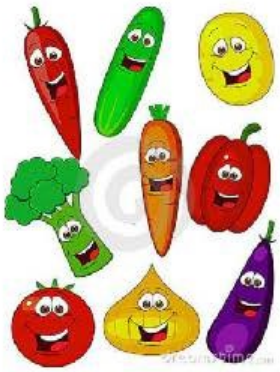
Mohawks of the Bay of Quinte
Kenhteke Kanyen'keha:ka

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

ORÍ:WASE
(NEWS)

ISSUE 9/19
Sehske'kó:wa (September)

Get Ready its Coming!
September 20-22, 2019



Championship Wrestling Show

MOHAWK FAIR

GO TO MohawkFair.com or Facebook for more information

Advance Ride Tickets at Community Well Being Centre

TYENDINAGA'S GOT TALENT SHOW
SEXSMITH BAND, OLD TYME FIDDLERS, PICKET FENCES

Kids Games & Crafts

Next Newsletter Deadline:
Wiskhaton 20ht Sehske'kó:wa , éntye niyohwistá:'e
(*FRIDAY* September 20th at Noon)

Sehske'kó:wa (September) 2019 Council Meetings

TMC Meetings	Agenda Deadlines
Regular – **Monday,** September 9, 9:30 a.m.	**Tuesday**, September 3, 12:00 p.m.
Local Business – **Monday**, September 16, 7:00 p.m.	**Monday**, September 9, 12:00 p.m.
Regular – **Monday**, September 23, 9:30 a.m.	**Monday**, September 16, 12:00 p.m.
Local Business – **Monday**, September 30, 7:00 p.m.	**Monday**, September 23, 12:00 p.m.

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 **August 2019** responded to **9** calls**.**

3 MVA
4 Medical Emergency
1 Fire Non-structural
1 Medical Assistance

This brings our total calls to **60** for the year 2019

* Fire/Rescue logo designed by Trevor Brant*

NOTICES

MBQ OFFICES WILL BE CLOSED - MONDAY September 2nd to observe Labour Day

Kanyén:ke Health Connection - (KHC) Logo Contest (DEADLINE EXTENDED)

Vision Statement- As a community, Kenhté:ke (TMT) will work towards embracing a wholistic healthy lifestyle. This encompasses physical activity, improving nutritional habits, and a stable mental wellbeing rooted within Rotinonhsyón:ni culture.

Create logo to reflect wholistic health (mental, physical, emotional, spiritual, Kanyen'kehá:ka (Mohawk) values and traditions. (see vision statement)

Please use a white piece of paper standard size (8 ½- 11') Please include NAME, AGE & PHONE NUMBER (please print)

Rules

- Must be a student 18 years old and under
- Must be a design created by **you**, using pencils, pencil crayons, pens and markers. We must be able to scan document, so no shading, fine lines and remember **BOLDER** is better!
- Must be a maximum of four colors only
- Must be submitted by **Sept 13, 2019** @ the Community Wellbeing Centre with Health Reception.

1st Place- $200 Prepaid Visa, 2nd Place- $100 Prepaid Visa, 3rd Place- $ 50 Prepaid Visa

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

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

Tyendinaga Mohawk Council Minutes
JULY 15, 2019

A meeting of the Tyendinaga Mohawk Council was held on Monday, July 15, 2019 at 9:30 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle
Councillors: Josh Hill, Stacia L. Loft

Regrets: Carl E. (Ted) Maracle on vacation and David Souliere, Chief Administrative Officer

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

MOTION #1: Moved by Josh Hill, seconded by Stacia L. Loft that the Tyendinaga Mohawk Council Minutes of July 2, 2019 be approved as corrected.

Carried.

MOTION #2: Moved by Josh Hill, seconded by Stacia L. Loft that the Tyendinaga Mohawk Council Local Business Minutes of July 8, 2019 be approved as corrected.

Carried.

MOTION #3: Moved by Stacia L. Loft, seconded by Josh Hill to hire a Journeyperson Painter, a Journeyperson Carpenter and a Carpenter's Apprentice.

Carried.

MOTION #4: Moved by Stacia L. Loft, seconded by Josh Hill that the Tyendinaga Mohawk Council hereby appoint G. Vaughn Johnston, as the Electoral Officer for the upcoming 2019 Elections for the Mohawks of the Bay of Quinte.

AND that the Nominations will be held on October 26, 2019 for the upcoming Elections;

AND that the Elections will be held on December 7, 2019 to elect a Chief and four Councillors. M.C.R. #2019/20-013.

Carried.

MOTION #5: Moved by Josh Hill, seconded by Stacia L. Loft to acknowledge the Administrative Update from David Souliere, CAO.

Carried.

Council confirmed the following scheduled meetings:
July 23 – 25, 2019 – Assembly of First Nations AGA in Fredericton, NB
July 29, 2019, 7:00 p.m. – Tyendinaga Mohawk Council Local Business
August 6, 2019, 9:30 a.m. – Tyendinaga Mohawk Council Regular
August 12, 2019, 7:00 p.m. – Tyendinaga Mohawk Council Local Business
August 19, 2019, 9:30 a.m. – Tyendinaga Mohawk Council Regular
August 22, 2019 – Grand Opening for the Loyalist Solar Project
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 #6: Moved by Stacia L. Loft, seconded by Josh Hill that the following meetings occur outside of the Territory:
Chief: attending a meeting with Landmark on July 16, 2019 in Toronto;
Josh: attending COO Education Transformation Support Session on August 7 & 8, 2019 in Niagara Falls;

Carried.

MOTION #7: Moved by Josh Hill, seconded by Stacia L. Loft to approve the purchase of a Mini Excavator for the 7th Gen in the amount of $57,650.00.

Carried.

MOTION #8: Moved by Josh Hill, seconded by Stacia L. Loft that the request to extend the Fibre Optic line down Oak Lodge Lane be put on hold for one year due to feasibility costs and staff to explore other funding options to cover the feasibility costs.

Carried.

MOTION #9: Moved by Josh Hill, seconded by Stacia L. Loft to invite Xplornet Representative to a meeting regarding their Hybrid Fibre Wireless Proposal.

Carried.

MOTION #10: Moved by Stacia L. Loft, seconded by Josh Hill to pay the Blaney McMurtry invoices #663183 in the amount of $650.00 regarding Collection of Maracle Judgement.

Carried.

MOTION #11: Moved by Josh Hill, seconded by Stacia L. Loft to approve the New Business Registration for Traditions Tree, owner Kristina Green.

Carried.

MOTION #12: Moved by Stacia L. Loft, seconded by Josh Hill to approve the New Business Registration for Evolve Neurofeedback & Psychotherapy Clinic, owner Andre Alkenbrack.

Carried.

MOTION #13: Moved by Stacia L. Loft, seconded by Josh Hill to approve the 6 month Temporary Business Registration for Peacemaker Convenience, owner Mario Baptiste II.

Carried.

MOTION #14: Moved by Stacia L. Loft, seconded by Josh Hill to approve the Business Registration Renewals for Nation 2 Nation & Nation's Naturals & Organics, owner Kevin Brant; Mohawk Duty Free, owner Terry Maracle; Riverside Smokin Variety, owner Peter Cook; Bill's Glass & Mirror, owner William Brant.

Carried.

MOTION #15: Moved by Stacia L. Loft, seconded by Josh Hill to approve the MBQ Personnel Policy Revision to reflect Legislative changes to the Canada Labour Code to be in effect September 1, 2019.

Carried.

MOTION #16: Moved by Josh Hill, seconded by Stacia L. Loft to approve signing the letter of support to the CARA & Right to Play for the submission for the Sport for Social Development Proposal.

Carried.

MOTION #17: Moved by Stacia L. Loft, seconded by Josh Hill that the Tyendinaga Mohawk Council acknowledge the recommendation from Jason Brant, Tyendinaga Police Services Chief, to the Ontario Provincial Police Commissioner of the appointment of Constable Andrew Jocko to the position of Constable within the Tyendinaga Police Service effective immediately. M.C.R. #2019/20-014.

Carried.

MOTION #18: Moved by Josh Hill, seconded by Stacia L. Loft to go in private. (12:37 p.m.)

Carried.

Recorded by:
Shelley Bowden
Executive Administrative Assistant

Original signed by:
Chief R. Donald Maracle

Tyendinaga Mohawk Council Minutes
JULY 17, 2019

A special meeting of the Tyendinaga Mohawk Council was held on Wednesday, July 17, 2019 in the Council Chambers.

Present: Chief R. Donald Maracle
Councillors: Josh Hill, Stacia L. Loft

Regrets: Carl E. (Ted) Maracle on vacation

Staff: David Souliere, Chief Administrative Officer and Shelley Bowden, Executive Administrative Assistant;

MOTION #1: Moved by Josh Hill , seconded by Stacia L. Loft that **WHEREAS**, the Mohawks of the Bay of Quinte (MBQ) recognizes the importance of providing safe, potable drinking water for the community and eliminating all semi-public Boil Water Advisories on its territory, and

WHEREAS, the MBQ has offered to include water servicing to Tyendinaga Township residences as part of the watermain distribution project to Shannonville, and

WHEREAS, the MBQ and Tyendinaga Township have drafted an agreement mutually agreeable to the parties;

THEREFORE BE IT RESOLVED THAT, Tyendinaga Mohawk Council hereby authorize and endorse the Watermain Construction and Operation Agreement final draft dated July 15, 2019 between the MBQ and The Corporation of Tyendinaga Township as received by email dated July 15, 2019. M.C.R. #2019/20-015.

Carried.

MOTION #2: Moved by Josh Hill, seconded by Stacia L. Loft that the Tyendinaga Mohawk Council hereby approve for David Souliere to remove the Queen Anne Silver and the King's Prayer Book from the Bank of Montreal vault for the Minister Seamus O'Regan's visit to the Territory on July 20, 2019. M.C.R. #2019/20-016.

Carried.

MOTION #3: Moved by Josh Hill, seconded by Stacia L. Loft to go in private.

Carried.

Recorded by:
Shelley Bowden, Executive Administrative Assistant

Original signed by:
Chief R. Donald Maracle

Tyendinaga Mohawk Council Minutes
JULY 29, 2019

A Special meeting of the Tyendinaga Mohawk Council was held on Monday, July 29, 2019 at 3:00 p.m. in the Council Chambers to review the 2018/2019 audit.

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

Josh Hill, joined by conference call

Staff: Shelley Bowden, Executive Administrative Assistant; Seizal Kapadia, Director of Finance.

Dan Dickinson and Zach Kruger, Wilkinson and Company attended to present the audit.

MOTION #1: Moved by Stacia L. Loft, seconded by Carl E. (Ted) Maracle to accept the draft audit of consolidated financial statements and the Management Report as of March 31, 2019 as presented by Wilkinson & Company Chartered Accountants.

Carried.

MOTION #2: Moved by Stacia L. Loft, seconded by Carl E. (Ted) Maracle to accept the audit report as March 31, 2019 as prepared by Wilkinson & Company Chartered Accountants for the following:
APR Home Support
APR Ontario Diabetes Strategy 2018/2019
CMHC Housing Statements
OFNLP2008 – 9.1 Schedule
Ministry of Training, Colleges & Universities

Carried.

NOTE: Wilkinson and Company to provide date of availability for the Community Audit presentation.

NOTE: Council requested the Director of Finance arrange a meeting with the Bank of Montreal Nesbitt Burns to discuss investments.

Recessed for dinner at 5:50 p.m.
Reconvened at 7:00 p.m. for Local Business.

Federal Indian Day School Class Action Update - *New 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. There is no deadline to register. Should you have any questions or require support, please contact us at 1 (844) 539-3815"

http://www.indiandayschools.com/en/

Your local contact is Tracey Gazley at 613-922-3617 or email greatblueheronconsulting@gmail.com

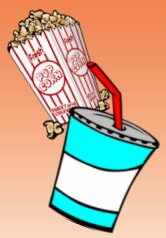
Articles that you may be interested in reading, related to this news as follows;
https://aptnnews.ca/2019/08/19/federal-court-approves-settlement-for-indian-day-school-class-action/

https://www.cbc.ca/news/indigenous/indian-day-school-settlement-court-approves-1.5252211

Red Cedars Shelter Presents...

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

or Kids!!!

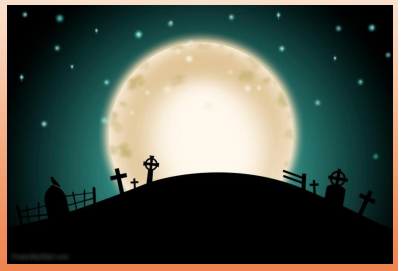
Face Painting

Lots of neat stuff to see and

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

Epi-Pen shortage!

Pfizer Canada, the Canadian distributor for EpiPen®, is reporting that they may experience supply constraints in the coming months of the EpiPen 0.3 mg dose in Canada. Health Canada has also posted an **update**

Pfizer has noted that the product is still being shipped to Canada and there is still inventory available across pharmacies.

Here's what you need to know:

- The supply constraints are limited to the 0.3 mg EpiPen auto-injector only and does not apply to the 0.15 mg EpiPen Jr® auto-injector.
- At this time, **there is supply of EpiPen auto-injectors in pharmacies,** but out of an abundance of caution, inventory has been placed under preventative allocation to pharmacies until **October 4, 2019**.
- This means that Pfizer is managing the supply carefully and working closely with distributors to help ensure patients have consistent access to this medication.

At this time, it has been advised that you should be able to fill your full prescription of EpiPen auto-injectors.

To help you better manage throughout this period, the following is recommended:

- If you have an expired EpiPen auto-injector or one that is about to expire, check with your local pharmacy to have it replaced. Please note that the expiry date applies to the last day of the month noted on the device.

As always, continue to follow **tips for preventing reactions**

ITS THAT TIME OF YEAR AGAIN!!

Come and help us develop new ideas for our future Diabetes Wellness Circle Education Workshops! Tell us what you want to know and learn about! Supper provided!

DIABETES WELLNESS CIRCLE

September 17th at 6:30-8:00pm
Teaching Lodge, Community Wellbeing

Sponsored by: Diabetes Education Program

MBQ Annual Rabies Clinic

Dogs & Cats should be vaccinated after 3 months of age

Saturday September 7, 2019
1 pm - 3pm
$25.00 Per Animal (Cash Only)

Location:
Kanhiote Public Library
(Parking Lot)
1658 York Road, TMT, ON

Please ensure all pets are on leashes or in cages

For more information, please contact Crystal Maracle, CHR, at the Community WellBeing Centre at 613-967-3603

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 SEPTEMBER 26, 2019

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

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

FOOD HANDLING COURSE

This course will be delivered by the Environmental Health Officer as a One Day Course to be held at the Community WellBeing Centre on;

Thursday September 5, 2019
9:00am - 4:00pm

This is a certified course that is recognized by the Ministry of Health and Long Term Care. The course is recognized province wide for a period of 5 years.

If you are interested, please contact Crystal Maracle, CHR at the Community WellBeing Centre at

Family Health & Child Development Program - Coming Events

Community Circle

September 14th or 15th 2019
5:30pm-8:30pm
CWC - Teaching Lodge
50 Meadow Drive

Welcome Back to the Circle!

We are excited to start this years circle by making Corn Husk dolls with their regalia. Samantha Doxtator, Wolf Clan, from the Oneida Nation will be facilitating this workshop.

ALL PARTICIPANTS MUST REGISTER!

REGISTRATION DATE: Monday Sept 9th 2019
Social Reception - Community Wellbeing Centre
If you require more information please contact:
Allison Brant 613-967-0122 extn#139
*** Participants MUST be 16 or older***

Limited to 20 per night, Register Now!
Registration fee is $5.00 and non-refundable

Corn Wash Basket Making

with Richard Nolan, Turtle Clan Kahnawake

Fri. Sept. 27, 9am-4pm
Sat. Sept. 28, 9am-4pm
Sun. Sept. 29, 9am-4pm

Lunch & Snacks will be provided

Come join us for a fun, creative and educational weekend of Corn Wash Basket making.
Cost per person is $250, FHCD 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+

For more information and to register contact:
Malory Maracle, Social Reception, 613-967-0122
This workshop is being provided by The Family Health & Child Development Program

Bears & Cubs - Mini Golf & Pizza

September 18, 2019

Dinner 5:00pm - Pizza Hut Belleville
Mini Golf 6:30 - Quinte Mall

Call Social Reception to register! 613-967-0122

This free family event is provided by the Family Health & Child Development Program

Space is limited!

Free Family Apple Picking

*** LIMITED AVAILABILITY - MUST REGISTER IN ADVANCE ***

October 5, 2019, 11am - 3pm
Campbell's Orchard
1633 County Rd 3, Carrying Place, ON K0K 1L0

Pick your own 10lb bag of apples, enjoy a ride on the hay wagon (time and space permitting) and have a family photo taken at the orchard by a professional photographer!
Certificates are valid October 5 from 11am - 3pm.

Secure your certificate by 3 pm, September 25th
Call 613-438-0065 or email familywellbeing@mbq-tmt.org
Good Minds Program & Family Wellbeing Program

Good Food Box
2019

Order & Pay By 4:30pm	Order Arrives
September 10, 2019	September 18, 2019
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

September 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 –4:00pm

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

We will be CLOSED
Labour Day
September 2nd, 2019

PROGRAMS AND EVENTS COMING:

Seniors Fitness: Sign up for this program starting September 9th, 2019. Every Monday, Wednesday and Thursday from 10:00 am– 11:00am.

Fall Out Boot Camp: 6 week program every Tuesday and Thursday at 6:00 pm - 6:45 pm Starting September 10, 2019. Price: $30.00

(For more details check out our Facebook!)

Tyendinaga Fitness Resource Centre

12th Year Anniversary Sale

Buy 10 months get 2 Months FREE!

Adults: *$300.00*

Students: *$250.00*

Seniors: *$200.00*

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		BOOTCAMP (45 MINUTES)		BOOTCAMP (45 MINUTES)	

FUN RUN

FUN WALK

SUNDAY, SEPT. 15TH 2019

5 & 10 K

Sandbanks Provincial Park, 3004 County Rd 12 ON

Come and join us in the Annual Sandbanks Fun Run or walk throughout Sandbanks Provincial Park, enjoying the park and lakeside views!

Sponsored by
The Diabetes Education Program
Community Health
The Tyendinaga Fitness Centre

RUN STARTS AT 10:00 AM

HELP US FUNDRAISE FOR THE TERRY FOX FOUNDATION

SIGN UP BEFORE JULY 26TH

RUN OR WALK AT YOUR OWN PACE!

JOIN THE TYENDINAGA TEAM TODAY!

CONTACT US

Jamie
613-967-3603 ex. 122
diabetespaw@mbq-tmt.org

or

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

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

CREATION STORY

EVERY Sunday & Monday for 5 weeks
Sept 8 – 9, Sept 15 – 16, Sept 22 – 23, Sept 29 – 30, & Oct 6 – 7
6-9 pm, Teaching Lodge - CWC

Aronhiaies Herne has been speaking with youth and communities across Canada about culture and language since the age of 16. As a Kanyen'keha:ka storyteller from Akwesasne, Aronhiaies shares teachings of cultural awareness, sensitivity and preservation, as well as the stories and legends of his people.

NO REGISTRATION REQUIRED

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

Corn Wash Basket Making

with Richard Nolan, Turtle Clan Kahnawake

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

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+

For more information and to register contact:
Malory Maracle, Social Reception, 613-967-0122

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

For more information and to register contact: Malory Maracle, Social Reception, 613-967-0122

Seer/Spiritual Helper

Troy Greene, Bear Clan, Oneida Nation
32 years helping people and working with the ancestors
Registration $40….Appointments will be 1 hour
Only 30 appointments available, spaces will fill fast!
Spot will not be secured until $40 non-refundable registration is paid
Contact /visit Malory at Community Wellbeing Centre Social Reception 613-967-0122

Sept 9 - 13

Sept 14

6 PM

Honouring our Grandmother, Honouring our Mother, Honouring the Feminine

Monthly Moon Lodge

Women Gathering, Sharing and Learning Together
Come prepared for Sweatlodge with Skirt, towel, bottle of water, feastbasket, Nutritious food to share (small portion)
Community Wellbeing Centre, **Teaching Lodge**

Announcements

Tyendinaga to Ladner!

Happy Birthday Aunt Donna
September 12th

Deseronto Legion
Branch 280

September 28th-
Nighthawk 9pm to 1am
(Upstairs hall}
$5.00 for non members
All Welcome

In Loving Memory of
Jeffery Gordon Hill, September 20, 2014

To lose someone so special is really hard to bear
It hardly seems believeable that you're no longer there

You left us far too early before your time, it seems
And now you'll never have the chance to fultill all those dreams

However hard it is though, we'll take comfort in the thought
Of all the memories we have and the happiness you brought

You always lived life to the fullest but ours won't be the same
Until the day when we can see your smiling face again

Always in our hearts, Love Mom, Dad and Family

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

Penny will be presenting the who, what, why and what next of menopause along with a questionnaire and solutions to help you during what can be a stressful time of change in your life.

Louise - Bear Clan Mother, Mohawk Nation

Each stage of life requires self -discipline and the menopause stage is no different. Learn cultural teachings around medicinal/ceremonial responsibilities of women during & after menopause, and emotional self-care.

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 contact:
Mallory Maracle, Social Reception, 613-967-0122

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.

Date/Month	September	October	November
1st to 15th	Ridge Road Homeland Drive Lower Slash Road Wyman's Road	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	Airport Road Cedar Glen Gordon's Road Gussy's Lane Sero's Road	Johnson's Lane York Road South Eli's Lane Old York Road	Milltown Road Norway's Road Mark's Road Upper Slash Road

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.

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.**

What is LYME DISEASE?

LYME DISEASE is a serious illness spread by the bite of certain species of TICKS.

Ticks are insect-like in appearance and feed on the blood of animals, including humans.
For most Canadians, the risk is fairly low however, it is still possible if you spend time outdoors.
Exposure to **LYME Disease**, however, it is still important to keep your risk as low as possible. The bacterium that a tick may carry is called **Borrelia burgdoferi**. This is normally carried by mice, squirrels, birds and other small animals. The Black-legged tick (often called the deer tick) can be found in southern and eastern Ontario. They can vary in size from 3-5 mm in length and may be red and brown in colour depending on the age of the tick. Adults full of blood can be big as a grape.

Minimizing your Risk:

- Wear light coloured clothing
- Tuck your shirts and pants inside (this prevents ticks attaching to the skin)
- Wear shoes, not sandals
- Spray clothing and exposed skin with insect repellant that contains DEET
- Check yourself thoroughly after any outdoor activity
- Check your pets as TICKS can easily attach themselves at any time and anywhere.

IF YOU FIND A TICK:

- Use tweezers to remove it. Grasp the tick's head and mouth parts as close to your skin as possible and pull slowly until the tick is removed. Be careful not to twist of crush the tick during removal. After removing, use soap and water to wash the spot (you may disinfect with alcohol).
- Save the tick (from humans only) if possible, put into a small pill bottle or in a doubled zip locked bag. Contact the CHR's at the Community WellBeing Centre to be sent for analyzing.
  If you develop a rash or any other symptoms, consult your physician!

For more information, please call the Community Well Being Centre, 613-967-3603

- ***For additional information on Ticks and Lyme Disease, www.hc.sc.gc.ca/iyh-vsv/index_e.html***

The Immunization Act of Ontario stipulates that all students be fully immunized in order to begin or remain in Elementary or Secondary schools.

Children entering Kindergarten require a 4-6 year old booster

Children entering Grade 9 MUST have their Menactra

Your teenager will also require a 14-16 year old booster.

Please note if your child will be attending Daycare, Headstart or QMS

you will need to ensure all immunizations are up to date and records have been submitted to the

Community Wellbeing Centre, Community Health Nurse

PRIOR to the first day of school

If you have not submitted your child's records prior to their first day your child will not be permitted to attend/remain until confirmation is received from the Community Health Nurse that your child is up to date.

Thank you in advance

Please note if your child has received immunizations at any location other than the Community Wellbeing Centre we do not have these records on file and therefore you will need to bring a copy in for your child's health records.

For Questions or an appointment to update your child's immunizations please call the Community Health Nurse **Michele Edwards, 613-967-3603**

ANNUAL CHRISTMAS CRAFT SALE!!

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

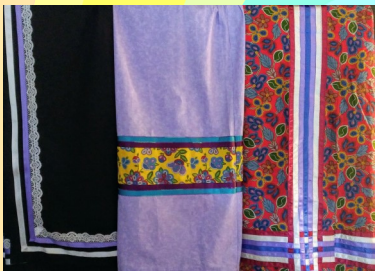
LIMITED VENDOR SPACE AVAILABLE!
Downstairs kitchen available
All payments are due by November 8, 2019
Please contact Bonny Bear or Renee at 613-396-3424 if interested in a table

All proceeds to the Food Resource Centre

Ribbon Skirt Making Workshop

September 14th & 15th 2019
10:00am-3:00pm each day
$20.00 per person
Community Wellbeing Teaching Lodge
50 Meadow Drive
Please come to social reception to register, if you have any questions please call 613-967-0122
Space is limited to 15 spots.
You can make a regular ribbon skirt or a wrap style ribbon skirt. Please let us know which style when you register.

This is being provided by The Family Health & Child Development Program
Facilitated by Sam Doxtator, Wolf Clan from the Oneida Nation



News from the Ohahase Education Centre

Well that was fast! Summer is almost over and school is ready to begin again on September 3rd. We will see some changes this year – not only because of our new location at the former Orange Lodge, but also because we are welcoming two new staff members to our team, who are taking over for two of our staff who are on parental leave. Their names will be announced once everything has been finalized.

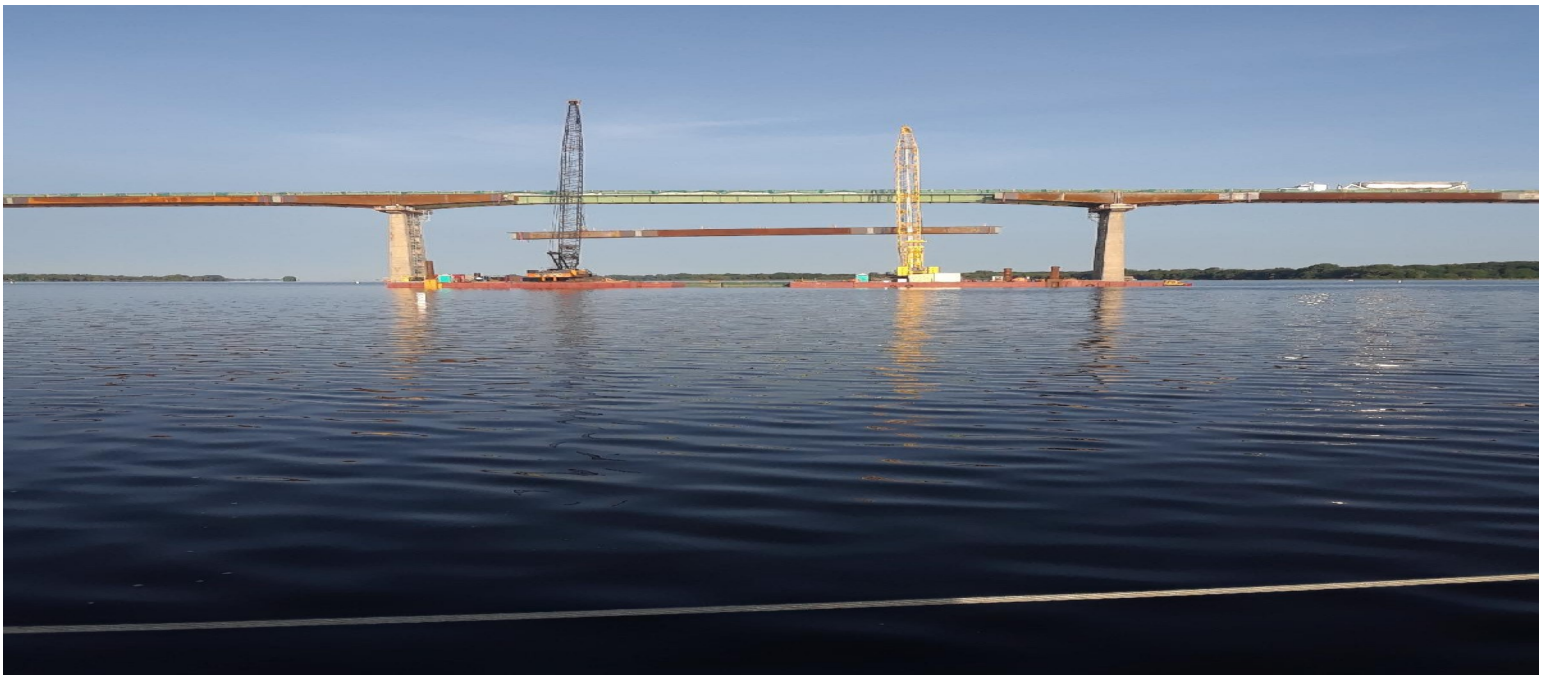
The Ohahase Education Centre is celebrating its 20th year of operations this year! Our Grand Opening will include a look back at the growth of Ohahase over the years, and will recognize and honour the staff and students who contributed to its inception and development. Look for upcoming details regarding our Grand Opening, which will be held as soon as our building renovations are complete.

We are excited for the changes to come, and look forward to welcoming back our learners. We offer three programs: a day school for learners of all ages, Grades 9 – 12; Adult Education for learners who prefer to learn independently; and Learn While You Earn, an independent co-operative education program for adults who are currently employed. No matter how close or far you may be to completing your secondary education, we are here to help!

Drop by the school to register, and you will be one step closer to achieving your goal of an Ontario Secondary School Diploma.

nya:wen for your support

Ohahase Education Centre
1825 York Road, Tyendinaga Mohawk Territory



It Has Been A Very Busy Spring and Summer on the Bay of Quinte Skyway Bridge

The beautiful weather has made things easier in helping meet the aggressive work schedule. Stage One of the middle segment of the bridge will be complete by the end of August, with Stage Two starting in the beginning of September with an anticipated finish date of December 2019. During Stage One Aecon completed demolition which included the removal of asphalt, barrier walls, bridge deck and steel girders. Installation of new structural steel girders, framework installation to support the new reinforced steel required for the new concrete deck has also been completed. The final phase for completing the first stage was the placement of the concrete deck, barrier walls and asphalt paving. In addition to the work being completed on top of the bridge, crews continue to work on the underside as well as completing removal and replacement of deteriorated concrete.

Stage Two will be a mirror image of Stage One, but now on the southbound lane with modified work hours for when the contractor is permitted to complete demolition. Any work requiring elevated construction noise will occur between the hours of 6:00a.m. and 10:00p.m. As in Stage One, the contractor will be working seven days a week and twenty- four hours a day as needed to have this work done by the end of 2019.

As always regular project updates and closure information can be found on the contract website www.hwy49quinteskyway.ca

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

Genealogy Group

2nd Monday each month @ 5p.m.

Beading

Every Thursday at 6:30 p.m.

Library Hours!

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

Nyá:wẹn!

to everyone who purchased corn from our Buck an Ear fundraiser. Special thanks to Josh Hill for organizing!

Ahsénhaton (Wednesday) Sehske'kó:wa (Sept) 25ht,
Sha'tewahsenna énska yawén:re niyohwihstá:'e - tékeni niyohwihstá:e
(11:30 am - 2 pm)

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

WANTED - Property

Looking for property.
Any property would be great just NOT a building lot.
Please email:
aaronmar11@gmail.com

HOUSE FOR SALE

3 bedroom, on lot just shy of an acre.
Less than 10 years old.
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

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

Sep 6, 2019	Revival Service at Temple of Prayer & Praise - Napanee, 7pm
Sep 21, 2019	Pancake Breakfast at Mohawk Fair, 8am till noon
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

The Lord bless you and keep you;
the Lord make his face to shine upon you
and be gracious to you;
the Lord lift up his countenance upon you
and give you peace

Numbers 6: 24-26

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.
September 1 ~ Pentecost 12 ~ Holy Communion
September 8 ~ Pentecost 13 ~ Morning Prayer
***The Community Prayer Quilt Group* resumes their gathering**
***September 9th* at 9:00 a.m. at QAPC**
"In October the Prayer Quilt group will resume their third Saturday gatherings."
September 15 ~ Pentecost 14 ~ Holy Communion
September 22 ~ Pentecost 15 ~ Morning Prayer
Finlay House Celebration at 2:30 p.m.
September 27 ~ Friendly Manor Holy Communion at 10:30 a.m.
September 28 ~ Cultural Learning Circle at QAPC ~ 10:30 a.m. til 2:30 p.m.
September 29 ~ Pentecost 16 ~ "Festival of Praise"

"We will mark *Orange Shirt Day* so please come dressed in your brightest orange as we stand with our brothers and sisters who carry the residential school experience and as we honour those who died."
5:00 p.m. *Evensong* at Christ Church with Bishop Michael

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

"AA OPEN MEETINGS"

Mondays @ 8:00 pm, Queen Anne Parish Centre

For more information call: Dale & Lorna Vos
613-968-8586 or 613-921-8015

TYENDINAGA BREASTFEEDING CIRCLE

Services provided by Sara Maracle
International Board Certified Lactation Consultant

Our role is to Promote, Protect & Support

For more information please contact Michelle Edwards, CHN @ Community Wellbeing Centre 613-967-3603

Or Join us Tuesdays from 10:00 am -11:30 am in the Teaching Lodge at CWC, 50 Meadow Drive

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!!

ANNUAL MPC PANCAKE BREAKFAST

Pancakes, Blueberries, Maple Syrup, Bacon, Sausages, Hot Coffee & More!

At the Mohawk Fair Grounds – York Road
Saturday Sept.21st, 2019 - 8am till noon

See you there!

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powwowapparel.com

MBQ Water Delivery Services

For information on this service, please contact:
Liz Brant, 613-396-3424, ext 129

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tops CLUB INC.

Take Off Pounds Sensibly
Otherwise known as:
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

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*Speed can vary depending on various network factors

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Lisa Kerr, Executive Assistant

Bob Vrooman CFP CLH CHFC

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(Fax) 613-354-3585

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

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- Quinte West
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- Tyendinaga Township and Tyendinaga M.B.Q
- Deseronto

See website for CF contacts outside of our service area

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tbowden98@hotmail.com

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Build-All

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