



# MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANYENK'EHA:KA

## ORI:WASE (NEWS)

ISSUE 9/15  
SESKEHKOWA (September)

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

# Wa'tkwanonhwerá:ton!

Literacy Success!  
Culturally Integrated Curriculum  
Safe and Caring School



Nutrition Program  
Hands-on Math  
Mohawk Language  
Daily Physical Activity



## Welcome Back 2015-2016

First Day of School is September 8, 2015

Doors Open @ 8:45am

School Starts @ 9:00 am

Dismissal @ 3:20



### CLUBS

Builders Club  
Music Club  
Art Club  
Techno Squad  
Sewing Club  
Cooking Club



FDK OPEN HOUSE  
and REGISTRATION  
September 3 1:30-2:30

# **B2B Meetings Are Back!**

**Join us at the Administration  
Building on Tuesday,  
September 15 at 12pm for  
an opportunity to  
promote your business and  
grow your clientele!**

**Don't forget to bring your business cards!**

**To sign up or for more information for the B2B  
Meeting, contact Renee Brant at:**

**Phone: 613-396-3424 ext. 138**

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

# 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:**

***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](mailto:reeneb@mbq-tmt.org)



# Mohawks of the Bay of Quinte Economic Development Office

## **SPREADSHEET FUNDAMENTALS**

Thursday, September 24

11:30am - 1:30pm

Kanhiote Library

### Learn How To:

Enter labels & values,  
Copy & paste content,  
Insert & delete rows & columns,  
Change height & width of rows  
& columns,  
Print out pages,  
Enter a simple formula & use  
the SUM function

## **LEADERSHIP TRAINING**

Monday, October 5

9am - 12pm

Administration Office

### Learn the Following Topics:

Leadership Skills,  
Leadership Styles,  
Leadership Qualities,  
Leadership Development,  
and so much more!

## **TIME MANAGEMENT TRAINING**

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,

How to avoid entrepreneur  
overload

## **SELF-EMPLOYMENT TRAINING COURSE STARTING JANUARY 2016**

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



**MOHAWK FIRE DEPARTMENT**

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The Mohawk Firefighters in July responded to 5 calls:

- 2 Medical Assist**
- 2 Vehicle Accident**
- 1 Mutual Aid**

This brings our total to 68 calls for the year 2015

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

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

Scheduled Tyendinaga Mohawk Council Meetings for September 2015:

TMC Meetings	Agenda Deadlines
Local Business – <b>Wednesday</b> , September 16, 7:00 p.m.	<b>Thursday</b> , September 10, 12:00 p.m.
Regular – <b>Wednesday</b> , September 23, 9:00 a.m.	<b>Thursday</b> , September 17, 12:00 p.m.
Local Business – <b>Wednesday</b> , September 30, 7:00 p.m.	<b>Thursday</b> , September 24, 12:00 p.m.

Are you starting High School this fall,  
or planning to return to school ?  
Do you prefer learning in a smaller setting that is closer to home?  
If so, you should consider attending...



# OHAHASE

"New Road"

Your Path To Success

## Benefits of Attending the Ohahase Education Centre

- ~ Low student/teacher ratio
- ~ Culturally-integrated curriculum
  - ~ Co-op program
  - ~ Breakfast/Lunch program
- ~ Full-time, part-time, or independent studies



3 Old York Road  
Tyendinaga Mohawk Territory  
Phone: 613-396-2122

Earn your Ontario Secondary School Diploma  
right here in our community !  
Contact us for more details, or to arrange a visit.

# FREE FALL MINI PHOTO SESSIONS

Featuring Nicole Dombroskie Photography

Saturday October 17, 2015

12:00pm-2:00pm

Each individual/family will receive 2-3 digital images via email. Families with 5 or more people may receive more images.

Photos will be taken outdoors. Bring your costume for your outdoor Halloween theme pictures. Available at

**Red Cedars Family Fun Day!!**

No appointment necessary, just show up between 12:00pm and 1:30pm to ensure your spot!

Please call with any questions or concerns. (613) 967-2003



**SUNDAY,  
October 4<sup>th</sup>, 2015**

—  
**11 – 2 pm**  
—

**ZWICKS ISLAND  
PAVILLION**

—  
**Faceless Dolls  
Display; Speakers;  
Drumming; Sacred  
Fire; Ceremony;  
Potluck Feast**


# **OCTOBER 4TH SISTERS IN SPIRIT VIGIL**

**JOIN US TO HONOUR THE LIVES OF MISSING  
AND MURDERED ABORIGINAL WOMEN &  
THEIR FAMILIES;**

**Supported by: Kingston Interval House; Four Directions  
Aboriginal Student Centre; Tyendinaga Native Women's  
Association; HIV/AIDS Regional Services; Red Cedars Shelter;  
Good Minds Program; Amnesty International; Volunteers;  
ETC...**

Please bring an  
offering of food to  
share at the Feast and  
a Feast Basket/Bag  
(plate/bowl/cup/  
cutlery)





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



# (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





Library Hours  
Tuesday 10 to 2  
Wednesday 1 to 7  
Thursday 1 to 7  
Saturday 10 to 2

**October  
Bake Sale**

***Oct. 8 during library hours of 1 to 7***

November

Art display for youth

Framed drawing or painting  
for ages 10 to 14 and 15 to 18

Find a frame at the thrift store and make a drawing or painting  
More details to follow

pancakes &  
pajamas



At Kanhiote Library  
1658 York Road

October 17th at 10:00 a.m.

Eat, Sing & Read with

**Kelly-Anne**

A family event





# Mohawk Fair Fundraiser winners

50/50– Winner from Friday 21,2015– Gwen Maracle winning \$980.00

50/50– Winner from Saturday 22, 2015– Joe Brown winning \$590.00

50/50– Winner for Sunday 23, 2015– Wally Maracle winning \$470.00

Bossy Bingo winner for Saturday 22, 2015– Ang (Fish) Maracle winning \$50.00

Bossy Bingo winner for Sunday 23, 2015– Patsy Maracle winning \$50.00

The Tyendinaga Thrashers would like to thank everybody that help support us at the Mohawk Fair this year.

The money that we are raising is going to help us send 4 teams to the Little NHL 2016 in Mississauga.

**Thank You**

**From: Tyendinaga Thrashers**



The Tyendinaga Food Resource Centre Charity Golf Tournament was held on June 5, 2015 at Briar Fox Golf and Country Club. The organizing committee is pleased to announce that the amount raised from this tournament for the Tyendinaga Food Resource Centre was \$21,200.

Over the past four years \$63,850 has been raised from this charity golf tournament. We would like to extend our heartfelt thanks to the businesses, organizations, individuals, volunteers and the enthusiastic golfers from this community and surrounding communities who supported this worthwhile cause.

The goal of the organizing committee is to raise funds to ensure that the shelves at the Tyendinaga Food Resource Centre will be filled with good and nourishing food. The generosity of everyone involved with this tournament makes this possible.

*Nia:wen/Thank you*



WE would like to thank all the sponsors for their generous donations to the Classic Car Show at Mohawk Fair 2015. It was a huge success again this year and we had in excess of 90 cars.

Without your continued support it would not be the huge success it has been for the past 19 years, once again thank you.

Special thanks to Tyendinaga computers for sponsoring the Awards and Dash Plaques for the past 7 years.

Tyendinaga Computers

K.C Builders

Verna Hill

Lalonde Auto Repair

Village Variety & Gas Bar

Part Source

Rez Boyz

Thread Works

The Work Gear

Don McCurdy's Chev Olds

O'Sullivan Repair OSR Performance

United Restaurant

Kevin Brant Auto Body

McMurter Lumber

Tyendinaga Propane

Star Trophy

Bernie & Shirley Foley

Free Flow Petroleum

Congers Plumbing

Babcock Collision Services

State Farm Insurance – Napanee

Quinte Trade Services Generac

Build All Contractors

CAA – Belleville

Lewis Lacrosse

L & M Enterprize

Peter Smith Chevy & Buick

M.B.Q

Smokin Coffee Express

TSC – Belleville

Speedway Gas

Debs Restaurant & Gas Bar

Nation 2 Nation

Bowden Contracting

Tyendinaga Windows & Doors & Renovations

Wards Gas Bar

Jim & Donna Graham

Cash Auto

O.N.E Enterprize

Captain George's Fish & Chips

Fred Knight

Total Source Constuction

Bob & Jane Burrell

Car Quest – Napanee

Buffy Hill

Steve Lowry

Morris & Marg Inwood

Mohawk O.N.E.

Smokin Speedway

Patti & Donny Brinklow

Very special thank you to Jean Maracle and her family for Bob and Tyler's Pick and there donation to the Classic Car Show.





Once again our boys from Tyendinaga, Braiden Brant, Braeden Smith and Dakota Brown had a great season with the Kingston Crossfire Box Lacrosse League. They won Gold for their Nepean Knights Tournament, and won Silver for the Gloucester Memorial Tournament. They also won all their games to carry them to the semi-finals for the 2015 Whitby Lacrosse Provincials. They could not have done this without the financial support and dedication of time by all the parents involved and many company sponsors who also supported them.

Nia:wen Kowa to all who were involved investing their time, money and effort for these young men, not to mention the coaching staff, management and volunteers for Kingston Crossfire who helped this team achieve greatness.



This summer I had the opportunity to play on the Team Ontario Junior Women's Box Lacrosse team. The week-long national tournament was held in Calgary, Alberta. After a close game against British Columbia, we won the Silver medal. I had an amazing experience and made 17 new friends from across Ontario. I couldn't have done it without the support of my friends and family.

A very special thanks to **Trevor Lewis of Lewis Lacrosse** and **Allan Brant of RDA** in Rochester for sponsoring me to attend the tournament!

# Mahalo

( Thank you in Hawaiian)

My name is Kirsten Maracle. Recently I was given an amazing opportunity to travel to Kona, Hawaii with the U19 Aboriginal team Ontario girls, to compete in the world youth basketball tournament, where we won bronze. This was a once and a lifetime opportunity where I got to experience new cultures, tour Hawaii and play basketball in a whole new atmosphere with a great group of girls from all over the world. This trip wouldn't have been possible without all the help, support and love that I got so I have a couple Mahalos I would like to say. My first Mahalo goes to my coaches Susan Barberstock and Jamie McCourt for making this opportunity possible in the first place and for coaching us to a bronze medal, Mahalo to my Aunt Lynda and Uncle dean for helping with the flight costs, Mahalo to Rochelle and Brad Jeffries for donating towards the travel cost, Mahalo to my Aunt Reta and Uncle George for the beautiful bench that I was able to raffle off to help with the travel costs, also Mahalo Trevor Lewis at the Village Variety and Tara and Jay Maracle at Five Nations for letting me use their parking lot to sell raffle tickets to raise money and donating towards my travel costs, Mahalo to all the community members that supported me either at the dance or buying tickets for the bench, Mahalo to all my family members and especially my mom and dad ( Lorrie and Colin) for all the time, effort and help fundraising and organizing, and last but not least Mahalo to the Tyendingaga Recreation Committee for donating towards the travel costs. All this amazing support from my wonderful community made this trip possible so I wanted to show my appreciation by saying a big Hawaiian Mahalo.





# Mahalo Dreamcatcher

My name is Kirsten Maracle and I recently attended the World Youth Basketball Tournament in Kona, Hawaii, from July 30th to August 5th. I played for the Aboriginal girls U19 team Ontario, where we were able to bring home bronze. I would like to take the opportunity to thank the dreamcatcher foundation their kind donation and making this journey possible.



Dreamcatcher Charitable Foundation



*Thank you!*

We would like to extend thanks to everyone for the beautiful flowers, visits, cards and prayers while Donna was in the hospital. To John Akey for cutting the grass and to the many family and friends who have delivered food. Donna is home recovering now with more work to go and with your prayers and love she is going to come through this storm. Thank you all!!!!

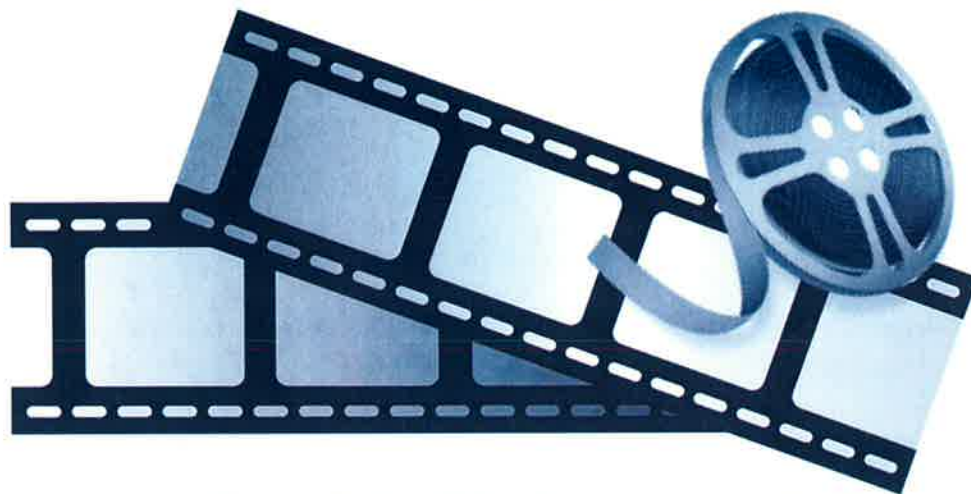
Alex, Donna Crouse and Family



In Loving Memory of  
Jeffery Gordon Hill  
September 20, 2014

A million times  
we've needed you  
A million times we've cried,  
If love alone  
Could have saved you  
You never would have died.  
In life we loved you dearly,  
In death we love you still  
In our hearts you hold a place,  
No one else can ever fill.  
It broke our hearts to loose you,  
But you didn't go alone.  
Part of us went with you  
The day the Creator took you home.

Forever in our hearts,  
Mom, Dad & Family



## International FASD Awareness Day September 9, 2015

Please join us in watching the  
documentary...

### ***FASD Finding Hope***

This FASD awareness event will be held in the Teaching Lodge at  
Community Wellbeing Centre & Kanhiote Library

Wednesday, September 9, 2015

**Viewing will begin at CWC at 9:00 a.m. & 2:30 p.m. at Kanhiote**

For more information contact:

Jill Beck at 613-967-0122 ext. 125

Fetal Alcohol Spectrum Disorder (FASD) is a term used to describe a lifelong disability of permanent brain damage and birth defects caused by prenatal exposure to alcohol.

When a woman consumes alcohol during her pregnancy, the alcohol can damage or destroy the cells of the developing baby.

**Zero alcohol during pregnancy prevents an FASD.**

# Sa'nikonhriyohst

*(Have a Good Mind)*

## An Alternative Approach to Anger Management



- | ☪ Topics Discussed: | ☪ What you will Learn:            |
|---------------------|-----------------------------------|
| ☪ Violence & Abuse  | ☪ Emotional Awareness             |
| ☪ Self-Esteem       | ☪ One's Self-Worth & Capabilities |
| ☪ Patterns of Abuse | ☪ Overcome Obstacles              |
| ☪ Shame & Guilt     | ☪ Pursue Goals                    |
| ☪ Love & Respect    | ☪ Skills to Cope                  |
| ☪ Relationships     | ☪ Effective Communication         |
| ☪ Empathy & Trust   | ☪ Develop a Plan for the Future   |
| ☪ Community         |                                   |

The program is 3 days a week for 8 weeks, from 9am to 12pm

Space is limited to 10 participants, **no cost**

Will be held in the Teaching Lodge at CWC

Call 613-967-0122 to register with Jill Beck, NNADAP Worker

Start date is October 6, 2015

Enyonkwa'nikonhriyohake' Program Presents...

## A Weekly Men's Group



Men's Group will resume **Wednesday** September 16, 2015. That's right, it will take place on Wednesday's now, still at 6 p.m.

And still at the Community Wellbeing Centre.

The group is open to men of TMT age 17 and up.

Coffee and snacks are always on!

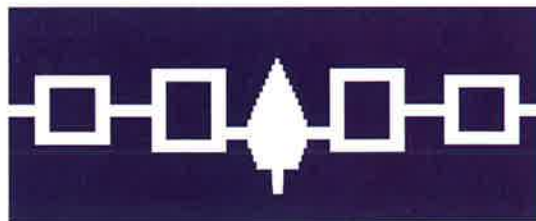
Please join us to learn some traditional things, do some kind of craft, shoot the you know what and have a few laughs.

We also have a men's sweat planned for September 30th.

To be held behind the Community Wellbeing Centre.

More information will be provided on September 16th.

October = information regarding wampum belts.



Contact Jill Beck for information

613-967-0122 extension 125.

# Diabetes and Nutrition

*Join the Diabetes Education Program for a fun filled night of cooking and learning about eating well for diabetes management*



**September 22, 2015**

**Time: 5-8pm**

**Community Wellbeing  
Centre**

**Call Jodi or Shelly  
to Register**

**613 967-3603**

**Space is limited**

# Canning Workshop

September 10, 2015

Two times to choose from: 1-2:30 pm or 4-6:30 pm

Mohawk Community Centre (downstairs)

Please join the Diabetes Education program for one of two canning workshops to learn about low sugar and low salt canning.

Draws for prizes, giveaways and snacks/refreshments provided

Call to register 613 967-3606

Space is limited!



# Women's Community Wellness Forum

Monday September 14th, 2015

6:00pm - 9:00 pm

## 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

An Invitation to attend a  
Women's Forum  
to  
Share Concerns  
of the  
Health & Wellness  
of  
Ourselves  
Our Families and Our Community

## Community Women's Forum

*When: Monday September 14th, 2015*

*Where: Community Centre*

*Time: 6:00pm - 9:00 pm*

For more information,  
Please contact Julie Brant @ 613-967-0122 ext 149  
julieannb@mbq-tmt.org



# September Community Circle

September 21st, 2015 6:30 pm—8:30 pm

We are excited to get our circle up and running for another season!

This month we will be creating Community Circle T-shirts using stencils and spray bleach. We will also be spending this time to brainstorm ideas as to what we would like to experience and learn in the circle for the months to come!

For those of you who have thought about join the Community Circle we are excited to have you! This is our third year of the circle and we gain more and more participants every year!

Community Circle is for men and women 18+ who are interested in learning culture. Traditional knowledge, and crafting while spending time together in a comfortable atmosphere.

All participants must register as we will need sizes and colours of shirts to ensure everyone can take part.

Please register by calling : Julie Brant @ 613 967 0122 ext.149 or email: [julieannb@mbq-tmt.org](mailto:julieannb@mbq-tmt.org)



"The Circle has healing power. In the Circle, we are all equal. When in the Circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The Sacred Circle is designed to create unity. The Hoop of Life is also a circle. On this hoop there is a place for every species, every race, every tree and every plant. It is this completeness of life that must be respected in order to bring about health on this planet."



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

# September 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 Tone, Tea & Talk	2 Urban Poling/ Walking  Euchre	3 Meals on Wheels Napanee Shopping	4 Meals on Wheels  Handivan Deseronto	5
6	7 <b>Office Closed</b>	8 Meals on Wheels Tone, Tea & Talk	9 Diners Club & Bingo HOME SUPPORT @ Community Centre	10 Meals on Wheels Friendly Visiting	11 Meals on Wheels  Handivan Deseronto  Scrapbooking	12
13	14 Breakfast Club  Ceramics	15 Meals on Wheels Tone, Tea & Talk	16 Urban Poling/ Walking  Euchre	17 Meals on Wheels  Blvl Shopping	18 Meals on Wheels  Handivan Deseronto	19
20	21 Ceramics	22 Meals on Wheels Tone, Tea & Talk	23 Diners Club & Bingo HOME SUPPORT @ Community Centre	24 Meals on Wheels Picnic & Games	25 Meals on Wheels  Handivan Deseronto  Scrapbooking	26
27	28 Ceramics	29 Meals on Wheels Tone, Tea & Talk	30 Diners Club HOME SUPPORT @ Community Centre			

# OCTOBER BEARS & CUBS 2015



**Brighton**  
Speedway

**Saturday October 3rd, 2015—11:45 AM – 5:00 pm**

## **Boogitty, boogitty, boogitty,... Drivers Start your engines!**

We are excited to kick off Bears and Cubs with a visit to the Brighton Speedway on Saturday October 3rd, 2015! We will be leaving the Community Wellbeing Centre at 11:45am and travelling by school bus to the speedway for a fun filled day of racing that includes school bus races, recycling demolition derby, the Hotch's Auto Parts 100 Lap Monster Enduro, Juniors Race, Ladies Race, The Gauntlet, Flag Pole Race & Trailer Race!!

We will be providing a late lunch for all participants as well as a souvenir for our Bears & Cubs to take home! We encourage you to bring snacks and drinks with the participants as well.

***All participants must register no later than September 18th, 2015. Limited space available.***

There is no cost to the day other than any extra monies you wish to bring.

**To register please call: Julie Grant at 613 967 0122 Ext. 149 or by email: [julieamb@mbq-tnt.org](mailto:julieamb@mbq-tnt.org)**

**\*\* This event will be taking place rain or shine. Please plan accordingly. We also advise parents with small children to send earplugs or head gear to help with the noise as some of the vehicles racing may startle younger children and they may find it to be too loud with out hearing protection. \*\***

LOCATION-Kingston Community Health Centre, 263  
Weller Avenue Kingston Ontario.

Yonkwata'kariyohák tsi Tewanákere  
*Community Wellness, Starts With You*  
Kingston & Surrounding Area

Saturday  
October 17, 2015

Doors open:  
10:00 am – 4:00 pm

Location: TBA

\*Please bring your  
feast bundle



Events to look for:

- SOADI Foot Care Clinic
- Reflexology Treatments
- Wellness Booths
- Youth Leadership
- Smoking Cessation
- Cancer Screening
- Wampum Making
- Youth Activities
- Yoga
- & much more!!

A FREE Healthy Lunch  
will be served

For further information, please contact  
one of our committee members...

Autumn, SOADI @ 1 -613-697-6604  
Carol, Tipi Moza @ 613-547-1135  
Michelle, MNO @ 613-549-1674 ext 303



**FREE  
EVENT**



**VOLUNTEER DRIVERS NEEDED!**



Have some spare time and would like to do a bit of volunteering? The Tyendinaga Home Support Program is looking for volunteer drivers for the Meals on Wheels program. Meals are delivered 3 days a week over the lunch hour to clients homes. If this is something you would like to do then give Jessica a call at 613-967-0122, ext. 126 to sign up!

## ***Benefits of Urban Pole Walking***

- Exercises 90% of your muscles & reduces stress on lower joints
- Burns up to 47% more calories over walking without poles
- Promotes healthy blood glucose management
- Promotes healthy weight loss
- Reduces impact off lower extremities muscles
- Improves posture
- Improves self-esteem and overall feeling of well being
- Promotes social interaction
- Reduces anxiety, stress and depression



Interested in giving it a try?

Call Denise Leafe @ CWC, 613-967-3603 ext 128

### **Urban Poling Walking Group**

Meet every Tuesday beginning

**Sept 22/15** and continue for 6 weeks

10:00 AM @ walking trail on Church Lane

To join please call Denise Leafe 613-967-3603 ext 128



*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.**

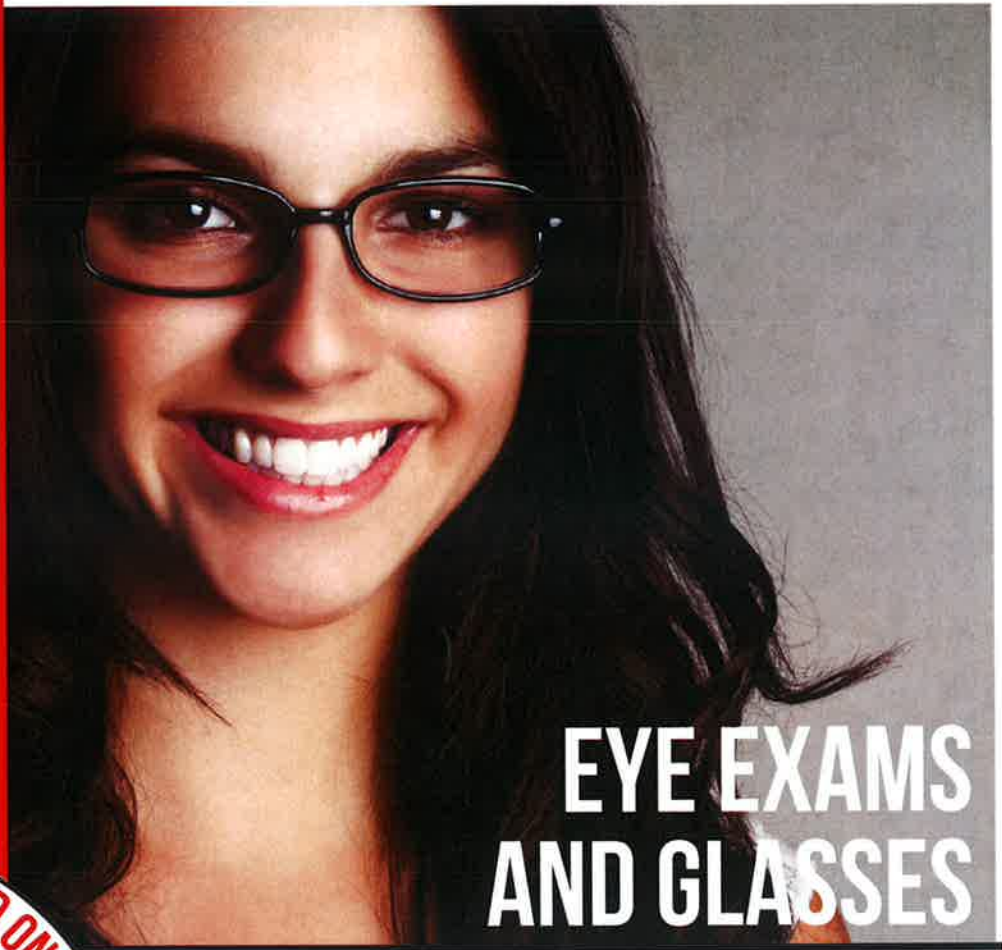
Community Wellbeing  
Centre  
50 Meadow Dr.  
Tyendinaga Mohawk  
Territory  
Health Reception



Need more info, please call 613-967-3603

OCT  
02

11-6



EYE EXAMS  
AND GLASSES



COMMUNITY WELLBEING CENTRE  
50 MEADOW DRIVE, DESERONTO  
TOLL FREE **1-866-920-6480**

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

SUNGLASSES  
20%-50%  
OFF



TOM FORD *Salvatore Ferragamo*  
SERENGETI EYEWEAR   GUCCI  
HUGO BOSS RETRO SUPERFUTURE  
*Ray-Ban*  *Maui Jim*

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)

# 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



## *Prenatal Classes* *Fall Session*

**Wednesday Sept 16th, 2015**

**6:00 pm - 8:00 pm**

**Community Wellbeing Centre**

**Teaching Lodge**

**50 Meadow Drive**

**Tyendinaga Mohawk Territory**

**For more information or to register for class  
call**

**613-967-3603**

**and speak with the Community Health Nurses**





## 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



## 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

# Good Food Box



<b>Dates: Order By and Paid by 4:30pm</b>	<b>Order Arrives</b>
<b>September 8, 2015</b>	<b>September 16, 2015</b>
<b>October 13, 2015</b>	<b>October 21, 2015</b>
<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**

# GOOD FOOD BOX

(Items in each)

## Large Food Box

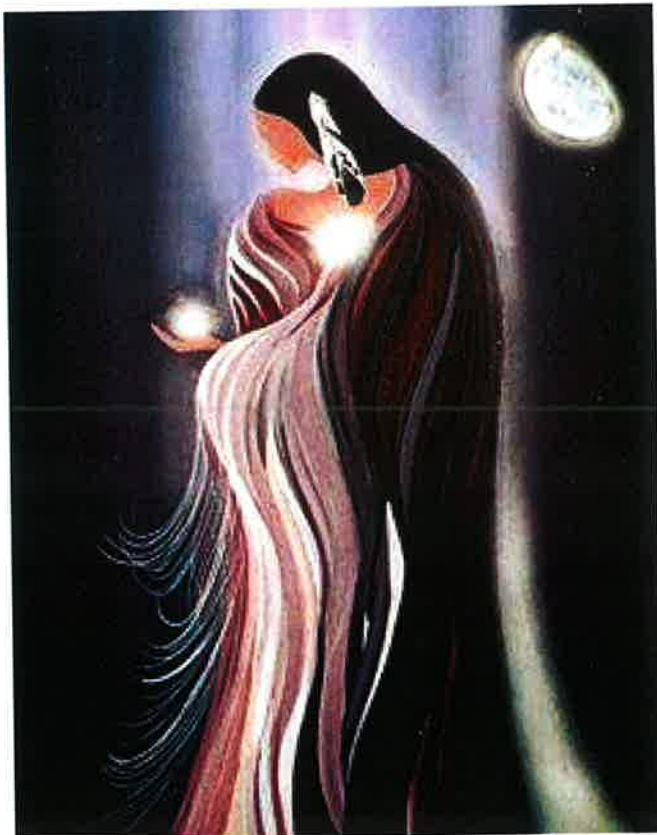
5 lb. Potatoes  
2 lb. Carrots  
2 lb. Onions  
1 Broccoli  
1 Celery  
1 Romaine Lettuce  
1 Cucumber  
1 Green Pepper  
1 Green Onion  
3 Tomatoes  
5 Mac Apples  
2 lb. Bananas (6)  
5 Seedless Oranges  
4. Bartlett Pears

## 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 28<sup>th</sup> 2015    October 27<sup>th</sup> 2015    November 25<sup>th</sup> 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

# Womens Wellness Circle

“reclaiming your voice gives you choice for wellness”



We are very excited to offer a program that is directed at women who have experienced, are experiencing and will experience motherhood. This six week program begins Monday September 21st, 2015 and will continue every Monday evening from 6:30pm - 8:30pm consecutively until November 2nd, 2015. Our safe learning environment will be filled with traditional teachings and plenty of cultural learning.

If you would like to take part in this program or have any questions please call: Julie Brant or Denise Leafe at 613 967 0122 Ext. 149 or by email: [julieannb@mbq-tmt.org](mailto:julieannb@mbq-tmt.org)

# Tyendinaga Fitness Resource Centre

*Discover the Balance* 14 York Road Unit #1&2B Shannonville, Ontario K0K 3A0

## September

*Discovering the  
Balance*

*By Working the  
Mind, Body,  
Heart and Spirit*

### Contact

(613) 962-2822

tyfitness@mbq-tmt.org

### Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am -6:00pm

Saturday

8:00am -2:00pm

### Fees

Senior (55+) \$20.00

Student \$25.00

Adult \$30.00

**We Are Open to  
The Public**

### TFRC Staff

TFRC Manager

Darlene Loft

Personal Trainer

Carole Lasher

Fitness Studio Co-ordinator

Alexis Lightfoot

### Casual Staff

Tristen Nugent

Taylor-Rain Tabobandung

Shanleigh Maracle

Luke Jeffries

Sonya Lueth

September represents a time of new beginnings for children; back to school, new teachers, new friends and an abundance of new things to learn. For adults, September represents a time of getting life reorganized after a busy summer with children, vacations, visitors and putting some structure and routine back into our busy lives.

So let's get started:

Here is Tyendinaga Fitness Resource Centre's Fall Mantra!!

**Eat - Move - Improve!!!**

## Eat



We all have good intentions of eating healthy, but it can become overwhelming. Instead of worrying about ratios, calorie counting or the newest super food consider the following tips to get you started in the right direction:

1. Plan Your Meals - This may seem a daunting task but just jot down a few ideas to get started. If your meal plan, you are more likely to make good choices. Start with breakfast and lunch. Be realistic and avoid difficult meals if you have a short time frame to prepare and eat them. Don't forget about snacks; if it's not planned you may reach for the cookies or chips. Opt for fresh fruit or veggies instead. Don't let dinner hijack all your great work! Stick with the plan!

2. Drink Water - I know you have heard it before but, **DRINK MORE WATER!** Water keeps you hydrated and helps to avoid cravings for soda or coffee. Your body will function better, eliminate toxins and waste more efficiently if you are hydrated

3. Eat More Fruit & Veggies - Try adding a piece of fresh fruit or raw veggies to every meal. Salads and wraps are a great way to get more produce into your diet. You can always add an extra vegetable at dinner or a bowl of berries for dessert. Carrots or an apple can be easily stored in a backpack or desk for a mid-afternoon snack.

4. Eliminate Processed Foods - While there are some decent processed food options out there most are scary chemical-filled concoctions. Focus instead on whole foods; foods that will fuel your body and help you feel good.

## Move



*How to do a push-up or plank?*

When I say move.....I mean just that - Dance, walk, run, jump, do a cartwheel, participate in a nature treasure hunt with your friends, children (you are looking for a maple leaf, a milkweed pod, an acorn or a feather), hike, harvest or just get your butt back to the gym!

Come use the equipment, get a personalized exercise program or participate in one of the classes: Better Butts, Awesome Abs, Circuit Training, Hiit, Yoga or Functional Fitness!

# Improve

To improve one must make a commitment to respect our "body temple" (if you will) by eating wisely, moving often and recognizing and appreciating the effort required to master your goals!

## Benefits of Exercise

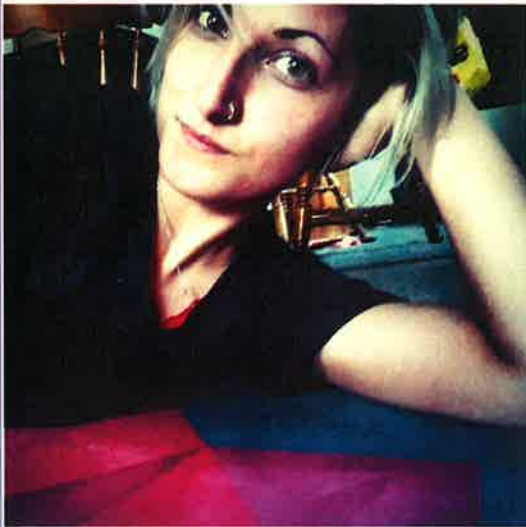
- Helps maintain & increase muscle strength, improving balance, overall coordination, reaction time & flexibility.
- Prevents muscle decay. Inactive people lose muscle fibre at a rate of 3-5% every decade after 30. This represents a 30% decrease in muscle fibre by age 60!
- Increases strength, endurance & performance.
- Increases tolerance to stress, improves mood & reduces the risk of depression & anxiety
- Improves self-esteem & self-confidence.
- Increases resistance to diseases by bolstering the immune system
- Reduces the risk of a number of diseases & health conditions including: coronary heart disease, stroke, hypertension, high cholesterol, type 2 diabetes, arthritis, osteoporosis.
- May reduce the need for medication
- Prevents cognitive decline, boosts brainpower and enhances memory
- Combined with healthy nutrition, regular physical activity is one of the simplest & most effective ways to maintain a healthy weight.



Resource : Carole Lasher /  
Personal Trainer

Convinced?  
Then help us at TFRC to inspire others  
**Eat – Move – Improve!!!**

## New Fitness Studio Co-ordinator!



Namaste, all! My name is Alexis Lightfoot and I'm so thankful to be a part of the energy here at TFRC! Certified in both Hatha and Vinyasa Astanga styles of yoga, I started formally teaching yoga in January 2015 after obtaining my RYT 200 certification training in Guatemala. I'm passionate about Ayurvedic nutrition and sharing my knowledge of these practices with others; I believe in creating health and wellness through the art of movement, meditation and wholesome foods.

If you also have a passion for guiding others to their best selves, and want to host a class or workshop in our studio, let me know! Ideas for classes you would like to see at the studio are also welcome.

(Don't worry, I'm really nice!)



Special Memberships Funded as  
Ontario Trillium Foundations



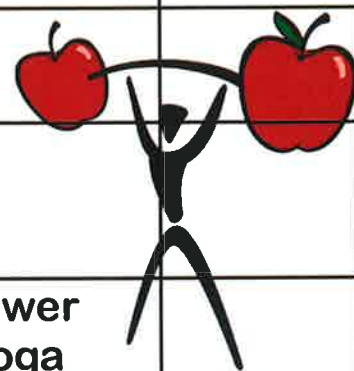
**FREE** 1 Month Health Enhancement memberships available. Each year that TFRC has our Fitness Studio Coordinator TFRC will be able to help 50 people get started with working out. These memberships are to help with life's challenging issues and those who have certain restrictions. Please come in and speak to our Fitness Studio Coordinator to see if you meet the specific criteria.

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

# Welcome to the Fitness Studio

## Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am			Yoga		
10:00 am		Young, Strong & Over 50		Young, Strong & Over 50	
12:15 pm	Better Butts	Hiit	Core Training	Circuit Training	
12:45 pm	Core Training		Better Butts		
5:00 pm			Young, Strong & Over 50		
6:30 pm	Yoga			Power Yoga	



**Better Butts:** Train and tighten all regions of the lower body with this toning class. Workout will focus on the glutes, legs, and lower back using light weights and body resistance.

**Core Training:** Looking to build strength and gain flexibility? This class will challenge you! Be ready to feel energized and powerful. Develop sculpted abdominals, increased core strength, and greater stability.

**Hiit Training:** Take your workout to the next level with High Intensity Interval Training. This class will build muscular strength and improve cardiovascular fitness through various exercises performed at specific intervals.

**Yoga:** This class combines breath work (pranayama), postures (asana), and basic meditation techniques to reduce stress, stretch and strengthen muscles, and encourage you to breathe more fully. All levels welcome.

**Power Yoga:** A more vigorous, fitness based approach to traditional vinyasa yoga. All the benefits of a regular yoga practice—but with more sweat! All levels welcome.

**Circuit Training:** Full body circuit training that works cardio, strength, and core. It's a great way to keep your workout fun and your body guessing.

**Functional Fitness:** This class is for anyone who wants to build up strength, coordination, and balance in an age friendly environment.

Don't see the class you want? Let us know! Email [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org), or call (613) 962-2822.



# Tyendinaga Fitness Resource Centre

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



## NEW Childcare Hours

Monday - 12pm to 5pm

Tuesday to Thursday - 9:30am to 12pm & 4pm to 6pm

NOTE: \$5.00 a hour per child or save \$ and pay \$30.00 a month

(Special deal for more then one child ,ask for details)

Please call 24 hrs. Before or

email for childcare time required

Check us out on "YOU TUBE" or FACEBOOK / Child Directed Activities



## 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*



STRENGTH, FLEXIBILITY & SWEAT

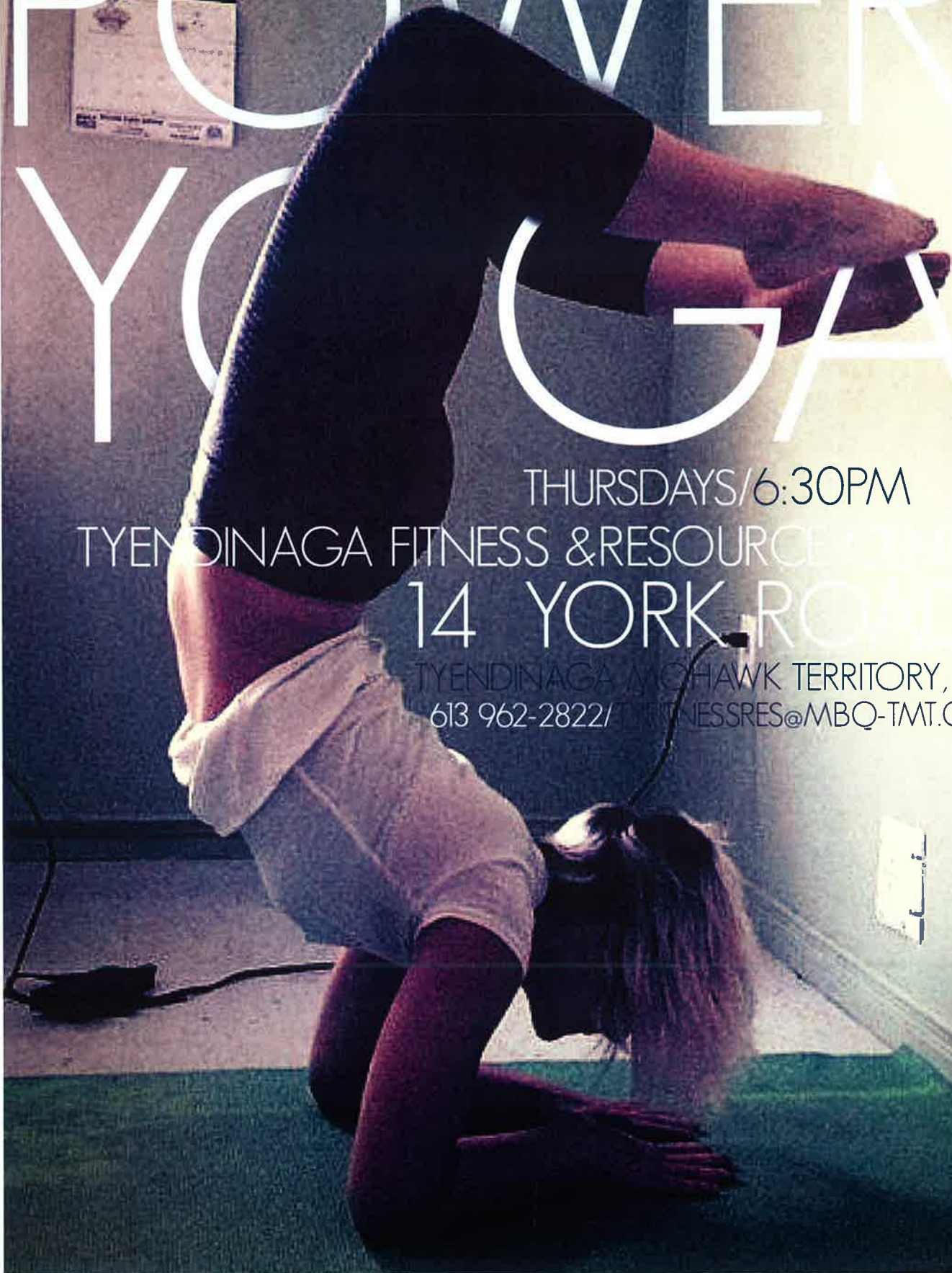
# POWER YOGA

THURSDAYS/6:30PM

TYENDINAGA FITNESS & RESOURCE CENTRE

14 YORK ROAD

TYENDINAGA MOHAWK TERRITORY, ON  
613 962-2822 / BUSINESSRES@MBQ-TMT.ORG



# 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

Starting Tuesday Sept.1st & Wed. Sept.2 & Thurs. Sept.3



Deadline to sign-up : ASAP

Program Will Continue if Successful

**NOTE:** The program is FREE with membership -or  
\$5.00 for drop - in

**First month covered under OTF Free 50**

( a required fitness assessment has to be completed)


**CERTIFIED SENIOR FITNESS INSTRUCTOR : DARLENE LOFT**

**EMAIL:** tyfitnessres@mbq-tmt.org

WEEKLY GUIDANCE FOR OUR

# HEARTS & MINDS

REGISTER NOW



Self defense  
classes for  
woman; be an  
oponent, not a  
target.

REGISTER NOW

SIGN UP NOW

# UPCOMING PROGRAMS



GRIEF AND LOSS COUNSELLING WITH GREG LOFT  
SELF DEFENSE FOR WOMEN WITH DENNY TOMKINS  
LEARN TO RUN WORKSHOP WITH MANDI TISDALE  
ESSENTIAL OILS WITH JENNIFER HALL  
YOUNG, STRONG & OVER 50 WITH DARLENE LOFT

IF YOU'RE INTERESTED IN ANY OR ALL OF THESE SEPTEMBER PROGRAMS, GET YOUR NAME ON THE LIST! EMAIL, CALL OR FACEBOOK MESSAGE US AT THE TYENDINAGA FITNESS AND RESOURCE CENTRE WITH YOUR NAME, EMAIL OR PHONE NUMBER, AND THE DAYS AND TIMES OF THE WEEK THAT WORK BEST FOR YOU!

(613) 962-2822

TYFITNESSRES@MBQ-TMT.ORG

# 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 Wednesday, June 17 to *finalize* the name for this group and agenda for the next meeting. The Guiding Principles are available for your review (contact community members listed below) prior to the next meeting on

**Monday, September 21, 2015**

6 pm–7:30 pm

Prompt start with light refreshments available at 5:45pm

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

Child Care provided prior notice is helpful for ages & activity plans (by September 11)

AGENDA 21 September 2015:

1. Review the development of this group to date.
2. Review the Guiding Principles—developed as starting point.
3. Logo Contest possibility.
4. Moving forward.

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

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



# Attention

## Hunters & Shooters!

**PAL COURSE (CFSC)**

**Fri/Sat October 23/24 (Fri 6 - 9 pm and Sat 8:30 am - 6.00 pm)**

**The course will be run in Shannonville & cost is \$150.00.**

**Contact Ed Maracle for more info or to reserve a spot.**

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



### **DESERONTO LEGION**

#### **UPCOMING EVENTS FOR SEPTEMBER:**

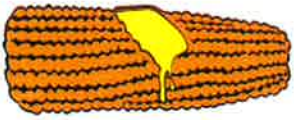
**September 12th-** The Reasons- 8 pm to 12 am- upstairs hall  
\$5.00 per person- available at the legion bar

50/50 draw and light snacks will be provided.

**September 26th-** Pickett Fences- 4pm to 8pm

All welcome to both events

**You're Invited to a**



**KWE 92.3  
ANNUAL  
LISTENER APPRECIATION  
DAY**

**BBQ AND CORN ROAST  
SATURDAY, SEPT. 12 2015.  
1145 YORK ROAD  
12-4**

*Come on out enjoy some music, and  
meet all of us  
at KWE*



# 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.



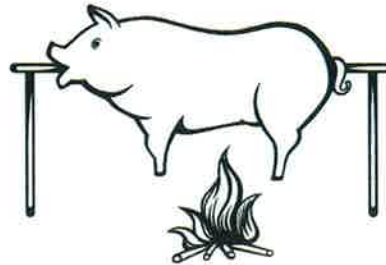
All times are approx. and may be later than indicated but will not be earlier.



# MOHAWK PENTECOSTAL CHURCH



**WOULD LIKE TO THANK  
EVERYONE THAT  
SUPPORTED THE PANCAKE  
BREAKFAST AT THE  
MOHAWK FAIR  
2015**



*...invites you to the*

## ANNUAL FALL PIG ROAST

Saturday, September 19 at 3:30pm

Cost: \$12.00/person



Mohawk Pentecostal Church – A  
Local Community & National  
Gathering Place

---

*We believe the time has come for the first Nations People of our local  
community to regain their position, both spiritually and culturally to enhance  
the prosperity of our nation and our world.*

---



**She:kon! Skennen:kowa!**  
*(Greetings! Is the Great Peace still with you?)*

**Keristos Ne Korah:Kowa**  
***The Mohawk Parish of***  
**Christ the King**

**A Catholic Community**  
**of the North American Anglican**  
**Ordinariate of the**  
**Chair of Saint Peter**

***“UNITED, BUT NOT ABSORBED”***

An Anglican Ordinariate is a structure, similar to a diocese, created by the Vatican for former Anglican communities that chose to become Catholic whilst retaining most of their Anglican Patrimony.

**Services Held At:**

**The Elders' Lodge Common Room**  
*301 Bayshore Road, Tyendinaga, M.T.*

**Regular Sunday Services:**

**Usually at 10 A.M.**

**Once a month at 11 A.M.**

**Please call 613-885-2499 to verify!**

**For Sacramental or Pastoral Services:**

**Please call:**

**“Fr.” Gérard Trinqué**  
**at 613-885-2499**

**E-Mail: *ChristTheKingParish@startmail.com***

**For additional parish information:**

**Please call:**

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

**OR**

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



**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**

Sep 19, 2015 Annual Pig and Corn Roast  
 Sep 27, 2015 Church Luncheon 12:30pm

My favourite poem is the one that starts 'Thirty days hath September' because it actually tells you something.

Groucho Marx



## 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.

### ROYAL EVENSONG

in Commemoration of the Occasion of Her Majesty  
Queen Elizabeth II becoming the longest reigning  
monarch in British and Commonwealth history  
Christ Church, HM Chapel Royal of the Mohawk  
52 South Church Ln

Sunday 13 September, 4:00 p.m.

*This is the first service of worship to be held in Christ  
Church since the most recent restoration. An offering  
will be taken for the MBQ Christ Church Utilities Fund.*

### Queen Anne Parish Centre Rental

If you're looking for a space that is a little smaller than a 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.

The last long weekend of summer marks a celebration of those who labour. We take time to give thanks for those who put their minds and bodies to work and for our own opportunities to labour. We are also grateful for the labour movement which has fought over the years for fair wages and benefits, a reasonable number of hours in the workweek and safe working conditions.

We also think of all students and teachers as they return to school and we pray for a year of growth and learning for them.

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)

## “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!*

### Thursday Evenings

5:00 - 6:00 p.m. - Weigh In

6:00 - 7:00 p.m. - Meeting

Elders Lodge  
(Bayshore Rd)

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

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

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

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

# CLASSIFIED

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

## 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 bath-room
  - 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,  
Tyendinaga 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**

## HOUSE FOR SALE

24 North St.  
\$ 99,900.00  
MLS® #: 15603480

- Bedrooms: 2+0
- Bathrooms: Full:1 Half:0
- Type: Single Family
- Style: 1 Storey, Detached
- Building Age: 26-50
- Garage Features: Work Shop
- Exterior: Vinyl
- Roof: Shingles - Asphalt
- Basement: Full
- Bsmnt Features: Partly Finished
- Heating: Forced Air, Furnace
- Fuel - Heating: Oil
- Water Supply: Well - Drilled
- Sewer Type: Septic Installed

**Contact Kelly McMurter  
Re/Max Sales Representative  
613-929-7355**

## WOOD FOR SALE

Seven cord of Oak  
- cut sizes very from 12"  
to 18"  
- \$150.00 per cord pickup  
- \$170.00 per cord  
delivered  
Only seven cords at this  
price due to cuts

Call: 613-396-2823 ask  
for Willy

## HOUSE FOR SALE

MLS # 15606360  
1729 York Rd  
\$137,900.00  
1 Storey  
Building Age: 26-50  
Sq. Ft: 1340  
Lot Size: 150 x 290  
Acreage: 1  
Bedrooms: 2 could be 3  
Bath: 1 Full  
Exterior: Aluminum & Vinyl Siding  
Roof: Metal  
Basement: Full, Partial Finished  
Furnace: Forced Air, Oil  
Well-Dug  
Septic : Installed  
Garage: Single, attached  
Indoor Features: Central Air,  
In Law Potential  
Exterior Features:  
Wheelchair Access, Deck  
**KELLY MCMURTER 613-929-7355**  
**kelly.mcmurter@gmail.com**  
**Website: <http://www.youronlineagents.com/kellymcmurter>**  
**RE/MAX FINEST REALTY INC.**  
**BROKERAGE - K178 613 354-5435**  
**Website: <http://www.Finest-Realty.com>**

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- 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

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8 plus acres of prime area on the York Rd  
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1-716-826-4208

## HOUSE FOR SALE

- 24 North St.  
Deseronto

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613-354-3826

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- Smoke Free home
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- 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

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Waterfront LOT  
- Bayshore Road  
- Deseronto water and sewer available.  
- \$80,000  
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**Kelly McMurter**

Sales Representative

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Office: 613-354-5435

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**Near 31 Snookies Rd.**



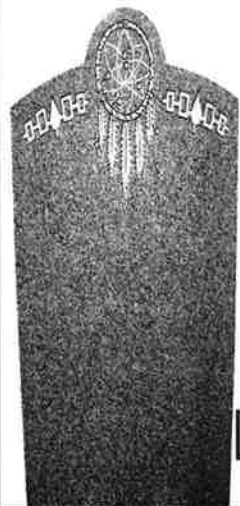
Price: <b>\$169,900</b>	MLS® #: <b>15606387</b>
Status: <b>Active</b>	Sale Type:
Property For: <b>Sale</b>	Waterfront: <b>No</b>
Address: <b>NEAR 31 SNOOKIES ROAD</b>	
City: <b>TYENDINAGA, HASTINGS, K0K 1X0</b>	
Legal Descr.: <b>LOT 3C-6, LOT 3C-7, LOT 3C-8 FORMERLY 3C-1-1 CON II</b>	
District: <b>65 - Deseronto/Quinte</b>	Lot Size: <b>IRREG</b>
Zoning: <b>RES</b>	Acreage: <b>7.23</b>
Taxes: <b>0</b>	Side of Road: <b>South</b>
Tax Year: <b>2015</b>	
List. Date: <b>26-JUN-2015</b>	Possession: <b>IMMED</b>

**Public Remarks** A Waterfront lot that just keeps giving! This lot is comprised of three lots totaling 7.23 acres with one of the lots having water frontage. This parcel of lots have road frontage from Snookies Rd and Toms Rd. The lots have been severed but the seller prefers to sell as one parcel. Lot 3C-6 is 2.14 acres, Lot 3C-7 is 2.62 acres and Lot 3C-8 is 2.47 acres. These parcels of lots with waterfront are a rarity; call today! Purchaser must be a Status Member of the Mohawks of the Bay of Quinte.

**Directions** SNOOKIES ROAD

Waterfront Name: <b>BAY OF QUINTE</b>	Shoreline: <b>Natural, Shallow, Rocky, Mixed</b>	Features:
Water Frontage:		
Listing Type: <b>Residential</b>	Water Supply: <b>None</b>	Services Avail:
Access: <b>Municipal Road, Waterfront Owned</b>	Sewer Type: <b>None</b>	Doc's Available: <b>Land Survey</b>
Property Size: <b>3.0 - 9.99 Acres</b>		Site Features: <b>Bay / Lake,</b>

# Campbell Monument



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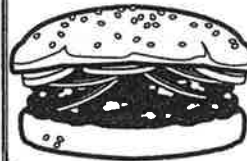
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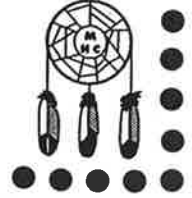
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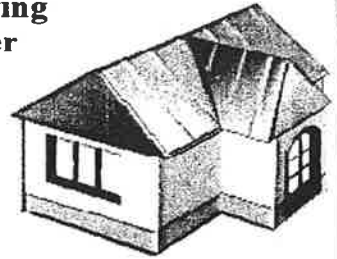
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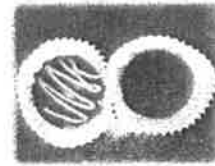


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