



**MOHAWKS OF THE BAY OF QUINTE**



**KENHTEKE KANYENK'EHA:KA**

**ORI:WASE (NEWS)**

**ISSUE 8/14**  
SESKEHA (August)

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



**27th ANNUAL**

**Tyendinaga Mohawk Pow Wow**  
**Sisters in Spirit**



*August 9th and 10th 2014*

**Tsi tkerhitoton Park Peacemaker Territory**



# Tyendinaga 27th Annual POW WOW

August 9th & 10th 2014

Tsi tkerhitoten, 275 Bayshore Road



## MASTER OF CEREMONIES

TBA

## ARENA DIRECTOR

Mista Wasis

## WATER DRUM

Tyendinaga Men

## HOST DRUM

Big Train

## GUEST DRUM

Red Tail Spirit Singers

**ALL DRUMS WELCOME!**

## LEAD DANCERS

Amanda Boomhour & Kenny Leaf

## SUNRISE CEREMONY

7:00am

## GRAND ENTRY

Saturday 12:00pm—6:00pm

Evening Social

Sunday 12:00pm—4:00pm

Gates Open at 9:00am Sat & Sun

## ADMISSION

Adults \$5

Seniors/Students \$3

12 & Under Free

## WEEKEND VENDOR FEE

Craft booth \$125

Food Booth \$175

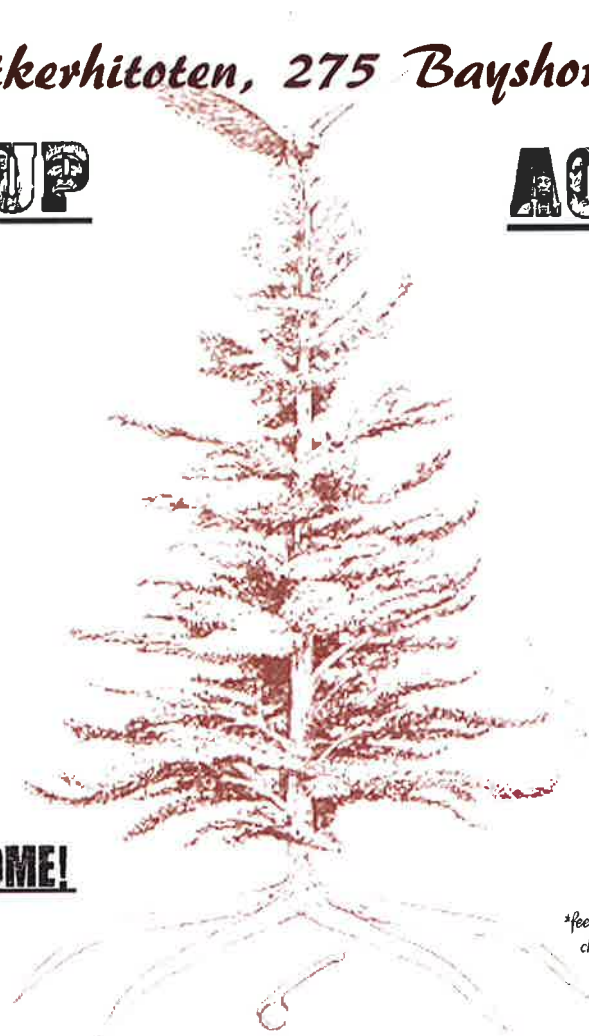
\*fee is for standard booth size. If you require a bigger space, an extra charges will apply. All vendors will require a Band Card to register\*

## CAMPING FEE

Weekend \$40

Day \$20

\*Washrooms and Showers Available on Premises\*



## Sisters In Spirit



## MOHAWK FIRE DEPARTMENT

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The Mohawk Firefighters in June responded to 4 calls:

- 1 Gas Spill**
- 1 Rubbish Fire**
- 1 Vehicle Accident**
- 1 Brush Fire**

This brings our total to 41 calls for the year 2014

**FIRST NATIONS  
TECHNICAL INSTITUTE**  
PERSONAL SUPPORT WORKER | **FIRST PEOPLES' AVIATION  
TECHNOLOGY-FLIGHT**  
**BACHELOR OF SOCIAL WORK** | **CANADORE COLLEGE**  
INDIGENOUS COMMUNITY HEALTH APPROACHES  
**WILFRID LAURIER** | **INDIGENOUS EDUCATION**  
OFFICE ADMINISTRATION | **CULTURAL PROGRAMS**  
LEARN | **MASTER OF SOCIAL WORK** | **SOCIAL SERVICE WORKER**  
LEARN | **PUBLIC ADMINISTRATION & GOVERNANCE**  
**ST. LAWRENCE COLLEGE**  
INDIGENOUS COMMUNITY DIABETES SUPPORT  
**RYERSON UNIVERSITY**  
**QUEEN'S UNIVERSITY** | **PROFESSIONAL MASTER**  
SHARING & LEARNING | **OF PUBLIC ADMINISTRATION**

APPLY ONLINE AT [WWW.FNTI.NET](http://WWW.FNTI.NET)

ALL LEARNERS WELCOME!





## FACT SHEET: BACK TO SCHOOL

### BACK TO SCHOOL

The start of a new school year signals the end of summer and summer vacations. Back to work and back to school means that there will be heavier traffic and school buses will be back on the road. The beginning of a new school year is a great time to review your family's emergency plan with your children, to remind your children where to meet if an emergency occurs and to go over safety rules for getting to and from school.

#### Know What to Do:

##### On the Road:

- ◆ Watch for children walking, cycling, and waiting for or getting off schools buses.
- ◆ Observe school speed zones. Be vigilant in schools zones where children might be crossing or even who might change direction mid-way.
- ◆ Obey crossing guards. Always follow the crossing guard's direction as they might see a child that you cannot see from your vehicle.
- ◆ Watch for school bus signal lights. Never pass a school bus if the signal lights are flashing as a child might be crossing the road.

##### At Home:

- ◆ Take time to remind your child about crossing the road safely, wearing a helmet while cycling and staying safe waiting for and on the school bus.
- ◆ Talk to your children about your family emergency plan and what to do and where you will meet, if you are not together when an emergency occurs.

##### School Bus Safety:

- ◆ Children should wait away from the road and stay back until the bus has come to a complete stop.
- ◆ Find a seat as quickly as possible and sit properly, facing forward at all times.
- ◆ Keep the volume down as the bus driver needs to concentrate to drive the bus safely.

#### Be informed:

- ◆ Read the information that the school sends home about the school's emergency procedures and alternate locations for student pick up or drop off.
- ◆ Be allergy aware and pack safe school lunches. Many schools have policies to prevent students from bringing in certain food items in their lunches. Knowing the food(s) to avoid will keep students safe.

#### Prepare Now

- ◆ Provide the school with your current contact information including home, mobile, and work telephone numbers and e-mail addresses.
- ◆ Make sure your child knows the name, address and phone numbers of parents or guardians. Children should also know how to contact a second responsible adult.



#### Sources:

Get Prepared Website (Government of Canada):  
<http://www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201309-eng.as>

# QMS TO KENYA

The QMS to Kenya Kids would like to say Nia:wen Kowa to the Mohawks of the Bay of Quinte Band Council, all of the community groups, businesses, organizations, individuals, the staff at Quinte Mohawk School and especially our families for supporting us and helping us reach our goal of going to Kenya Africa!

To show our appreciation, we plan to host an evening event in the fall to share our adventures, tell stories and say many more thank yous. Everyone is welcome, refreshments provided!

Please look for more details in the coming newsletter. We look forward to seeing you there and thank you again...

**Stafford Maracle**  
**Shanleigh Maracle**  
**Raven Tabobandung**  
**Kanda Rodgers**  
**Hailey Green**  
**Madi Brinklow**  
**Jennifer Brinklow**

**Noah Francis**  
**Allison Loft**  
**Samantha McGuire**  
**Adrianna Lewis**  
**Benjamin Green**  
**Nicole Brinklow**  
**Emily Brant**

Quinte Mohawk School would like to thank the following organizations and individuals for their generous support of the QMS Nutrition Program throughout the 2013-2014 school year.



**Food For Learning** – for helping to ensure that students are receiving the nourishment they need to be successful learners by offering your financial support, but also for all the advice, ideas and expertise passed on by the Coordinator, Kellie Brace.



**Breakfast for Learning** – in partnership with the Food for Learning group, Breakfast for Learning also provides financial support for breakfast programs across Canada. QMS is thankful for their continued support.



**Reid's Dairy** — many thanks for the prompt delivery of our orders and for the weekly donation of milk for the Breakfast Program.

**Dewe's Independent Grocery** – for the weekly donation of bread for the Breakfast Program. Just the wonderful smell of that toast in the morning would start anyone's day out right!!



**Community Wellbeing Center** – Thomas Krasnuik, Wendy Sonneveld, Vanessa Bonner, Betty Carr-Braint, Samantha Maracle and Jodi John — for finding funding, helping to keep our paperwork straight, offering handy tips and advice, monitoring menus to ensure the utmost nutrition and even coming to the school to help with the cooking and serving of meals – this group was exceptional!!!!



**Quinte Mohawk School Bingo Fundraising Committee** – for financial support. Thanks to all those who came out to help work at the QMS bingo sessions. Special heartfelt thanks to Donna Hughes and Abigail Cole – who volunteered to work at over 90% of our bingo sessions – that's a lot of Saturdays and Sundays to give up to help raise money for our school!!!!

**Community Volunteers in the QMS Nutrition Program** – without them our program could not work! Thank you to those who get up bright and early to ensure that breakfast is ready for our children when they arrive at school – Laura Wood, Mary Lynn Brant and Reta Brant. Thank you to all the QMS students who gave their time– especially Sam Horvath who came every day with a smile and a helping hand. *And* to three exceptional ladies who helped with fundraising, shopped for groceries, helped with the breakfast program, prepared the snacks and lunches, and did the cleanup afterward — Reta Brant, Ruby Moon and Curlee Brant – a huge thank you!!

If there is anyone we forgot to name, please know that we sincerely appreciate the help of each and every volunteer— you are the backbone of community!!!

**Nutrition + Education = A Brighter Future for Everyone!**

**Nya:wenkowa !!**

# World War One

2014 marks the 100<sup>th</sup> anniversary of WW1. Members of the Mohawks of the Bay of Quinte continued to support the British as a military ally by signing up to fight in this war. This year we want to commemorate the actions of our heroic members and the start of The Great War as a beginning of recognition and remembrance over the next four years. We have been working on collecting documents and information from the Library & Archives Canada and other sources to help us identify members who were involved.

Below is a list of names that we have so far. We ask the community to help us ensure that we have not missed anyone. Please review the list and contact us if there is an error or omission.

[amyc@mbq-tmt.org](mailto:amyc@mbq-tmt.org) or 613-396-3424

Bannister, James Albert	Brant, William [served as William Sero]	Maracle, George Mark [served as George Mark Hill]
Bardy, Alexander	Claus, Ira Alfred	Maracle, Goldie
Bardy, Frank	Claus, Stafford	Maracle, Isaac
Bardy, James	Clause, Ambrose	Maracle, Jacob
Bardy, Louis Sherman	Clause, Huron	Maracle, John H.
Barnhart, Con [Cornelius]	Corby, Harry	Maracle, Mark
Barnhardt, Harry D.	Corby, Jake	Maracle, Nelson
Barnhardt, Harry F.	Corby, Joseph	Maracle, Peter William
Barnhardt, Isaac [served as Isaac McDonald]	Corby, Matthew	Maracle, Philip
Barnhardt, James Nelson	Corby, Samuel	Maracle, Solomon
Barnhardt, Peter	Crawford, Cecil Ernest	Maracle, Wesley
Barnhardt, William Henry	Crawford, Percy Overton	Maracle, Wheeler
Bernhardt, David Stanley	Culbertson, John Alexander	Maracle, William Edward
Bernhardt, Joseph Edward	Doreen, William	Maricle, Joseph
Bernhardt, Marvel	Fuller, Bertram	Miller, Norman Albert
Galveston	Green, Austin	Mungo, Thomas
Bernhart, Jacob	Green, David	Penn, Joseph
Bey, Alexander	Green, Jacob	Pinn, William
Brant, Alfred A.	Green, Jake	Powles, David Austin
Brant, Brant	Green, Jonas	Powles, Joab Walter
Brant, Burton	Green, Sampson	Powless, Charles David
Brant, Burget	Greene, Milton	Powless, David J.
Brant, Charles Arthur	Hill, John	Powless, Harold
Brant, Charles Clinton	Hill, Joseph Bernard	Powless, Harold Dean
Brant, Ernest Russell	Hill, Thomas	Powless, Hughie Norval
Brant, George	Hill, Thomas [served as Thomas Brant]	Powless, Isaac
Brant, Hugh	Jaynes, Daniel	Powless, Peter
Brant, Matthew	Johns, Orval	Sero, Reuben
Brant, Philip	Loft, Andrew	Smart, George Leo
Brant, Randall	Maracle, Anthony	Smart, Harold
Brant, Richard	Maracle, John (Charlie)	Smart, Joseph Laheed
Brant, Wilbert	Maracle, Clarence	Smart, Joseph William
Brant, Wilbert		Williams, George

## Call to the Bar Announcement



Charles Thomas Vincent was called to the bar of Ontario on June 23, 2014 at the Convocation of the Law Society of Upper Canada held at the National Arts Centre in Ottawa. Charles graduated from Queen's University Law School in 2013 and completed his articles of clerkship at the Ottawa branch of Borden, Ladner, Gervais Law Office. Charles has accepted an associate position at the inter-provincial law partnership of Devlin, Gailus, Westaway, Barristers & Solicitors, based in Victoria, B.C. He is practicing Aboriginal Law out of their Ottawa satellite office.

Charles is the son of Debra and Tom Vincent, and grandson of Shirley E. Maracle, Tyendinaga and Hector and Carolyn Vincent of Golden Lake.

Congratulations, Charles, from all your family and proud supporters.

### *Thank you!*

A big thank you goes out to the T.C.D.F. for helping me pass my Grade 5 Practical Exam with the Royal Conservatory of music. Without your help this dream would not have been made possible!!

Destiny Brant



### *Thank You!*

I would like to thank the T.C.D.F. for helping me with vocal training at Arden's School of Music in Belleville. My range and my confidence are growing with each lesson.

Trinity Brant







Taylor, Abby, Holly and Sophie Cole would like to thank the Tyendingaga Community Development Fund for the support which made it possible for all four of us to take dancing lessons this past year.



**Nya:wenkowa!!**



## **MEMORIAL**

*Donald (Bud) Green*  
*Phyllis Green*

I would like to thank family and good friends, cousins, nieces, nephews for coming out for my loving parents memorial on July 12/2014. Special thanks to my cousin Peter and Joanie Houle that traveled over from Canandaigua New York to give the service of kind words and memories. Dad and Mom will always be in our hearts forever with special memories.

Also to Carol Anne for preparing the delicious luncheon and desserts.

I would also at this time like to thank everyone for the support and condolences for my brother Donnie Green in his sudden passing May 12, 2014.

We would like to extend our gratitude and appreciation to all our relatives, friends and Community members for the thoughtful support during our time of loss.

Our love and gratitude,  
Dorothy-Ann, Krista, Gaven, Makayla, Doug & Chris

# Happy Birthday!



☆ Happy 17th Birthday  
☆ Jordan - August 31  
☆ Love Duda & Pops

☆ Happy Birthday  
☆ Glenn - August 9  
☆ Love Wendy

☆ Happy Birthday  
☆ Keven – August 2<sup>nd</sup>  
☆ Love Marilyn, Rick, Sam, Emmett,  
☆ Phill & Hayden

☆ Happy 3<sup>rd</sup> Birthday  
☆ Matthew – August 4<sup>th</sup>  
☆ Lots of love, Aunt Marilyn, Uncle Rick,  
☆ Sam, Emmett, Phill & Hayden

☆ Happy 3rd Birthday  
☆ Zoey Bear – August 17<sup>th</sup>  
☆ Lots of Love, Aunt Marilyn, Uncle Rick,  
☆ Sam, Emmett, Phill & Hayden

Happy 19<sup>th</sup> Birthday  
Paige – August 23<sup>rd</sup>  
Lots of Love, Aunt Marilyn, Uncle Rick,  
Sam, Emmett, Phill & Hayden

Happy 4th Anniversary  
Donna & Mike – August 14<sup>th</sup>  
Love Aunt Marilyn, Uncle Rick,  
Sam,  
Emmett, Phill & Hayden



Happy Anniversary  
Harry & Eileen – August 30<sup>th</sup>  
Love Marilyn, Rick, Sam, Em-  
mett, Phill & Hayden



Happy 54th Anniversary  
Gram (Norma) & Papa (Bill) Brant  
Love Chip, Allison & Kody

**Birthday Announcements  
are “Free”  
Call: 613-396-3424**

# COMMUNITY HEALTH

## August 2014



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	<u>1</u>	<u>2</u>
<u>3</u>	<u>4</u> Traditional Cooking Class 9am-3pm	<u>5</u> Breastfeeding Support 10:30am-12pm Traditional Cooking Class 9am-3pm	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>  POW WOW Sexual Health Fair
<u>10</u>  POW WOW Sexual Health Fair	<u>11</u> Traditional Cooking Class 9am-3pm	<u>12</u> Breastfeeding Support 10:30am-12pm Traditional Cooking Class 9am-3pm	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
<u>17</u>	<u>18</u> Traditional Cooking Class 9am-3pm	<u>19</u> Breastfeeding Support 10:30am-12pm Traditional Cooking Class 9am-3pm	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>
<u>24</u>	<u>25</u> Traditional Cooking Class 9am-3pm	<u>26</u> Breastfeeding Support 10:30am-12pm Traditional Cooking Class 9am-3pm	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>
<u>31</u>						

# COMMUNITY HEALTH BULLETIN

## Hand, Foot and Mouth Disease has been identified in our community



Hand, foot, and mouth disease (HFMD) is a common viral illness generally seen in children under 11 years of age.

- HFMD begins with a mild fever, poor appetite, malaise and often a sore throat.
- One or 2 days after the fever begins, painful sores may develop in the mouth. They begin as small red spots that blister and then often become ulcers. The sores are usually located on the tongue, gums, and inside of the cheeks.
- The skin rash develops over 1 to 2 days, with flat or raised red spots and sometimes with blisters. The skin rash does not itch and is usually on the palms of the hands and soles of the feet. It may also appear on the buttocks or genitalia.
- A person with HFMD may have only the rash or only the mouth sores.
- There is no treatment for the infection. Antibiotics won't help it go away faster. It can last for 7 to 10 days.

### What can parents do?

- ✚ Keep your child comfortable and offer plenty of food and liquids. If your child has sores in their mouth, offer cold, bland liquids such as milk or water. Do not give fruit juice because it will sting.
- ✚ Acetaminophen or ibuprofen can help reduce the discomfort caused by mouth sores. (**Caution:** Aspirin should not be given to children.)
- ✚ Make sure everyone in your house washes their hands with soap and water after changing a diaper, blowing their nose (or a child's nose), and using the toilet, and before preparing and eating food.
- ✚ Do not pop the blisters; they will heal on their own.
- ✚ Wash toys and surfaces in your home regularly.

**For more information on hand, foot and mouth disease please contact Community Health Nurses Mary McCauley or Wendy Sonneveld at the Community Wellbeing Centre: 613-967-3603**

**CWB now has OTN!!**

# Travelling for medical appointments?

*Mohawks of the Bay  
of Quinte*

Please contact  
Shelly Brant,  
Diabetes  
Education  
program for  
more  
information

Community Wellbeing Centre  
50 Meadow Drive  
Tyendinaga Mohawks Territory

Phone: 613-967-3603 ext 108  
Fax: 613-962-4210  
E-mail: [shellyb@mbq-tmt.org](mailto:shellyb@mbq-tmt.org)



**OTN** ONTARIO  
TELEMEDICINE  
NETWORK

***Making the Connection for Health***

As the world leader in telemedicine, OTN is helping to bring more patients the care they need, where and when they need it. Using innovative technology, OTN tries to streamline the healthcare process, eliminating unnecessary travel and giving patients better access to their doctors and other healthcare professionals. OTN also facilitates the delivery of distance education and meetings for health care professionals and patients. OTN is making healthcare work smarter, not harder.

# FAMILY FUN NIGHT

Have you ever wondered how you get diabetes?  
Would you like more information about diabetes?  
Would you be willing to sit at your kitchen table and discuss diabetes?

If so, Community Health Programs offer you, in your home, an evening of information about diabetes but made fun for everyone.

You provide the home, family & friends and we will do the rest.

We bring the education, information and snacks and come to you!

To schedule your in home family fun night please call Denise @ 613-967-3603 ext 128



## Urban Poling

*Diabetes Education Program  
Lunch & Learn*

*August 13th noon-1pm  
CWBC Teaching Lodge*

*Learn how to walk your way to better health!  
Lunch Provided*

*Wear comfortable clothes/shoes*

*Please RSVP to [jodij@mbq-eme.org](mailto:jodij@mbq-eme.org) or  
[shellyb@mbq-eme.org](mailto:shellyb@mbq-eme.org) by August 8*

# SEXUAL PREDATORS LIKE SILENCE- CONVERSATION STARTS HERE!

August 21/14 9am-Noon  
at CWC Teaching Lodge



The sexual abuse of children continues to thrive in an environment of silence. It continues to be the issue that few will talk about. It makes people uncomfortable. It is unimaginable. It couldn't possibly be happening in MY community or organization.

**Here's the truth.** Children are being sexually abused in every community, in every city, province and territory in Canada and around the world. From the poorest to the richest and everyone in between. And over 95% of the time, these children are sexually abused by people known and trusted by the child and their family.

**Wherever there are children, there will be pedophiles.**

**No organization, community or family is immune.**

The good news is that YOU can do something to stop it. It takes courage, support and a willingness to take risks. The [Stewards of Children®](#) child sexual abuse prevention training provides you with tools and knowledge that will empower you to protect children. **Sexual predators like silence.**

## 5 Steps to Protecting Our Children

When you take Stewards of Children training you leave with valuable tools and a framework to reinforce what you have learned. The 5 Steps to Protecting Our Children outlines the core principles for preventing, recognizing and reacting responsibly to child sexual abuse.

Personal empowerment helps provide adults with the capacity and momentum to take action against child sexual abuse. With personal empowerment, we can make choices, take risks, and support each other – the foundation of The 5 Steps.

## 5 Steps to Prevention

**Step 1: Learn the Facts**

**Step 2: Minimize Opportunity**

**Step 3: Talk About it**

**Step 4: Recognize the Signs**

**Step 5: React Responsibly**

## Take the Training

Child sexual abuse is a very complex problem. Take the [Stewards of Children training](#) for an in-depth understanding of child sexual abuse prevention.

Contact Tracey Gazley or Diana Barlow at 613-967-0122 for more information or to register.

THE MOHAWKS OF THE  
BAY OF QUINTE

## FoOd ReSoUrCe CeNtRe

Would like to extend a special thank you to everyone who came out to support the MBQ Food Resource Centre Golf Tournament Fundraiser.

A big Nia:wen also goes out to all the people who came to the MBQ Food Resource Centre and dropped off non-perishable items this month.

Your support is greatly appreciated!

## AUGUST NEWS

## NIA:WEN KOWA

ThAnK  
Y ou !

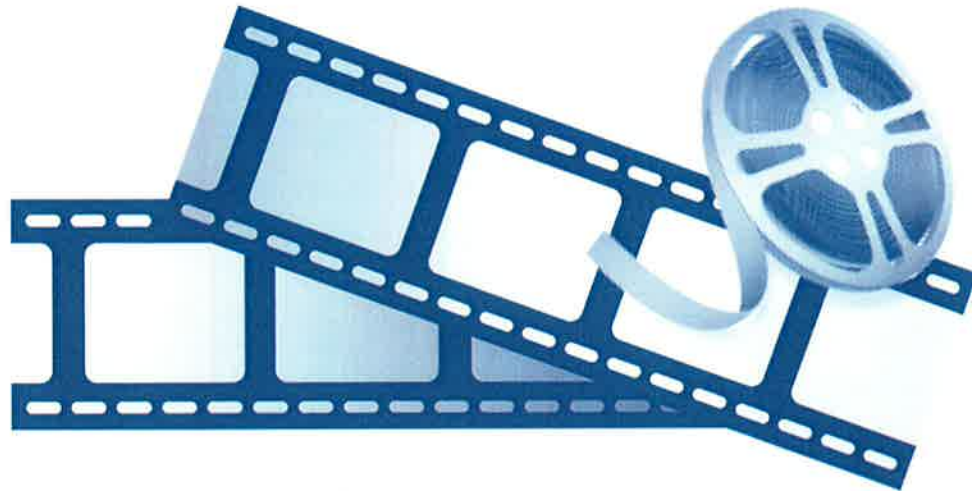
### WHO DID WE SERVICE?

From June 16th to July 16th, the MBQ Food Resource Centre helped to ensure meals for **118 adults** and **94 children** (212 people) within our community! Nia:wen and thank you to everyone who has made a contribution; your generosity is greatly appreciated!

Want to make a donation?  
Contact Kimberly Maracle at  
the Community Wellbeing  
Centre via email at  
[frc@mbq-tmt.org](mailto:frc@mbq-tmt.org) or by phone  
at 613-967-0122 Ext. 170.







International FASD Awareness Day  
September 9, 2014

Please join us in watching the  
documentary...

***FASD “Realities and Possibilities”***  
***the Myles Himmelreich Story***

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

September 9, 2014

Viewing will begin at 11 a.m. with a light lunch to follow

Please RSVP to Jill Beck at 613-967-0122 ext. 125

By August 29, 2014

\*Space is limited to 30 people\*

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

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

Zero alcohol during pregnancy prevents an FASD.

# Weekly Men's Group

Offered by the Enyonkwa'nikonhriyohake' Program

Will be starting back on Tuesday September 16, 2014

6 pm to 8 pm

In the Teaching Lodge at Community Wellbeing Centre

All men 17 & up are welcome!!

Contact Jill Beck, NNADAP Worker for information, 613-967-0122



## **\*\*EXCITING NEWS\*\***

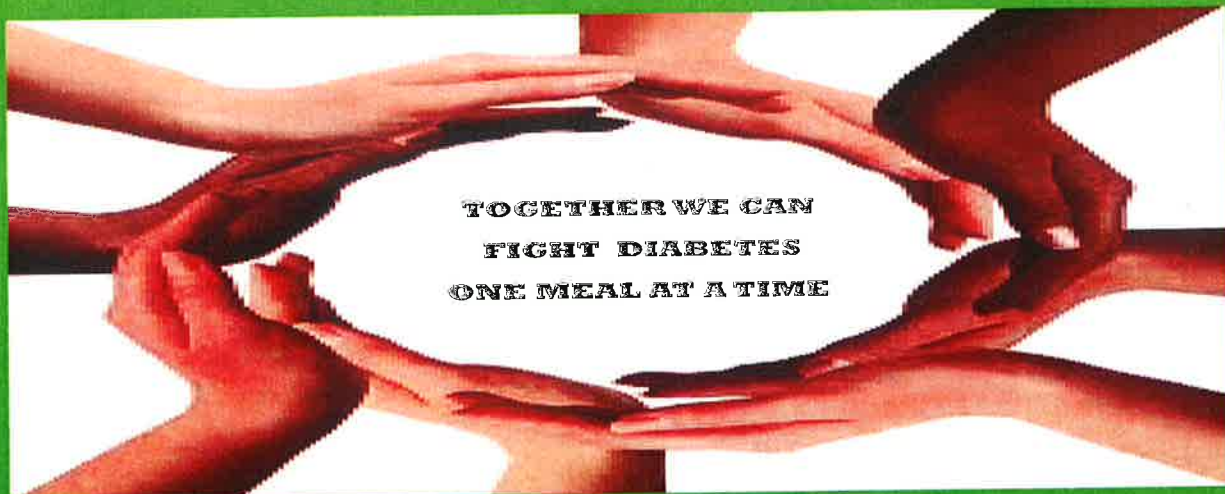
*Quinte Mohawk School staff and volunteers  
along with*

*Community Wellbeing Centre Staff  
are pleased to announce*

**THE QUINTE MOHAWK SCHOOL NUTRITION PROGRAM**

**WILL BE COMMENCING THE FIRST DAY OF SCHOOL IN SEPTEMBER  
AND CONTINUING UNTIL SCHOOL ENDS (IN JUNE)!**

**More information to follow later in August**



**TOGETHER WE CAN  
FIGHT DIABETES  
ONE MEAL AT A TIME**

# SEXY HEALTH CARNIVAL

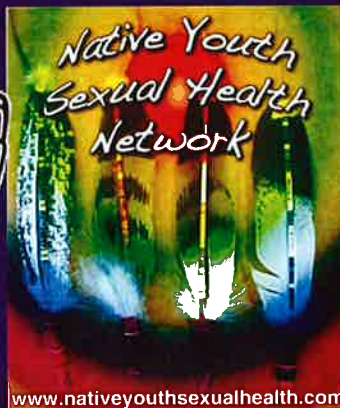
Prizes  
with a Chance  
to WIN an IPAD

Carnival Games  
&  
Button Making

Tyendingaga Community Health  
Presents

Native Youth Sexual Health Network's  
Sexy Health Carnival!

Sahsnakwaráststoh



Come find us  
at the  
Tyendingaga Pow-wow!  
August 9<sup>th</sup> and 10<sup>th</sup>

Visit our booths/interactive games and learn about the many ways  
we can keep each other and ourselves safe!



# Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

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

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

Mary McCauley R.N.  
Community Health Nurse

# FREE

Looking for fun activities for you or the

whole family?

Community Health Program offering *free* swimming passes to be used at Quinte Sports & Wellness Centre at your convenience.

It's simple.

1. Stop in to Community Wellbeing Centre Health Side during regular business hours (8:30-4:30) Mon-Fri and pick up passes.
2. Check out the Quinte Sports & Wellness Centre's swim schedule, pick a time, gather the family & go!



Community Wellbeing Centre  
50 Meadow Drive  
Tyendinaga Mohawk Territory

For more information please call Denise Leafe @613-967-3603

Back to School  
WITH



\$49\*



\$99\*



\$199

**OPTOMETRIST EYE EXAMS AND GLASSES**

**SEPTEMBER 3rd, 11AM-6PM**

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

**ALL AGES WELCOME**

TO BOOK YOUR EYE EXAM  
CALL TOLL FREE:

**1-866-920-6480**



\$0\*



**PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT**

\* Price includes frame and complete pair of single vision lenses or bifocal lenses, net of NIHB contributions.



### Moon Ceremony

Women / girls are invited to join us to honour and seek guidance from Grandmother Moon on August 11/ 2014 at Dusk (Approx. 9:00 pm. Facilitated by Betty Carr-Braint.

Women / girls are encouraged to bring:

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

A bottle of water

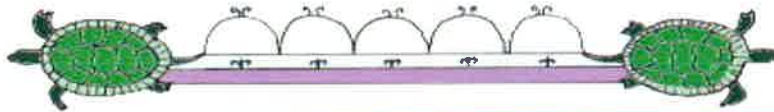
A lawn /camp chair

A small pot Luck Item

And to wear a skirt.

The Ceremony will be held behind the Community Wellbeing Centre and will be followed by a pot luck feast.

Questions can be directed to Diana at (613) 967-0122 Ext. 133 or Betty Ext. 102.



**NEEDED!!!**

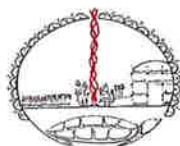
**Volunteer Medical Transportation Drivers**



Do you have some free time to Volunteer?

Are you looking to Supplement your Income?

If your interested in helping out, please contact the Community Wellbeing Centre 613-967-3603



# Community Gathering

Renewing our relationship with Creation and each other to maintain our strong and vibrant community



Joanne Shenandoah, Ph.D., is one of America's most celebrated and critically acclaimed musicians. She is a Grammy Award winner, with over 40 music awards (including a record 13 Native American Music awards) and 17 recordings. She has captured the hearts of audiences all over the world, from North and South America, South Africa, Europe, Australia and Korea, with praise for her work to promote universal peace. She is a board member of the Hiawatha Institute for Indigenous Knowledge.

Her music is a blend of contemporary folk and traditional music with audiences from babies to grandparents. She has recorded in her Iroquois tongue as well as performed with full symphony on PBS both with the New Mexico Symphony and the Syracuse Symphony. She has also narrated films and has the flexibility to write and perform folk, pop country and new age music

Our planet is going through a major climate transformation and now more than ever people are reaching out to find out how to maintain their place upon the earth while securing a future for those yet unborn. Iroquois philosophy and knowledge is now being sought after by many scholars, scientists, philosophers, agriculturalists and humanists. It has become evident that the rights and responsibilities of humankind are directly in tune with the water of mother earth. Mother earth is approximately 70% water as well as our own human body. The vibration of sound, speech, and music and life itself is dependent on our approach to caring for one another and the natural world. Water is of vital importance for the survival of our planet. When we have lost our connection for the earth, we also lose respect for humankind. Learn from Joanne, about this most important aspect of the future of our planet and how we can heal the lifeblood of mother earth.

Joanne will be speaking about "Talking to Water" as well as her work with violence against women and children.

**AUGUST 22ND 2014**

**2:00PM-8:00PM**

**TYENDINAGA MOHAWK**

**COMMUNITY CENTRE**

**1807 YORK ROAD**

**2:00PM OPENING LYNN BRANT**

**2:30-4:00PM SUZANNE BRANT**

**4:00-5:30PM JOANNE SHENANDOAH**

**5:30PM-6:30PM DINNER**

**6:30PM-8:00PM PERFORMANCE BY  
JOANNE SHENANDOAH**

Monetary donations would be gratefully accepted.

Suzanne Katsi'tsiarihshion Brant, MES is a Mohawk from the Tyendinaga Mohawk Territory situated on the Bay of Quinte. She is recognized as a cultural educator, author and visual artist. Suzanne graduated from the Institute of Integrated Medicine as an Integrated Medical Clinician. She completed her Masters in Environmental studies from York University in 2005, with the development of an Indigenous based education program that focuses on Indigenous knowledge, health and the environment. Suzanne's interest over the past 25 years has been around the preservation of Indigenous knowledge with a specific concentration in traditional uses of medicinal plants and the role culture plays in the preservation of the natural environment. She is the co-author of "The Words Before All Else". Suzanne is currently working with the First Nations Technical Institute as the Vice President, Academics.



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

# August 2014

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club—8:00 to 9:30 a.m. Diners Club—12:00 to 1:00 p.m. Handivan Departure—9:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m.		Birthday Tea—2:00 to 4:00 p.m. Euchre—6:30 to 8:30 p.m. Friendly Visiting—1:00 to 4:00 p.m. Ceramics—1:00 to 3:00 p.m.		1	2	
					Meals on Wheels Handivan Des	
3	4 OFFICE CLOSED	5 Meals on Wheels	6 Euchre	7 Meals on Wheels Napanee Shopping	8 Meals on Wheels Handivan Des Scrapbooking	9
10	11 Breakfast Club Ceramics	12 Meals on Wheels	13 Diners Club & Bingo HOME SUPPORT @ Community Centre	14 Meals on Wheels Birthday Tea	15 Meals on Wheels Handivan Des Friendly Visiting	16
17	18 Ceramics	19 Meals on Wheels	20 Euchre	21 Meals on Wheels	22 Meals on Wheels Handivan Des Scrapbooking	23
24	25 Ceramics	26 Meals on Wheels Game Day	27 Diners Club & Bingo HOME SUPPORT @ Community Centre	28 Meals on Wheels Picton Shopping	29 Meals on Wheels Handivan Des Friendly Visiting	30
31	 					





## **GOOD BABY FOOD BOX**

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

### **Price List:**

#### **Infant:-\$6.00**

- 20 pack of diapers
- 1 chosen speciality item

#### **Over 6 Months-\$10.00**

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

#### **Toddlers:-\$6.50**

- 20 pack of diapers
- 1 chosen specialty item

#### **Speciality Items are:**

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

#### **Formulas:**

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

# Good Food Box



## Calendar For 2014

Order By and Paid By 4:30pm	Order Arrives
August 12, 2014	August 20, 2014
September 9, 2014	September 17, 2014
October 7, 2014	October 15, 2014
November 10, 2014	November 19, 2014
December 9, 2014	December 17, 2014

Please note all orders must be placed and paid on the Health side of the Community Wellbeing Centre by order deadline at 4:30 pm.



**Large Food Box \$15.00**

**Singles Box \$10.00**

**Fruit Bag \$5.00**

**COMMUNITY HEALTH**

# GOOD FOOD BOX

(Items in each)

## Large Food Box


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

## Small Food Box

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

## Fruit Bag

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



**KANHIOTE  
LIBRARY**  
613-967-6264

Monday, Tuesday  
and Wednesday  
10:30 to 5:30

Thursday 12 to 7

Having trouble with math? Go to [www.kanhiote.ca](http://www.kanhiote.ca) and scroll down to new resource for learning math for Britannia SmartMath Practice

# Eureka!

**TD Summer Reading Club  
2014**



## **Summer Reading at Kanhiote Library for July and August**

Sign up early to receive booklets, stickers, tattoos, gel bracelets or pins.

Special booklets for pre reading fun with parents.

Visit kids website:

<http://www.tdsummerreadingclub.ca/>

Kids who don't read print are welcome to join the TD Summer Reading Club!

How?


- Online (website, blogs, social media, etc.)
- Print (newsletters, TDSRC displays, etc.)

CNIB Library is distributing free accessible kits to ALL kids with print disabilities

[www.cnib.ca/tdsrc](http://www.cnib.ca/tdsrc)



**TD Summer Reading Club**  
A program of Canadian public libraries | [www.tdsummerreadingclub.ca](http://www.tdsummerreadingclub.ca)



**KANHIOTE  
LIBRARY**  
613-967-6264

Monday, Tuesday  
and Wednesday Thursday 12 to 7



**August 21**

**Drop in anytime between the hours of 12-7  
See our new early learning literacy station  
and tablet**

*Enter your name in our free draw!*

### **Amnesty International**

#### **Book Club**

July/August Book selection: Fall on your Knees by Ann-Marie MacDonald

At the most basic level, anyone can read the recommended book and take the human rights action.

Learn more at <http://www.amnestybookclub.ca/>

In library discussion August 21 from 6 to 7 also on-line discussion

**Join today, and be a part of a very special book club!**



### **DESERONTO LEGION**

**August 16th**

**100th Anniversary Of WW1.**

Ceremony starts at 11:30am  
at the Cenotaph.

**LUNCH TO FOLLOW AT THE  
DESERONTO LEGION.**



14 York Road, Unit #1 & 2B

**Tyendinaga Fitness Resource Centre**  
**(613) 962 -2822 tyfitnessres@mbq-tmt.org**

Shannonville, Ontario

KOK 3AO

August 2014

Discover the Balance

We have Gift Certificates

Discovering the  
Balance

By Working the  
Mind, Body,  
Heart and Spirit

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 2:00pm

Fees

Senior (55+) \$20.00

Student \$25.00

Adults \$30.00

**We Are Open to  
The Public**

TFRC Staff

Darlene Loft /

TFRC Manager

Sonya Maracle / P.T

Jayna Leland / P.T

Brandon Barberstock

Sadie Maracle

**We will be hiring 2  
After School  
students in Sept.**

Role Models of Fitness

Tips for working Out in The Summer Heat

•Be flexible about your workout, check the weather first if outside running or walking

•Invest in some wicking clothes—lightweight & breathable, they pull moisture away from your skin, so you feel cooler.

•Take a cold shower, the cold water will cool you down, leave your hair wet, during the run , if short hair squeeze water on your head for a little cooling boost.

•Exercise in a cooler places, hit the trails in shady safe woods or along a breezy beach shoreline **or at TFRC**

•Drink water all day, not just before or after your workouts, staying hydrated will help prevent some of the symptoms you may experience from exercising in heat such as dizziness, stomach cramps, and headaches. During your run, sip four to eight ounces of water every 15 to 20 minutes.

Testimonials from our Members 2014

\*Excellent variety and quantity of equipment. Very clean and well maintained facility. Friendly, knowledgeable and helpful staff. Affordable and convenient schedule. What more could you ask for!

**B. McCurdy Member since 09/05/14**

•This gym is an awesome place to come and workout ! The equipment is innovative and unique and allows one to target all areas of the body. The new treadmills is fantastic because it feels good on my feet, its bouncing lol ! I have had an opportunity to try many other programs and they are all terrific ! I truly enjoy Sonya's lunch time program because she always has a variety of movements to challenge you and its a lot of fun !! I suggest that you attend one of the many programs, you will not regret the end result. Thanks Sonya and big thanks to all of TFRC, you're the best.

**Lynn Holwell member since 02/10/2010**

Thank You To our new volunteer Ron Barlow for helping with watering plants, cleaning windows and the equipment. Jack Skidd for the great window art.



**Tyendinaga Fitness Resource Centre**  
**(613) 962 –2822 tyfitnessres@mbq-tmt.org**

**Summer Students Introduction**

She:kon everyone my name is Sadie Maracle. I attend St. Theresa Catholic School and just finished my grade 10 year. On my spare time I enjoy being at the dance studio where I've danced for 3 years now. I'm currently working as the community's fitness summer student at the TFRC. I look forward to seeing healthy change throughout the summer. ☼

She:kon, my name is Brandon Barberstock and I am the summer fitness worker at Tyendinaga Fitness and Resource Centre. I'm really excited to be working this summer with the fitness staff in a health profession that I enjoy. I recently graduated from Loyalist College with a dual diploma in Recreation and Leisure Services and Fitness & Health Promotion and in the fall I'm pursuing my BA in Kinesiology at Western University. I really like working with clients and I like to promote what I learned in my college studies. Health and fitness is more than just your appearance. I believe that exercise makes us feel better and increases our quality of life. With patience and persistence, anyone can achieve realistic and healthy goals. Have a great summer everyone.

**Is It Ever Too late To Exercise ?**

It is never too late, the main message **is just get moving and do something** you like. If you have not exercised before, start light and gradually build up to at least 30 minutes of activity on most days. This could be **several 10 minute sessions** throughout the day.

While there is no one-size-fits all answer, the best approach is to ensure good health is to stick to the public-health guidelines or talk to your Doctor.

Listen to your body when determining an appropriate exercise intensity, take time to care for your body. You would take time for your car, you keep it from going out of gas or rusting. **Senior programs emphasize moves** that help people *live independently*, for example wall push ups maintain strength and dexterity to open doors, raising arms behind head to initiate combing your hair. Exercise may be the closest thing we have to a fountain of youth, one of the best ways to age happy and well. Exercise aids weight control, healthy cholesterol, brittle bones, lowers risk for cancer and many more.

**Recent studies** found that walking farther or faster after 65 years old, increases activity rather than slowing down in older age, helps maintain a good heart rhythm and prevent heart attacks. This all creates a **better quality of life** so you can be more activity and healthy for your grandchildren, family, friends and love one.



# Functional Fitness

**NEW!**

## 50 + Tues. & Thur.



Come join a fun filled group fitness class designed for seniors. Enjoy a gentle workout while socializing.

Funded by South East LHIN / VON Canada

**Starts Sept. 9 - 10:30am to 11:30am**

Help Improve Your  
Quality of Life. Come  
Work on Functional  
Fitness Balance &  
Coordination



Western Canadian Centre for Activity & Aging

Senior Fitness Instructor : Darlene J. Loft

**6 Weeks of Free Fun Call Today  
Limited Space - also great for 40 +**



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# Tyendinaga Fitness Resource Centre

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**Singles**

Email : tyfitnessres@mbq-tmt.org

613-962-2822

## *Lose To Win Contest*

**Starting Monday September 22,  
2014 !**

Please **weigh in** at the Tyendinaga Fitness Resource Centre on

**Monday September 22, 2013 before 8:00pm**

Cost to participate is **\$20.00** per person

**\*\*You do not have to be a member of TFRC to participate\*\***

**Winning person receives half of  
the proceeds!**



**Final Weigh-out Date:**

**Friday Oct. 31/14**

**FREE - Sept.29—6-7:30pm**

**Registered Dietitian - Jody John**

**Healthy Eating & Weight Maintenance**

**This is a Fundraiser for TFRC.**

**Your support is appreciated**

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# FREE YOGA!

@ Tyendinaga Fitness Resource Centre  
14 York Rd. Shannonville

**FREE!**

**613-962-2822**



**tyfitnessres@mbq-tmt.org**



## Benefits of yoga

- Lowers stress levels
- Increases flexibility
- Lowers blood pressure
- Improves lung capacity
- Reduced chronic neck and back pain
- Relieves anxiety
- Improves sense of balance
- Strengthens bones
- Lowers risk of heart disease

**Instructor:** Erin McMahon – Erin fell in love with yoga during her 1<sup>st</sup> class 4 years ago. She has since enjoyed many different styles of yoga. Erin is currently completing an 8 month long yoga teacher training course at Janati Yoga School in Kingston.

**Sign up ASAP / Start Date**

**September 13**

**Every Saturday 10:30am – 11:30am**

**September & October & November**

## Starting in August

**Dietary Express will be providing a smoothie bar & healthy food**

Dietary Express will be providing a smoothie bar & healthy food alternatives such as sprouted chia & flax blend, sprouted quinoa & broccoli chocolate.



These are traditional native food that are natural solutions for diabetes, heart disease, weight loss, cancer, hypertension & cardiovascular disease.

## SMOOTHIE SENSATIONS

Serving  
on  
Mon.  
&  
Wed.  
8:30am  
& 12pm



If you have any questions & like to learn more go to [www.dietaryexpress.ca](http://www.dietaryexpress.ca).

50



## *Celebrating 50 Years of Marriage*

Please join together with the families of  
**Ken & Barbara Gail Brant** at their home  
180 Bayshore Rd. Deseronto  
on Sat. Aug. 23 from 1 - 6 pm

To celebrate their 50th. Guests are asked to bring lawn chairs, musical instruments (if you play) your singing voices and listening ears for an afternoon of fun, fellowship, music & celebration.



*Tasty Eats and Sweet Treats*  
*Sat. August 16th*  
*8144 Old Highway #2*



*613-396-1566 or 613-4381758*  
*Eat in or Take Out!*



## REGISTER EARLY TO SAVE \$\$

Registration will start May 1, 2014 - August 31, 2014 For the upcoming 2014-2015 hockey season (ONLINE at [WWW.DDMHA.CA](http://WWW.DDMHA.CA))

### RATES

May 1<sup>st</sup> - Aug 31<sup>st</sup> ----- \$450.00

After Aug 31<sup>st</sup> ----- \$500.00

Initiation ----- \$275.00

(\$50 off 3<sup>rd</sup>, 4<sup>th</sup>, etc. child within families)

First time players must provide a photocopy of their birth certificate.

### PLEASE NOTE:

ALL registration fees are to be PAID IN FULL before your child steps onto the ice.

This includes families applying for funding.

There will be NO EXCEPTIONS this year.

### METHODS OF PAYMENT

Credit Card payment (of up to 4 installments; online registration only)

Postdated chqs up to August 1st. NO EXCEPTIONS!!!

**\*\*\*\* EVERY PLAYER THAT HAS BEEN REGISTERED AND FEES PAID IN FULL BY AUGUST 31<sup>ST</sup>, WILL BE ENTERED INTO A DRAW FOR 1 FREE REGISTRATION\*\*\*\***

For families applying for funding, please contact Kate Maracle via email ... [katemaracle@gmail.com](mailto:katemaracle@gmail.com) for more information.

### NEW.....

Respect in Sport is now mandatory for all families. It is required that 1 parent/guardian in each household complete this requirement.

Again, this is done online through the OMHA website and does require a credit card or paypal.

The cost will be 12.00

Also, because this is a mandatory requirement from OMHA, your child will not be able to step on the ice if the course has not been completed. Clinic dates to be announced.

# KARONHYAK'TATYE SPORTS COMPLEX

## CALENDAR OF EVENTS

Come out and enjoy a game of baseball!!

3-Pitch Rez Mixed League every Wednesday night.

Mens Fastball games starting at 7:00 pm or 7:30pm

Belleville Roller Derby Team practices at the Lacrosse Box every Sunday, Thursday & Friday

Canteen available at most events.

# August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Lacrosse Box RD 7pm—9pm</i>	2
3 <i>Lacrosse Box RD 3pm—7pm</i>	4	5 <i>Fastball Diamond A &amp; B</i>	6 <i>3-Pitch League 6pm—10pm</i>	7 <i>Lacrosse Box RD 7pm—9pm</i>	8 <i>Lacrosse Box RD 7pm—9pm</i>	9 <i>Ball Tournament</i>
10 <i>Ball Tournament  Lacrosse Box</i>	11	12 <i>Fastball Diamond A</i>	13 <i>3-Pitch League 6pm—10pm</i>	14 <i>Lacrosse Box RD 7pm—9pm</i>	15 <i>Lacrosse Box RD 7pm—9pm</i>	16 <i>Ball Tournament</i>
17 <i>Ball Tournament  Lacrosse Box</i>	18	19	20 <i>3-Pitch League 6pm—10pm</i>	21 <i>Lacrosse Box RD 7pm—9pm</i>	22 <i>Lacrosse Box RD 7pm—9pm</i>	23 <i>Ball Tournament</i>
24 <i>Ball Tournament  Lacrosse Box</i>	25	26 <i>Fastball Diamond A</i>	27 <i>3-Pitch League 6pm—10pm</i>	28 <i>Lacrosse Box RD 7pm—9pm</i>	29 <i>Lacrosse Box RD 7pm—9pm</i>	30 <i>Ball Tournament</i>
31 <i>Lacrosse Box</i>						

# MIXED 1 - PITCH BALL TOURNAMENT

**SATURDAY, AUGUST 16TH, 2014**  
**KARONHIATA'KIE SPORTS COMPLEX**  
**(TYENDINAGA)**

**ENTRY FEE: \$275.00**  
**(Minimum of 4 girls)**

**CONTACT: CASSIE @ 613-967-3603 OR**  
**613-885-9937**

**PLEASE CALL TO ENTER YOUR TEAM BY:**  
**SUNDAY, AUGUST 10TH, 2014**

**\*\*PRIZE MONEY BASED ON TEAMS ENTERED\*\***



ALL PROCEEDS TO THE YOUTH SPORTS PROGRAMS  
AT TYENDINAGA MOHAWK TERRITORY



An invitation for  
the direct descendants of:

Frank Edward Maracle  
And  
Louise (nee Brant) Maracle

**Saturday, August 23, 2014**

**1:00 pm - 5:00 pm**

**Pow-wow Park**

(corner of Bayshore Rd.  
And Church Lane South)

**Tyendinaga Mohawk Territory**

Just pack a picnic lunch, grab your lawn chairs and come on out!  
Open mike for all with stories and talent to share plus games  
and prizes for the kids!

**For more information contact:**

Donna Crouse at 613-396-2229

or

Tree Good: [Altree94@gmail.com](mailto:Altree94@gmail.com)



**Just pack a picnic lunch, grab your lawn chairs  
and come out to MEET YOUR FAMILY!**

**It's a ...**



**... party!**





**Sept. 12-14, 2014**

Demolition Derby Friday -  
Traditional Foods and Crafts  
- MAS Member and Youth  
Exhibits - School Exhibits -  
Midway - Bingo - Turkey  
Dinner - Kids Games and  
Races - Pet Show - 4-H Calf  
Club Show - Old Tyme  
Contests - Classic Car Show  
& Shine - Horseshoes - Live  
Entertainment - Toilet Bowl

**Keep checking for NEW Information and Events!  
Find the Fair Book in Print and Online!**

If you are willing to help with or volunteer at the 2014 Mohawk  
Fair please contact us as soon as possible at:

**mohawkagsoc@gmail.com**

Upcoming MAS Meeting Dates: August 4 @ 7:00pm  
August 11  
August 18  
August 25

**UNLIMITED RIDE BRACELETS are available for  
\$20.00 EACH at the Community Wellbeing Centre  
before the Fair Weekend or for \$35.00 on the  
fairgrounds after the opening of the fair!**



**Mohawk.fair**



**Mohawk fair**



**@MohawkFair**

**WWW.MOHAWKFAIR.COM**

## TENTATIVE SCHEDULE OF EVENTS

### FRIDAY, SEPTEMBER 12, 2014

8:00	AM	Final time for exhibits to be accepted
9:00	AM	Exhibition Hall Doors Close to Public
10:00	AM	Judging Begins in Exhibition Halls
1:00	PM	Gates & Buildings Open Crown Amusements Midway Open
5:00	PM	Kids Games on Main Track: Foot Races, Bicycle Races, Egg Toss *Children may also register for the Saturday Games: Tug-O-War, Bale Rolling, Pet Show, Greasy Pig at this time*
3:00	PM - 6:30 PM	Registration for Demolition Derby (in Fire Hall)
7:00	PM	Demolition Derby
8:00	PM	Buildings Close

### SATURDAY, SEPTEMBER 13, 2014

9:00	AM	Gates & Buildings Open Crown Amusements Midway Open
10:00	AM	Pancake Breakfast (West of the School Building) Classic Car Show and Shine (West of School Building) Judging of Small Animals and Birds Begins
10:00	AM - 6:00 PM	Kanhiote Library & Language Circle Bingo (Upstairs Community Centre)
11:00	AM - 3:00 PM	Turkey Dinner - Terry Ward (Upstairs Community Centre)
11:30	AM	Gazely Brothers Magic and Juggling (Near Main Stage)
12:00	PM	Grand Opening (Main Stage) Mohawk Women's Water Drum (Near Main Stage) Judging of Native Costumes (Main Stage) Horse Shoe Competition Begins (Beside Cattle Shed)
12:30	PM	Strong Man/Woman Competition (Main Track) Kids Games on Main Track: Tug-O-War, Big Bale Roll, Pet Show
1:30	PM	Gazely Bros Magic and Juggling (Near Main Stage)
2:00	PM	Brittany Brant Music Centre Talent Showcase (Main Stage)
3:00	PM	Old Tyme Contests (Main Stage) Pony Pull (Main Track)
5:00	PM	Greasy Pig (near Cattle Shed)
5:00	PM - 8:00 PM	Picket Fences (Main Stage)
8:00	PM	Buildings Close

### SUNDAY, SEPTEMBER 14, 2014

9:00	AM	Gates & Buildings Open Crown Amusements Midway Open
10:00	AM	Petting Zoo Opens (Beside Cattle Shed)
10:00	AM - 1:00 PM	Kanhiote Library & Language Circle Bingo (Upstairs Community Centre)
11:00	AM	Fancy Jingle & Hoop Dancers from Akwesasne
12:00	PM	Joyfull Noise Women's Choir (Main Stage) Toilet Bowl Races (Main Track) 4H Calf Club
1:00	PM	Fancy Jingle & Hoop Dancers from Akwesasne
1:00	PM - 4:00 PM	Napanee Old Time Fiddlers (Upstairs Community Centre)
2:00	PM	Fancy Jingle & Hoop Dancers from Akwesasne
3:00	PM	Exhibition Hall Doors Close to Public
4:00	PM	Exhibitors may pick up exhibits

**\*PLEASE NOTE:** Due to circumstances beyond the control of the Mohawk Agricultural Society, the above noted schedule may change at any time prior to or during the fair. We ask for your understanding.\*



# GARDENS COMPETITION 2014

The Mohawk Agricultural Society would like to say THANK YOU to everyone who participated in the Gardens Competition this year for the 2014 Mohawk Fair. **27 exhibitors participated and no one scored below 50 points.** The top gardens in each category are as follows:

Adult Vegetable Garden:	1 <sup>st</sup>	Lois Claus	\$50.00
	2 <sup>nd</sup>	Elena Betts	\$30.00
	3 <sup>rd</sup>	Janice Brat and Ken Post	\$20.00
Adult Flower Garden:	1 <sup>st</sup>	Dave & Lynn Wilson	\$50.00
	2 <sup>nd</sup>	Brenda Doreen	\$30.00
	3 <sup>rd</sup>	Elena Betts	\$20.00
Teen Garden:		No Exhibits	
Youth Garden:	1 <sup>st</sup>	Iakohentio Claus	\$50.00

ALL exhibitors who did not place in one of the top three prize categories will be awarded \$10.00.

**REMEMBER:** To receive prize money the competitor must exhibit at least five (5) separate entries of vegetables or flowers from his/her garden at the Mohawk Fair.

*Did you miss out on the 2014 Mohawk Fair Gardens Competition? If you would like to participate in next year's competition, PLEASE CONTACT A DIRECTOR early in the 2015 growing season to have your garden judged. Judging takes place during the summer months prior to the fair.*



# STRONG MAN & WOMAN COMPETITION

Sponsored by:



*Joe's*  
*Personal Training & Fitness*

Saturday, September 13, 2014  
@ 1:00pm on the Main Track

Call or Text Joe Sliwa  
613 885 5538

**FOR MORE INFORMATION:**

# THE TOILET BOWL

Sunday, September 14, 2014  
@ 12:00pm on the Main Track

## *Create/Build a Toilet Bowl Vehicle*

with your co-workers, family members, classmates,  
friends, and have fun racing our obstacle course.

### Each Team Needs:

- A vehicle that a toilet can be attached to (the MAS will provide toilets)
- One (1) pilot and up to three (3) crew (pushers).
- Helmets for all Team members

**AWESOME PRIZES FOR:** Fastest Times (First, Second, Third)  
Best Decorated Vehicle  
Most Creative Vehicle  
Youth



**SPONSORED BY  
KTA GENERAL  
MAINTENANCE**

**FOR MORE INFORMATION CONTACT:** Brian Hanoski @ 613-743-2357

Youth

**FOR MORE INFORMATION CONTACT:** Brian Hanoski @ 613-743-2357



## THE ANGLICAN PARISH OF TYENDINAGA

*To be a Spirit-filled and life-giving place where  
strangers become friends and friends become disciples.*

### Parish Priest

The Venerable Brad Smith  
962-2787

*Our worship uses a mixture of traditional and contemporary language and music, including Mohawk. All people are welcome to worship and participate in fellowship and parish life. We don't think we have all the answers—if you have questions, please join us on a journey of discovering the sacred One.*

### SUNDAY CELEBRATIONS

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

*Worship Schedule - 9:30 a.m.  
All Saints' - Jan-Mar and Jul-Sep  
Christ Church - Apr-Jun and Oct-Dec*

### Did you Know?

On 6 August 1993, the Anglican Church of Canada made an apology to the survivors of Indian Residential Schools. Over twenty years later, the Church continues to redress the wrongs of the past by actively participating in the work of the Truth and Reconciliation Commission of Canada, ministering to aboriginal people across the country, especially in the North, and striving for justice. In our own parish, the former Holy Trinity Church in Shannonville is now a centre for Mohawk language learning and our Rector is an outspoken advocate for justice, peace, and reconciliation.

FOR THE MOST UP-TO-DATE INFORMATION,  
VISIT [WWW.PARISHOFTYENDINAGA.ORG](http://WWW.PARISHOFTYENDINAGA.ORG)  
OR [WWW.FACEBOOK.COM/TYENDINAGAANGLICAN](http://WWW.FACEBOOK.COM/TYENDINAGAANGLICAN)

## “AA OPEN MEETINGS”

8:00 p.m. every Monday  
Queen Ann Parish Centre

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

## WE ARE TOPS, ON#5258 T.M.T.

*Losers Unite, Join Us!*

### *WINTER HOURS*

Thursdays

**5 - 5:30 = Weigh in**  
**5:30 - 6:30 = Meeting**  
Elders Lodge  
(Bayshore Rd)

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

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

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

**Contact:** Joy Brant - 613-885-0506  
Tree Good [altee94@gmail.com](mailto:altee94@gmail.com)

# PANCAKES and Bacon



Mohawk Pentecostal Church  
invites you

**DATE:** Saturday, September 13, 2014

**WHERE:** Tyendinaga Mohawk Fair  
(Mohawk Fairgrounds)

**TIME:** 8am till noon

*Open to all, come and join us!!!*

## Mohawk Pentecostal Church

2nd annual Pig and Corn Roast Dinner



Saturday, September 20, 2014

@ 3pm

Mohawk Pentecostal Church

\$12.00 admission

Music and Fellowship with  
one another!!!

Tickets on sale now, and also  
on event day



For more information please contact  
Rev. Bowbeer @ 613-396-5329



*She:kan! Skennen:kowa! Great Peace be with you!*

**KERISTOS NE KORAH:KOWA**

**CHRIST THE KING**

*Under the Patronage of Blessed Kateri Tekakwitha*

*A Catholic Anglican-Use Parish*

*Tyendinaga, M. T.*



**Morning Prayer with**

**Communion from the Reserved Sacrament**

**10:00 AM → 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Sundays**



**Holy Eucharist (Complete Mass):**

**11:15 AM → 2<sup>nd</sup> Sunday of the Month**

**Services are held at: The Elders' Lodge Common Room**

**For additional parish information, please call:**

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

OR

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

OR

Minister Gérard Trinqué at ☎ 1-888-831-4145 ✉ [gtplus@yahoo.com](mailto:gtplus@yahoo.com)



The Cross represents our *Christ-Centred Faith* adorned with the colours of the "Four Sacred Directions" which indicate the redeeming power and truth of the Gospel of Jesus Christ for all places, times, and nations. The four eagle feathers represent the four Gospels of Saints Matthew, Mark, Luke, and John. They remind us of the *good news* of salvation in Christ given for the whole world. The wolf, turtle, and bear explicitly represent our Mohawk clans, blessed by the light of the Gospel and called to faith in Jesus Christ. The eagle, which flies the closest to Heaven, symbolises the grace and power of God in receiving and answering our prayers.



*"For the word of the cross, to them indeed that perish, is foolishness; but to them that are saved, that is, to us, it is the power of God."* (1 Corinthians 1:18)



# MOHAWK PENTECOSTAL CHURCH

## WHEN WE MEET

Sunday 10:30 am Worship Service  
11:30 am Sunday School  
6:30 am Worship Service

Wednesday 7:00 pm Bible Study

Saturday 7:00 pm Prayer service

1984 York Road  
Tyendinaga Mohawk Territory  
Ontario Canada  
K0K1X0

Church - 613.396.5329  
Parsonage 613.396.5325

## COMING EVENTS

- Aug 1, 2014 Revival service, Bethel Camp on camden road south
- Sep 5, 2014 Revival service, Napanee Standard Wesleyan Church
- Sept. 13, 2014 Annual Pancake Breakfast
- Sept. 20, 2014 Pig and Corn roast, see newsletter info

Well, art is art, isn't it? Still, on the other hand, water is water. And east is east and west is west, and if you take cranberries and stew them like applesauce, they taste much more like prunes than rhubarb does. Now, uh... Now you tell me what you know.

*Groucho Marx, 1930 Animal Crackers*

# CLASSIFIED

## FOR SALE

2 STATION BUNN  
COMMERCIAL COFFEE  
MAKER  
- \$50.00 or Best Offer

Please call: 613-396-2962 or  
leave a message

Looking for old  
pictures of the  
"Lucky Strike Lanes"  
in Deseronto  
Call Lester: 613-396-3340

## FOR SALE

4 BEDROOM 1800 sq. Ft  
BUNGALOW  
- on 1 full acre  
- master bedroom is 15ft X 15ft, has a  
walk-in closet, drywall & pine,  
carpeted, 2 bedrooms are 12 ft X 11ft  
- 1 bedroom is 15ft X 11ft  
- living room is 25ft X 16ft, all pine  
walls & open concept with kitchen  
- kitchen is 15ft X 16ft, oak  
cupboards, brick & drywall  
- bathroom is 8ft X 10ft, completely  
renovated 2 yrs ago, ½ wood walls &  
drywall with crown molding, claw  
foot bathtub, all new fixtures  
- central air, insulated full basement,  
electric furnace, 2000 gallon holding  
tank  
- new windows last fall, new flooring  
throughout 3 yrs ago, metal roof  
- double wide driveway, wheelchair  
ramp  
- large shed  
- includes fridge, stove, washer &  
dryer  
- located at 554 Norways Rd  
-\$125,000.00 (negotiable)

Please call for a viewing ap-  
pointment. 613-962-3748  
Or cell #613-242-7442

## HOUSE FOR SALE

- 840 # 49 Hwy Tyendinaga  
Territory
- lot 150' X 200'
- House, Garage, Store front,  
Utility shed
- 1735 sq. ft. main floor
- full basement
- 4 bedroom, 2 bathroom  
on suite has jacuzzi tub
- above ground pool
- large deck
- 5 X 10 pool table included
- appliance included/and some  
home decor
- sunroom - leads from master  
bedroom to pool area

Details call: Rick 613-827-2988  
Jackie 613-849-4559

## BABYSITTING AVAILABLE

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

Call Fran - 613-396-2393

## WATERFRONT LOTS FOR SALE

- located on Snookies Rd
- with road frontage on Toms Rd.
- Lots 3C-6, Lot 3C-7,  
and Lot 3C-8 Con. 2
- 140 ft of waterfront with total  
acreage of 7.23 acres

For further information, please  
call: Scott Maracle 613-396-1327

## LOT FOR SALE

HY 49 & BAYSHORE RD  
Partial dwelling located there

Phone: 613-243-9079

## HOUSE FOR RENT

- Bright and spacious  
house with 4 bedrooms
- clean, freshly painted
- eat in kitchen, dish-  
washer,
- 2 bathrooms/ (updated  
4 piece) and 3 pc. bath
- laundry room
- large family room with  
woodstove
- large deck off kitchen.

Utilities not included/No  
smoking/no pets/first  
and last and security  
deposit and references

Available: Mid - August  
2014

If interested please  
request application at:  
[mohawkrentalproper-  
ties@yahoo.com](mailto:mohawkrentalproperties@yahoo.com)

## HOUSE FOR SALE

- For sale by Owner
- Lot 30G-4 Concession A  
20 Airport Rd
  - 3 bedrooms, kitchen, living  
room, dining room combined
  - full basement
  - working well with trickle  
system, water purifier with UV  
light
  - new windows and doors
  - septic system 8 yrs old
  - large lot, back deck 3 yrs old
  - garage for storage or car
  - laminate flooring throughout

Only interested parties  
need apply.  
Contact: 613-827-8774 anytime



## BABYSITTER AVAILABLE

Hello, my name is Mackenzie Bowden. I am a responsible 15 year-old who loves kids. I can baby-sit evenings and week-ends. I have 2 years of experience babysitting and have completed the Red Cross babysitting course. If you need a night out call me at 613-849-4305

## FOR RENT

### Upper 2 BEDROOM APARTMENT

no refrigerator or stove.  
- \$600/month inclusive,  
- first and last month required.  
- Located at 411 Airport Road, TMT  
Applications available at  
Build All Contractors, 5427  
Hwy #2, Shannonville

## FOR SALE

**WATERFRONT COTTAGE**  
- with large 2 car garage & sun Porch  
- located just off of Ferry Lane (Cottage F)  
- large spacious 3 bedroom approx 1200 sq. ft  
- renovated and winterized with electric heat source  
- hardwood floors & rugs

For further information, please call 613-544-7019

## FOR SALE

Mahogany Dining Room Set  
-Hutch w/light & Dining Table  
w/large leaf & 6 Chairs.  
-\$200 OBO.  
Please call 613-968-5289



## HOUSE FOR SALE

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

If interested serious "inquiries only" please call and leave a message with your name and number to Bill-587-276-1092 or Wendy -780-972-3641

## FOR SALE

NEWLY RENOVATED  
2 BEDROOM COTTAGE  
- winterized, 1200 sq. ft.  
(approx.)  
- 32 Ferry Lane Rd. TMT  
- Price: \$69,000.00

Phone: 613-743-5658  
for viewing

## FOR SALE

Honey Oak 2 PEDESTAL OVAL  
DINING TABLE 40"X60"  
- Quality handcrafted by Tompkins  
Furniture Deseronto  
- Includes 2 leaves to extend it 24  
more inches.  
- Will fit large or small space and  
includes 6 matching oak chairs.  
- Price \$699.99.  
- Great buy in **excellent** condition!

Contact Marilyn at 613-967-1129  
if interested.



## FOR RENT

2 BEDROOM APARTMENT  
- located on the York Rd.  
- Available Immediately

Call for an appointment  
613-962-1546

## SADIES MENS WELLNESS

Attention to the Mohawk Men of our Community

ARE YOU A MAN WHO IS LOOKING  
FOR A PLACE TO STAY WHILE YOU  
ARE DECIDING ON YOUR NEXT STEP  
TOWARDS GETTING BACK ON YOUR FEET!  
CALL 613 396 1607. ASK FOR JIM, OR LEAVE INFORMATION FOR CONTACT  
ALL INQUIRIES CONFIDENTIAL!

NEW  
FOOR  
JLC  
V

## HOUSE FOR SALE

41 Upper Slash Road  
\$185,000

1 Acre Lot with Plenty of Road Frontage  
1640 Sq. Ft – Main Level  
Propane Furnace and Hot Water Heater  
Hardwood and Ceramic Floors Throughout  
Large Eat-in Kitchen  
Dining Room opens to Multi-level Deck  
Living Room with Large Picture Window  
Main Floor Laundry

3 Bedrooms Upstairs with Potential for More Downstairs  
Large Master Bedroom with Private Deck and Soaker Tub

1 Full Bath and 2 – ½ Baths (1 main floor and 1 on lower level)

Large Rec Room on Lower Level with Walk-out and Corner Propane Fireplace

Craft Room on Lower Level

Outdoor Hot Tub and 27' Round Pool

Attached 2 Car Garage  
Shed

Call to view (613)967-8230

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CFP, CLU, CH.F.C.

**Dianne Dowling**  
CHS

**Tim Reynolds**  
CFP, CHS



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**DOOR PRIZES!**

**GRAND OPENING  
CELEBRATION!!!**

**REFRESHMENTS!**

**Saturday August 30<sup>th</sup>, 2014**

**1-4pm**

*Live performances by current students, the Joyfull Noise women's choir, and Brittany Brant!*

*Registration will be available for lessons (all ages), Kindermusik classes (ages 0-7), and the women's choir (19+).*

*Come and check out our brand new facility and see what we have to offer!*

**\*Limited spaces are available for Kindermusik classes. For early registration for September, or to begin in August, call or text**

**613-438-SONG.**

**Located on Hwy #2 in Shannonville next to Tyendinaga Computers**

**[www.BrittanyBrantMusicCentre.com](http://www.BrittanyBrantMusicCentre.com)**

## Eavestrough Delivery

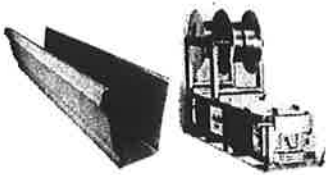
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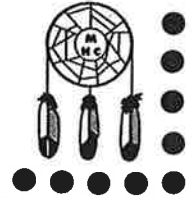
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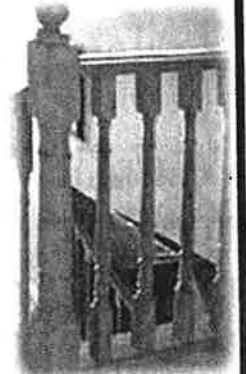
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# Belleville Bakery

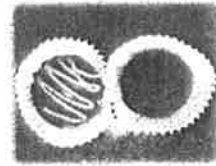
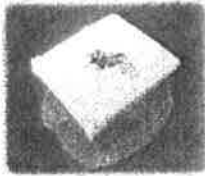


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