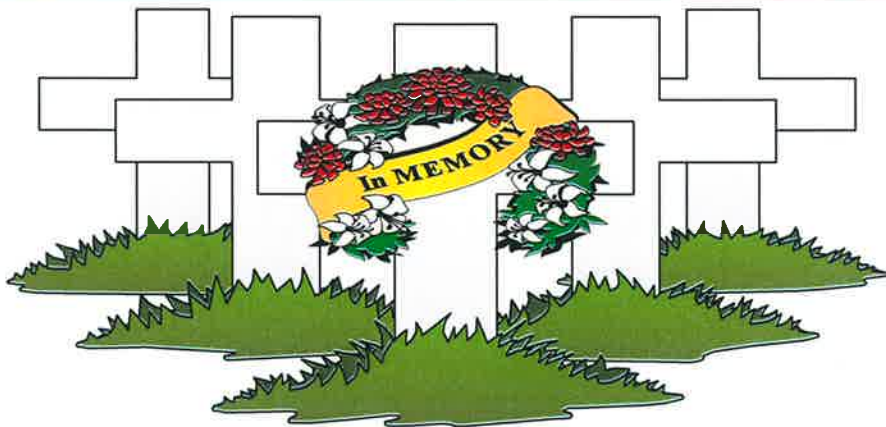
**7 Medical Assist**  
**1 Vehicle Accident**  
**2 Structure Fires**

This brings our total to 78 calls for the year 2015

The Mohawk Firefighter in September responded to 8 calls:

**2 Vehicle Accidents**  
**3 Medical Assists**  
**1 Nonstructure Fire**  
**1 Structure Fire**  
**1 Auto Alarm**

This brings our total to 86 calls for the year 2015



**November 11**

**The Administration Office will be closed on  
Wednesday Nov. 11 for Remembrance Day!**

# **Self-Employment Training Course**

**Everything you need to know when starting a business!**

**This course starts January 2016**

**The first week of classes will be  
January 19<sup>th</sup> & 20<sup>th</sup>.**

**The following topics to be covered:**

- **Branding**
- **Website**
- **Marketing Plan**
- **Bookkeeping**
- **Accounting**
- **Business Plan**

**To register for this workshop or for more information  
contact Renee Brant at 613-396-3424 or by email at  
[reneeb@mbq-tmt.org](mailto:reneeb@mbq-tmt.org).**

**This course runs from 9am - 3pm every Tuesday and Wednesday  
for 5 consecutive weeks. Course ends February 17<sup>th</sup>, 2016**

# **ANNUAL CHRISTMAS CRAFT SALE!**

**Find the perfect gift for everyone on  
your Christmas list!**

**Saturday, December 5**

**9am - 4pm**

**Community Centre**

**Free admission with a  
non-perishable food item**

**\*\$2 without food donation**

**All proceeds go to the  
Food Resource Centre**



**Contact Bonny (Bear) or Renee at MBQ if you would like a table  
or to be in the draw for the kitchen. Deadline for the kitchen is  
Nov. 16 at 4:30pm - draw will be Nov. 17 at 10:30am.**

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PVR + VCloud TV

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**[www.7thGenTech.com](http://www.7thGenTech.com)**  
for pricing and channel availability

TV subscription requires the purchase of a VMedia VBox and an ongoing subscription to a 7th Gen Technologies Internet Service

At Kanhiote Library

1658 York Road

50/50 draw for the library

Buy a package of 5 tickets for \$5

200 packages to be sold

Winning ticket to be drawn at the Craft  
Sale Dec.5

Krazy Kroppers

Nov 9th and 23rd

6:30 to 9pm

**\* New Hours \***

Tuesday 10 to 2

Wed and Thurs 1 to 7

Saturday 10 to 2

Library **closed** on

Saturday of long weekends.



**November 7th and 21st**

at 10:00 a.m.

Eat, Sing & Read with

**Kelly-Anne**

A family event



### Trustee Report for October, 2015

The following report will include highlights of the beginning of the new school year 2015/2016.

Hasting Prince Edward District School Board has approved the Multi-Year Annual Accessibility Plan for 2015/2016 school year which is part of a five year plan that deals with barriers to persons with disabilities and incorporates plans for the next five years.

The Board is in a continual process of reviewing Policies of the Board which requires the Director bringing forward recommendations to update these policies where necessary for the Board (Trustees) to approve.

Hasting Prince Edward District School Board has also approved the 2015-2020 Strategic Plan in September. The draft 2015-2020 Strategic Plan had been available to Trustees, employers, students, families and community for review and feedback, all of which was considered in making final revisions to the draft plan. The Strategic Plan provides the basis for the direction and decisions of the Board and can be viewed on the HPEDSB website.

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

Remember, if you have any comments or concerns, please call me at (513)962-3595 or email me at [mbrant@hpedsb.on.ca](mailto: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 renovation 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 the renewal form when received.

# Save the Date: Nov 7/15 Annual

## “Honouring Women’s Day”

Location: 1807 York Rd.

Mohawk Community Centre

Time: 10:00am - 3:00pm

Entry Fee: \$10.00

Must be 16 years of age/older



Massages!!



Loonie auction full of Good  
Stuff!!



Haircuts

Free tote filled with products for the  
first 100 women through the door!

Zumba

Join In!!

Dress prepared for some fun and  
fast movement and lots of laughter!!

Seers / Card Readings!!



Door Prizes!!

# YOGA

Let us Pamper You!!



Tjendinaga Justice Circle  
Tontakaië:rine  
(It has become right again)



**KGH** Kingston  
General  
Hospital

Outstanding care, always



Community Programs working together to provide encouragement and support to  
end family violence.

Proceeds go towards next years event .

# Tahatikonhsotontie Head Start Thursday Workshops From 2:00-4:00pm!



**November 5**—"Emotions from the Body's Perspective"

**November 12**— TBA (Please call for more info prior to date)

**November 19**— Addictions Information Booth

**November 26**— Tomato Cage Christmas Tree Craft



## Open to Community Members!

To take part in a workshop, **please call Kienni at 613-396-6716 to sign up as spaces are limited!**

**Workshops will be held at Tahatikonhsotontie Head Start**

**9 Deserontyon Dr., T.M.T**

# Tahatikonhsotontie Head Start Community Skate Day

Hot Chocolate!

Activity Table!

Treats!

Snacks!

Lots of FUN!

Holiday Music!



Where: Deseronto Arena

51 Mechanic St.

Deseronto, ON K0K 1X0

When: Saturday, December 12, 2015

Time: 4:30-6:00pm

The Tahatikonhsotontie Head Start team would like to host a community skate day for all

Tyendinaga community members as a way of thanking everyone for a great 2015 and to start off our Christmas holiday! Please feel free to invite others to come with you for some skating fun and festivities!

# Kentenhko:wa November



Akwah í:ken tsi yorà:se ethò:ne, ne Kanenna'kè:ne. É:so tsi nyontyerha'

It is really pretty at this time fall Lots for one to do  
nok ó:ni ne ayontkáhtho'.  
and for one to see

Tsi niyohsnó:re akwék:on ne Ó:nerahte  
As fast as all the leaves

teyotahsohkwatényonh, entyontáhsawen' ne enyòn:sen'ne' tsi tkerhi'takónhshon.  
they have changed colour they will begin they will fall In the forest

Ó:nerahte yaonhwentsyò:ron.  
Leaves the ground is covered in

Onkwatennoserà:ke ne Ó:nerahte tenyakwanákhon'  
In our yard the leaves they and I will rake  
tahnon enyakwen'tenhyó:ten'.  
and they and I will pile up



Ne ó:nen kowá:nen yonkwen'tèn:yoteh  
When the big they and I have piled up  
tenyakwenni'tsyónhkwahkwe'.

they and I will jump

Akwah í:ken tsi yo'nikonhró:ryen. Ne ó:nen

Really/very it is amusing When

enyakwáhsa' ó:nen á:re entsyakwen'tenhyó:ten'. Akwah í:ken tsi yo'sté:rihst  
we finish then again we will pile it back up. Really/very it is funny  
ayonkwatkáhtho'.

for they and I to watch

Ne'e Onkwawenna tsi Onkwatatstenhsera

1658 York Road, Tyendinaga, Ontario K0K 1X0 • Tel. 613.967.3781

# HALLOWEEN WORD SEARCH

Halloween

October

Spooky

Scary

Ghost

Vampire

Werewolf

Witch

Zombie

Skeleton

Monster

Black

Orange

Candy

Trick or Treat

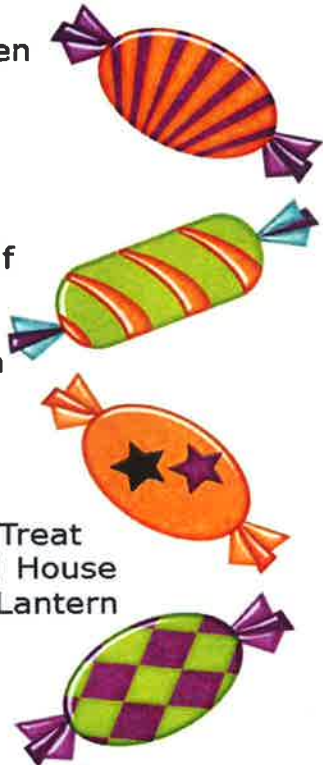
Haunted House

Jack O' Lantern

Boo

Spider

Bats



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

Chicken Scratch NY

## Halloween Word Search

BOO

GHOST

CANDY

TREAT

FUN

TRICK



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

Chicken Scratch NY



## **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, 2015 until March 31, 2016.

Contract #1 – Parking lots (290, 314 and 334 Airport Road & 3 Old York Road) – Plow/shovel/sand & salt

Contract #2 – Ramp, taxiway and runways (Tyendinaga 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  
Tyendinaga Mohawk Territory, ON  
613-827-2407

Closing date for this tender is 2 pm on November 20, 2015.

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  
Tyendinaga Mohawk Territory, ON  
K0K 1X0

The lowest or any tender will not necessarily be accepted.

# We Need Your Input

We want to know what you think of  
our current program offerings  
and what programs you might like  
to see us offer in the future.

Please help by taking our  
**SHORT SURVEY:**

[www.surveymonkey.com/r/37BDQJR](http://www.surveymonkey.com/r/37BDQJR)

for a direct link to this survey  
visit [www.fnti.net](http://www.fnti.net)

Survey respondents will be entered  
into a draw for an ipad mini.

Ipad draw to be held Dec. 18, 2015. One ipad will be awarded. Chances of winning depend on number of entries received. Only one entry per email address. Not open to staff and faculty of FNTI.



First Nations  
Technical  
Institute

For more information or to start your registration,  
contact Jake at [recruitment@fnti.net](mailto:recruitment@fnti.net)  
or call 613-396-2122, ext. 182 or 800-267-0637

# Ronata'karite tahnnon Sken:non Ronnonhtónnyons

**Community Health:** *"They are of good health, peaceful thinking and are able to contribute to the community in ways that help others maintain the first two".*

## Winter Weather Safety & Falls Prevention

Winter can be a challenging time of year to get out and about. Freezing rain, icy surfaces and piles of hard-packed snow pose a hazard for all of us!



*A few simple measures can make it safer to walk outdoors in winter:*

- Removing snow and ice
- Putting sand or salt on areas where people walk
- Wearing the right footwear

*Just one bad fall on ice can have long-term consequences:*

- Chronic pain in the affected area
- A disabling injury that may mean loss of independence, or fear of another fall, which discourages a healthy, active lifestyle.

## Quick Facts...

- The risk of falling increases with age and is greater for women than for men.



- Two-thirds of those who experience a fall will fall again within six months.
- A decrease in bone density contributes to falls and injuries.
- Failure to exercise regularly results in poor muscle tone, decreased *strength*, and *loss of bone mass and flexibility*.
- *At least one-third of all falls in the elderly* involve environmental hazards in and around the home.

**COMMUNITY HEALTH TEAM**  
**Community Wellbeing Centre**  
**50 Meadow Drive,**  
**Deseronto, ON K0K 1X0**  
**613-967-3603**



# Ronata'karite tahnnon Sken:non Ronnonhtónnyons

**Community Health:** *"They are of good health, peaceful thinking and are able to contribute to the community the community in ways that help others maintain the first two"*

## **Cold Weather...**

Brings an increased risk of hypothermia and frostbite for people who stay outside for long periods of time without adequate protection. Overexposure to cold temps can result in severe injury and even death.

### People at greatest risk from cold injuries are:

- Infants less than a year old
- Elderly
- Homeless
- Outdoor Workers & Recreation Enthusiasts



### Prevention:

- \* Wear several layers of clothing and make sure that the outer layer protects you from wind & wetness
- \* Covered exposed skin (hats, mittens, face mask) to protect against frostbite
- \* Drink warm fluids that do not contain caffeine or alcohol to prevent dehydration
- \* Check frequently on elderly and vulnerable people
- \* Maintain a heated indoor environment above 20° C (hypothermia can occur when indoor temps are 16° C or lower).
- \* Avoid strenuous exercise during cold spells.



## **FALL Prevention Tips!**

### **All Living Spaces:**

- Avoid throw rugs
- Reduce Clutter
- Ensure adequate lighting

### **Bathrooms:**

- Install grab bars on walls, around the tub and beside the toilet
- Add non-skid mats or appliques to bathtub

### **Kitchen:**

- Keep common items within easy reach
- Use a sturdy step stool when you need something from a high shelf

### **Stairways, Hallways & Pathways:**

- Install tightly fastened hand rails running the entire length and along both sides of stairs

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

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



## *We offer:*

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

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

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

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

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

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

Nia:wen for your Community Support



## Thank you

I would like to thank the Dreamcatcher Fund for funding my portion of my hearing aids. Without these funds some things wouldn't be possible.

So a big nia:wen to them for the help.

Sarah Hill

## *Thank you      Thank you      Thank you*

Well here it is, fall already. My how the summer has flown and I have kept myself so busy, I have forgotten my manners.

I have now been retired for almost three months and I didn't thank anyone for their kindness, so here it is – late, but sincere none-the-less.

First, I would like to thank the Mohawks of the Bay of Quinte for allowing me to have such a great job for so many years. I certainly did enjoy helping our Community.

I would like to thank all of my co-workers as they have been such a great group to work with.

Thank you to my supervisor, Wendy Sonneveld, for listening to me and understanding that, after all I have been trying to deal with over this past year, I just could not handle a cake and a tearful good-bye on my last day. Thank you "Linda honey" for listening to me and not allowing anyone to do that. Instead, she and some other staff and my family planned a get-together at my home, which was then a celebration and what a wonderful one it was. So, thank you to her, my family and co-workers. You did an amazing job and I truly enjoyed the day.

Thank you to everyone who came to help me celebrate and thank you for all the flowers, cards and gifts that I received. They all meant so very much to me and made me realize how very lucky I am to have you all in my life.

Just to let you all know. I am enjoying my retirement even if I do miss my co-workers, the drivers who worked for my program and the clients I had the opportunity to help.

Thanks again everyone.

Norma Maracle

## **Missing You Always**

**You never said I'm leaving  
You never said Goodbye,  
You were gone before we knew it  
And only God knows why.**

**A million times I needed you  
A million times I cried,  
If love alone could have saved you  
You never would have died.**

**In life I loved you dearly  
In death I love you still,  
In my heart I hold a place  
That only you can fill.**

**It broke my heart to lose you  
But you didn't go alone,  
As part of me went with you  
The day God took  
you home.**

*Love you always and miss you.*

*Norma, Scott, Ang, Suze, Sandy, Karl and families*



*You may be gone  
from my sight...*

*But you are never gone  
from my heart*

Out of the Ashes/EB

*Love you  
too much!  
Love Brenna*





*Mohawks of the Bay of Quinte  
Tyendinaga Native Women's Association*

61 Bayshore Rd, Deseronto, Ontario, K0K 1X0

We would like to thank all who supported our group at our bake sale, yard sale, and prize draw. Also to the three community businesses for their donations for prizes.

First prize	Navaho blanket and pillow	Anita Pennell
Second prize	Basket and three sister picture	Diana Bailey
Third prize	Tool Box and Tim card	Judy Kunkel

Hill-Dracup Velma Jean  
Ahsont:tio

Peacefully at home on September 18, 2015, Velma went to be with her creator. Wife of the late Skip Dracup. Daughter of the late Stanley and Muriel Hill. Cherished mother of Holly (Dale) Olmstead, Greg (Patricia) Reid and Step-mother of Debbie (Dave) Monteith, Tim Dracup and Mark Dracup. Treasured grandma of Christine, Sarah, Evan, Darcy and Benjamin. Always remembered by her 3 great grandchildren. Dear sister of Leslie 'Bud' (Ann) Hill. Velma will never be forgotten by her many nieces, nephews and cousins. For those who wish, memorial donations may be made to the Lung Association or Christ Church Restoration Fund in memory of Velma. On-line condolences may be made at [www.mcgladefuneralhome.com](http://www.mcgladefuneralhome.com)

IN THE CARE OF  
MCGLADE FUNERAL HOME  
78 CENTRE STREET  
DESERONTO, ONTARIO  
613-396-2310



"A big Nia:wen to family & friends who took the time and money to sponsor and support Braeden in his International Lacrosse Challenge Tournament that he competed in on October 18th, 2015 Syracuse, NY. Braeden represented Team Maple Leaf and they won all of their games against Team Iroquois and Team Stars & Stripes.

What an amazing opportunity it was to be coached by former NCAA LAX player & NLL Coach Tracey Kelusky & Geoff Ralph of Team Maple Leaf and to be a part of a great group of kids; we are all so proud. A special thank you also goes out to Trevor Lewis of Lewis Lacrosse for Sponsoring Braeden in his Fall 2015 Lacrosse Commitment to the Ottawa Capitals Lacrosse Team. It takes a village to help raise a child, and we are so thankful for a very loving one that continues to surround him."

Kimberly & David Maracle



# Happy Birthday!

Happy Birthday  
Scotty - Nov. 15  
Love Binda and Glenn

Happy Birthday  
Frankie  
From Chip & Allison

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

Happy Birthday  
Nicole – November 7<sup>th</sup>  
Love Aunt Marilyn, Uncle Rick, Sam,  
Emmett, Phill & Hayden

Happy Birthday  
George – November 12<sup>th</sup>  
Love Aunt Marilyn, Uncle Rick, Sam,  
Emmett, Phill & Hayden

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

Happy 4<sup>th</sup> Birthday  
Declan – November 19<sup>th</sup>  
Love Aunt Marilyn, Uncle Rick, Sam,  
Emmett, Phill & Hayden

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

Happy 9<sup>th</sup> Birthday  
Jeremy – November 27<sup>th</sup>  
Love Aunt Marilyn,  
Uncle Rick, Sam,  
Emmett, Phill & Hayden



Happy Anniversary  
Dad & Mom  
(Bruce & Mary) – November 20<sup>th</sup>  
Love Rick & Marilyn

Happy Anniversary  
Grandpa & Grandma – November 20<sup>th</sup>  
Love Sam, Emmett, Phill & Hayden

Happy 51st Anniversary  
Mom & Dad  
(Ken & Gail) - Nov. 28  
Love the Kids & the Hounds

**HAPPY BIRTHDAY TO OUR DAD! (JAMIE BETTS)**

**He is our best catch!!**

**Love Tav and Jai and Mom XOXO!!**



# Nya:wen Ko:wa!

The Tahatikonhsotontie Head Start team and the Enyonkwa'nikonhriyohake Good Minds team would like to thank the following program and people for making this year's **Orange Shirt Day** a huge success:

## **Family Health and Child Development**

**Teresa Maracle**

**Skin Maracle**

**Mary Maracle**

**Donna Hughes**

**Carlene Smart**

**Allie Scero**

**Crystal Loft**



And of course, **all of the community members** who came out to honour Indian Residential School survivors and share their experience and stories!

We hope to see you all as we honour them again next year!

*Nya:wen,*

## COMMUNITY WORKING GROUP FOR HEALTH

21 September 2015

Community Centre

Attendees: Nora, Anne, Kate, Diane, Lynn

Regrets: Thomas, Gloria

Discussion included history of this groups' formation to date for the benefit of the newcomers

Added to discussion of previous meeting (June 2015) that looked at services presently available to the MBQ community, including what, when & who is serviced. The following was added:

- use KWE radio more for advertising this meeting
- the present advertising option has been MBQ newsletter; electronic board with MBQ IT support
- include advertising in the seniors newsletter distributed by the Home Support team

Issues reviewed: unrealistic handicap parking at Community Wellbeing Centre – does not make the teaching lodge easily accessible – discourages participation for programming

Discussion on where this Working Group should meet – suggestions Queen Ann Parish Centre and 59'ers Hall

Discussion on ways to pass information to the Community – include the churches (?4) and Diner's club (seniors)

Discussion on GAPS for Palliative servicing, Mental Health & Addictions; Chronic Disease prevention & management:

### PALLIATIVE SERVICING:

1. need increased numbers of trained people (including volunteer) for caregiver relief and family support until confidence is gained to provide the care for their loved ones  
SOLUTION? Design and deliver a 2 or 3 day training session for volunteer community members
2. NIHB tool kit for palliative clients is not available to on-Reserve individuals which is not equal to off-Reserve servicing. This includes easy access for medications and supplies for dressings. Prior approval wait times for NIHB is not meeting the need for palliative clients.
3. CWC Health care staff has not increased in greater than 10 years, yet on reserve population has ?doubled, and the numbers requiring service are increasing along with younger population (30 – 40 yrs) requiring service & support.
4. the agreement with the BQWCHC is not as was set in 2011 – a full time NP, therefore servicing is inadequate to meet the demand which includes non-palliative population
5. the financial qualifier for home support servicing is contradictory / not aligned with oral tradition – “health and welfare will be provided” for the First Nations (Indians) – Oral Tradition is strong in the community. The financial guide that determines servicing is prejudiced – off-Reserve financial qualifier is not as stringent? With the end result of no service & unequal care
6. Non-competitive wages for front-line staff are locked in by budget and not equal to off-Reserve health staff support – RESULT is poor recruitment and retention and servicing that requires “borrowing from Peter to Pay Paul” that is, in order to fully provide service

for palliative situations, other clients get and accept a decrease to the normal of their servicing (community supporting community).

#### **MENTAL HEALTH & ADDICTIONS:**

1. lack of after care transition & support for individuals post-rehabilitation results in return to their unchanged environment – need more staff to create / provide the support and facility dedicated to this effort
2. rehabilitation facilities require “physical exam / assessment” prior to admission and there is not immediate access available (on-site) results in missed opportunity for the individual to be admitted – a “wait” period can alter the motivation for rehabilitation / recovery & successful abstinence
3. there is stigma associated with being “labelled / diagnosed”, results in lower numbers seeking treatment for mental health imbalance and addictions
4. need to have increased opportunities to “normalize” conversations about MH & A, and defame the opportunities that are in opposition to balanced good mind

#### **CHRONIC DISEASE PREVENTION & MANAGEMENT:**

1. Residency dictates service – all Band Members should have equal access for equal servicing regardless of on/off-Reserve discrimination
2. Palliative care is not just cancer related– many live with cancer as a Chronic Disease – education needs to include definition & understanding of Palliative
3. NIHB offer generic drugs only and/or first choice, the result - issues of allergy and side effects to the drugs are increasing; community members have difficulty getting the previously used brand drug
4. pharmacists & doctors / NP’s are not familiar with the NIHB formulary – if community members don’t have access to the formulary, they cannot advocate for themselves to get the vitamins, drugs and medical supplies that should be covered
5. Medical supplies should always include dressings and bandaging materials required for compromised wound healing
6. long wait time for prior approval of supplies/ medication results in inadequate / inappropriate chronic disease management AND prevention of further complications

Discussion on the community’s knowledge of services available – Kate suggests larger distribution & access to the Guide that was published for distribution to the SELHIN? She agrees to determine the next publish date and determine appropriate distribution to MBQ community

#### **NEXT MEETING:**

Set as Monday, 30 November 2015 at 59’ers, with Parish Hall as secondary choice  
(Lynn agrees to book & advertise)

##### **AGENDA:**

1. Publish the TOR with the next meeting’s notice.
2. Logo contest (to increase awareness of this group) discussion  
– details - \$300 first place; \$100 second place
3. prioritizing action items – SELHIN continuous relationship?; palliative servicing?; Community services (internal & external to Reserve) awareness?; NIHB coverage (lack of/ diminished) & wait time
4. review & finalize TOR / Guidelines

# Community Working Group for Health

*Nov 2014 newsletter referred to as the Health Advisory Board &  
May 2015 Health Advisory Working Group*



## LOOKING FOR YOU—THE COMMUNITY TO BE THE DRIVING FORCE!!

Community Engagement was held on June 17 to *finalize* the name for this group and agenda. The Guiding Principles (Terms of Reference) have been included in this newsletter to motivate participation of Community. The next meeting on

**Monday, November 30, 2015**

6 pm—7:30 pm

Kanhiote Library, York Road

Prompt start with light refreshments available at 5:45pm

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

Child Care provided ONLY with prior notice to Kate Brant, for ages & activity plans (by November 20)

### AGENDA 30 November 2015:

1. Review the Guiding Principles Draft & finalize.
2. Prioritize Action on issues to date.
3. Logo Contest possibility.
4. Establish 2015-16 meeting schedule.

**Lynn Brant**

613-922-6683

lynn.brant@sympatico.ca

(NOTE: not available Nov 7-27)

**Kate Brant**

613-391-7130

kathyb@kchc.ca

October 2015

## Community Working Group for Health For November 2015

### Terms of Reference

December 2014: This document is intended to serve as a starting point for a newly established Community Working Group for Health (CWGH) to Tyendinaga Mohawk Territory (TMT).

#### **BACKGROUND:**

TMT is a community with approximate membership of 9200. IT is faced with chronic and acute health challenges every year. TMT has increasingly recognized gaps in financial, emotional and physical support.

Preventive efforts seem to hold lower priority from the funding sources. Nonetheless, Traditional and instinctive knowledge teaches preventive efforts as priority – PROACTIVE over REACTIVE. Strategic planning has identified community priorities and is now, in 2015, due for revision of its five year projections.

The goal of this community driven CWGH is to provide a voice to concerns and solution based ideas from the people. The CWGH will also have governance that can influence direction for a healthy community. The final outcome is to decrease gaps and increase the needed financial, emotional and physical supports.

The CWGH is an opportunity to increase a community voice and exchange that encourages ongoing uplifting from colonization and suppression. It offers and supports the efforts to date toward this. The CWGH will use our culture's mindset, which honours and respects ALL LIFE.

**MISSION:** To be developed.

**VISION STATEMENT:** To be developed.

#### **MEMBERSHIP:**

1. The CWGH will consist of individuals that provide input driven by real experience and passion for the health of this community, and will have a willingness to research, solution based ideas.
2. The membership will be volunteer effort – work that is driven by passion and commitment. Each member will complete an application process.
3. The members will be inclusive - Indigenous, non-Indigenous, registered and non-registered, with each member demonstrating a connection to Tyendinaga Mohawk Territory and reflective of all sectors of the community.
4. This CWGH will not be limited to a fixed number of members and anticipates giving voice to all like minded participation.
5. The CWGH will conduct an annual review of its members and terms of reference.
6. The term of service is indefinite, based on demonstrated commitment and participation.
7. Each member will be committed to confidentiality that respects and protects the vulnerability of the people, and each will sign a waiver of promise.

8. Each member will have a personal health plan that contributes to the perception of mentorship for the community. The CWGH will keep each other accountable as role models for the Community it serves.

### **ROLES & RESPONSIBILITIES:**

1. Each meeting will have a note taker, determined by those present, and with commitment to distribute notes to members by one week.
2. Meeting notes will be posted to the MBQ website and newsletter to ensure transparency and accountability, within one week of the meeting.
3. The Chair/Facilitator will be a shared position by two people, voted in by the CWGH and expected to serve a two year term. The co-Chair(s) will alternate meetings for their role of keeping meetings on task and using the good mind.
4. The CWGH will meet every other month for two hours in the first year of existence and continuance will be guided annually, by need, with input from the group.
5. Each member will demonstrate consistent involvement that shows commitment to every meeting, either in person, by telephone or with acknowledgement within two weeks of receiving the minutes.
6. The efforts of the CWGH will be a reciprocal of consultation with the community of Tyendinaga and with its' governance.
7. The CWGH members will work to be mindful of a voice for all people of Tyendinaga and at best scenario, secure that representation at the table of discussion.
8. The CWGH members will carry responsibility for a twice yearly discussion of the overall Strategic Plan for Tyendinaga Mohawk Territory and awareness of the Strategic Plan for the Community Wellbeing Centre, and maintain good relations that invites recommendations and input.

### **GOALS:**

To be established by the developed Board.

### **APPLICATION:**

No application at this time, all community members expressing interest are invited to the table. Each member will have a personal health plan that contributes to the perception of mentorship for the community, as described in MEMBERSHIP section (8).

(NOTE: Developed Spring 2015 for Community review & finalization)

# Influenza (FLU) Bulletin

Immunization remains the most effective way to prevent the spread of the infection

Everyone six months of age and older can get the flu shot at no cost in Ontario

**The Community Health Team is encouraging all community members 6 months of age and older to get their Flu shot**

**Please call 613-967-3603 today to make an appointment if you are unable to attend one of our walk-in clinics**

*Thank you for protecting yourself, your family and your community!*



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

## 2015 Seasonal Influenza Walk-In Clinic Schedule For November

Location	Date	Time
<b>Community Wellbeing Centre</b> 50 Meadow Drive (Community Health)	Tuesday November 3/15	4:00 PM - 8:00 PM
<b>Community Wellbeing Centre</b> 50 Meadow Drive (Teaching Lodge)	Thursday November 5/15	1:00 PM – 4:00 PM
<b>Community Wellbeing Centre</b> 50 Meadow Drive (Teaching Lodge)	Thursday November 12/15	1:00 PM - 4:00 PM
<b>Tyendinaga Fitness Resource Centre</b> 14 York Rd	Tuesday November 17/15	2:00 PM – 4:00 PM
<b>Administration Building</b> 24 Meadow Drive (Board Room)	Tuesday November 24/15	10:00 AM - Noon
<b>FNTI</b> 3 Old York Road	Tuesday November 24/15	2:00 PM - 4:00PM

**Protect Yourself, Your Family and Your Community**

**No appointments necessary for the above scheduled flu clinics**



# Mohawk Family Services

## NEEDS YOUR DONATIONS!

Children's Shopping Day 2015 – 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 11, 2015**

# Community Kitchen



**November 6, 2015**

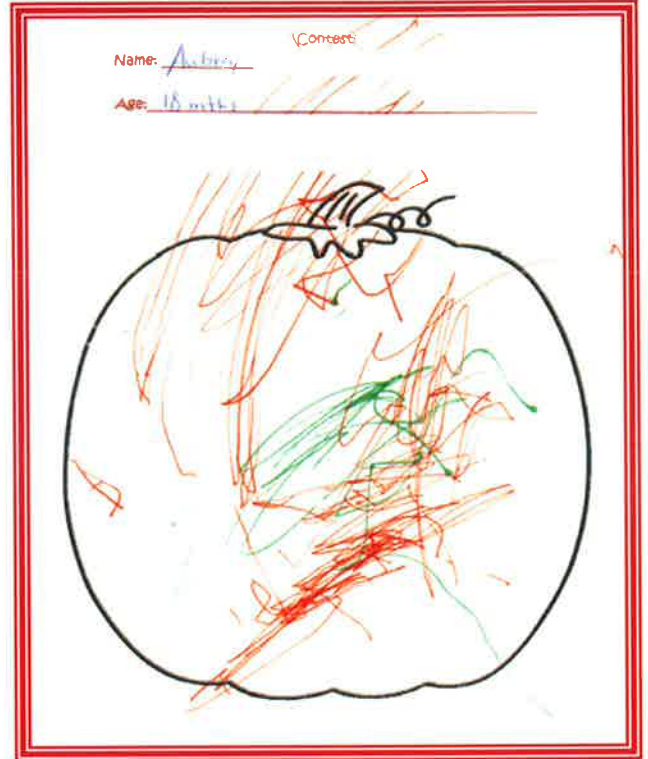
**9am-1pm**

Community Wellbeing Centre  
Teaching Lodge

Cook and sample new foods, try new recipes, discover healthy eating on a budget, and take some home for the whole family to try!

**Space is limited! Call Jodi or Jill  
613 967-3603**

# HALLOWEEN COLORING CONTEST WINNERS



We are happy to announce the winners of the 2015 Halloween Coloring Contest!

Congratulations to these four winners! Spooktacular Reece! Way to Go Aubrey! Fine work of art Adelaide! And a job well done Lane! – Please come to the CWB and collect your \$25.00 gift cards for Toys R Us!!! And thanks again for all your hard work!!!





Community Circle  
November 23th, 2015  
6:30pm—8:30 pm

## **Beads, beads and more beads!**

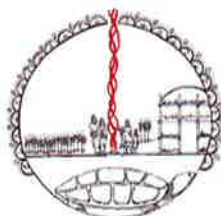
We welcome circle participants to come spend an evening beading with a special guest. All levels of beaders are welcome to attend. All supplies are provided to each participant. Spaces are limited and registration is required to ensure there are enough supplies for everyone.

**Community circle is open to anyone ages 18 and older.**

The circle is held at the Community Wellbeing Centre - 50 Meadow Drive, Tyendinaga Mohawk Territory in the Teaching lodge which is located at the front of the building.

**To register or for any questions please contact: Julie Brant at 613 967 0122 Ext. 149, be emailing [julieannb@mbq-tmt.org](mailto:julieannb@mbq-tmt.org) or by using our Facebook page.**

**Please bring a non perishable food item for the Food Resource Room**





# BEARS AND CUBS

## SATURDAY NOVEMBER 14TH, 2015



Come out and spend a Saturday with us golfing at Kingston's most popular glow in the dark mini putt! The mini putt is indoors so no need to worry about the weather! We will also test our skills at laser tag!! Do you have what it takes to be the champs? Come out and take a shot at it!!

We will be leaving the CWB at 9:15 am sharp and heading to Kingston by school bus if required! There is options to drive yourself or take the school bus! There are limited spaces of 30 participants for this program so registration is a must.

To register your Bears and Cubs please contact : Julie Brant or Esther Brant @ 613 967 0122 or by email at [julieannb@mbq-tmt.org](mailto:julieannb@mbq-tmt.org).



There is no fee for this trip all golfing and laser tag activities are covered. Snacks and drinks will be provided by the program. If there any allergies please let us know upon registration and we will do our best to accommodate.



# November 2015



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>Ceramics</b>  <b>Wii Bowling</b>	3 <b>Tone, Tea &amp; Talk</b> Meals On Wheels	4  <b>EUCHRE</b>	5 <b>Napanee Shopping Trip</b> Meals On Wheels	6 Handivan Des Meals On Wheels	7 <b>Belleville Diabetes Expo</b>
8	9 <b>Ceramics</b>  <b>Wii Bowling</b>	10 <b>Tone, Tea &amp; Talk</b> Meals On Wheels	11 <i>Remembrance Day</i> <b>OFFICE CLOSED</b>	12 Meals On Wheels <b>Friendly Visit Outing</b>	13 Handivan Des Meals On Wheels <b>Scrapbooking</b>	14
15	16 <b>Breakfast Club</b> <b>Ceramics</b> <b>Wii Bowling</b>	17 <b>Tone, Tea &amp; Talk</b> Meals On Wheels Sun catcher Craft	18  <b>EUCHRE</b>	19 <b>Kingston Shopping Trip</b> Meals On Wheels	20 Handivan Des Meals On Wheels	21
22	23 <b>Ceramics</b>  <b>Wii Bowling</b>	24 <b>Tone, Tea &amp; Talk</b> Meals On Wheels	25 <b>Diners Club/Bingo</b> ☺ Com Centre	26 Meals On Wheels	27 Handivan Des Meals On Wheels <b>Scrapbooking</b>	28
29	30 <b>Ceramics</b>  <b>Wii Bowling</b>					

For more information or to sign up, contact the Tyendinaga Home Support Program at 613-967-0122.

# EYE EXAMS & GLASSES

**\$5 FASHION  
FRAMES**

**DESIGNER FRAMES**

**\$50-\$100  
OFF**

Ray-Ban

GUCCI PRADA



RUDY PROJECT

TOM FORD

prodesign: denmark

TIFFANY & CO.

OAKLEY

**NOVEMBER 18, 10AM-6PM**

**COMMUNITY WELLBEING CENTRE  
50 MEADOW DRIVE, DESERONTO**

**TO BOOK AN EYE EXAM YOU  
MUST CALL MOBILEYEZ**

**TOLL  
FREE**

**1-866-920-6480**

Ray-Ban

**SPECIAL DISCOUNTS ON ALL NEW ARRIVALS FROM:**

**COACH**

**PRADA**



We do direct claims for NIHB and Band Employees.

Questions? Contact Mobileyez at 416-619-0064 (toll free 1-866-920-6480) [info@mobileyez.com](mailto:info@mobileyez.com)

**mobileyez**



*Promote*

*Protect*

## *Support Breastfeeding*

Nursing mothers and babies, siblings, pregnant women, grandmothers,  
interested women and young girls are all welcome

### **Nursing Mothers Support Group**

Tuesdays 10:30-12:00 noon

G-Tech Training Centre

5701 Old HWY 2

Shannonville, On

K0K 3A0

Lactation Consultation available

For more information contact Community Wellbeing Centre 613-967-3603

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## 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

# Moms – In – Waiting

Canadian Prenatal Nutrition Program (CPNP)

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

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

Mary McCauley R.N.  
Community Health Nurse

## GOOD FOOD BOX

(Items in each)

### Large Food Box

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

### Small Food Box

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

### Fruit Bag

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

# Good Food Box



Dates: Order By and Paid by 4:30pm	Order Arrives
<b>November 10, 2015</b>	<b>November 18, 2015</b>
<b>December 8, 2015</b>	<b>December 16, 2015</b>



For more info call  
Vanessa, at CWC  
613-967-3603

**Calendar For  
2015**

**Large Food Box \$15.00**  
**Singles Box \$10.00**  
**Fruit Bag \$5.00**

**COMMUNITY HEALTH**

## **EATING IN SEASON– LET NATURE GUIDE YOU!**

**Join us as we enjoy the tastes of the seasons!**

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

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

**November 27 2015, 10am-1 pm**

**Community Wellbeing Teaching Lodge**

**Wild Meat**



Call the Diabetes Education Program for more information  
or to register by November 23, 2015. Space is limited

613 967-3603

# REZ WALK

Walk your  
way in to  
2016

Will your New Year's Resolution be to become more active? Looking to start 2016 off right?

**Gather your team! Rez Walk begins January 4/16.**

To register your team of 4, visit Community Wellbeing Centre, (health reception) 50 Meadow Drive, TMT, on the following dates.

## Dates to register

**Wednesday, December 2/15 from 9 am – 4 pm**

**Wednesday, December 9/15 from 9 am – 4pm**

**Wednesday, December 16/15 from 9 am – 4 pm**

\*After hours registration times available on the above dates, by appointment only.\*

For after hours appointment time OR for more information email [denisel@mbq-tmt.org](mailto:denisel@mbq-tmt.org)  
subject line REZ WALK.

All Welcome



## Full Moon Ceremony

### Join us in honouring Grandmother Moon: Upcoming Dates

**November 25<sup>th</sup> 2015**

**Start time varies as is usually when the moon begins to rise in the night sky. Please bring a feast basket and a feast item.**

For more information, contact:

Crystal Haight, Community Wellness Worker  
Enyonkwa'nikonhriyohake (Good Minds)  
613-967-0122 ext 102  
[crystalb@mbq-tmt.org](mailto:crystalb@mbq-tmt.org)



**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, 2015**

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



The Quinte Singers Present

*Christmas...with all that Jazz*

**November 28, 2015**

**2:00 pm**

**Deseronto United Church**

Admission: \$10.00/person  
(Children 12 and under free)

50/50 Draw

Refreshments to follow performance

Proceeds to:  
Morning Star Mission, Napanee  
and Deseronto Food Bank

# Welcome To

## **THE CANADIAN FIREARMS SAFETY COURSE (CFSC) And/or THE HUNTER EDUCATION COURSE (OHEC)**

.....

**The courses will be held at 14 York Rd. Shannonville at the corner of Hwy # 2 and York Rd. (next to Tyendinaga Fitness Centre)**

**The next One Stop(CFSC and OHEC) will be Jan 15/16 and Jan 22/23, 2016.**

**Each candidate must bring ONE (1) piece of Government issued Identification for the CFSC and TWO pieces of I.D. for the Hunter Education Course OHEC ( I.D. can be Health Card, Drivers Licence, Status Card, Birth Certificate, S.I.N, Passport, etc.)**

**The cost for the CFSC or the OHEC is \$150 or \$300 for both courses combined(One Stop). The manual, instruction, tests and all the paperwork needed to obtain the PAL or Hunting licence is included. To reserve a spot a \$75 or \$150 deposit is required.**

**The course schedule is Friday evening, 6-9pm AND Saturday 8:30am-5pm.  
Facilities include washrooms, refrigerator, coffee maker, microwave, etc.**

**We take a thirty minute lunch break on Saturday.**

**Please take some time to read the study manuals before the course begins.  
Please bring the balance owing to course start. Thank-you.**

**If you any questions contact:**

**ED MARACLE at [emaracle@xplornet.ca](mailto:emaracle@xplornet.ca) or (613) 970-5452**



# IAPO Small Business Financing

IAPO offers small business financing to support First Nations entrepreneurs and businesses. IAPO small business financing includes:

## Equipment

- Production machinery and equipment
- Commercial vehicles
- Construction equipment
- Technology - servers, network, computers

## Business Start- Up & Expansion

- Working capital
- Bridge financing
- Term loans

## Commercial Real Estate Financing

- Purchase of land and buildings
- Construction of new premises
- Expansion or renovation of existing premises

For more information on how IAPO can help you grow your business contact:

Eastern and Northern Ontario

Mark Leahy  
1-800-363-0329

Indian Agricultural Program of Ontario 220 North Street, Stirling, Ontario K0K 3E0  
1-800-363-0329 [info@indianag.on.ca](mailto:info@indianag.on.ca)

**IAPO'S 30th ANNIVERSARY 1984 - 2014**



# CRAFT SALE

LOCAL AND OTHER ARTISTS AND CRAFTS PEOPLE...

SHOP LOCALLY

LOWER HALL, 123 Paudash Street,  
HIAWATHA FIRST NATION

Saturday, November 21, 2015 10 am – 4 pm



For Information Call Lynda Booth 705.295.6530



## **SANTA'S LIVING ROOM IS COMING TO 336 MAIN ST. DESERONTO**



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

\* Proceeds will go to support Candies for Kids \*



**starting November 20<sup>nd</sup> to December 20<sup>nd</sup> 2015**  
**HOURS**



**(Friday, Saturday, Sunday only)**

**Friday -- from 4 pm to 9 pm**

**Saturday -- from 1 pm to 6 pm**

**Sunday -- from 1 pm to 6 pm**

# 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.



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.



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.



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 Office

parish@parishoftyendinaga.org  
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. Please join us on a journey of discovering and deepening our relationship with the Creator.*

### SUNDAY CELEBRATIONS

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

### Queen Anne Parish Centre Rental

If you're looking for a space that is a little smaller than the community centre, consider the parish hall. A modern and bright space with a kitchen, small meeting room and large gathering space, the parish hall is ideal for workshops for 10-40 people and for social gatherings such as dinners and teas. For more information, please call Elsie at 962-2787.

### 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 continue to remember all those who volunteered to fight in the First World War. 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](http://WWW.PARISHOFTYENDINAGA.ORG)  
OR [WWW.FACEBOOK.COM/TYENDINAGAANGLICAN](http://WWW.FACEBOOK.COM/TYENDINAGAANGLICAN)

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

### **\*NEW\* HOURS**

#### **Thursday Evenings**

5:00 - 5:30 p.m. - Weigh In

5:30- 6:00 p.m. - Meeting

Elders Lodge  
(Bayshore Rd)

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

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

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

**Contact:** Joy Brant - 613-967-0411  
Tree Good [altree94@gmail.com](mailto:altree94@gmail.com)

## **"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



**Keristos Ne Korah:Kowa**

The Mohawk Parish of Christ the King

Tyendinaga, M.T.



A Catholic community of the  
Anglican *Ordinariate of the Chair of St. Peter*  
and of the *Deanery of St. John the Baptist*

*"UNITED, BUT NOT ABSORBED"*

An Anglican *Ordinariate* is a structure, similar to a diocese, created by the Vatican in 2012 for former Anglican communities choosing to practise their traditional Anglicanism in communion with the wider Catholic Church.



We speak of the *Body and Blood of Christ*, but He is truly indivisible! In the Holy Eucharist, Jesus is fully alive, mysteriously, and literally, and wholly present—Body and Blood, Soul and Divinity. When we receive Christ in Holy Communion, we indeed receive Him completely.

*O incredible mystery!*

*"Jesus said to them: Amen, amen I say unto you: Except you eat the flesh of the Son of man, and drink his blood, you shall not have life in you." (St. John 6:54)*



**Divine Worship**  
**Sundays.....11 AM**

(Anglican Ordinariate Liturgy)

AT



**CHRIST CHURCH**  
HER MAJESTY'S CHAPEL ROYAL  
OF THE MOHAWK

*Christ Church Chapel Royal remains under the Anglican Church of Canada and is being*

*used as a place of regular worship with the permission of the Anglican Bishop of the Diocese of Ontario and the Tyendinaga Mohawk Council. Concerts and other performances, visiting choirs, organ recitalists etc. are also planned as fund raisers. These will be announced.*

Our Goal: To maintain *Christ Church* as an open, active, viable house of worship for all! Contact: G. Trinqué for spiritual or pastoral care at 613-885-2499. For other parish information, please contact Delores Maracle-Whalen at: [dnw.gram@gmail.com](mailto:dnw.gram@gmail.com)



## WHEN WE MEET

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

1984 York Road  
Tyendinaga Mohawk Territory  
Ontario Canada  
K0K1X0

Church - 613.396.5329  
Parsonage 613.396.5325  
[www.tmpc.ca](http://www.tmpc.ca)

## COMING EVENTS

Nov 22, 2015	Lighthouse Ministries AM service
Nov 22, 2015	Luncheon following morning service
Dec 13, 2015	Church Christmas Dinner & Concert
Dec 23, 2015	Christmas Carolling (call for details)
Dec 24, 2015	Christmas Eve Service 7pm

**Clear Eyes, Full Hearts, Can't Lose!**

**Coach Taylor**  
**Friday Night Lights**

# CLASSIFIED

## **\*FREE\* WOOD**

To anyone who comes & removes it IMMEDIATELY  
- had a tree cut down, some small pieces but also some large pieces

Call: 613-885-7865 for more information

## **LAND FOR SALE**

Lot 9A -2-2. Concession A  
- 22 acres

Please contact:  
Leonard Brant  
1-905-871-6509

## **HOUSE FOR SALE**

### **4 BEDROOM HOME**

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

PRICE REDUCED  
(Serious offers will be considered)

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

## **Apartment Available for Rent Now**

**Two bedroom apartment  
11 Bayshore Rd,  
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Recently renovated:**  
fridge, stove, private entrance & parking, two bedrooms, full bath with double sink, open kitchen/dining/living area  
Suitable for a quiet single or working couple  
\$850.00 monthly includes heat and hydro

Call Linda at  
613 847-1494 or  
613 396-3378 to view

## **WANTED**

### **WATERFRONT COTTAGE/ HOME/LOT WANTED**

I am a status member of MBQ, and am wanting to move onto Tyendinaga next spring when my husband retires. If you might be selling, or are thinking of selling.

Please contact me at  
705-632-0957 or  
[ruthglisinski@gmail.com](mailto:ruthglisinski@gmail.com)

## **FOR SALE**

**ZERO CLEARANCE  
FIREPLACE INSERT**  
- Insta Flame  
- 17000 BTU PROPANE  
- available to be seen  
- \$700.00

Please call for more information: 613-849-7097

## **FOR RENT**

### **ROOM IN MY HOUSE**

- Looking for a clean, neat border to share my house
- Single or older Couple
- disability ramps
- complete access to the house
- located at 458 York Rd.
- \$500.00 complete

For more information call:  
613-967-2345

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

## **FOR SALE**

### **19 FT PROWLER TRAILOR**

- suitable for a Hunting camp
- sleeps 6
- \$600.00

If interested please call:  
613-962-4675

## FOR SALE

### 3 BEDROOM HOME

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

*Serious inquiries only please.*  
Contact number:  
613-813-9005

## LOT FOR SALE

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

Call John Maracle  
1-716-826-4208

## HOUSE FOR SALE

- 24 North St.  
Deseronto

For more information  
Please call:  
613-354-3826

## CHILD CARE AVAILABLE

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

Call Amanda  
- 613-243-7945

## WOOD FOR SALE

9 CORDS OF OAK  
-\$200.00 per cord

Ask for Willy at  
613-396-2823

## HOUSE FOR SALE

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

If interested serious "inquiries only" please call and leave a message with your name and number Call 1-780-224-7336 OR 1780-972-3641 and leave a message

## FOR SALE

### Waterfront LOT

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

Contact: [tyend.ingawaterfront@gmail.com](mailto:tyend.ingawaterfront@gmail.com)

## FOR SALE

SMALL STRAW BALES  
- \$3.00 each

Call WJ Brant: 613-967-1129

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

## BABYSITTING AVAILABLE

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

Call Fran - 613-396-2393

## For Sale - Waterfront Lots

Waterfront – Bay of Quinte

Ridge Rd.

Lot 13M- 2.23 AC

Lot 13N- 2.15 AC

Lot 13P-2.11 AC

Lot 13Q -2.03 AC

Lot 14G-1.98 AC

\$108,000.00 each

KELLY MCMURTER 613-929-7355 Sales Representative

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## For Sale - Waterfront Lot

Waterfront – Bay of Quinte

Corner of Snookies & Toms Rd.

3 Parcels of Lots , 1 lot with waterfront

7.23 Acres

\$169,900.00

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613-396-1882

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Water view of home with Covered Patio, Sunroom, Second Level Deck and Stone Retaining Wall

Price: <b>\$650,000</b>	MLS® #: <b>15608839</b>
Status: <b>Active</b>	Sale Type:
Property For: <b>Sale</b>	Waterfront: <b>Yes</b>
Address: <b>518A RIDGE RD</b>	
City: <b>TYENDINAGA, HASTINGS, K0K 1X0</b>	
Legal Desc.: <b>SEE INTERNAL REMARKS</b>	
District: <b>65 - Deseronto/Quinte</b>	Age (Yrs):
Zoning: <b>RESIDENTIA</b>	Approx SqFt:
Taxes: <b>0</b>	Lot Size: <b>IRREGULAR</b>
Tax Year: <b>2015</b>	Acreage: <b>0.95</b>
	Side of Road: <b>East</b>

Possession: **TBD**

#### Public Remarks

Whether you're on the covered patio, in the 4 season sunroom, at the dining room table, cozied up in the living room or cooking in the kitchen the views of the Bay of Quinte from all these rooms are amazing! The kitchen boasts granite countertops, oak cabinets and ceramic floor and is open to the dining room with its hardwood floor. The 4 season sunroom has double doors that open up into the dining room and kitchen area giving plenty of entertaining area. This home's spacious entry has plenty of closets and laundry area. The library and office complete the main floor of this home. The master bedroom has his & her walk in closets and a walk out deck with stunning views of water. Need extra parking or need a place to store your boat? Don't worry this home has a boat house complete boat ramp, a single car & double car garage and plenty of paved parking area. Purchaser must be a Status Member of the Mohawks of the Bay of Quinte.

#### Directions

York Rd to Wyman's Rd turn right on Ridge Rd.

Bedrooms: <b>3+0</b>	Exterior: <b>Stone, Stucco</b>	Fireplace Type: <b>Free Standing, Wood</b>
Bathrooms: <b>Full:1 Half:1</b>	Roof: <b>Shingles - Asphalt</b>	# of Fireplaces: <b>1</b>
Amperage: <b>200</b>	Foundation: <b>Concrete / Poured</b>	Exterior Features: <b>Balcony, Hot Tub / Spa, Landscaped, Patio</b>
Access: <b>Private - Maint. Fee, Waterfront Owned</b>	Basement: <b>Crawl</b>	Services Avail:
Type: <b>Single Family</b>	Bsmnt Features: <b>Not Applicable</b>	Pool:
Style: <b>2 Storey, Detached</b>	Heating: <b>Forced Air, Radiant Flr, Furnace</b>	Flooring: <b>Carpet, Ceramic, Hardwood</b>
Property Size: <b>0.5 -0.99 Acres</b>	Fuel - Heating: <b>Oil</b>	Site Features: <b>Bay / Lake, Level</b>
Building Age: <b>11-25</b>	Water Supply: <b>Well - Dug, UV Light, Water Softner</b>	Doc's Available: <b>Land Survey</b>
Construction: <b>Frame</b>	Sewer Type: <b>Septic Installed</b>	Waterfront Features: <b>Boat Lift, Boat House, Dock, Sea Wall</b>
Garage: <b>Detached</b>	Rentals: <b>Alarm System</b>	Shoreline: <b>Natural, Deep, Mixed</b>
Garage Features: <b>Double</b>	Hot Water Heating: <b>Electric</b>	Waterfront Name: <b>BAY OF QUINTE</b>
Driveway/Parking: <b>Paved</b>	Energy Code:	Water Frontage:
# Parking Spaces:		Indoor Features: <b>Air Exchange / HRV, Alarm System, Built-In Appliances, Built-In Dishwasher, CO Detector, Central A/C</b>



Price: <b>\$149,900</b>	MLS® #: <b>15608656</b>
Status: <b>Active</b>	Sale Type:
Property For: <b>Sale</b>	Waterfront: <b>No</b>
Address: <b>1188 RIDGE RD</b>	
City: <b>TYENDINAGA, HASTINGS, K0K 1X0</b>	
District: <b>65 - Deseronto/Quinte</b>	Age (Yrs): <b>33</b>
Zoning: <b>RESIDENTIA</b>	Approx SqFt: <b>1200</b>
Taxes: <b>0</b>	Lot Size: <b>148 X 149</b>
Tax Year: <b>2015</b>	Acreage: <b>0.50</b>
	Side of Road: <b>South</b>
Possession: <b>TBD</b>	

#### Public Remarks

Bigger than it looks!! This home has approx. 2400sq ft of living area between main floor and lower level. Upstairs boasts open kitchen and dining room, glass doors to deck, large living room, large master bedroom, 4pc bath and a second large bedroom. The lower level is finished with a 24 x 16 rec room with woodstove, 3rd bedroom, a den or office, laundry area and a walk out to the private backyard. Many updates over the years have kept his home in good repair; Windows & doors, Deck, Woodstove, and Septic. This home is on the route for the new water plant. Purchasers must be a Status Member of the Mohawks of the Bay of Quinte.

#### Directions

HWY # 49 TURN LEFT ONTO BAYSHORE RD, JUST BEFORE SKYWAY BRIDGE

Bedrooms: <b>2+1</b>	Exterior: <b>Hardboard</b>	Fireplace Type: <b>Free Standing, Wood</b>
Bathrooms: <b>Full:2 Half:0</b>	Roof: <b>Shingles - Asphalt</b>	# of Fireplaces:
Amperage: <b>200</b>	Foundation: <b>Block</b>	Exterior Features: <b>Deck, Fenced - Partial, Landscaped, Satellite Dish, Storage Shed(s)</b>
Access: <b>Municipal Road</b>	Basement: <b>Full</b>	Services Avail:
Type: <b>Single Family</b>	Bsmnt Features: <b>Fully Finished</b>	Pool:
Style: <b>1 Storey, Detached</b>	Heating: <b>Baseboard</b>	Flooring: <b>Carpet, Ceramic, Lino / Vinyl</b>
Property Size:	Fuel - Heating: <b>Electric, Wood</b>	Site Features:
Building Age: <b>26-50</b>	Water Supply: <b>Cistern</b>	Doc's Available: <b>Land Survey</b>
Construction: <b>Frame</b>	Sewer Type: <b>Septic Installed</b>	
Garage: <b>None</b>	Rentals: <b>Water Heater</b>	
Garage Features: <b>Not Applicable</b>	Hot Water Heating:	
Driveway/Parking: <b>Gravel</b>	Indoor Features: <b>Built-In Dishwasher</b>	
# Parking Spaces:	Energy Code:	

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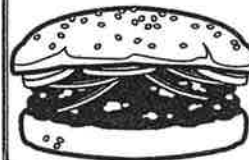
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# The Christmas Shop

## NOW OPEN

November 1 – December 23, 2015

**Sunday: 11:00am – 5:00pm**

**Monday - Friday: 10:00am – 6:00pm**

**Saturday: 9:00am – 5:00pm**

Home-made wreaths and arrangements, hand-knit items, hand-poured soy candles and accessories, ornaments, ribbon by the roll, deco poly mesh, decorations, and gifts galore!



**Let The Lazy Gardener take the stress out of shopping this Christmas season.**

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**MSW, BSW, RSW**

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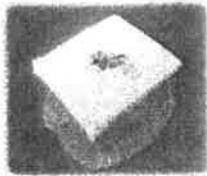


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- **New home construction**
- **Residential and commercial construction**
- **Driveways**
- **Brushing and tree removal**