



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANYENK'EHA:KA

ORI:WASE (NEWS)

ISSUE 8/15
SESKEHA (August)

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

AUGUST 21, 22, 23, 2015



- Demolition Derby •
- Bingo • Midway • Pet Show
- Traditional Foods • MAS Member Exhibits • Kids Games • School Exhibits • Turkey Dinner • Kids Races
- Youth Exhibits • Calf Show • Traditional Crafts •
- Olde Tyme Contests •
- Classic Car Show & Shine • Horseshoes • Talent Show
- Toilet Bowl Races •

UNLIMITED RIDE BRACELETS ARE AVAILABLE NOW!!

Advanced Sales: \$20.00 EACH at the Community Wellbeing Centre
Regular Price: \$35.00 EACH at the Gate

STUDENT GET SOME VOLUNTEER HOURS!!

HELP SETUP THE SCHOOL BUILDING
August 12 10:00am-3:00pm

Schedule of Events inside!

If You Would Like to Volunteer at the 2015 Mohawk Fair
Contact Us at: MohawkAgSoc@Gmail.com



Mohawk.fair



Mohawk Fair



@MohawkFair

WWW.MOHAWKFAIR.COM

Keep checking for NEW Information and Events!

Find the Fair Book in Print and Online!

Mohawk Fair 2015

You can help!

Are you a high school student requiring volunteer hours or perhaps a senior that likes to visit? We are offering a free day-pass to the fair in exchange for 4 hours of exhibit surveillance in the main building.

When: Saturday and/or Sunday,
am/pm, August 22 & 23

Contact: Deb Vincent @ 396-2749



TENTATIVE SCHEDULE OF EVENTS

FRIDAY, AUGUST 21, 2015

7:00 - 9:30 AM	Final time for exhibits to be submitted
9:30 AM	Exhibition doors close to the public
10:00 AM	Judging begins in Exhibition Halls
1:00 PM	Gates & Buildings Open Crown Amusements Midway Opens
5:00 PM	Kids Games (Main Track) *Children may also register for the Saturday Kids Games, Pet Show, and Greasy Pig at this time*
3:00 - 6:00 PM	Registration for Demolition Derby (Fire Hall)
5:00 - 7:00 PM	Family Scarecrow Making Contest *The MAS will supply straw. You bring everything else you need.
7:00 PM	Demolition Derby Begins (Derby Pit)
8:00 PM	Buildings Close

SATURDAY, AUGUST 22, 2015

9:00 AM	Gates & Buildings Open Crown Amusements Midway Opens
10:00 AM	Pancake Breakfast (West of the School Building) Judging of Small Animals and Birds Begins (Poultry Shed) Classic Car Show (East of School Building, Rain Date: Sun. Aug 23)
10:00 AM - 1:00 PM	Kanhiote Library & Language Circle Bingo (Upstairs Community Centre)
11:00 AM - 3:00 PM	Turkey Dinner by Terry Ward (Upstairs Community Centre, Cost: \$10.00)
12:00 PM	Grand Opening (Main Stage) Judging of Native Costumes (Main Stage) Mohawk Women's Water Drum (Main Stage) Horseshoe Competition Begins (Beside Cattle Shed)
1:00 PM	Strong Man/Woman Competition (Main Track) Pet Show & Kids Games (West of Cattle Shed)
2:00 - 3:00 PM	Joyful Noise Singers (Main Stage)
3:00 PM	Old Tyme Contests (Main Stage)
4:00 PM	Greasy Pig (Near Cattle Shed)
5:00 - 8:00 PM	Picket Fences (Main Hall)
8:00 PM	Buildings & Midway Close

SUNDAY, AUGUST 23, 2015

9:00 AM	Gates & Buildings Open Crown Amusements Midway Opens
10:00 AM - 1:00 PM	Petting Zoo Opens (Beside Cattle Shed) Kaitlyn McNichols showing Cows and Calves (Beside Cattle Shed) Kanhiote Library & Language Circle Bingo (Upstairs Community Centre)
11:00 AM	Mohawk Men's Drummers (Main Stage)
11:00 AM - 2:00 PM	Pony Pull (Main Track)
1:00 PM	Talent Showcase hosted by David Maracle (Main Stage)
2:00 PM	Toilet Bowl Races (Main Track)
2:00 - 4:00 PM	Napanee Old Tyme Fiddlers (Upstairs Community Centre)
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.*

28th Annual Tyendinaga Traditional POW WOW

HONOURING our COMMUNITY

August 8th & 9th
2015



Mohawks of the Bay of Quinte
The Peacemakers Territory

Agenda of Events
Sunrise Ceremony at 7am

Grand Entry:
Saturday 12:00pm and 6:30pm
Sunday 12:00pm

Social Saturday evening

Gates open at 9:00 am

Park admission
Adults \$5.00
Seniors \$3.00
12 years & under free

Native Craft Vendors Fees \$125
(depending on size)

Native Food Booth Fees \$175
(depending on size)

Please Note
Band card required for all vendors and food booths.

Camping \$40 / weekend
Washrooms and Showers available on premises



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in June responded to 7 calls:

- 3 Medical Assist**
- 1 Hydro Pole Fire**
- 1 Auto Alarm**
- 1 Vehicle Accident**
- 1 Mutual Aid**

This brings our total to 63 calls for the year 2015

This is to let you know the scheduled Tyendinaga Mohawk Council Meetings for August 2015:

TMC Meetings	Agenda Deadlines
Local Business – Wednesday , August 12, 7:00 p.m. Regular – Monday , August 17, 9:00 a.m. Local Business – Thursday , August 27, 7:00 p.m.	Thursday , August 6, 12:00 p.m. Tuesday , August 11, 12:00 p.m. Friday , August 21, 12:00 p.m.



TD Summer Reading Ice Cream Party

August 29th at 1 pm

- make your own sundae to celebrate the end of the program.

New Hours Tuesday 10 to 2, Wed and Thurs 1 to 7, Saturday 10 to 2 - Library closed on Saturday of long weekends and closed Saturday Aug. 22 for Mohawk Fair - we will be at Bingo at the Fair fundraising for Kanhiote Library and for Tsi Tyonnheht Onkwawenna





MOHAWKS OF THE BAY OF QUINTE ECONOMIC DEVELOPMENT Upcoming Workshops

Workshop	Date	Time
Intro to Microsoft Excel	September 24	11:30am - 1:30pm
Leadership Training	October 5	9am - 12pm
Time Management	November 2	9 am - 12pm
Small Business Week		
Guerrilla Marketing Wartenberg Business Consulting	October 19	11:30am - 1:30pm
Web That Work OSM websites	October 20	11:30am - 1:30pm
Social Media Jennifer Baker Consulting	October 21	11:30am - 1:30pm
TBA	October 22	TBA
Business Budgeting with Excel Software Simplified	October 23	11:30am - 1:30pm

SELF-EMPLOYMENT TRAINING COURSE STARTING JANUARY 2016

For more information about the workshops contact Renee Brant

Phone: 613-396-3424 Fax: 613-396-3627

Email: reeneb@mbq-tmt.org

TSI NIYOHT WENHTSYA:KE

(IT IS ABOUT THE EARTH)



Illegal Dumping:

Illegal Dumping is a serious issue on TMT. As custodians of Akenihsten'ha Yowenhtsya:ke (Our Mother the Earth), we have a responsibility to protect and preserve our land, our resources, and our environment. If you observe anyone illegally dumping please record any observations and contact the Tyendinaga Mohawk Police at (613) 967-3888 and/or Nicole Storms at (613) 396-3424.

PLEASE RESPECT OUR MOTHER.



Wild Parsnip:

Wild Parsnip is rampant on the Tyendinaga Mohawk Territory this year. This plant produces sap containing chemicals that can cause human skin to react to sunlight, resulting in severe burns, rashes or blisters. Please ensure that you, children, and your animals avoid this plant. For more information on how to identify, remove, manage, and dispose of this plant please see the following fact sheets.

Wild Parsnip

(*Pastinaca sativa*)

Wild parsnip is an invasive plant native to Europe and Asia. It was likely brought to North America by European settlers, who grew it for its edible root. Since its introduction, wild parsnip has escaped from cultivated gardens and spread across the continent.

Wild parsnip roots are edible, but the sap of the plant can cause severe burns. Collecting the plant from the wild should only be done with extreme care. See the section Protective Clothing below.

Wild parsnip, which is also known as poison parsnip, is a member of the carrot/parsley family. It typically grows a low, spindly rosette of leaves in the first year while the root develops. In the second year it flowers on a tall stalk and then dies. The plant can form dense stands and spreads quickly in disturbed areas such as abandoned yards, waste dumps, meadows, open fields, roadsides and railway embankments. Its seeds are easily dispersed by wind and water, and on mowing or other equipment.

Like giant hogweed and other members of the carrot family, it produces sap containing chemicals that can cause human skin to react to sunlight, resulting in intense burns, rashes or blisters.

Range

In North America, scattered wild parsnip populations are found from British Columbia to California, and from Ontario to Florida. It has been reported in all provinces and territories of Canada except Nunavut. The plant is currently found throughout eastern and southern Ontario, and researchers believe it is spreading from east to west across the province.



Flowers grow in yellowish-green clusters

Photo: Leslie J. Mehrhoff, University of Connecticut, Bugwood.org

Impacts of Wild Parsnip

- The plant can form dense stands that outcompete native plants, reducing biodiversity.
- Stem, leaves, and flowers contain chemicals that can increase skin sensitivity to sunlight and cause severe dermatitis.
- Wild parsnip reduces the quality and saleability of agricultural forage crops such as hay, oats, and alfalfa.
- Chemical compounds in the plant are known to reduce weight gain and fertility in livestock that eat it.

How to Identify Wild Parsnip

- Grows up to 1.5 metres tall.
- The single green stem is two to five centimetres thick and smooth with few hairs.
- Compound leaves are arranged in pairs, with sharply toothed leaflets that are shaped like a mitten.

- Yellowish green flowers form umbrella-shaped clusters 10 to 20 centimetres across.
- Seeds are flat and round.

Check the chart below to know how to identify wild parsnip.



Jeff Muzzi



Diana Shernet, CLOCA



Leslie J. Mehrhoff, U. of Connecticut



Chris Evans, Illinois Wildlife Action Plan



Rachel James

	Giant Hogweed (<i>Heracleum mantegazzianum</i>)	Cow Parsnip (<i>Heracleum maximum</i>)	Wild Parsnip (<i>Pastinaca sativa</i>)	Queen Anne's Lace (<i>Daucus carota</i>)	Angelica <i>Angelica spp.</i>
Height	2.5 to 5 m	1 to 2.5 m	0.5 to 1.5 m	0.3 to 1.5 m	1.2 to 2.1 m
Flowers	Large, white umbrella-shaped flower clusters 30 to 90 cm across, made up of 50 to 150 small flower clusters	White umbrella-shaped flower cluster 10 to 30 cm across, made up of 15 to 30 small clusters	Yellowish-green flower clusters 10 to 20 cm across	White flower cluster 5 to 10 cm across. Pale pink before fully opened. Often single purple flower in centre of flower cluster	Greenish-white globe-like flower clusters 8 to 25 cm across
Leaves	Prominently spiked edges Up to 1.5 m long Leaflets grow right out of each side of main stem, with no leaf stalk	Leaves have lobes shaped like a hand with fingers, with fuzzy undersides Up to 0.5 m long and wide Leaf blade separated from main stem by leaf stalk	Leaves consist of 2 to 5 pairs of leaflets that grow across from each other along the stem, and one diamond-shaped leaflet on the end Leaflets toothed and often shaped like a mitten	Leaves are staggered along the stem (alternate) Leaves consist of leaflets that are finely divided into narrow segments. Each segment of the lower leaves is further divided into fine lobes, resulting in a feathery appearance	Alternate leaves, divided into 2 to 3 leaflets
Stem	Hollow, 5 to 15 cm thick Prominent purple blotches Distinct, coarse, bristly hairs	Hollow, 5 cm thick at base Green, few to no purple spots Soft and fuzzy hairs	Green, 2.5 to 5 cm thick Smooth with few hairs	Green, 1 to 2.5 cm thick Covered with fine bristly hairs	Purple or purple blotched Smooth (no hairs)
Lifecycle	Biennial (lives for 2 years) or perennial (lives longer than 2 years)	Perennial	Biennial/Perennial	Biennial	Perennial
Origin	Invasive	Native	Invasive	Invasive	Native

Wild Parsnip Removal and Management

If you have small clusters of wild parsnip on your property (fewer than 100 plants), you may be able to manage the plant yourself. Wear protective clothing and dispose of plants carefully, as described below. To remove larger infestations (thousands of plants), you will likely need a professional exterminator and repeated treatments over several years.

Note: To manage wild parsnip effectively, learn how to identify the plant in both its first-year stage as a small rosette of leaves, and in its second year, as a tall flowering plant. The area must be monitored for several seasons to ensure complete eradication.

Protective Clothing

Wear protective clothing, including waterproof gloves, long-sleeved shirts, pants and eye protection. A disposable spray suit over your normal clothing provides the best protection. Spray suits are commercial-grade waterproof coveralls. After working around the plant, remove your protective clothing carefully to avoid transferring any sap from your clothing onto your skin. Wash your rubber gloves with soap and water, then take off your spray suit or outer clothing. Wash your rubber gloves again and then take them off. Finally, take off your protective eye wear. Put non-disposable clothing in the laundry and wash yourself immediately with soap and water.

Mechanical Control

For a small infestation in a yard or garden (fewer than 100 plants), dig out as much of the taproot as you can with a sharp shovel or spade. Digging is most effective in the spring when the soil is moist and the taproot is more easily removed. Follow-up digging will be required every few weeks to deal with re-growth (if the taproot was not completely removed) or missed plants.

Pulling up the plants is impractical for larger infestations, but mowing can be effective if begun just after peak blooming, but before the seeds set in the late summer or early fall. Cut plants will likely re-sprout after mowing, so it is important to combine mowing with other control methods.

Another method of control is to cover the dug or mowed areas with black plastic to smother new growth of all plants. The plastic should be left in place for at least one season to ensure the roots are smothered. The area must be replanted after the plastic is removed to replace desirable plants and rehabilitate the soil.

Chemical Control

In Ontario, herbicide use, storage and disposal is regulated under the Pesticides Act. While many uses of herbicides are banned, certain herbicides may be used to control plants that are poisonous to humans who touch them, such as wild parsnip. Herbicides that may be used for this purpose include those containing the active ingredient glyphosate. If you are considering using a pesticide, read the product label before buying it to ensure it can legally be used on wild parsnip.

Herbicides containing glyphosate can be an effective tool to control larger populations of wild parsnip. Glyphosate is a broad spectrum herbicide that kills green plants that it comes into contact with. New seedlings will often germinate and emerge after glyphosate has been applied, meaning that follow up applications may be required.

For the best results, apply herbicide to the leaves of actively growing plants in the spring, followed by a summer application for missed plants that are still growing. Herbicide treatments may need to be repeated in following years. Follow directions on the product label and provincial and federal laws when using herbicides.

Disposal

DO NOT burn or compost wild parsnip plants that have been cut down or dug up. If possible, leave the stems to dry out completely at the site. Carefully dispose of plant material in black plastic bags and leave in direct sun for a week or more. Contact your municipality to determine if the bagged plants can be sent to your local landfill site.

What You Can Do

- Learn how to identify wild parsnip and other invasive plants.
- Stay on trails and away from areas known to have wild parsnip or other invasive species.
- Inspect, clean and remove mud, seeds and plant parts from clothing, pets (including horses), vehicles (including bicycles) and equipment such as mowers and tools. Before travelling to new areas, clean vehicles and equipment in a place where plant seeds or parts aren't likely to spread, such as in a driveway or at a car wash. It's very important to carefully wash any sap from clothing, equipment and pets.
- Avoid disturbing soil and removing plants from natural areas; they may be rare native plants or even invasive plants.



Compound leaves are arranged in pairs

Photo: Ohio State Weed Lab Archive, The Ohio State University, Bugwood.org



Wild Parsnip

Photo: Leslie J. Mehrhoff, University of Connecticut, Bugwood.org

- If you think you have wild parsnip on your property or if you see it in your community, please call the Invading Species Hotline at 1-800-563-7711, or report your sighting online at www.invadingspecies.com. You will be asked to send in photos for identification. **DO NOT** touch, cut or collect parts of the plant for identification purposes.



Yellowish-green flowers turn into round, flat brown seeds

Photo: Leslie J. Mehrhoff, University of Connecticut, Bugwood.org

Other Resources:

www.invasivespeciescentre.ca

ontario.ca/invasivespecies

www.ontarioinvasiveplants.ca

www.invadingspecies.com

Ministry of the Environment pesticides information for homeowners

www.ene.gov.on.ca/environment/en/category/pesticides/STDPROD_085338.html#1

Ministry of the Environment fact sheet Managing Pests in Lawns and Gardens

www.ene.gov.on.ca/environment/en/resources/STD01_076153.html

For More Information:

Please contact the Invading Species Hotline at 1-800-563-7711.

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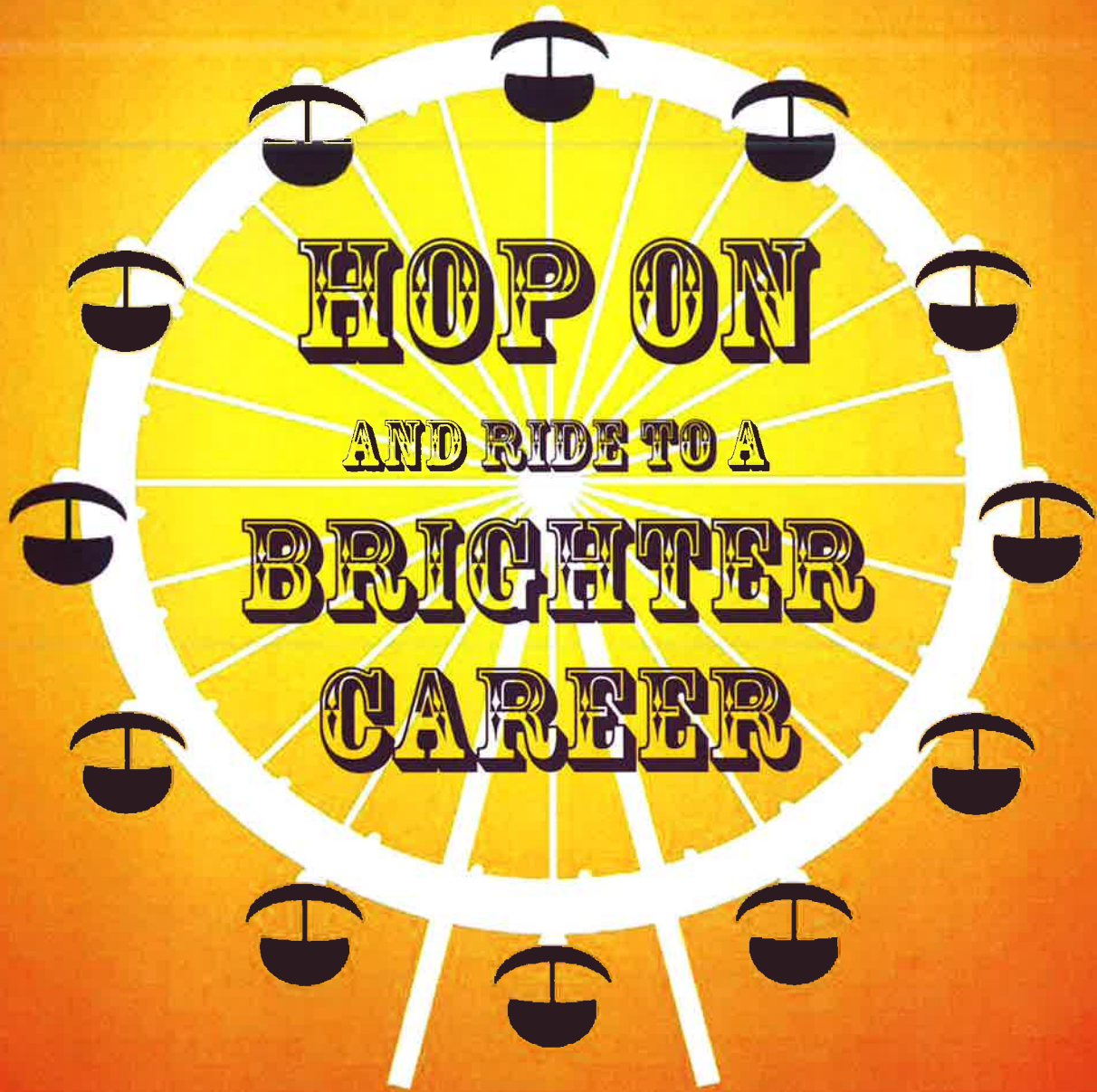
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PERSONAL SUPPORT WORKER • MENTAL HEALTH & ADDICTION WORKER • DIABETES SUPPORT WORKER

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Seats Still Available for September!



For more info, call Jake at 613-396-2122, ext. 182

FNTI 
First Nations Technical Institute

**The 2015 Annual Kastowa Fundraiser was a great success!!
Tsi Tyonnheht Onkwawenna was able to raise over \$1700**

**We would like to say Nyawenkó:wa to the store owners for helping to
sell Kastowas, and to all those who supported our cause.**

**We would also like to especially thank Trevor Lewis who matched
Village Variety's sales with a personal donation of \$500**

**Nya:wen to everyone and we look forward to your continued support
in the future!!**



News from the Ohahase Education Centre

We are pleased to announce that the following students graduated with their Ontario Secondary School Diploma at our grad ceremony held on July 8th:

**Stacie Brant
Laura Leween
Norman Peltier**

**Ashley Lee
Alina Meeks
Jody Rupert**

These students pushed through barriers, overcame obstacles, and persevered diligently to achieve their secondary school goals. We wish them all the best as they now pursue other educational and career goals.

The Ohahase Education Centre is open throughout the summer, and we are accepting registrations for Fall 2015 in both our day and adult program. We offer a wide range of courses from Grades 9 - 12, including all compulsory subjects, a varied selection of optional subjects, and a co-op program. Choose between our day program - enroll in up to four classes per semester, two semester per year, with classes running Monday to Thursday - or choose our Adult Ed program, where you work at your own pace with teacher supports. Drop by to see our facilities, and determine which option works best for you!

Ohahase Education Centre
3 Old York Road
Tyendingaga Mohawk Territory
613-396-2122

*Interested in joining the modern health care team
and having a career in an in-demand field?*

Information Session

at FNTI on

Wednesday, August 12, 2015

4-7pm (drop in)

to learn more about the

Personal Support Worker Program

A one-year college certificate program delivered in partnership between FNTI and Canadore College. Students attend classes Monday, Tuesday and Wednesday weekly for 8 months, STARTING SEPTEMBER 2015 in Tyendinaga.

Join Us!



*For more information contact Jake at recruitment@fnti.net
or call 800-267-0637 or visit www.fnti.net*

FNTI  First Nations
Technical Institute

*Thank
You*

My Sons and I are very grateful for the generosity and kindness of the Community. To each and everyone our heartfelt gratitude.

Sincerely Kelly, Liam and Aaron



Tinney, Bessie Merle

Passed away peacefully after a long battle with lung disease with her family by her side on Tuesday, June 23, 2015 in her 79th year. Beloved daughter of the late Nora and Tom Tinney. Loving Partner of Harvey Jackson. Cherished Mom of Jennifer (Ralph) and Sandy (Mark). Predeceased by her son Tommy. Treasured Nanny of Marshall, Malcolm, Olivia, Sophie and Joey. Always remembered by her many close cousins, family and friends. Bessie will be greatly missed by her Friday night friends from the Deseronto Legion Branch #280. Family and Friends were received at McGlade Funeral Home, on Friday, July 3, 2015 between the hours of 11:00 – 1:00p.m. A Celebration of Life did follow at 1:00 p.m. in the funeral home. Interment took place in Christ Church Cemetery. For those who wish, memorial donations may be made to the Christ Church Chapel Royal Restoration Fund or the Tyendinaga Home & Community Care in memory of Bessie. On-line condolences may be made at www.mcgladefuneralhome.com

IN THE CARE OF
MCGLADE FUNERAL HOME
78 CENTRE STREET
DESERONTO, ONTARIO
613-396-2310

HUGE THANK YOU!!!

THE EASTERN VILLAGE ANIMAL HOSPITAL
From London, Ontario
(Mobile Vet Clinic)

For coming to Tyendinaga on Saturday June 27th, 2015.
The Clinic provided vaccinations at a low cost for our pets.

There were 60 animals seen that day
at the 59er's Hall. They also gave out food, dog treats,
supplies and education
free of charge to all who attended. The group of 9 staff provided
professional care for our pets far beyond what we expected.

WE have invited them back in the Spring 2016!

Watch for advertisements in our community newsletter!

Nia:wen,

- 59er's Hall for the location
- Community WellBeing Centre for supporting
- Erica Jamieson for contacting me with the information
- Liz Brant for volunteering for the day

Nai:wen, kowa

Crystal Maracle, CHR, MBQ



Happy Birthday!



Happy Birthday
Darlin'
August 8
Love Auntie Boo, Jeffy and Ledgie

Happy Birthday
Brother
August 17
Love Auntie Boo, Jeffy and Ledgie

Happy Birthday
Glenn Aug. 9
Love Wendy

Happy Birthday
Aug. 31 Jordan
Love Duda.

Happy 55th Anniversary
Norma (Gram) & Bill (Papa) Brant
Love Chip, Allison, Kody & Kamryn

Happy 2nd Birthday to the little
princess.
Kamryn Brant
Love Daddy, Mommy & Kody

Happy Birthday Keven – August 2nd
Love Marilyn, Rick, Sam, Emmett,
Phill & Hayden

Happy 4th Birthday
Matthew
August 4th
Love Aunt Marilyn, Uncle Rick,
Sam, Emmett, Phill & Hayden

Happy 4th Birthday
Zoey
August 17th
Love Aunt Marilyn, Uncle Rick, Sam,
Emmett, Phill & Hayden

Happy Birthday
Paige
August 23rd
Love Aunt Marilyn, Uncle Rick, Sam,
Emmett, Phill & Hayden

Happy Anniversary
Donna & Mike
August 14th
Love Aunt Marilyn, Uncle Rick, Sam,
Emmett, Phill & Hayden

Happy Anniversary
Harry & Eileen
August 30th
Love Marilyn, Rick, Sam, Emmett,
Phill & Hayden

**AUG
19**

11-6



**EYE EXAMS
AND GLASSES**



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

TOLL FREE 1-866-920-6480

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OFF**



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HUGO BOSS **RETROSUPERFUTURE**
Ray-Ban  *Maui Jim*

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Questions? Contact Mobileyez at 416-619-0064 (toll free 1-866-920-6480) info@mobileyez.com

(Onekwenhtara Onen'takwenhten:tshera Kanonhsote) Red Cedars Shelter

IS a safe and secure environment for women & their children who are fleeing abusive situations/relationships. Our team will guide women in their healing with teachings of empowerment and holistic self care. Women will have a better understanding of family violence, it's impact, how to keep their family safe and work towards a better way of living.



We offer:

- Counselling
- Community Outreach Services (men & women)
- Healing Circles
- Grief Edu -Therapy Program
- Red Path Addictions Counselling Program
-and more.

IS NOT a shelter mandated for people who are homeless. Although we try our hardest to provide a referral or resource that will hopefully be helpful.

Our crisis line is available 24/7 to anyone in crisis or that may just need a gentle heart that will listen.

WE can help by sharing resources/information to those seeking help.

Contact us today: 613-967-2003/1-800-672-9515 (toll free)

Red Cedars Shelter is asking for your continued needed support of gently used clothing for all seasons for women and children of all ages.

Nia:wen for your Community Support



Stress and Diabetes

Did you know that stress can raise your blood sugar?

Its true. It can also raise blood pressure, and put you at higher risk of heart disease

If you are living with diabetes it is important to understand stress, its affect on your health, and how to cope to better manage your blood sugars.

Symptoms of stress include:

- feeling irritable, sad, guilty or disconnected
- Changes in sleep patterns– trouble falling or staying asleep
- Headaches, tension, upset stomach
- Trouble concentrating or making decisions
- Negative thinking
- Loss of interest or enjoyment in something you usually enjoy
- Restlessness

How do you cope with stress?

You can try exercise, getting outside, talking to a friend, deep breathing, eating well, join a support group, read a book, get creative...find what works for you

For more information/help managing stress and diabetes call the Diabetes Education Program 613 967-3603

Let's Talk About Diabetes

The Diabetes Education Program invites you to join us for 8 weeks of learning, laughing, sharing and PRIZES! Through games, cooking and conversation we will share tips & tricks to help you and your loved ones manage blood sugar and live well with diabetes



Tuesdays 6-8pm starting September 8, 2015

Community Wellbeing Center Teaching Lodge

Please call Jodi or Shelly to register 613 967-3603



Diabetes Management in the Summer

Always remember to stay hydrated

- When blood glucose levels are not controlled this can lead to increase excretion of urine. Keep hydrated by drinking things low in caffeine and sugar such as water

Watch for signs of heat exhaustion

- Some symptoms may include: feeling dizzy, fainting, sweating excessively, muscle cramps, headaches, rapid heart rate and nausea

Remember to exercise in a cool environment

- This will decrease your chances of heat exhaustion

Check blood glucose levels more often

- The heat can cause blood glucose levels to increase so during the summer heat you may need to check levels more often especially if you aren't feeling well

Always carry healthy snacks and water with you



EATING IN SEASON– LET NATURE GUIDE YOU!

Join us as we enjoy the tastes of the seasons!

One Friday morning each month, over the next year, we will be cooking a selection of healthy seasonal recipes. As the seasons change, come share healthy new ideas for wild greens, maple, berries, wild game, fish, corn, beans, squash and more!

Keep an eye out each month for more details. Sign up for one or all nine sessions!

September 18, 2015 10am –1pm

Community Wellbeing Teaching Lodge

Corn and Beans



Call the Diabetes Education Program for more information
or to register. Space is limited

613 967-3603

Canning Workshop

September 10, 2015

Two times to choose from: 1-2:30 pm or 4-6:30 pm
Mohawk Community Centre (downstairs)

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

Draws for prizes, giveaways and snacks/refreshments provided

Call to register 613 967-3606

Space is limited!



Benefits of Urban Pole Walking

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



Interested in giving it a try?

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

Urban Poling Walking Group

Meet every Tuesday beginning

Sept 22/15 and continue for 6 weeks

10:00 AM @ walking trail on Church Lane

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



Make Your Own Baby Food Workshop



Thursday **Oct 29th, 2015**
6:00 p.m. - 8:00 p.m.

Community Wellbeing Centre
Teaching Lodge

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

All supplies provided

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

Take home a free gift



GOOD 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



Dates: Order By and Paid 4:30pm	Order Arrives
August 11, 2015	August 19, 2015
September 8, 2015	September 16, 2015
October 13, 2015	October 21, 2015
November 10, 2015	November 18, 2015
December 8, 2015	December 16, 2015



Calendar For
2015

Large Food Box \$15.00

Singles Box \$10.00

Fruit Bag \$5.00

COMMUNITY HEALTH

GOOD FOOD BOX

(Items in each)

Large Food Box

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

Small Food Box

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

Fruit Bag

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



Promote

Protect

Support Breastfeeding

Nursing mothers and babies, siblings, pregnant women, grandmothers, interested women and young girls are all welcome

Nursing Mothers Support Group

Tuesdays 10:30-12:00 noon

G-Tech Training Centre

5701 Old HWY 2

Shannonville, On

K0K 3A0

Lactation Consultation available

For more information contact Community Wellbeing Centre 613-967-3603

Looking for fun activities for the whole family?

Community Health Programs are offering

FREE swim, skate & gym passes

To be used at Quinte Sports & Wellness Centre at your convenience.

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

NOTE— passes are one pass per person per activity and must be left with Quinte Sports & Wellness staff at the time of use.

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



Need more info, please call 613-967-3603

Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

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

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

Mary McCauley R.N.
Community Health Nurse



Prenatal Classes *Fall Session*

Wednesday Sept 16th, 2015

6:00 pm - 8:00 pm

Community Wellbeing Centre

Teaching Lodge

50 Meadow Drive

Tyendinaga Mohawk Territory

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

613-967-3603

and speak with the Community Health Nurses

Stressed? Tired out?

Time to get rejuvenated and schedule some...

Young Women's Wellness Time



August 10—12, 2015



Ages 13-19 years

Time to unwind, relax, camp, unplug and enjoy a few days in nature centered around YOU!

- Learn something new
- Choose to take part in women's ceremonies, crafts etc.

FREE



Shannon Butcher
Tyendinaga Justice Circle Coordinator
(613) 396-2122 ext. 166
Shannonb@fnti.net



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

Community Working Group for Health

Nov 2014 newsletter referred to as the Health Advisory Board &
May 2015 Health Advisory Working Group



LOOKING FOR YOU—THE COMMUNITY TO BE THE DRIVING FORCE!!

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

Monday, September 21, 2015

6 pm–7:30 pm

Prompt start with light refreshments available at 5:45pm

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

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

AGENDA 21 September 2015:

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

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

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

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

August 2015

Unless otherwise stated

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.		Euchre —6:30 to 8:30 p.m. Ceramics—1:00 to 3:00 p.m. Traditional Song & Dance —1:00 to 4:00 pm Friendly Visiting—12:30 p.m.—				1
2	3 Office Closed	4 Meals on Wheels Traditional Song & Dance Teaching	5	6 Meals on Wheels Picton Shopping	7 Meals on Wheels Handivan Deseronto	8
9	10 Ceramics	11 Meals on Wheels Traditional Song & Dance Teaching	12 Diners Club & Bingo HOME SUPPORT @ Community Centre	13 Meals on Wheels Belleville Shopping	14 Meals on Wheels Handivan Deseronto Scrapbooking Friendly Visiting	15
16	17 Breakfast Club Ceramics	18 Meals on Wheels	19 Euchre	20 Meals on Wheels	21 Meals on Wheels Handivan Deseronto Traditional Song & Dance Teaching	22
23	24 Ceramics	25 Meals on Wheels Traditional Song & Dance Teaching	26 Diners Club & Bingo HOME SUPPORT @ Community Centre	27 Meals on Wheels Liflock Cruise	28 Meals on Wheels Handivan Deseronto Scrapbooking	29
30	31 Ceramics					



Tipi Moza (Iron Homes)

#210-993 Princess Street, Box 205 Kingston, ON.
K7L1H3

Phone: (613)-547-1134 Fax: (613)-507-7267

**Are you an aboriginal youth and are in need of or looking
for affordable housing in Kingston?**

If so, are you currently homeless, at risk of becoming homeless or just
can't afford to pay your bills and/rent?

If you answered yes to these questions, please take a few moments to
answer a brief survey to help Tipi Moza assess the housing need for
Aboriginal youth in Kingston and surrounding area.

Please contact Nicole the student aboriginal youth housing researcher at
asr.tipimoza@gmail.com

(613) 547-1134 or complete a survey and return to the housing
department by **August 13, 2015**



Tipi Moza (Iron Homes)

#205-993 Princess Street, Kingston, ON K7L 1H3

Phone: 613 547-1134 Fax: 613 507-7267

Survey Number _____

Nicole Young – Aboriginal Housing Researcher

Martha Beach – Housing Manager

Male

Female

Are you a youth (aged 16-24)?

Yes

No

Are you aboriginal?

Yes

No

Are you homeless (couch surfing, living in crowded conditions, staying in shelters...)?

Yes

No

Tyendinaga Fitness Resource Centre

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

August 2015

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

Contact

(613) 962-2822

tyfitness@mbq-tmt.org

Hours of Operation

Monday - Thursday
6:30am-8:00pm

Friday
6:30am-6:00pm

Saturday
8:00am-2:00pm

Fees

Senior (55+) \$20.00

Student \$25.00

Adult \$30.00

**We Are Open to
The Public**

TFRC Staff

Darlene Loft
TFRC Manager

Carole Lasher
Personal Trainer

Chyann Maracle
Summer Student

Taylor Austin
Co-op Student

Weight Training Boosts Bone Structure!

Osteoporosis is a condition where bones lose strength and density, causing them to become fragile & brittle so they are more likely to fracture. It mainly affects post-menopausal women although some men are also affected.

Researchers looked at 43 studies which focused on the effect of exercise on bone health. The studies covered 4,300 post-menopausal women with osteoporosis.

They found different exercises could target a specific bone that was weak. Exercises using dumbbells, or in away that body weight pulls against the bones, stops the loss.

Bones are at their strongest when women are in their twenties and generally retain this strength until fifty. At this age bones start to lose essential minerals like calcium more quickly that the body can replace them.

The review revealed the women who exercised regularly generally lost one percent less bone than women who did not exercise. Those who performed a combination of different types of exercise; such as walking, running, dancing or progressive strength training, typically produced a three percent smaller reduction in spinal bone mineral density.

Certain types of exercise are more effective for slowing bone loss in some bones more than others. Therefore, specific exercises can be targeted at problematic areas.

Geriatrician, Professor Maria Fiatorone Singh from the University of Sydney welcomes the research. She says, "The bone is a living tissue and it responds to exercise. Only certain kinds of exercise are effective in stimulating bone. The basic principle is that it has to be something that is putting a strong load on the bone, preferably that stimulates the bone, and this this increases over time so the bone doesn't get used to it."

Recommended exercises include jumping which helps the lower spine, hips, and legs, while lifting dumbbells strengthens the shoulders and arms. "Things like weightlifting, jumping on and off benches or sports that include jumping are good" she says.



Meanwhile there are some exercises not recommended for boosting bone strength. "Swimming and cycling are ineffective, walking is minimally effective as it looses its stress on the bones quite quickly. The important thing is to keep pushing the exercise so there is still stress on the bone." Be mindful and seek the advice of a health or exercise professional.

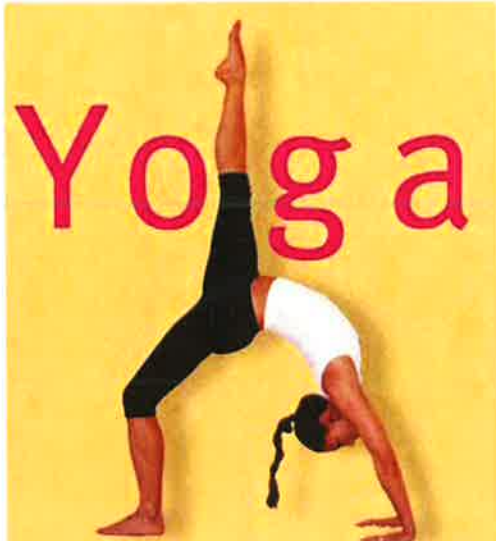
Professor Singh says "It is possible to prevent osteoporosis and treat it in people of any age, but it is a matter of thinking about exercise as a specific treatment.

SOURCE: <http://www.builtlean.com/2013/12/11/weight-lifting-bone-density/>
<http://www.webmd.com/osteoporosis/living-with-osteoporosis-7/weight-training>

Welcome to the Fitness Studio

Summer Lunchtime Classes

	Monday	Tuesday	Wednesday	Thursday
12:15 p.m.	Better Butts	Hiit	Core Training	Circuit Training
12:45 p.m.	Core Training		Better Butts	



Anyone interested in Monday Night Yoga?

6:30—7:45 p.m.

Sign up with TFRC

no charge for members

\$8.00 per class (drop-in members)

Minimum 6 participants required

We Encourage Monthly Memberships to Save

Attention Members !

We are looking for your input on perspective classes for our fall schedule! Please put any suggestions in our “suggestion box” located on the front desk.

Please include:

1. Type of class
2. Day of the week preferred
3. Time of class preferred.



Tyendinaga Fitness Resource Centre

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

TFRC At The Mohawk Fair!



TFRC will be at the Mohawk Fair this year held on August 21st, 22nd, and 23rd! We will be giving away prizes at our booth and doing draws to win cool stuff! We will also be hosting fun games and contests ...share your ideas and volunteer to help us plan a successful event.

Get Your School Community Hours Done at TFRC.

New Summer Students Staff



Hello everyone, my name is Chyann ! I am 19 years old and I've lived on the reserve all 19 of those years with my parents Jason (Bo) and Annette Maracle. Right now I'm on summer break but during the school year you can find me at Sheridan College (Oakville) studying Film and Television Production. My goal is to one day get coffee for one of the great directors or producers in the industry (though becoming one of those directors or producers is definitely a close second). I'm very excited to be working here at the TRFC this summer, I believe fitness is a great way to get in touch with your body and mind and I know working here will be an amazing way to get even more in touch with my community!!

Hello everyone! My name is Taylor Austin and I will be attending St. Theresa Catholic Secondary School in September 2015 for my grade 12 year. Fitness and Nutrition have always caught my attention growing up. I excel in Science courses in school and look forward to learning new things and meeting new people every day. As my future career, I am aiming to go to post-secondary school for a paramedic program. I enjoy new challenges and especially love helping others as much as I can! I look forward to meeting and working with all of you at TFRC!



An agency of the Government of Ontario
Relève du gouvernement de l'Ontario

Special Memberships Funded by
Ontario Trillium Foundations



FREE 1 Month Health Enhancement memberships available. Each year that TFRC has our Fitness Studio Coordinator (2015 -2017) TFRC will be able to help 50 people get started with working out. These memberships are to help with life's challenging issues and those who have certain restrictions. Please come in and speak to our Fitness Studio Coordinator to see if you meet the specific criteria.

MIXED 1 - PITCH BALL TOURNAMENT

SATURDAY, AUGUST 29, 2015

**KARONHIATA'KIE SPORTS COMPLEX
(TYENDINAGA)**

ENTRY FEE: \$275.00

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

BBQ ON SITE & PRIZE TABLE

**CONTACT: CINDY @ 613-813-1127 OR
CASSIE @ 613-885-9937**

**PLEASE CALL TO ENTER YOUR TEAM BY:
SUNDAY, AUGUST 23, 2015**

**ALL PROCEEDS TO THE TYENDINAGA THRASHERS TEAMS
ATTENDING THE LITTLE NHL 2016**



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 League & SPN Womens League—every Thursday Nights

SPN Men's League—every Sunday Nights

Belleville Roller Derby Practices at Lacrosse Box vary—see calendar

Canteen available at most events.

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Ball Tournament
2 Ball Tournament LB BRD 1pm—4pm SPN Mens League	3	4	5 3-Pitch Mixed Rez League	6 Mens Fastball SPN Womens League	7 LB BRD 7pm-9pm	8 Ball Tournament
9 Ball Tournament LB BRD 1pm—4pm SPN Mens League	10	11	12 3-Pitch Mixed Rez League	13 Mens Fastball SPN Womens League	14 LB BRD 7pm-9pm	15 Ball Tournament
16 Ball Tournament LB BRD 1pm—4pm SPN Mens League	17	18	19 3-Pitch Mixed Rez League	20 Mens Fastball SPN Womens League	21 LB BRD	22 Ball Tournament
23 Ball Tournament LB BRD 1pm—4pm SPN Mens League	24	25	26 3-Pitch Mixed Rez League	27 Mens Fastball SPN Womens League	28 LB BRD	29 Ball Tournament
30 LB BRD 1pm—4pm SPN Mens League	31					



DESERONTO & DISTRICT MINOR HOCKEY ASSOCIATION

Wants you to **COME PLAY WITH US!!** Register online

NOW for the 2015-16 Hockey Season at www.ddmha.ca

Or contact Vicki Whalen (613)396-3003



VOLUNTEER DRIVERS NEEDED!



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

Deseronto Transit

Will now have transit
Stops here on
Tyendinaga Mohawk Territory



DESERONTO
Transit

WESTBOUND
TO BELLEVILLE

5:20 a.m.

6:55 a.m.

1:05 p.m.

4:25 p.m.

EASTBOUND TO
NAPANEE

5:55 a.m.

8:15 a.m.

2:35 p.m.

5:20 p.m.

BUS STOP

Note: Times encased with *asterisks* denote an "on request" stop. You must call to arrange ride.



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



DESERONTO
Transit

WESTBOUND
TO BELLEVILLE

5:25 a.m.

7:00 a.m.

1:15 p.m.

4:35 p.m.

EASTBOUND TO
NAPANEE

5:50 a.m.

8:10 a.m.

2:30 p.m.

5:15 p.m.

BUS STOP

Note: Times encased with *asterisks* denote an "on request" stop. You must call to arrange ride.



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



DESERONTO
Transit

WESTBOUND
TO BELLEVILLE

5:15 a.m.

6:50 a.m.

1:00 p.m.

4:20 p.m.

EASTBOUND TO
NAPANEE

6:05 a.m.

8:25 a.m.

10:50 p.m. - Thurs Only

11:50 p.m.

2:50 p.m.

5:30 p.m.

BUS STOP

Note: Times encased with *asterisks* denote an "on request" stop. You must call to arrange ride.



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



THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest

The Venerable Brad Smith
962-2787

Our worship uses a mixture of traditional and contemporary language and music, including Mohawk. All people are welcome to worship and participate in fellowship and parish life. Please join us on a journey of discovering and deepening our relationship with the Creator.

SUNDAY CELEBRATIONS

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

Queen Anne Parish Centre Rental

If you're looking for a space that is a little smaller than a community centre, consider the parish hall. A modern and bright space with a kitchen, small meeting room and large gathering space, the parish hall is ideal for workshops for 10-40 people and for social gatherings such as dinners and teas. For more information, please call Elsie at 962-2787.

As we enjoy the summer weather, we pray that you will enjoy a summer of rest and relaxation. Please watch for kids playing or riding bikes near roadways.

We also think of everyone who tends the land in this season of growth. We pray for farmers and gardeners, that there will be sun and rain as needed, and that, when the harvest comes, there will be an abundance of the fruits of the earth that may be shared with those in need in our community. If you have surplus, don't forget our foodbanks.

FOR THE MOST UP-TO-DATE INFORMATION,
VISIT WWW.PARISHOFTYENDINAGA.ORG
OR WWW.FACEBOOK.COM/TYENDINAGAANGLICAN

“AA OPEN MEETINGS”

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

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

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

Losers Unite, Join Us!



SUMMER HOURS

Thursday Evenings

5:00 - 5:30 p.m. - Weigh In

5:30 - 6:00 p.m. - Meeting

Elders Lodge
(Bayshore Rd)

TOPS is a weigh loss meeting and support group established in 1948 as a nonprofit organization. Our goal is to help each other lose weight for better health and appearance.

If you are struggling with a weight issue join us and together we can achieve our goals.

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

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

Contact: Joy Brant 613-885-0506
Tree Good altree94@gmail.com



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

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

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

“UNITED, BUT NOT ABSORBED”

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

Services Held At:

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

Regular Sunday Services:

Usually at 10 A.M.

Once a month at 11 A.M.

Please call 613-885-2499 to verify!

For Sacramental or Pastoral Services:

Please call:

“Fr.” Gérard Trinqué
at 613-885-2499

E-Mail: *ChristTheKingParish@startmail.com*

For additional parish information:

Please call:

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

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



WHEN WE MEET

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

Wednesday 7:00 pm Bible Study

Saturday 7:00 pm Prayer service

1984 York Road
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325
www.tmpc.ca

COMING EVENTS

August 7, 2015 Revival Service, MPC @ 7pm

August 22, 2015 Pancake Breakfast Mohawk Fair at 8am

August 30, 2015 Church Luncheon, Fellowship Hall@12:30pm

Sep 19, 2015 Annual Pig and Corn Roast

Summer has now thrown open her emerald doors. Every part of the landscape is profuse in leaves and flowers, and "green-robed senators of mighty woods" are clothed in their most elegant array.

-- Author Unknown

CLASSIFIED

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

LAND FOR SALE

Lot 9A -2-2. Concession A
- 22 acres

Please contact:
Leonard Brant
1-905-871-6509

HOUSE FOR SALE

4 BEDROOM HOME

- bright/large eat-in kitchen
 - dishwasher, fridge, stove
 - large bedrooms/large closets
 - Updated main floor 4 pc bath-room
 - 3 pc bath w/shower
 - large family room with energy efficient woodstove (WETT certified)
 - walkout basement/Shed
 - lots of storage
 - upgraded well with holding tank
 - new roof and deck
 - New Windows and door on main floor
- Lot size 3/4 acre (approx)

PRICE REDUCED
(Serious offers will be considered)

Please contact:
tvendinaga11@yahoo.com OR
416-938-4157 or 613-396-2151

Apartment Available for Rent Now

**Two bedroom apartment
11 Bayshore Rd,
Tyendinaga Territory
Recently renovated:**
fridge, stove, private
entrance & parking, two
bedrooms, full bath with
double sink, open kitchen/
dining/living area
Suitable for a quiet single
or working couple
\$850.00 monthly includes
heat and hydro

**Call Linda at
613 847-1404 or
613 396-3378 to view**

HOUSE FOR SALE

24 North St.
\$ 99,900.00
MLS® #: 15603480
- Bedrooms: 2+0
- Bathrooms: Full:1 Half:0
- Type: Single Family
Style: 1 Storey, Detached
Building Age: 26-50
- Garage Features: Work Shop
- Exterior: Vinyl
Roof: Shingles - Asphalt
Basement: Full
Bsmnt Features: Partly Finished
- Heating: Forced Air, Furnace
Fuel - Heating: Oil
- Water Supply: Well - Drilled
Sewer Type: Septic Installed

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

WOOD FOR SALE

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

Call: 613-396-2823 ask
for Willy

HOUSE FOR SALE

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

FOR SALE

- 3 BEDROOM HOME
- with 1 large bachelor apartment in lower part of home (which, can be converted back into a 4 bedroom house).
 - house is located on Old Hwy #2, situated on approximately 1 acre of property and is serviced by the town of Deseronto municipal water
 - New roof in 2008, natural gas heating, central air, - location on school bus route, Deseronto transit, is approximately 30 minutes to Belleville and 15 minutes to Napanee
 - Large yard, perfect for children and pets. Deck has been re-painted with patio furniture, canopy included.
 - a 12 x 12 fenced in garden area is an option for those who want to grow their own vegetables.
 - Large heated attached garage.
 - House includes, stainless steel fridge, stove, stackable front loading washer and dryer and all newly installed lighting

Serious inquiries only please.
Contact number:
613-813-9005

LOT FOR SALE

8 plus acres of prime area on the York Rd
\$40,000.00 or Best Offer

Call John Maracle
1-716-826-4208

HOUSE FOR SALE

- 24 North St.
Deseronto

For more information
Please call:
613-354-3826

CHILD CARE AVAILABLE

- Smoke Free home
- meals provided
- accommodating hours
- \$23.00 pd/per child

Call Amanda
- 613-243-7945

FOR SALE

- SIMPLICITY
PORTABLE 3 SEASON
COMFORT (3 in 1)
- 12000 BTU air conditioner
 - dehumidifier
 - fan with remote
 - used only 2 Summers
 - Paid \$650.00 asking \$200.00

Call: 613-962-4675

HOUSE FOR SALE

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

If interested serious "inquiries only" please call and leave a message with your name and number Call 1-780-224-7336 OR 1780-972-3641 and leave a message

FOR SALE

- Waterfront LOT
- Bayshore Road
 - Deseronto water and sewer available.
 - \$80,000
- Contact: tyend.ingawaterfront@gmail.com

LOT WANTED

- Looking for land with or without a house
- 1-5 acres-non-farmland

Please call: 613-985-5308

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

BABYSITTING AVAILABLE

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

Call Fran - 613-396-2393



Kelly McMurter

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



Near 31 Snookies Rd.



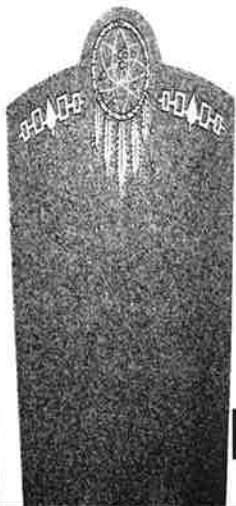
Price: \$169,900	MLS® #: 15606387
Status: Active	Sale Type:
Property For: Sale	Waterfront: No
Address: NEAR 31 SNOOKIES ROAD	
City: TYENDINAGA, HASTINGS, K0K 1X0	
Legal Descr.: LOT 3C-6, LOT 3C-7, LOT 3C-8 FORMERLY 3C-1-1 CON II	
District: 65 - Deseronto/Quinte	Lot Size: IRREG
Zoning: RES	Acreage: 7.23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

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

Directions SNOOKIES ROAD

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

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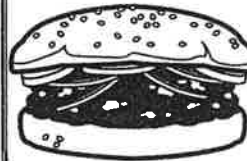
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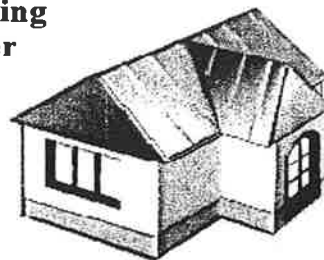
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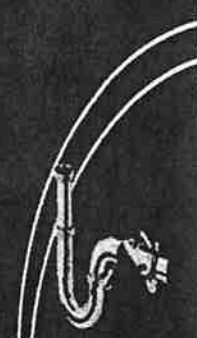


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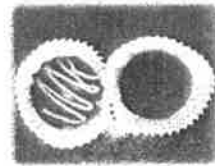


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