



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ORI:WASE (NEWS)

ISSUE 10/15
KENTENHA (Oct.)

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



HALLOWE'EN DANCE

MOHAWK COMMUNITY CENTRE

FRIDAY, OCTOBER 30, 2015

8:00 P.M. TO 1:00 A.M.

\$5.00 PER PERSON

MUSIC - DJ



50/50 DRAW

COSTUME CONTESTS

ALL PROCEEDS TO THE TYENDINAGA THRASHERS NOVICE, ATOM, PEEWEE AND BANTAM-HOCKEY TEAMS WHO WILL BE COMPETING IN THE LITTLE NHL





MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYEN'KEHÀ:KA

HOUSING

24 Meadow Drive, Tyendinaga Mohawk Territory, ON K0K 1X0
Phone 613-396-3424 Fax 613-396-3627

SNOWPLOWING/SHOVELING/SANDING 2015/16

The Snowplowing/Shoveling/Sanding tender deadline for Contract #1 & Contract #2 for Band Properties is **Monday October 26, 2015 at 2:00 p.m.** Tenders are to be submitted to the Administration Office in sealed envelopes, no later than the deadline. Please contact Lori Maracle (613-396-3424 ext. 104) at the Housing Office to pick up a complete package. Tenders are now being accepted for snowplowing/sanding/shoveling at the following locations:

CONTRACT #1

- BPM Office 82 Depot Road (shoveling)
- Fire Hydrants in Huron Brant Drive North
- Huron Brant Drive North Nature Park Parking Lot
- 4-Plex 11 Deserontyon Drive
- 4-plex 28 Deserontyon Drive
- Triplex 25 Deserontyon Drive
- 4-Plex 134 Huron Brant Drive North
- Bayshore Road Park Parking Lot and driveway to water tap
- Tyendinaga Elders Lodge, 301 Bayshore Road (shoveling entrances)
- Tyendinaga Elders Lodge, 301 Bayshore Road sidewalks (shoveling)
- 59er's Seniors Building, 8011 Old Hwy. #2 (shoveling)
- 6-Plex 12 Huron Brant Drive North
- 6-Plex 140 Huron Brant Drive North
- 6-Plex 146 Huron Brant Drive North
- Aboriginal Head Start, 9 Deserontyon Drive (shoveling)
- 1935 York Road Recreation Complex parking lot and driveway to propane tanks and Recreation building (shoveling)
- 1935 York Road Band Property Maintenance Building (shoveling)
- Lacrosse Box driveway (only when called)
- Waste Depot
- 1794 York Road (shoveling)
- 3 mail boxes (HBD, HBDN & Wellness Drive) (shoveling)
- 8044 Old Hwy. #2 Bulk water station (shoveling)
- Bayshore Pumping Station
- Huron Brant Drive Pumping Station
- Christ Church, 52 Church Lane (shoveling only)

.../2

CONTRACT #2

- Administration Office, 24 Meadow Drive (shoveling)
- Community Services Building, 1658 York Road (shoveling)
- 1644 York Road (shoveling)
- Community Wellbeing Building (parking lot only) (shoveling)
- Police Station, 6 Meadow Lane (shoveling)
- Community Centre, 1807 York Road (shoveling)
- Orange Lodge
- Red Cedars
- Quinte Mohawk School
- Tyendinaga Daycare (Shoveling)
- Kagita Mikam Office, Shannonville
- Triplex, 538 Norway Road
- 5 Granny Homes in Shannonville, (7 Queen St., 3, 5, 11 & 13 Atsia Court) (shoveling)
- Business Centre, 14 York Road (shoveling)
- Shannonville Bridge sidewalks (shoveling only)
- Peatland (Ridge Road)
- Quonset Hut, 2 Queen Street Shannonville
- 1447 Ridge Road (shoveling)

❖ **Where shoveling is listed it is to include all entrances and sidewalks unless otherwise noted.**

- The contractor is expected to maintain own equipment and have all areas accessible for buses, personnel and public before commencement of each day.
- The contractor shall provide proof of insurance and W.C.B. coverage if applicable and a complete listing of equipment available to complete the work.
- Bids submitted will be on each contract with the contract number clearly identified on the sealed envelope.
- Please provide hourly rates for additional equipment when required to load and remove high snow banks.

PLEASE SUBMIT YOUR PROPOSAL IN A SEALED ENVELOPE CLEARLY MARKED BY THE “CONTRACT # SNOWPLOWING” BY 2:00 P.M. MONDAY OCTOBER 26, 2015 TO THE RECEPTIONIST AT THE ADMINISTRATION OFFICE.

The lowest or any tender will not necessarily be accepted.

*** 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.

TSI NIYOHT WENHTSYA:KE

(IT IS ABOUT THE EARTH)



On September 14th, a fisherman captured a single Grass Carp in the Bay of Quinte near Big Island. Grass Carp are one of four species of invasive Asian Carp. For more information on Grass Carp see the following website: <http://www.asiancarp.ca/SitePages/AsianCarp/Grass.aspx>. The Department of Fisheries and Oceans Canada, Lake Ontario Management Unit, will be conducting further searches on the Bay; including, the shoreline of Tyendinaga Mohawk Territory. They will be utilizing nets for their search. If anyone captures a Grass Carp (like the one in this image), please do not discard back into the Bay and contact Nicole Storms at (613) 396-3424 ext. 125 or Andy Todd, Ontario Ministry of Natural Resources, at (613) 476-3147.



The disposal of waste at the gate of the Transfer Depot, after hours, continues to be a problem. Household Waste is **not** accepted at the Transfer Depot. Household Waste is to be tagged and placed at the end of your driveway on your designated day. Anyone caught disposing your waste at any other location on Tyendinaga Mohawk Territory will be charged \$25.00 per bag. Any outstanding arrears with MBQ does affect your eligibility for any other benefit available through MBQ. Costs for the disposal of TMT mixed waste and Environmental impacts, Costs us all! For a list of Acceptable Items at the Transfer Depot please see the reverse side of the Waste & Recycling Schedule in this months issue of our newsletter. Hours of Operation are Mondays, Wednesdays & Saturdays 8:30am – 4:30pm.

Small Business Week

October 19 - 23, Kanhiote Library - 11:30am to 1:30pm

**Bring your own Brown Bag Lunch
and Learn!**

Monday :

Guerrilla Marketing

Wartenberg Business Consulting

Tuesday:

Websites that Work

OSM Websites

Wednesday:

Getting Started with Facebook

Advertising & LinkedIn Basics

Jennifer Baker Consulting (bring laptop)

Thursday:

What Causes Business Failure?

Goldhar & Associates

Small Business Financing

IAPO

Friday:

Business Budgeting

Software Simplified

To register or for additional information:

Renee Brant, Business Development

613-396-3424, Ext. 138

reeneb@mbq-tmt.org



Mohawks of the Bay of Quinte Economic Development Office

Time Management Tips

Monday, November 2 - 9am - 12pm at Administration Building

Time Management is the ability to plan and control how to spend the hours during the day to effectively accomplish the goals.

Key Elements of Workshop

Find out where you spend your time, Set priorities,
Organize your work, Tips for a more productive day, and
How to avoid entrepreneur overload

SELF-EMPLOYMENT TRAINING COURSE STARTING JANUARY 2016

**For more information or to
register for a workshop,
contact Renee Brant at
613-396-3424 or by email at reeneb@mbq-tmt.org.**

Water Education Session



Tuesday November 3, 2015

Mohawk Community Centre, 1807 York Road
Tyendinaga Mohawk Territory

Guest Speaker:

Mr. Kim Yee, Ministry of Environment

In addition to a variety of Information Booths

Supper: 5-6:30pm

(Must RSVP by October 23, 2015)

Education Session to follow supper at **6:30pm**

Everyone Welcome to Attend

To RSVP Contact Josh Hill at (613)396-3424 ext.131

(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





MBQ Youth to be Chosen!!

Are you 19 - 30 years of age, and have a business OR intend to start one?

The Young Entrepreneurs Symposium (YES) brings young Aboriginal entrepreneurs and entrepreneurs-to-be together with business leaders and role models to help foster the skills, knowledge and networks they need to be the business leaders of tomorrow.

The three-day event is challenge-based. Teams of delegates participate in a series of competitions designed to help build skills and gain valuable business knowledge. Cash prizes are awarded to the top three teams:

1ST Place: \$5000

2ND Place: \$2500

3RD Place: \$1000



YES will be held November 30th - December 3rd in Richmond, British Columbia at the Westin Wall Centre, Vancouver Airport and the MBQ will be sending a group of delegates!

All costs including hotel, airfare, registration fees, opening reception, closing gala dinner as well as refreshment breaks, lunches and dinners throughout the symposium are included in the sponsorship. Spending money is not included.

HOW DO WE CHOOSE?

Send us an email (500 words or less) or a video (3 minutes or less) telling us why you would be a good candidate to send to this event. Please send to reeneb@mbq-tmt.org with the subject line YES EVENT. Don't forget to include your contact information - full name and phone number.

DEADLINE: November 6th, 2015 at 4:30pm

Successful youth will be notified by November 13th, 2015

For additional information on the event, please visit the YES website at youngentrepreneurssymposium.ca

It's that time of year again!

**We are looking for
CRAFT VENDORS**

**for our
ANNUAL CHRISTMAS CRAFT SALE!!**

Saturday, December 5, 2015

9am - 4pm

**\$10 per table - with all
proceeds going to the
Food Resource Centre**

**Contact Bonny (Bear) or Renee
at 613-396-3424 if you are
interested in having a table.**



**As a reminder, the kitchen is also available. If interested,
you will have until November 16 at 4:30pm to submit your
name. November 17 a name will be drawn. All who
entered may be present and payment will be required
that day.**



Grab your fall jackets and family and friends then head over for a fun filled visit. Enjoy the entertainment, children's activities, games, snacks, free photo booth and giveaways. Rain or Shine!

Family Fun Day

Saturday, October 17
12pm to 2pm

Red Cedars Shelter

An Aboriginal Healing and
Wellness Initiative





Coming soon!!!!



“Honouring Women’s Day”

Fundraiser Event

~For women 16 and up

In support of Red Cedars Shelter,

Ladies!! Mark your calendars for November 7th,

10am– 3pm @ Community Centre

Manicures!!



\$10.00 per person gets you:

Pedicures!



YOGA



Zumba

Seers / Card Readings!!

Massages!!



Haircut and/or style !!

There will be door prizes

A Silent Auction

Light lunch provided



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



Kingston
General
Hospital

Outstanding care. always™

Tahatikonhsotontie Head Start

Thursday Workshops From 2:00-4:00pm!

Open to Community Members (By Sign Up)



October 1—Fall Craft

October 8— TBA (Please call for more info prior to date)

October 15—Halloween Craft



October 22— Diabetes Awareness and Prevention



October 29— Health, Wellness and Yoga

To take part in a workshop, please call Lorna 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



**2015 Ontario Lacrosse Association
Provincial Champions**

Coming soon!!
REZ WALK

Watch for details in November

Thank you

On behalf of my family I would like to say thank you to all, for the condolences, donations of the food, flowers and words of support, during the time of Steve's passing.

There are not enough words to express our appreciation and gratitude, Gloria, Karen and Miki for your dedication and caring of Steve. Nicole, DJ, Steve and Ernie for the ceremony and songs to send Steve on his journey.

To Lonnie and Noreen there are not words to express what you mean to my family.

Thank you seems like a small and simple phrase for all that was received during our family's difficult time, but it means so much when said from the heart.

Sincerely

Deb Doreen & Family

I would like to thank all MBQ staff and local
Businesses who made a generous donation to
Makenzy Lavierie

Your kind and generous donations have helped the
family tremendously!

Bay View Variety

A BIG NIA:WEN

Deb's Restaurant

Village Variety

Gail Maracle

M-Cal Heating

Native Renaissance



Happy Birthday!



★ Happy Birthday
★ Shane Cowie
★ From Chip, Allison, Kody & Kamryn

★ Happy Anniversary
★ Amy & Shane Cowie
★ Love Chip, Allison, Kody & Kamryn

★ Happy Birthday
★ Tara – October 1st
★ Love Aunt Marilyn, Uncle Rick, Sam,
★ Emmett, Phill & Hayden

★ Happy Birthday
★ Jess – October 4th
★ Love Aunt Marilyn, Uncle Rick, Sam,
★ Emmett, Phill & Hayden

★ Happy Birthday
★ Jolie – October 5th
★ Love Aunt Marilyn, Uncle Rick, Sam,
★ Emmett, Phill & Hayden

★ Happy Birthday
★ Rick – October 8th
★ Love Marilyn

★ Happy Birthday
★ Dad (Papa) – October 8th
★ Love Sam, Emmett, Phill & Hayden

★ Happy Birthday
★ Brad – October 8th
★ Love Mom & Dad

★ Happy Birthday
★ Brad (Uncle) – October 8th
★ Love Sam, Emmett, Phill & Hayden

★ Happy Birthday
★ Brad (Daddy) – October 8th
★ Love Maria, Wyatt, Ethan & Layla

Happy 19th Birthday
Cooper – October 13th
Love Aunt Marilyn,
Uncle Rick, Sam,
Emmett, Phill & Hayden

Happy 12th Birthday
Skyler – October 21st
Love Marilyn, Rick, Sam, Emmett, Phill & Hayden

Happy 25th Birthday
Kayla – October 24th
Love Aunt Marilyn & Uncle Rick

Happy 25th Birthday
Snookums – October 24th
Love Sam, Emmett, Phill & Hayden

Happy 2nd Birthday
Piper – October 25th
Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
Phill & Hayden

Happy 18th Birthday
Cheyenne – October 28th
Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
Phill & Hayden

Happy Birthday
Adam – October 31st
Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
Phill & Hayden

Happy Anniversary
Bill & Nancy – October 7th
Love Marilyn, Rick, Sam, Emmett,
Phill & Hayden

Happy Anniversary
Jeff & Ashley – October 31st
Love Aunt Marilyn, Uncle Rick, Sam, Emmett,
Phill & Hayden





Kaniote Library

Knitting starts Oct 20, from 7-9

There is a \$20 instruction fee, come to the library for the materials list for our circle shawl project if you wish to make it or you can work on a project of your own, beginners welcome also.

*** New Hours ***
Tuesday 10 to 2
Wed and Thurs 1 to 7
Saturday 10 to 2
Library **closed** on
Saturday of long weekends.



Bake sale, Oct 8 from 1-7

Library closed Oct 10th for Thanksgiving holiday

pancakes &
pajamas



At Kaniote Library
1658 York Road

October 17th at 10:00 a.m.

Eat, Sing & Read with

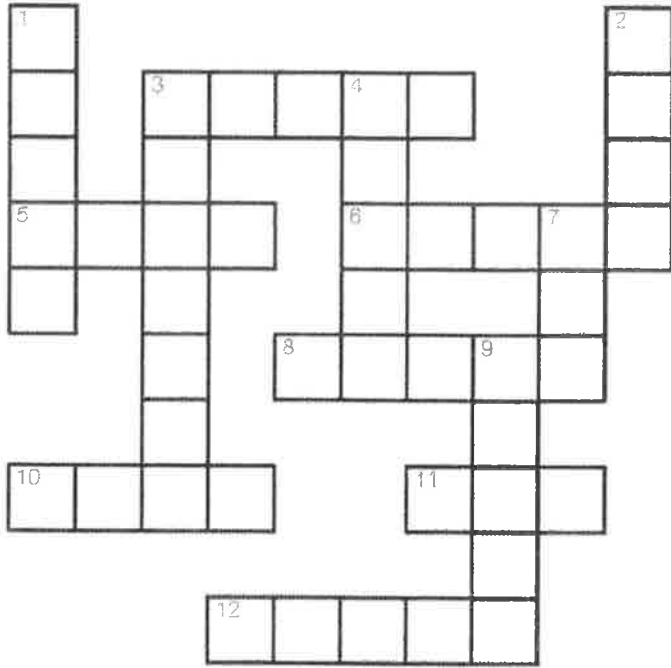
Kelly-Anne

A family event



FAMILY PAGE

Happy Halloween!



Across

- 3. A funny costume.
- 5. What do you wear on your face?
- 6. _____-or-treat!
- 8. Scary thing that says boo.
- 10. Roasted pumpkin _____.
- 11. Small black animal that can fly.
- 12. Kids get lots of this.

Down

- 1. A monster with many bandages.
- 2. ____-o'-lantern
- 3. What do you wear on Halloween?
- 4. A woman with a pointy black hat.
- 7. A witch's pet.
- 9. spooky



OCTOBER COMMUNITY CIRCLE

6:30–8:30 pm - Community Wellbeing Centre

Monday October 26th, 2015

This month at community circle we will be creating wreaths. These wreaths will be made of many different materials. Please feel free to bring your own as well! They can be hung in your home or outside on the door. The focus on this circle will be harvest and what that looks like for ceremonies, for our people and for the land. What takes place during harvest for our people and what kinds of foods should we be eating to prepare our bodies and minds for the upcoming winter. We will have a special guest speaker for this circle.

Space are limited to 24 participants—please call to reserve your space or use the Facebook page for confirmation.

To register or for any other questions or comments please call :

Julie Brant @ 613 967 0122 Ext. 149 or by emailing: [julie annb@mbq-tmt.org](mailto:julie_annb@mbq-tmt.org)

The circle is open to men and women 18 years and older.





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.



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.

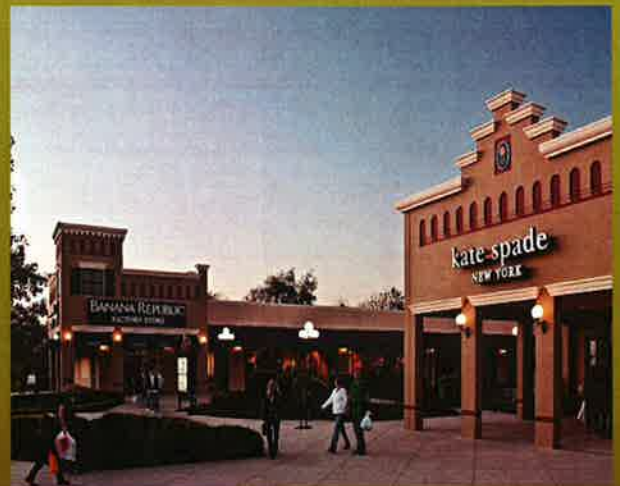




TORONTO
PREMIUM OUTLETS



&



It's that time again!!!
Our Women's Day Bus Trip!
St. Jacobs Market &
Toronto Premium Outlets!!
Saturday October 24th, 2015

All participants must be 18 years of age and older.

It's that time again!!! Our Women's Day Bus Trip is here!!

St. Jacobs Market & Toronto Premium Outlets!!

Tickets are \$25.00 per person and must be paid for in advance to hold your seat!!!!

Payment can be made to the health reception at the Community Wellbeing Centre. A confirmation ticket will be given and must be presented the morning of the trip to board the bus.

Ticket monies are non refundable.

The buses will depart from the Community Wellbeing Centre Saturday October 24th @ 6:45am sharp. There will be no Belleville pick up or drop of this year. We will be traveling in coach buses which means we can accommodate 52 participants.

Ticket money must be paid in advance (no exceptions) to hold your seat.

There will be a Tim Horton's stop at Trenton On Route to Toronto, with expected arrival at St. Jacobs Market for 10:30AM . Departure time from the market will be 12:30pm on route to Toronto Premium Outlets, arriving approx. 1:30pm.

Departure from the outlets will be 5:00 pm with approx. arrival back at the CWC approx. 7:00pm. (arrivals time are subject to change due to traffic—please plan accordingly)

Enyonkwa'nikonhriyohake' Youth Program Presents:

**4TH ANNUAL
HAUNTED
CANTEEN!**
Mwahaha...



**WEAR YOUR COSTUME & COME TRICK OR TREATING @
THE CANTEEN **THURSDAY, OCTOBER 29TH** if you dare,
THEN HEAD OVER TO THE LACROSSE BOX FOR MORE
HALLOWEEN FAMILY FUN!**

7-9PM





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

2015 Seasonal Influenza Walk-In Clinic Schedule For October

Location	Date	Time
Community Wellbeing Centre 50 Meadow Drive <i>(Community Health)</i>	Tuesday October 20/15	4:00 PM - 8:00 PM
Elders Lodge 301 Bayshore Rd <i>(Common Room)</i>	Thursday October 22/15	10:00 AM – 1:00 PM
Diners Club Community Centre 1807 York Rd <i>(Downstairs)</i>	Wednesday October 28/15	11:00 AM – 3 PM
Community Wellbeing Centre 50 Meadow Drive <i>(Teaching Lodge)</i>	Thursday October 29/15	1:00 PM - 4:00 PM

Protect Yourself, Your Family and Your Community

No appointments necessary for the scheduled flu clinics

For November

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

EYE EXAMS & GLASSES

**\$5 FASHION
FRAMES**

DESIGNER FRAMES

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

Ray-Ban

GUCCI PRADA



RUDY PROJECT

TOMFORD

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

mobileyez

Good Food Box



Dates: Order By and Paid by 4:30pm	Order Arrives
October 13, 2015	October 21, 2015
November 10, 2015	November 18, 2015
December 8, 2015	December 16, 2015



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

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



Full Moon Ceremony

**Women / girls are invited to join us in
honouring Grandmother Moon:
Upcoming Dates**

September 28th 2015 October 27th 2015 November 25th 2015

To be held at Community Wellbeing Centre doors will open at 6:00

Attendees are encouraged to bring:

Tobacco for offering (if they would like to use their own)

A bottle of water

A small pot Luck Item

And to wear a skirt

The Ceremony will be followed by a pot luck feast

For Information contact Crystal H. at (613) 967-0122 Ext 102



GOOD BABY FOOD BOX

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

Price List:

Infant:-\$6.00

- 20 pack of diapers
- 1 chosen speciality item

Over 6 Months-\$10.00

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

Toddlers:-\$6.50

- 20 pack of diapers
- 1 chosen speciality item

Speciality Items are:

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

Formulas:

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



Make Your Own Baby Food Workshop



Thursday **Oct 29th, 2015**

6:00 p.m. - 8:00 p.m.

Community Wellbeing Centre
Teaching Lodge

This workshop welcomes all new parents to
come and learn how to make healthy baby food

All supplies provided

To register call Mary McCauley at CWC
613-967-3603

Take home a free gift



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

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

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

GESTATIONAL DIABETES STORY COLLECTION

Want to share your experience of having gestational diabetes during pregnancy?

SOADI is creating a resource that will encompass experiences shared by various First Nations, Metis & Inuit mothers, partners and support people. It will also include traditional teachings that surround pregnancy from different First Nations, Metis & Inuit people.

We are also looking for First Nations, Metis & Inuit elders who can share their traditional teachings surrounding pregnancy.

This resource will support our future generations.



If interested please call or email
Awehiyo@soadi.ca
226-208-7030

Register for the Belleville Diabetes Expo on November 7!

Learn about diabetes from head to toe at the Belleville Diabetes Expo!

When: Saturday, November 7, 2015 (8:30 a.m. to 2:45 p.m.)

Where: **Maranatha Church** (100 College St. W., Belleville)

What: Enjoy prizes, giveaways and food samples! This expo will feature hourly presentations by medical experts on topics ranging from nutrition to complication prevention strategies.

Take advantage of the tradeshow and connect with businesses and professionals in Belleville who provide valuable health-care services and products.

Cost: FREE! A free lunch will also be provided to those who register in advance.

Three ways to register:

1. Call the Canadian Diabetes Association (CDA) Belleville Office: 613-962-6520
2. Email the CDA Belleville Office with the name, address and telephone number of each registrant:
hpeoffice@diabetes.ca
3. **Register online with just a few clicks!**

REGISTER ONLINE NOW ➤

Registration is limited, so don't miss out!

For more information, please **visit the CDA website**.

See you there!

Canadian Diabetes Association – Belleville

Diabetes Education Program Presents...

ASK YOUR PHARMACIST

with us!

WHEN:

October 20, 2015
6:00pm to 8:00pm

WHERE:

Teaching lodge, Community Wellbeing
Centre

WHAT TO BRING:

Questions around medications and
interested friends and family.

QUESTIONS TO:

Shelly Brant or Jodi John
613 967 3603

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

October 2015

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Meals on Wheels Napane Shopping	2 Meals on Wheels Handivan Des	3
4	5 Ceramics Wii Bowling	6 Meals on Wheels Tone, Tea & Talk	7 Urban Poling/ Walking Euchre	8 Meals on Wheels Friendly Visit Outing	9 Meals on Wheels Handivan Des Scrapbooking	10
11 	12 Office Closed	13 Meals on Wheels Tone, Tea & Talk	14 Diner's Club & Bingo HOME SUPPORT @ Community Centre	15 Meals on Wheels Blvl Shopping	16 Meals on Wheels Handivan Des	17
18	19 Breakfast Club Ceramics Service Canada @CWC Wii Bowling	20 Meals on Wheels Tone, Tea & Talk	21 Urban Poling/ Walking Euchre	22 Meals on Wheels Scents Melter Craft	23 Meals on Wheels Handivan Des Scrapbooking	24
25	26 Ceramics Wii Bowling	27 Meals on Wheels Tone, Tea & Talk	28 Diner's Club & Bingo HOME SUPPORT @ Community Centre	29 Meals on Wheels	30 Meals on Wheels Handivan Des	31 

Thanksgiving Side Dish Alternative for Diabetics

Creamy Cheesy Cauliflower

Ingredients:

10 cups of coarsely chopped cauliflower (about 2 heads)

2 teaspoons of butter

2 large onions, chopped

3 garlic cloves, minced

1/2 cup of all-purpose flour

3 and 1/2 cups of 1% milk

Salt and pepper to taste

3/4 cup freshly grated parmesan cheese

3 tablespoons of finely minced parsley



Instructions

- Add 4 quarts of water to a 6 quart saucepan. Bring the water to a boil. Add the cauliflower, and cook for about 10 to 12 minutes or until tender. Drain and set aside.
- In a large skillet, melt the butter over medium-high heat. Add the onions and garlic, and sauté for 6 to 7 minutes until soft, making sure the onions and garlic do not turn brown. Combine the flour and milk, and whisk until very smooth. Add to the onions and garlic, bring to a simmer, and cook for 2 minutes. Season with salt and pepper. Whisk in the cheese, and fold in the cauliflower. Garnish with parsley.

Nutritional Facts (per 1/3 cup)

Calories = 90

Saturated Fat = 1.4g

Carbohydrates = 12g

Dietary Fiber = 2g

Protein = 6g

Cholesterol = 10mg

Fat = 2.5g

Sodium = 80mg

'Tis the Season



Angel Tree Program & Christmas Food Hampers!

Did You Know?!

The *Angel Tree Program* has been operating for over twenty years! The program ensures that children of low income families residing in Tyendinaga Mohawk Territory are kept warm during the winter months by providing snowsuits and boots. In 2014 *The Angel Tree Program* helped to keep 68 children warm!

The staff at the Community Well-being Centre have coordinated the *Christmas Food Hampers* for low income families residing in Tyendinaga for many years. Our goal is to help provide families with a delicious and nutritious festive Christmas dinner by providing them with a *Christmas Food Hamper*.



Nia:wen Kowa

The Students of Q.M.S for their continued support collecting Canadian Tire money that purchases a gift for each Angel.

The Angel Tree Program & Christmas Food Hampers

are independent programs that are based on fundraising & generous donations from local businesses, staff, community members & neighbouring communities.

The Baptiste Family Owners and Operators of Mohawk One & Onkwehonwe Neha Enterprises for graciously donating 110 Turkeys for our 2014 Christmas Hampers.

Please Contact

Lesley Maracle or Otsi:tsia Brant
at the CWC to register or donate to
either program at
613-967-0122

Before Deadlines! No Exceptions!
These programs are income based.

To register, your household income must be
verified before applying.

Single- To a maximum of \$22 880.00

Family/Couple-To a maximum of \$34 320.00

Registration

Important Dates!

Angel Tree Intake

October 5th - November 6th, 2015

Angel Tree Pick Up

November 30th, 2015 @ CWC

Christmas Food Hampers Intake

November 2nd - December 4th, 2015

Food Hamper Pick Up

December 22nd, 2015 @ Community Centre
starting at 10:00a.m.



Women's Community Forum

Update

BACKGROUND:

*In our society, women are the center of all things.
We have been given the ability to create;
We are life givers, nurturers and we have
responsibilities to ourselves, each other and
our communities.*

*Traditionally, women received formal instruction
on all things. It isn't that way today...
Collectively, we can change that.*

*This gathering will help us to share our concerns
and reclaim our voices with a Good Mind and
work together to "Build a Healthier Community".*



Nurturing

Ourselves

Our Community

Our Future

Onkwata'karitatshera

The first Women's Community Forum was held on Monday, July 13th at the Community Centre with over 50 women present!

The Forum: is open to all community women (*from infant to elder*). The agenda for this first meeting was to present information on some of the activities that are or/have been held in partnership with MBQ programs and services. Presentations included: Kenhte:ke Midwives; Oherokon (Rites of Passage); Community Working Group for Health; National Aboriginal Council of Midwives (NACM); Native Youth Sexual Health Network (NYSHN) and Red Cedar's Shelter. A talking-circle followed.

Special Mention: was made to all MBQ employees that: "We acknowledge the work you do on behalf of our community". Nia:wenkowa!

Main theme: "Decolonize Our Way of Thinking". To heal the trauma's and to begin breaking down our own barriers and judgements. This is critical to achieving a healthy and sustainable future for ourselves, our families and our community.

Concerns: were raised about activities and support for our youth. There is a big gap that needs to be filled with support from Tyendinaga Mohawk Council (TMC) and the community.

Recommendations: To create a "Women's Health & Wellness Centre" - to learn, grow and support each other through kindness, leadership and understanding.

“We will reawaken the strength of all mothers to bring forward the love and medicine from the mother earth we dance upon because we remember the coming faces.”

A vision for **ABORIGINAL MIDWIFERY** in Ontario

ABORIGINAL MIDWIVES...

- are primary health-care providers who care for pregnant women, babies and their families throughout pregnancy and birth, and for the first weeks in the postpartum period.
- provide education that helps keep the family and the community healthy.
- promote breastfeeding, nutrition and parenting skills.
- offer services that range from fertility counselling to screening for breast and cervical cancers.
- provide the perfect blend of Western and Indigenous knowledge in the provision of midwifery care.
- are leaders and mentors who pass on important values about health to the next generation.

HOW DO ABORIGINAL MIDWIVES PRACTICE?

A clause in the Ontario Midwifery Act (1991) and the Ontario Regulated Health Professions Act (1991) allows Aboriginal midwives to provide traditional midwifery services to Aboriginal persons or members of an Aboriginal community and to use the title “Aboriginal midwife.”

KEEPING FAMILIES AND COMMUNITIES HEALTHY

“Aboriginal midwives are different from registered midwives in that we are not just practicing a skill, we are carrying the responsibility of ensuring the cultural survival and the well-being of our community.”

Jasmine Benedict,
Aboriginal midwife, Akwesasne Mohawk Nation

WHERE DO ABORIGINAL MIDWIVES PRACTICE IN ONTARIO?

The Maternal and Child Centre located on the Six Nations of the Grand River Territory, is currently the only location in Ontario where Aboriginal midwives working under the exception clause in the Midwifery Act are publicly-funded. Since the centre opened in May 1996, the midwives have been attending births at both the birthing centre and in their clients' homes.

“We were losing our midwifery traditions around birth so this centre was a revival. The purpose was to bring birth back and to embrace all the knowledge and traditions and celebrate our uniqueness and how we birth. It also came out of a need and an importance we placed on having our babies on our territory so that they're true citizens of our territory.”

Julie Wilson, Aboriginal midwife supervisor, Maternal and Child Centre at Six Nations of the Grand River

BRINGING BIRTH BACK TO ABORIGINAL COMMUNITIES

While the province acknowledges Aboriginal midwives' right to practice autonomously in their communities, they haven't historically been able to access the funding streams available to registered midwives. However, a recent commitment from government to expand funding for Aboriginal midwives is expected to be implemented in 2016.

Across Ontario, Aboriginal midwives are engaged in the profound work of returning birth to their people. With the support of the National Aboriginal Council of Midwives (NACM), midwives are advocating for changes to the health-care system that will eliminate barriers to practice and ensure that more Indigenous babies are born on their own land, with their births attended by Aboriginal midwives.

At the Association of Ontario Midwives, we're working as allies with NACM and Aboriginal midwives, adding our voices to a movement which honours the critical, restorative and deep healing work of Indigenous midwives.

FOSTERING CULTURAL IDENTITY

“It's to sustain who we are as a people. To bring these teachings back and to not lose track of who we are and why we're here.”

Dorothy Green, Aboriginal midwife,
Tyendinaga Mohawk Territory





Sparkle

Dental Hygiene Services



Healthy. Happy. Smiles.

In a partnership with Chiefs of Ontario, Ontario Dental Hygienist Association and NIHB I am able to provide my services to improve access to oral health care.

Offering full dental hygiene services, cleanings, fluoride, desensitizing treatments, whitening and Oral Cancer Screenings

Direct Billing to Insurance, No up front fees

5707 Old Highway #2

Shannonville ON

Jennifer Bouman
Registered Dental Hygienist
Call or text for an appointment
613-827-0504
Email: hyjenist76@gmail.com

Reopening!

LITTLE TURTLES 2 RESTAURANT:

613-396-4016



MICHELLE PETERSON DENTAL HYGIENE SERVICES

Available at Maracle Chiropractic Clinic
14 York Road Tyendinaga Mohawk Territory



Working with The Chiefs of Ontario, the Ontario Dental Hygienists Association and Health Canada to help increase access to oral health care. I am excited to be offering a full range of dental hygiene services in your community at Maracle Chiropractic Clinic. Mobile Services are also available.

Direct billing to **NIHB** (Non-Insured Health Benefits) - with no fees up front or lengthy forms to fill out. Direct Billing to other Insurance Companies as well.

Complimentary Fluoride treatments with adult scaling appointments (optional)
Referrals can be made to local Dentist who also bills NIHB directly with no extra fees or charges up front.

613-922-6884

Available by appointment



Michelle Peterson
Independent Registered Dental
Hygienist
michellea16@icloud.com

Call me to find out your Band
member benefits

Full Dental Hygiene Services

- Assessments including oral cancer screening
- Scaling (cleaning)
- Polishing
- Sealants
- Fluoride
- Desensitizing
- Referrals

Kind and Gentle Dental Care

YOUNG & STRONG & OVER 50

Tyendinaga Fitness Resource Centre (613) 962-2822



Health , Wellness
& Laughter

- ⇒ Improve wellness
- ⇒ Flexibility & cardio
- ⇒ Improve balance
- ⇒ Physical strength enhanced
- ⇒ Increase mobility
- ⇒ Meet new friends
- ⇒ Lose weight

Tuesday & Thursday

10am to 11am

Wednesday - 5pm to 6pm



Deadline to sign-up : ASAP

NOTE: The program is FREE with membership -or
\$5.00 for drop - in / Cardio in the Gym

First month covered under OTF Free 50

(a required fitness assessment has to be complete)

Rental of Fitness Studio covered by VON

CERTIFIED SENIOR FITNESS INSTRUCTOR : DARLENE LOFT

EMAIL: tyfitnessres@mbq-tmt.org

70th

Anniversary Blessings



Join us in celebrating

Austin & Kathryn Fuller's

70th Wedding Anniversary

Sunday October 25, 2015

Mohawk Community Centre (downstairs)

1-4

Best Wishes Only!



Majorettes



*Ashley Brinklow and Mackenzie Bowden
are looking to start up Majorettes here on the Territory*

*If you are interested please email
shelley.bowden81@gmail.com*





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. 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.

Harvest Thanksgiving
Sun 11 Oct, 9:30 a.m., All Saints' Church
We give thanks for the abundant harvest and pray
for the generosity to share with those in need.

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 Prayer for Thanksgiving

Creator of the fruitful earth, you made us stewards of all things. Give us grateful hearts for all your goodness, and steadfast wills to use your bounty well, that the whole human family, today and in generations to come, may with us give thanks for the riches of your creation. Amen.

It was announced on Sun 13 Sep that Fr Brad has been appointed to the Church of St John the Evangelist in Peterborough. His ministry in Tyendinaga will conclude on Sun 25 Oct. We are grateful for the ministry he has shared with us these past ten years and we wish him and the people of St John's every blessing.

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!

***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



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. Trinque for spiritual or pastoral care at 613-885-2499. For other parish information, please contact Delores Maracle-Whalen at: dnw.gram@gmail.com



**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
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325
www.tmpc.ca

COMING EVENTS

Oct 14, 2015	Fasting and Prayer @MPC for Canadian Election, also Oct 15 and 16th
Oct 25, 2015	Luncheon following morning service
Nov 22, 2015	Luncheon following morning service
Dec 13, 2015	Church Christmas Dinner & Concert

You've got to go out on a limb sometimes because that's where the fruit is.

Will Rogers

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

Apartment Available for Rent Now

**Two bedroom apartment
11 Bayshore Rd,
Tyendinga Territory
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

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

WANTED

WATERFRONT COTTAGE/HOME

I am a status member of MBQ, and am wanting to move onto Tyendinga 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

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

We are
on
the web
Check it
out!

www.mbq-tmt.org

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

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
kelly.mcmurter@gmail.com
Website: <http://www.youronlineagents.com/kellymcmurter>
RE/MAX FINEST REALTY INC.,BROKERAGE - K178 613 354-5435
Independently Owned and Operated

For Sale - Waterfront Lot

Waterfront – Bay of Quinte

Corner of Snookies & Toms Rd.

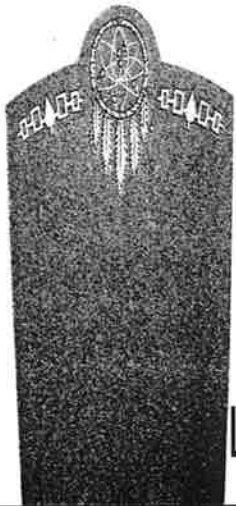
3 Parcels of Lots , 1 lot with waterfront

7.23 Acres

\$169,900.00

KELLY MCMURTER 613-929-7355 Sales Representative
kelly.mcmurter@gmail.com
Website: <http://www.youronlineagents.com/kellymcmurter>
RE/MAX FINEST REALTY INC.,BROKERAGE - K178 613 354-5435
Independently Owned and Operated

Campbell Monument



Monument Sales
Monument Lettering & Cleaning
for the Deseronto,
Tyendinaga and Surrounding Area
Please Contact
Larry McGlade 613-396-1882

Or The Belleville Office
613-966-5154 / Toll Free 1-800-267-0512



Quinte Trade Services

136 Bayshore Road

613-396-6273

Fall Promotion

(September 1–December 1/2015)

Call to set up a furnace inspection for only \$85.00

- Hydro layouts
- All plumbing needs
- All electrical needs
- Well pumps
- Installation of Generators
- Hot water tanks
- Indoor and Outdoor Lighting
- Furnace and A/C repairs
- Installation of new furnaces and A/C

Your local full service Electrical and Mechanical Contractor



Kelly McMurter

Sales Representative
 RE/MAX Finest Realty Inc., Brokerage
Cell: 613-929-7355
Office: 613-354-5435
 Email: kelly.mcmurter@gmail.com
www.kellymcmurter.com



Water view of home with Covered Patio, Sunroom and a Walk Out Deck and Stone Retaining Wall

Price: \$650,000	MLS® #: 15608839
Status: Active	Sale Type:
Property For: Sale	Waterfront: Yes
Address: 518A RIDGE RD	
City: TYENDINAGA, HASTINGS, K0K 1X0	
Legal Descr.: SEE INTERNAL REMARKS	
District: 65 - Deseronto/Quinte	Age (Yrs):
Zoning: RESIDENTIA	Approx SqFt:
Taxes: 0	Lot Size: IRREGULAR
Tax Year: 2015	Acreage: 0.95
	Side of Road: East
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: 3+0	Exterior: Stone, Stucco	Fireplace Type: Free Standing, Wood
Bathrooms: Full:1 Half:1	Roof: Shingles - Asphalt	# of Fireplaces: 1
Amperage: 200	Foundation: Concrete / Poured	Exterior Features: Balcony, Hot Tub / Spa, Landscaped, Patio
Access: Private - Maint. Fee, Waterfront Owned	Basement: Crawl	Services Avail:
Type: Single Family	Bsmnt Features: Not Applicable	Pool:
Style: 2 Storey, Detached	Heating: Forced Air, Radiant Flr, Furnace	Flooring: Carpet, Ceramic, Hardwood
Property Size: 0.5 -0.99 Acres	Fuel - Heating: Oil	Site Features: Bay / Lake, Level
Building Age: 11-25	Water Supply: Well - Dug, UV Light, Water Softner	Doc's Available: Land Survey
Construction: Frame	Sewer Type: Septic Installed	Waterfront Features: Boat Lift, Boat House, Dock, Sea Wall
Garage: Detached	Rentals: Alarm System	Shoreline: Natural, Deep, Mixed
Garage Features: Double	Hot Water Heating: Electric	Waterfront Name: BAY OF QUINTE
Driveway/Parking: Paved	Energy Code:	Water Frontage:
# Parking Spaces:		Indoor Features: Air Exchange / HRV, Alarm System, Built-In Appliances, Built-In Dishwasher, CO Detector, Central A/C



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

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

SHINE

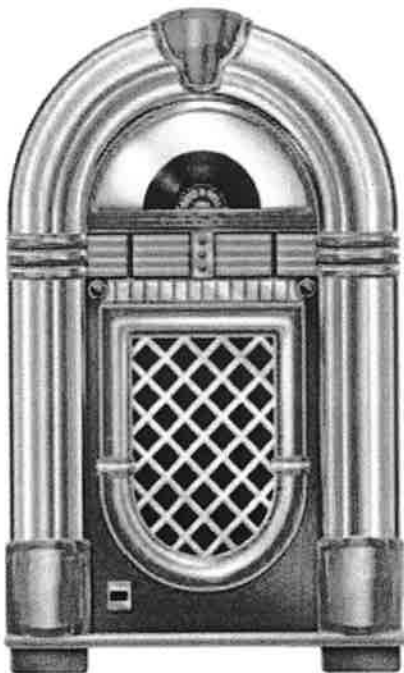
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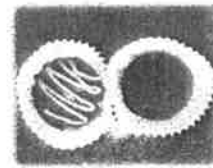
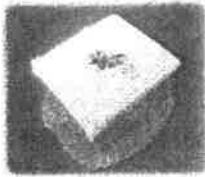


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