Mohawks of the Bay of Quinte
Kenhteke Kanyen'keha:ka

Web: www.mbq-tmt.org *Facebook: MBQ.TMT* *Twitter: @MBQTMT*

ORÍ:WASE (NEWS)

ISSUE 10/19
Kenténha (October)

Enkonyé:ren toka' ni' takhtsikhé:tanon't—trick or treat
Kanon'onserahserónni—jack o' lantern
Wa ta'énnraras—witch
Atónnhets—ghost (spirit)
Róhteron—monster
Tsi yontkonwaróroks atahkwénnya—halloween costume
Yontkonwaróroktha—a mask
Onktsihe'takàten'ne' - I got a lot of candy

Next Newsletter Deadline:
Wiskhaton 25ht Kenténha, éntye niyohwistá:'e
(*FRIDAY* October 25th at Noon)

Kenténha (October) 2019 Council Meetings

TMC Meetings	Agenda Deadlines
Regular – **Monday, October 7**, 9:30 a.m.	**Monday**, September 30, 12:00 p.m.
Local Business – **Tuesday**, October 15, 7:00 p.m.	**Monday**, October 7, 12:00 p.m.
Regular – **Monday**, October 21, 9:30 a.m.	**Tuesday**, October 15, 12:00 p.m.
Local Business – **Monday**, October 28, 7:00 p.m.	**Monday**, October 21, 12:00 p.m.

The Mohawk Firefighters for **September 2019** responded to **10** calls**.**

3 MVA	1 Structural Fire
2 Alarm	2 Fire Non-structural
1 Medical Emergency	1 Medical Assistance

This brings our total calls to **70** for the year 2019

* Fire/Rescue logo designed by Trevor Brant*

NOTICES

MBQ OFFICES WILL BE CLOSED - MONDAY October 14th for Thanksgiving holiday (Tsi Na'teyontenonhwerá:tons)

***NEW* CONSTRUCTION HOTLINE** - Report issues or concerns (safety, traffic signals, vandalism) about the York Road watermain expansion, 24/7 for the project duration. 613-969-7174. You can also contact the Technical dept. for general inquiries during business hours, 613-396-3424, ext 109

MBQ offices to be closed for the Christmas holidays
Friday December 20th at 4:30 pm, 2019. All offices will re-open on January 6, 2020 at 8:30 am.
Essential services will be available throughout this period.

Yorí:wase ne Kanyen'kehá:ka tsi Kenhtè:ke (Mohawks of the Bay of Quinte Community Newsletter) is available at:

Bayview Variety	Village Variety	Smoke and Coffee Xpress
49 Quick Stop	Smokin' Speedway	Kanhiote Library
Sadie's Lane Sub-division	Mohawk Admin Building	Ferry Lane mailboxes
Community Wellbeing Centre	L&M Variety	

Tyendinaga Mohawk Council Minutes
August 6, 2019

A meeting of the Tyendinaga Mohawk Council was held on Tuesday, August 6, 2019 at 9:30 a.m. in the Council Chambers.

Present: Councillors: Josh Hill, Carl E. (Ted) Maracle, Stacia L. Loft

Regrets: Chief R. Donald Maracle attending a meeting with ISC and David Souliere, Chief Administrative Officer, on vacation

Staff: Angela Maracle, Senior Director of Operations and Shelley Bowden, Executive Administrative Assistant;

MOTION #1: Moved by Stacia L. Loft, seconded by Josh Hill that Carl E. (Ted) Maracle Chair the meeting in Chief R. Donald Maracle's absence.

Carried.

MOTION #2: Moved by Stacia L. Loft, seconded by Josh Hill that the Tyendinaga Mohawk Council Minutes of July 15, 2019 be approved as corrected.

Carried.

MOTION #3: Moved by Stacia L. Loft, seconded by Josh Hill that the Tyendinaga Mohawk Council Special Minutes of July 17, 2019 be approved as corrected.

Carried.

MOTION #4: Moved by Josh Hill, seconded by Stacia L. Loft that the Tyendinaga Mohawk Council Special Minutes of July 29, 2019 be approved as corrected.

Carried.

Council confirmed the following scheduled meetings:

August 7 & 8, 2019 – Chiefs of Ontario Education Meeting in Niagara Falls
August 12, 2019, 7:00 p.m. – Tyendinaga Mohawk Council Local Business
August 19, 2019, 9:30 a.m. – Tyendinaga Mohawk Council Regular
August 26, 2019, 7:00 p.m. – Tyendinaga Mohawk Council Local Business
September 9, 2019, 9:30 a.m. – Tyendinaga Mohawk Council Regular
September 16, 2019, 7:00 p.m. – Tyendinaga Mohawk Council Local Business
September 23, 2019, 9:30 a.m. – Tyendinaga Mohawk Council Regular
September 30, 2019, 7:00 p.m. – Tyendinaga Mohawk Council Local Business

MOTION #5: Moved by Josh Hill, seconded by Stacia L. Loft to pay the Olthuis Kleer Townshend invoices #26048 in the amount of $5,964.00 regarding various issues and #26284 in the amount of $22,784.00 regarding Cannabis Regulations.

Carried.

MOTION #6: Moved by Stacia L. Loft, seconded by Josh Hill to approve signing the Indigenous Services Canada Agreement No. 1617-ON-000039 regular funding for Wastewater/Water and additional funding for 2019-2020 for Education & Housing.

Carried.

MOTION #7: Moved by Josh Hill, seconded by Stacia L. Loft to acknowledge the Indigenous Services Canada Agreement No. 1617-ON-000039, Notice of Budget Adjustment 0032 increase in Education funding.

Carried.

MOTION #8: Moved by Stacia L. Loft, seconded by Josh Hill to acknowledge the Indigenous Services Canada Agreement No. 1617-ON-000039, Notice of Budget Adjustment 0033 Additional Post-Secondary Funding.

Carried.

MOTION #9: Moved by Josh Hill, seconded by Stacia L. Loft to acknowledge the 2018-2019 funding report from Tsi Tyonnheht Onkwawenna.

Carried.

MOTION #10: Moved by Stacia L. Loft, seconded by Josh Hill to approve signing the Cooperation Agreement with Right to Play.

Carried.

MOTION #11: Moved by Stacia L. Loft, seconded by Josh Hill that the Tyendinaga Mohawk Council hereby appoints Lisa Robinson as the interim Acting Ontario Works Administrator from June 28, 2019 to August 30, 2019.

Carried.

MOTION #12: Moved by Josh Hill, seconded by Stacia L. Loft to go in private. (11:20 a.m.)

Carried.

Recorded by:
Shelley Bowden, Executive Administrative Assistant

Original Signed by: Councillor Carl E. (Ted) Maracle, A/Chair

Tyendinaga Mohawk Council Minutes
AUGUST 9, 2019

A Special meeting of the Tyendinaga Mohawk Council was held on Friday, August 9, 2019 at 2:00 p.m. in the Council Chambers to discuss the Culbertson Tract.

Present: Chief R. Donald Maracle
Councillors: Josh Hill, Stacia L. Loft, Carl E. (Ted) Maracle

Staff: Shelley Bowden, Executive Administrative Assistant;

MOTION #1: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill that the Tyendinaga Mohawk Council hereby approve for Chief R. Donald Maracle to remove the Queen Anne Silver from the Bank of Montreal vault for the Lieutenant Governor of Ontario Honour Elizabeth Dowdeswell's visit to the Territory on August 10, 2019.
M.C.R. #2019/20-019.

Carried.

MOTION #2: Moved by Josh Hill, seconded by Carl E. (Ted) Maracle that this meeting be adjourned. (2:15 p.m.)

Carried.

Recorded by:
Shelley Bowden, Executive Administrative Assistant

Original signed by: Chief R. Donald Maracle

Tyendinaga Mohawk Council Minutes
August 12, 2019

A meeting of the Tyendinaga Mohawk Council was held on Monday, August 12, 2019 at 3:05 p.m. in the Council Chambers for Local Business.

Present: Chief R. Donald Maracle and Stacia L. Loft joined by phone, Councillors: Carl E. (Ted) Maracle and Josh Hill

Regrets: David Souliere, CAO, and Shelley Bowden, Executive Administrative Assistant

Staff: Angela Maracle, Senior Director of Operations

MOTION #1: Moved by Josh Hill, seconded by Stacia L. Loft that Council supports Holly Brant's endeavor to complete her Ph.D. dissertation entitled "Lifting Up the Voices of Tyendinaga's Health Care Professionals". This will involve the assistance of staff at the Community Wellbeing's Health and Social Programs by engaging our professionals to participate in focus groups. Holly Brant will share the final paper in hopes that this research will be of benefit to the staff, for programming and the whole community. M.C.R. #2019/20-020

Carried.

MOTION #2: Moved by Stacia L. Loft, seconded by Josh Hill
WHEREAS the Mohawks of the Bay of Quinte held its last election on December 9, 2017;

AND WHEREAS five election appeals were filed with the Assistant Deputy Minister of the Department of Indian Affairs and Northern Development;

AND WHEREAS Minister of Indigenous-Crown Relations, Carolyn Bennett, did not respond to any of the five election appeals;

AND WHEREAS administrative responsibility for Indian Act elections appeals was transferred on July 15, 2019 to Minister Seamus O'Regan;

AND WHEREAS Indigenous Services Canada has failed to respond to any of the five election appeals;

AND WHEREAS neither of the responsible ministers have responded on behalf of Crown Indigenous Relations or Indigenous Services Canada

AND WHEREAS honest, transparent and stable governance is essential to the wellbeing and social harmony of the Mohawks of the Bay of Quinte;

THEREFORE BE IT RESOLVED the Tyendinaga Mohawk Council insist that Minister Seamus O'Regan exercise his authority under paragraph 13(1) of the Indian Band Election Regulations forthwith to ensure that Indigenous Services Canada investigate and respond with certainty to the allegations contained within the five election appeals submitted to the department regarding MBQ's 2017 general election and that the response be provided to the Mohawks of the Bay of Quinte forthwith.. M.C.R. #2019/20-021

Carried.

MOTION #3: Moved by Carl E. (Ted) Maracle, seconded by Stacia L. Loft to accept the Canadian Experience Fund Grant in the amount of $150,000 for accessibility upgrades at Christ Church and Ojihisko's tomb restoration.

Carried.

MOTION #4: Moved by Carl E. (Ted) Maracle, seconded by Stacia L. Loft to accept the Enabling Accessibility Fund Grant in the amount of $30,043 for an accessibility ramp at Christ Church.

Carried.

MOTION #5: Moved by Josh Hill, seconded by Stacia L. Loft to go in private. (3:50 p.m.)

Carried.

Recorded by:
Angela Maracle, Senior Director of Operations

Original signed by: Chief R. Donald Maracle, Chair

Notice of Nomination Meeting

Notice is hereby given that a meeting of the Electors of the Tyendinaga Mohawks of the Bay of Quinte will be held at the ***Quinte Mohawk School*** *(1624 York Rd, Tyendinaga Mohawk Territory)* on ***Saturday*** the **26th** day of ***October 2019***, beginning at ***12:00 p.m.*** until ***3:00 p.m.*** for the purpose of nominating candidates for the positions of Chief & Councillors of the Band Council, for the next ensuing term. There are **four** (4) Councillor positions and **one** (1) position for Chief available.

The Election will be held at the *Quinte Mohawk School, 1624 York Rd, Tyendinaga Mohawk Territory* on Saturday the *7th* day of December 2019.

Please note that any voter may nominate candidates by using a mail-in nomination form (contact Electoral Officer at below contacts for nomination forms). You can either deliver or mail-in a written nomination and a completed, signed and witnessed voter declaration form to the Electoral Officer before the time set for the nomination meeting OR you may nominate candidates orally at the nomination meeting.

Also note that any voter may vote by mail in ballot. If you will not be available to vote in person on the Polling Day, you may make arrangements with the Electoral Officer to receive a mail in ballot.

Given under my hand at Tyendinaga this this 17th day of September 2019.

Vaughn Johnston

Vaughn Johnston
Electoral Officer

P.O. Box 101, SSM
Sault Ste Marie, ON CAN P6A 5L2

Email: vaughn_johnston@hotmail.com

Toll Free: 1.866.286.7130
Text: 1.705.849.8072

P.O. Box 35
Sault Ste Marie, MI USA 49783

Federal Indian Day School Class Action Information

"Beginning August 19th, 2019, Class Members will have 90 days to opt-out of the Settlement by removing themselves from the Class. Opting out is a serious and permanent decision. **Those choosing to opt-out of the Settlement will receive no compensation from this Settlement but will retain the right to bring an individual claim against Canada for harms suffered**, if they wish to do so. Anyone choosing to opt out must complete and submit the Opt Out Form by November 18th, 2019."

What to do now?
"Survivors will be able to apply for compensation; however, compensation will not be issued until after the implementation date. Claims for compensation will begin to be processed for compensation 120 days from August 19th, 2019, subject to any appeals that are brought."

The Claims Form is available for review at http://www.indiandayschools.com/en/ or by contacting Gowling WLG at 1 -844-519-3815.

"Right now, you are encouraged to review the Claims Form and requirements. Information about how to make a claim will become available on this website in the coming weeks."

"Once the claims process has started, Class Members will have two and a half years to complete the Claims Form. To be eligible for compensation, Survivor Class Members must have attended one of the identified Day Schools listed on Schedule K" on the website.

If you haven't done so already, "please complete a Registration Form to receive information about the settlement as it becomes available. As of now, there is no deadline to register.

Should you have any questions or require support, please contact Gowling WLG at 1 (844) 539-3815 or visit http://www.indiandayschools.com/en/

OR

Your local Community contact for questions or for help completing forms is Tracey Gazley at 613-922-3617 or email greatblueheronconsulting@gmail.com

Red Cedars Shelter Pre-

Our 5th Annual Halloween Family Fun Day!!!!

Lots of snacks and drinks!!

When: Saturday October 19
Time: Noon to 3:00pm
Place: Red Cedars Shelter

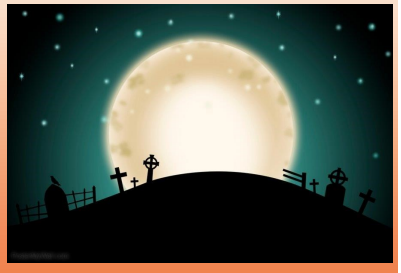
Free Treat Bag for Kids!!!

Face Painting

Lots of neat stuff to see and do!!

Photographer

Wear Your Costume!!!
May be cool, so bring a sweater!!



This is a free event! Come on out, visit and share some laughs!
For more info call: Sheila Loft 613.967.2003

Tahatikonhsotontie Head Start
October Workshops
Open to Community Members

Thursday October 10th
from 1:30-3:30pm
Fall sign

Come out and make a fall sign with Nicki Phillips–Gallagher.

To take part in a workshop, please call Carla @ 613-396-6716

***The deadline to sign up, is the Friday before the workshop**
Limited Spaces

Workshops will be held at:
Tahatikonhsotontie Head Start:
9 Deserontyon Drive, Tyendinaga Mohawk Territory

Brought to you by: Tahatikonhsotontie Head Start & Family Health and Child Development

Everyone is welcome
Diabetes Wellness Circle

Oct 15, 2019
6:30-8:00pm
Community Wellbeing Centre
Teaching Lodge

Come share your Diabetes journey
Lets learn from each other
Support each other
Care for each other

Contact
613 967 3603

Shelly or Jamie
For more information

Diabetes Education Program

Alzheimer Society
HASTINGS - PRINCE EDWARD

MBQ Community Health and Home Support Programs are partnering with the Alzheimer Society of Hastings-Prince Edward

ATTENTION

THE MEMORY CAFÉ WILL RESUME
THURSDAY OCTOBER 31, 2019

COMMUNITY WELLBEING CENTRE
2:00PM—3:00PM

If you have any questions please contact the CHR's at 613-967-3603

Community Kitchen

October 11, 2019

9am-1pm

Community Wellbeing Centre
Teaching Lodge

Cook and sample new foods, try new recipes & discover healthy eating on a budget

Spaces are limited
Please contact Jodi to register
613-967-3603

Family Health & Child Development Program - Coming Events

October Community Circle

October 7th or 8th
6:00pm-8:30pm
Community Centre Upstairs

This month - creating a wooden tray for fall.
Nicki Phillips-Gallagher, from Nicki's Beautifully Reclaimed: Furniture & Home Décor in Belleville will be facilitating this workshop.

ALL PARTICIPANTS MUST REGISTER!
Community Circle is open to 16+

REGISTRATION DATE: Monday September 30th 2019
Social Reception - Community Wellbeing Centre

Spaces are limited to 25 per night, Registration fills fast
Registration fee is $5.00 and non-refundable

FAMILY HEALTH & CHILD DEVELOPMENT PROGRAM'S

OCTOBER PLAY GROUP

Everybody's welcome!!

WEDNESDAY OCTOBER 2, 23, 30th – 9:00 AM TO 11:00 AM

See you at the Community Wellbeing Centre
50 Meadow Drive, TMT

*Light refreshments provided

Bears & Cubs—XTREME TRAMPOLINE PARK

An hour of jumping + socks included

OCTOBER 19TH 2019
10:00—11:30 am

1525 Robinson Court, Kingston

Please register by calling Social Reception at 613-967-0122
The names of the jumpers will be needed on registration

HALLOWEEN CRAFT NIGHT

October 15th, 2019, 5:30– 8:00 pm
Mohawk Community Centre - Upstairs

Paint a pumpkin picture frame while watching Casper & enjoying a spaghetti dinner.

Children are invited to wear Halloween costumes.
Light refreshments provided
Parents are require to stay with their children

Please register by October 11th with Social Reception 613-967-0122

Presented by:
Family Health & Child Development
& Mohawk Family Services

Samko Toy Warehouse & Vaughn Mills Mall Trip

Wed. Nov. 27, 2019, 7:30am-7:30pm
$25.00 per person

The coach bus will leave the Sports Complex at 7:30am sharp. We will stop at the En-Route on the way. The bus will drop us off at Samko for an hour and then to Vaughn Mills Mall. We will stop at the En-Route on the way back for supper.

If you have any questions please call 613-967-0122
Please register at social reception at the Community Wellbeing Centre, payment is non refundable.

This is being offered through the FHCD program.

THE NATIONAL WOMEN'S DAY SHOW

The ultimate girls day out
– Shop for exclusive product
– Sample delicious food and get tips for healthy eating
– Free mini makeovers
– Watch the catwalk for the hottest fashion and local designers
– Visit www.nationalwomensshow.com for more information

NOVEMBER 15TH 2019
TORONTO CONVENTION CENTRE

Bus will leave Sports Complex (1935 York Rd.) at 7 am and is expected to return at 7 pm

Visit Social Reception to register
Cost: $30/person non-refundable

Good Food Box
2019

Order & Pay By 4:30pm	Order Arrives
October 8, 2019	October 16, 2019
November 12, 2019	November 20, 2019
December 10, 2019	December 18, 2019

GOOD FOOD BOX ITEMS

Large Food Box	Small Food Box	Fruit Bag
5 lb. Potatoes	2.5 lb. Potatoes	6 Apples
2 lb. Carrots	2 lb. Carrots	6 Bananas
2 lb. Onions	2 lb. Onions	6 Seedless Oranges
1 Broccoli	1 Broccoli	1 Lemon
1 Celery	1 Celery	2 Kiwis
1 Lettuce	1 Lettuce	
1 Cucumber	1 Cucumber	
1 pkg Mushrooms	1 bunch Green Onions	
1 Green Pepper	1 Hothouse Tomato	
1 bunch Green Onions	2 Apples	
2 Hothouse Tomatoes	2 Bananas	
1 Zucchini	2 Seedless Oranges	
4 Apples		
5 Bananas		
4 Seedless Oranges		

For more info call Vanessa at 613-967-3603

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

Please note this program is available to ALL community members. The program enables everyone to have access to fresh, wholesome, and affordable healthy foods. Contents may change due to cost, availability and season.

PLEASE NOTE - PROGRAM CHANGES, AVAILABLE PRODUCTS, & COST

GOOD BABY FOOD BOX

The Good Baby Box helps any and all families stretch their dollar, reduce cost, and meet nutritional and other needs of their infants and toddlers.

Formulas: Powder ONLY, concentrated no longer available

- Carnation Good Start (powder) $16.00/can
- Enfamil lower iron (powder) $18.00/can
- Enfamil with iron (powder) $18.00/can
- President's Choice (powder) with iron $10.00/can
- President's Choice (powder) lower iron $10.00/can

Specialty Items:

Wipes, Diaper cream, Breast pads, Infant Cereal, Infant biscuits, Soap, Shampoo, Lotion

Infant:-$6.50
20 pack of diapers
1 choice of specialty items

Over 6 Months-$6.50
20 pack of diapers
1 choice of specialty items

Toddlers:-$6.50
20 pack of diapers
1 choice of specialty items

For more information, please contact VANESSA BONNER @613-967-3603

Tyendinaga Fitness Resource Centre

October 2019

Discovering the Balance by working the Mind, Body, Heart and Spirit

HOURS

Monday - Thursday
6:30am-9:00pm
Friday
6:30am –6:00pm
Saturday
8:00am –2:00pm

Fees:

Senior (55+) $20.00
Student $25.00
Adult $30.00

Contact:

613) 962-2822
tyfitness@mbq-tmt.org
14 York Road Unit
#1&2B Shannonville

HAPPY
THANKSGIVING

Closed Monday October 13th, 2019

Journey to Lose

Tyendinaga Fitness Resource Centre

(613) 962.2822 tyfitnessres@mbq-tmt.org 14 York Road Unit #1 Tyendinaga Mohawk Territory

Starting: October 7th, 2019
Ending: November 18th, 2019

Want to lose weight for the Holidays? Need some motivation to get started? This is the contest for you! Lose the highest percentage of weight, you win half the earnings!

(note: you do not have to be a member to enter!)

Weigh in at TFRC on October 7th,
we are open 6:30 am - 9:00 pm
There will be a half way point weigh in on October 28th, 2019

Sign up now:
Registration : $ 20.00

Yoga

Starting October 1st, 2019

Senior Chair Yoga Tuesdays 10:00am - 11:00 am
(Bring small blanket and pillow)

Hatha and Himalayan Yoga Monday 6:00 pm - 7:00 pm

Drop in Classes
Sign Up TODAY!
Free with TFRC Membership
or $5.00 drop in

Instructor:
Grace

Times:	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am	SENIOR CLASS (60 MINUTES)		SENIOR CLASS (60 MINUTES)	SENIOR CLASS (60 MINUTES)	
12:15 pm	TABATA (30 MINUTES)	BODY SCULPT (30 MINUTES)	UPPER BODY STRENGTH (30 MINUTES)	BOOT CAMP (30 MINUTES)	ONE HIIT WONDER (30 MINUTES)
12:45 pm	ABS (30 MINUTES)	LEG DAY (30 MINUTES)	PURE CARDIO (30 MINUTES)		
6:00 pm	HATHA AND HIMALAYAN YOGA (60 MINUTES)	BOOTCAMP (45 MINUTES)		BOOTCAMP (45 MINUTES)	

CANNING WORKSHOP

With Samantha Doxtator, Wolf Clan Oneida Nation

Come learn how to pressure can and learn some new canning recipes with the traditional three sisters!

White Corn Salsa
Blanch Freezing Squash
Pickled Green Beans

PROVIDED BY THE DIABETES EDUCATION PROGRAM AND FAMILY HEALTH & CHILD DEVELOPMENT PROGRAM

OCTOBER 9, 2019

10:00AM-3:00PM

Teaching Lodge Community Wellbeing

CALL JAMIE TO REGISTER AT 613-967-3603 EX. 122

mobileyez

EYE EXAMS AND GLASSES

JUNE - AUGUST SUNGLASS BLOWOUT 20-50% OFF
NEW! NEW! NEW! INTRODUCING INSURANCE COVERED AYA BIFOCAL SUNGLASS READERS

2019 SCHEDULE: ONCE EVERY MONTH
... JULY 05 ... AUG 28 & 29 ... SEP 13 ... OCT 18 ... NOV 08 ...

COMMUNITY WELLBEING CENTRE
50 MEADOW DRIVE, DESERONTO

TO BOOK YOUR EYE EXAM CALL MOBILEYEZ TOLL FREE: 1-866-920-6480

PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT
WE DO DIRECT CLAIMS FOR NIHB, GREEN SHIELD, MANULIFE, SUNLIFE, GREAT WEST LIFE, INDUSTRIAL ALLIANCE ETC.
QUESTIONS? CONTACT MOBILEYEZ AT 416-619-0064 TOLL FREE 1-866-920-6480 INFO@MOBILEYEZ.COM

Walking Program

The Walking Program will resume Tuesday September 10, 2019 and will end Tuesday June 23, 2020.

Transportation will be provided to the Quinte Sports & Wellness Centre, Belleville ON

Please contact the CHR Program at the Community WellBeing Centre at 613-967-3603 to register for the Fall Program.

Medical Transportation Program

We are open Mon-Fri
8:30am-4:30pm

We require 24 hours' notice for all Medical transportation requests.

Tyendinaga Home Support Program

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

Meal Programs:
The Diner's Club meal program provides a hot nutritious meal and social integration opportunities to our senior population. Diners Club is offered twice a month and three times monthly for every month that has a 5th Wednesday. The Breakfast Club and Supper Club programs are offered on a seasonal/monthly basis.

The Meals on Wheels program offers a hot nutritious meal, delivered to a clients home three times weekly by our staff and volunteers.

Transportation Program: Transportation to our programming is provided to seniors without their own means of transportation. This is a non-emergency service focused on transportation to Home Support programs and essential community services such as banking, post office and grocery shopping. Examples of this service may include; runs to Deseronto, monthly shopping trip, social programs, day trips.

Home Maintenance Program: Assistance can be provided for household tasks beyond the individual's capability that do not require a licensed professional or fall under the scope of duties of a Personal Support Worker. Examples of this service may include: grass cutting, painting, window washing.

Social & Recreational Programs: Provides supervised activities for seniors in a group setting. Examples of this service include: ceramic classes, wii bowling, scrapbooking, day trips and seniors fitness programming.

Friendly Visiting: Provides "friendly visits" to seniors generally in their homes. Visits are made by staff and volunteers under agency supervision to help reduce loneliness and isolation.

Security and Reassurance: This program ensures the wellbeing and safety of our clients through a phone call or brief visit as little as once a month or as often as once a day upon client need and available resources.

Emergency Response: This program provides information, referrals and assistance with medical alarms. The goal of this program is to provide clients with the security and confidence to continue to live independently.

Client Intervention and Assistance: The goal of this service is to provide support and crisis intervention in critical situations, stabilize and put a plan in place for the longer term. Activities may include intervention and support for people facing homelessness, a critical or impending change in life situation or abuse and isolation.

If you are interested in any of the above programs and/or would like to start receiving our monthly newsletter, please contact Jessica Brant @ 613-967-0122, ext. 110.

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
OR the Belleville Kinsmen Community Pool and Splash Pad at your convenience.

1. Stop in to CWC Health reception during business hours (8:30-4:30) Mon-Fri and pick up passes.
2. Check out the QSWC or BKCP&SP schedule, pick a time, gather the family & go!

NOTE– passes are one pass per person per activity and must be left with venue staff at the time of use.

Need more info? Please Call:
Denise Leafe, Community Health Representative 613-967-3603

Enyonkwa'nikonrihyo:hake Program Events

Corn Wash Basket Making

with Richard Nolan, Turtle Clan Kahnawake

Fri. Oct 11, 2pm-8pm, Sat. Oct 12 & Sun. Oct 13, 9am-4pm
Teaching Lodge, CWC

Come join us for a fun, creative and educational weekend of Corn Wash Basket making.
Cost per person is $250, Enyonkwa'nikonhriyohake' will cover $160, you will be responsible for $90.

Spaces limited to 10 participants

Spot will not be secured until $90 non-refundable registration is paid. Open to adults 18+

Lunch & Snacks will be provided

Cornhusk Mat Making Workshop

with Samantha Doxtator, Wolf Clan Oneida Nation

Thursday Oct 10, 9am-4pm, Teaching Lodge, CWC

Seats limited to 15 participants… spot not secured until $20 non-refundable registration is paid

Originally, Cornhusk Mats were placed at the doorway of longhouses with the braided side down, and the loose husk up for everyone to walk across before they entered. Corn, already important to our people, held special significance to clean off any negativity from anyone entering the longhouse. To this day, many people still lay these mats at the doorways of their homes to keep the energy good that's coming in.

This workshop also teaches and inspires: Teamwork and Cooperation, Patience and Attention to Detail, Listening Skills, Problem Solving and Trouble Shooting Skills, all while enhancing Creativity and promoting Positive Self-Esteem.

In this one day workshop each participant will be able to complete a medium sized (36" in diameter) Cornhusk Mat.

Lunch/Snacks will be provided think GREEN bring your feast basket or bag

Let's Talk Menopause

with Penny Slimmon & Louise Herne

Wednesday October 16/19, 9am-2pm
Teaching Lodge, 50 Meadow Drive, Tyendinaga
Lunch will be provided

MENOPAUSE IS NOT AN ILLNESS BUT IF ONE HORMONE IS OUT OF BALANCE IT CAN SEND ALL OF YOUR HORMONES VEERING OFF A CLIFF AND LEAVE YOU HANGING ON FOR DEAR LIFE.

HANG ON, HELP IS ON THE WAY. SIT BACK AND LEARN HOW TO REGAIN BALANCE AND ENJOY THE RIDE TOWARDS THIS NEXT STAGE OF LIFE

TICKETS LIMITED

Penny - Chartered Herbalist, Iridologist, Reflexologist, Quantitative Fluid Analyst, and Biofeedback Specialist

Louise - Bear Clan Mother, Mohawk Nation

NOTE: Participants who register and are in attendance for the "Let's Talk Menopause Workshop will receive a free ticket to Menopause the Musical playing Wed Oct 16 @ 7:30pm at the Grand Theatre, Kingston. **CALL IN ADVANCE TO REGISTER! Tickets are limited, first come first serve.**

For more information and to register or any of these Events contact:
Mallory Maracle, Social Reception, 613-967-0122

Announcements

Happy Birthday

Happy Birthday Tara – October 1st
Love Aunt Marilyn & Uncle Rick

Happy Birthday Jess – October 4th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Jolie – October 5th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Rick – October 8th
Love Marilyn

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

Happy Birthday Brad – October 8th
Love Mom & Dad

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

Happy Birthday Cooper – October 13th
Love Aunt Marilyn & Uncle Rick

Happy 16th Birthday Skyler – October 21st
Love Marilyn & Rick

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

Happy 6th Birthday Piper – October 25th
Lots of Love Aunt Marilyn & Uncle Rick

Happy Birthday Cheyenne – October 28th
Love Aunt Marilyn & Uncle Rick

Happy Birthday Adam – October 31st
Love Aunt Marilyn & Uncle Rick

Happy Anniversary

Happy Anniversary Bill & Nancy – October 7th
Love Marilyn & Rick

Happy Anniversary Jeff & Ashley – Oct 30th
Love Aunt Marilyn & Uncle Rick

THANK YOU!!!

To the following who helped me get to the **National Box Lacrosse Championship Tournament** held in B.C. in August. Playing for Team First Nation Bantams and winning the Bronze medal was an amazing experience & I look forward to tryouts next year!

Deb's Restaurant	Oasis	Legacy 420
Fiddlers Green	Scott Maracle	Smokin' Speedway Gas
Freeflow /Gas n Go	Smoke Signals	Loft-Doxtator Family
Kevin Brant	Smokey's Shop	Two Hawks Tobacco
L & M Convenience	Smokin' Express	Mohawk Duty Free
Medicine Man Dispensary	Tyendinaga Computers	Village Variety

All proceeds went towards the cost outlined by the organization as well as the purchase of last minute equipment that was needed.

Without the support of those within our community, like these businesses, some kids would not be able to participate in some of the things they do. For that, I very much appreciate the support!

Nyawen'kó:wa,
Reese and Lori Nugent

Deseronto Legion Branch 280

Pickett Fences- October 12th
4pm to 8pm
$5 for non members- All Welcome

Texas Tuxedo -Halloween Dance - October 25th (upstairs hall)
9pm to 1am
$5 non members- All Welcome

Fresh Lyed and Dried Corn
available at
The Lazy Gardener
613-966-7985
thelazyg2@gmail.com
1154 York Rd., Tyendinaga Mohawk Territory

WILD GAME COMMUNITY FEAST

(OR Roast Beef Dinner will be available)

DATE: **WEDNESDAY NOVEMBER 20, 2019**

LOCATION: **MOHAWK COMMUNITY CENTRE**
1807 YORK ROAD, TMT, ON
TIME: 5 PM—7 PM

TICKET COST: **$10.00 per person**
Seniors: - **$8.00 per person**
CHILDREN 6 AND UNDER FREE

Tickets Available at:
COMMUNITY WELLBEING CENTRE: HEALTH & SOCIAL RECEPTION
LIMITED TICKETS AVAILABLE

"MUSIC AND DOOR PRIZES"

Proceeds to go toward LIL NHL
Hosted by: Community Health
Community WellBeing Centre
613-967-3603

Drop-in Pumpkin Painting & Carving

Paint or carve a pumpkin

October 28, 2019
5pm - 8pm
Community Centre
Entry Fee: Donation to the Food Bank

- **Parents/guardians must stay to assist their children**
- **All ages and skill levels welcome**
- **No sign up required**

Indigenous Victim Services & ***Family Wellbeing Program*** - If you have any questions contact Becca Hill at 613-438-0065

MBQ Water Monitoring Schedule Is Back

The Mohawks of the Bay of Quinte Drinking Water Safety Program would like to announce the new schedule for water sampling collection. With the introduction of an area specific schedule in January, the program saw a large increase in community participation and engagement resulting in a substantial number of community members having their water quality tested and access to valuable information about their water.

Many of the homes in Tyendinaga require treatment systems using UV lights, chlorine, peroxide and other types of disinfection. With regularly scheduled water sampling, we can monitor whether these systems are operating effectively and that if you are consuming your water that it is safe to do so.

Health Canada recommends that you have your water **checked each season** and we are hoping that with the continuing level of participation we will be able to provide water sampling services for the community year round.

Date/Month	October	November
1st to 15th	Beach Road Snookies Road Queen Street Atsia Court Shannonville Road Tom's Road Young Street	Highway 49 Bell's Road Mowbray's Road Old Highway #2 North Church Lane
16th to Month's End	Johnson's Lane York Road South Eli's Lane Old York Road	Milltown Road Norway's Road Mark's Road Upper Slash Road

We will be in these areas on these dates but we do encourage and welcome appointments to better accommodate everyone's schedule. To book an appointment to have your water tested please contact **Sam** at the Water Department at: **613-396-3424 Ext. 131** **watersampling@mbq-tmt.org** or **Liz Brant at 613-396-3424 Ext. 129.**

In celebration of breast-feeding week guest speaker Dr Langley will present on breast cancer awareness/prevention October 1st from 10:00-11:00am during breastfeeding group at the CWC teaching lodge!

Please register with Michele Edwards CHN at 613-967-3603 x 118 by Sept 24th. Space is limited, Mom's, babies, grandma's, aunties are welcome too.

Light refreshments will be provided.

TYENDINAGA BREAST FEEDING CIRCLE

Every year World Breastfeeding Week is celebrated in Canada the first week of October; the Tyendinaga Community Health team and Tyendinaga Breastfeeding Circle would like to acknowledge and honour the women in our community!

Breastfeeding is the traditional way of feeding our babies. It is however so much more than food. It is a first act of food sovereignty. With no packaging required it helps save the environment. It is free, which helps our families put their money towards other things they may need. It helps create a strong bond between mother and child. With the many health benefits breastmilk provides, moms are also helping to ensure optimal long-term health for our community.

The journey of feeding your baby can be different for everyone. From on-demand breastfeeding singletons and twins to pumping to provide milk for a baby still in hospital, to formula feeding. We are honoured to support each and every one of you.

Nya:wen to all our mothers!!!

ANNUAL CHRISTMAS CRAFT SALE!!

Saturday, Nov. 16, 2019
9am - 4pm
1807 York Road

LIMITED VENDOR SPACE AVAILABLE!
Downstairs kitchen available
All payments are due by November 8, 2019
Please contact Bonny Bear or Renee at 613-396-3424 if interested in a table

All proceeds to the Food Resource Centre

On **Sunday, November 24th, 2019**

Mohawk Family Services is hosting
The 13th Annual Christmas Merchandise Bingo

Mohawk Community Centre
1807 York Road
Doors Open at 12:00pm
Bingo starts at 1:00pm
Children over 6 years of age are welcome!
Tickets go on sale at the Community Wellbeing Centre on Friday, November 22, 2019 from 4:30pm-7:30pm in the Teaching Lodge
Each ticket is $2.00
Each adult will only be permitted to purchase 2 red adult tickets and up to 6 kid tickets. Kids 12 and under must play kids' cards, 13 and up must play adult cards.

Merry Christmas

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

WOOD ASH CORN LYING

OCTOBER 17, 2019

Join us and learn about lying white corn with wood ash and its nutritional benefits. We will also be making & enjoying corn soup for lunch!
9:00am- 4:00pm

TYENDINAGA DIABETES EDUCATION PROGRAM

CWC Teaching Lodge Kitchen

Call Shelly, Jodi or Jamie to register
613-967-3603

SPACE IS LIMITED

Kanhiote Library

Knitting/Crochet Group

Join our group each Wednesday evening to inspire and motivate each other!
No instructor, no fees, no pressure! - just fun & support!
NEW TIME! 1-3 pm @ Kanhiote.
Call Kelly-Anne at 613-967-6264

Chase the Ace!

Congratulations to Cindy Brant for drawing the Ace of Spades and winning our Chase the Ace Jackpot!! Nya:wen kowa to everyone who supported our fundraiser! Chase the Ace will return in September!

Find us on Facebook
@kanhiotepubliclibrary

Family Activity Drop-In Nights

at Kanhiote Library
6pm - 8pm

Drop-in, do an activity together and hangout for as little or as long as you want!

Wednesday February 12

Crafts& Painting night

Guardians are to stay with child/youth and participate if possible. The definition of family for this event is broad and includes but is not limited to, two-parent families, single parent families, step-parents, grandparents, step-grandparents, aunts, uncles, cousins, kinship families, foster parents, foster siblings or anyone sharing common ancestry with a child/youth.

Brought to the community by ***Kanhiote Library*** & the ***Family Well-Being Program***

Library Hours!

Tuesday	**10 - 2**
Wednesday	**1 - 7**
Thursday	**1 - 7**
Saturday	**10 - 2**

Beading

Every Thursday at 6:30 p.m.

Genealogy Group

2nd Monday each month @ 5p.m.

Ahsénhaton (Wednesday) Kenténha (Oct) 30ht,
Sha'tewahsenna énska yawén:re niyohwihstá:'e - tékeni niyohwihstá:e
(11:30 am - 2 pm)

Soup's On

Come in and get a delicious bowl of soup, and roll $5.
Include a dessert for $1!

Kanyen'kéha Tewatá:ti! *Lets speak Mohawk!*

Onón:tar

Nikana'tará:'

Wisk

CLASSIFIEDS

WANTED

Looking for 2-3 bdrm house Hwy #49 or east of.
Call Melinda, 613-813-1748

WANTED

2+ acre building lot, preferably waterfront.
Please call 832-741-8530

WANTED

Interested in renting or rent to own.
Need 2+ bedroom house & garage.
Call David, 613-403-4421

WANTED

Looking for a 1-2 acre building lot On TMT.
Please call Karl at 613-438-3009

HOUSE FOR SALE

2 bdrm. 1400 sq ft., well (never runs out), many new upgrades, internet ready, living room, dining and 1 bath and 2 car garage on 3/4 acre lot.
Asking $200,000.00
For more information contact Balin at 343-889-1219

PROPERTY FOR SALE

Waterfront acres connects Bay with Sucker Creek on Gordon's Point
613-969-0239, Basil & Pat Miller

WANTED

Looking for a building lot. Preferreably about an acre but will look at any size.

Please call John at 613-827-5443

WANTED

Looking for 1 bdrm apartment
Non-smoker/non-drinker, no pets.

Please call Paul at 613-243-7786

WANTED - HOUSE OR LOT

Looking to purchase an existing home or building lot on Territory.
Please contact: 289-217-9442 or email warrengraw@hotmail.com

WANTED

Looking for land or 3 bdrm home on TMT, reasonably priced.

Contact via text 613-438-8150 or email kennedykija@gmail.com

LOT FOR SALE

1.3 Acre Lot Overlooking BoQ
Located at 518 Ridge Road
"Great Oak Lodge" $60,000.00
Call 613-922-3137

HOUSE FOR SALE

3 bedroom, on lot just shy of an acre.
Less than 10 years old.
Call: 613-243-8044

ITEMS FOR SALE

Large 1/2 moon window—$75
2 closet doors with tracks - $25 each
Large window air conditioner - $50
Counter top gas range - $100
Call: 613-243-8044

LOOKING FOR

Leather jacket, good condition, mid-thigh length w/fringe on bottom, top and bottom of sleeves, chest and back. Approx. women's med-large.
Call Florence @ 613-848-8171

HOUSE FOR SALE

On York Road
Great location, needs work

TEXT ONLY
613-391-7130

HOUSE FOR SALE

145 Hwy #49, 3 bedroom, 1 bath.

Call Lisa AFTER 3:00 pm for details or to view house. 613-242-9130.

HOUSE FOR SALE

3 bedrooms 1976sq.ft water will be hooked up along York Road. Many new upgrades such as drywall throughout, Laminate flooring, new doors, 2 full baths, propane heating, paved driveway and wrap around deck.
For more information please contact sherryloft@yahoo.ca text or call 613-847-9423

Kenhté:ke Midwives

Kontinenhanónhnha Tsi Tkahà:nayen

"They are protecting the seeds at the Bay of Quinte"

A Birth Story...

When a baby is born, it is important and proper for the parents to welcome them to the earth so they have a good life. The Mohawk people believe it is necessary to have a name prepared for the baby so the baby will know their family, their people and the entire world as soon as they arrive. Also, the entire world will know the baby and will support it throughout their lifetime with their power and support for however long the person will be on the earth. So they will say a speech to the baby as soon after that they have been born as is possible to welcome them. So, when they are born they are the most clear-minded and this is the most "Powerful & Vulnerable time". The first few minutes of birth sets the stage for its entire life and our people understand this.

Accepting NEW clients

Visit: www.kenhtekemidwives.com or on facebook @kenhtekemidwives
For general inquiries: Call us Monday-Friday, 8:30am-4:30pm at 613.969.2223, Or email us at: shekon@kenhtekemidwives.com
Located at 5965H, Old Highway 2, Tyendinaga Mohawk Territory, K0K 3AO

ARE YOU USING VAPING AS A WAY TO QUIT SMOKING CIGARETTES?

Know the risks associated with e-cigarette use

Need support quitting?

Contact me for Smoking Cessation Counselling!

Jamie Kring RSSW, CTE

Registered Social Service Worker

Certified Tobacco Educator

613-967-3603 ex. 122

diabetespaw@mbq-tmt.org

SPONSORED BY THE DIABETES EDUCATION PROGRAM

DID YOU KNOW?

DIABETES PREVENTION

Type 2 diabetes in Indigenous youth is the fastest growing pediatric chronic disease worldwide, with childhood obesity as the immediate determinant. (Diabetes Canada Clinical Practice Guidelines)

Type 2 diabetes historically has been diagnosed in adults 40 years and over, today, its been identified in children as young as 10 years old. Is this alarming, absolutely!

Our children are at risk, but we can prevent this. How?

1. **Increase physical activity.**
2. **Promote healthy eating habits.**
3. **Encourage a healthy body image.**
4. **Reduce/limit screen time.**

For further information please call Community Health Programs, Community Wellbeing Centre @ 613-967-3603 to speak to CHR or CHN.

Our future generations need us to be well today.

Apricot oat muffins/ https://diabetes.ca/

Ingredients

- ½ cup (125 mL) whole-wheat flour
- ½ cup (125 mL) all-purpose flour
- 1 cup (250 mL) rolled oats
- 1 tsp (5 mL) baking powder
- ½ tsp (2 mL) baking soda
- 1 large egg (or 2 egg whites)
- ¼ cup (50 mL) canola oil
- ½ cup (125 mL) lightly packed brown sugar
- 1 cup (250 mL) plain non-fat yogurt
- ½ tsp (2 mL) almond or pure vanilla extract
- ⅔ cup (150 mL) finely chopped dried apricots
- 12 whole almonds

1 Instructions

1. Preheat oven to 400°F/ 200°C.
2. Line compartments of a muffin pan with paper liners (or spray with cooking spray). In a food processor fitted with the steel blade, combine flours, oats, baking powder, and baking soda; process for 5 seconds.
3. Add egg, canola oil, brown sugar, yogurt, and almond extract; process for 25 to 30 seconds or until smooth and blended. Stir in apricots with a rubber spatula.
4. Scoop batter into prepared muffin pan, filling each compartment about two-thirds full.
5. Top each muffin with 1 almond.
6. Bake for 20 to 25 minutes or until tops are golden brown and spring back when lightly touched.

Nutritional Information Per muffin

Amount	**% Daily Value**
Calories 160	
Fat 6 g	**9** %
Saturated + Trans 1 g	**5** %
Cholesterol 0 mg	
Sodium 155 mg	**6.5** %
Carbohydrate 25 g	**8** %
Fibre 2 g	**8** %
Sugars 0 g	
Protein 4 g	

FREE

Community Breakfast

Go Purple Day

Thursday, October 24,2019

@ Community Centre, 1807 York Rd.

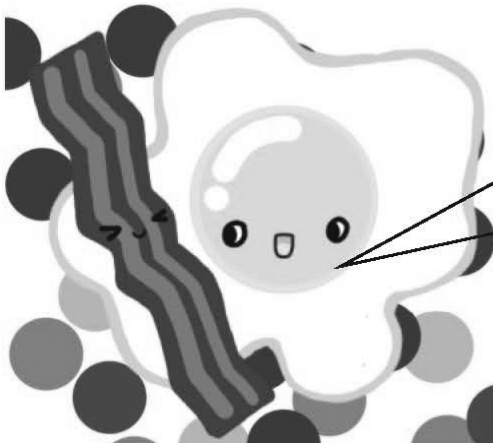
7:00am-11:00am

Or until all food is gone!

Enter a Draw for a chance to win a prize

Information booth set up

THIS YEARS THEME:
DUTY TO REPORT



Wear Purple in Honour of Child Abuse Prevention Month

Brought to you by
Mohawk Family Services

GO PURPLE DAY

OCTOBER 24, 2019

EVERY CHILD AND YOUTH HAS A RIGHT TO SAFETY AND WELL-BEING

Themed Word Scramble

Instructions: Unscramble the words in the list then unscramble the circled letters to find the answer and this years theme.

1) BAUSE

2) GLENECT

3) PRTTOECION

4) YTUD

5) REPONSSIBIILTY

CLUE

Everyone, including members of the public and professionals who work closely with children, is required by law to notify their closest Children's Aid Society if they have reasonable grounds to suspect that a child is or may be in harms way.

ANSWER

Brought to you by,
Mohawk Family Services
613-967-0122

MOHAWK PENTECOSTAL CHURCH

WHEN WE MEET

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

1984 York Road
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325
www.tmpc.ca

COMING EVENTS

Oct 5, 2019	Annual Pig Roast, 1pm - 5pm,tickets available in August
Oct 4,5,6. 2019	Quinte Celebration of Hope at CAA centre Belleville, Ont. call Church for more info
Oct 13, 2019	Thanksgiving Service, 10:30am
Oct 26, 2019	Men's Retreat - Gananoque w/Billy Richards. call Church for more info
Nov 24, 2019	Leket Canada, 10:30am

In every thing give thanks:for this is the will of God in Christ Jesus concerning you.

1 Thessalonians 5:18

THE ANGLICAN PARISH OF TYENDINAGA

A Spirit-filled and life-giving place where strangers become friends and friends become disciples.

Bishop:	The Rt. Rev. Michael D. Oulton
Priest:	Rev. Rod BrantFrancis, 613-396-8644
Priest Associate:	Rev. Lisa BrantFrancis
Lay Readers:	Cathie Vick, 613-922-3040
	Doug Green, 613-396-2337
Parish Office:	1295 Ridge Rd, Tyendinaga
	613-962-2787
	parish@parishoftyendinaga.org

Please join us for our Sunday celebrations at 9:30 a.m. and all other events that we share with you! We'd love to see you!
All Saints Church, 1295 Ridge Road TMT

Bible Study ~ Tuesdays at 7:00 p.m.

Mid-week Communion ~ Wednesdays at 12:00 p.m.

October 6 ~ Pentecost 17 Holy Communion

October 13 ~ Harvest Thanksgiving Holy Communion

Saturday October 19th 2 – 4pm Gospel Jamboree
at the Queen Anne Parish Centre.
Come enjoy food, fellowship and be inspired by the wonderful
gospel music presented by local musicians.

October 20 ~ Pentecost 19 Morning Prayer

October 27 ~ Pentecost 20 Holy Communion

Queen Anne Parish Centre is available for rent. A great space to use for meetings, seminars, family gatherings, etc… Please call our office at 613-962-2787 for further details.

For the most up-to-date information like us on Facebook.
www.facebook.com/TyendinagaAnglican

CHURCHES

All Saints' Church (and Queen Anne Parish Centre)
1295 Ridge Rd, Tyendinaga Mohawk Territory

Bishop Ordinaire The Rt. Rev. Michael D. Oulton Christ Church, HM Chapel Royal of the Mohawks
52 South Church Ln. Tyendinaga Mohawk Territory

Free Legal Advice Clinic

@ FNTI

CALC

Community Advocacy & Legal Centre

Wednesday
October 30, 2019
2 pm – 5 pm

No appointment necessary

Location:

Tyendinaga Justice Circle Office,
First Nations Technical Institute
3 Old York Road, Tyendinaga

If you can't come to this drop-in clinic, call us at 613-966-8686

We can help with:

- Income assistance – denials of welfare, ODSP and CPPD
- Housing (tenants)
- Employment
- Consumer & Debt
- Human Rights
- Victims of Crime
- Seniors' Issues

Hosted By:

FNTI Sharing and Learning

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

www.communitylegalcentre.ca

Are you Expecting??

If so call now about our

'Moms-In-Waiting'

Canadian Prenatal Nutrition Program (CPNP)

Join the program for free and receive MONTHLY gift certificates, nutrition support and education for the duration of your pregnancy.

For more information please call Community Wellbeing at 613-967-3603 and speak with

Michele Edwards, Community Health Nurse

Supporting you through a healthy pregnancy!!

KENHTE:KE SEED SANCTUARY EST. 2018

Kenhte:ke seed sanctuary holds community meetings for all interested in planting and growing heirloom and traditional vegetables, on the third Monday of the month between 5:30pm to 8:00pm at the Kanhiote Library.

RATINENHAYÉN:THOS

"THEY ARE FARMERS OF SEEDS"

Kenhteke seed sanctuary and learning centre would like to give a special acknowledgement to Legacy 420 and Build All Contractors for their generous donations during our donations drive with the businesses of Tyendinaga Mohawk Territory. Thank you to the ENACTUS program (Ashley Cooney, Lesley Hayman, Emilie Lenevue, Aimee Vandusen, and Bob Millard) at Loyalist College for their gift of 2 pre-paid credit cards that we can use for promotional materials. We would also want to thank KC Builders and Bruce Maracle for working with the seed sanctuary. We appreciate your support and continued interest in the Kenhte:ke Seed Sanctuary and Learning Centre.

FB: @Kenhtekeseeds www.kenhtekeseedsanctuary.com ratinenhayenthos@gmail.com

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T. O. P. S.

(ON #5258 T.M.T)

There are no special diets and no special foods to buy! We offer support and encouragement to healthy eating and portion control

We Meet on: Thursdays – 5pm to6:30 pm
At: 24 Meadow Drive, T.M.T Board Room #103
(Mohawk Admin Building)

We are a non-profit organization founded locally in 2004 and connected internationally to the organization founded in 1948

For Further Information Please Call:
Joy Brant at 613-967-0411 OR
Birdie Doreen at 613-396-1960

Kahentà:ke Wellness Support Services

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Supporting you on your journey, wherever your path may lead!

613 743 2257

www.kwss.ca
Brian.Hanoski@kwss.ca
@kahentake

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Shannonville, ON
K0K 3A0

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Lisa Kerr, Executive Assistant

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(Fax) 613-354-3585

Email: service@lafc.ca
35 Dundas St. E., Napanee, ON

ENTREPRENEURS WANTED

THIS IS OUR PROPOSAL FOR YOUR BUSINESS

Because we know how important it is for you to succeed in business, we have an offer that will help you on your entrepreneurial journey.

START-UPS

A vast range of businesses got their start at Trenval including service, retail, agriculture, manufacturing and hospitality businesses.

EXPANSION

Take your business to the next level – expand and diversify propelling your business to success.

FINANCING

Let's discuss your unique needs and our flexible and affordable loan packages and grant opportunities to help fund your business.

TRENVAL

We acknowledge the support of the Government of Canada through the Federal Economic Development Agency for Southern Ontario.

Canada

www.trenval.ca **613-961-7999**

Native Renaissance

9am - 6pm

386 Highway 49

613-396-3255

www.nativerenaissance.com

&

The Gallery Cafe

11am - 4pm

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Located at Rez Boyz

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300 Bell Blvd. Belleville

AND

5379 Hwy #2 Shannonville

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