



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANYENK'EHA:KA

ORI:WASE (NEWS)

ISSUE 7/14
OHYARIHAKOWA (July)

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



Congratulations Graduates

Just wanted to say Yoyenare on a job well done, all of your hard work has paid off and we wanted you to know how truly happy we are to have been part of your journey. Each one of you should stand proudly as you are great role models. Again, we would like to extend our most heartfelt congratulations and all the best in your future endeavours.

Patti and Sandy – Post Secondary Education Department.

Tyendinaga Mohawk Council Meetings for July 2014:

TMC Meetings	Agenda Deadlines
Local Business – Wednesday , July 9, 7:00 p.m.	Thursday , July 3, 12:00 p.m.
Regular – Wednesday , July 23, 9:00 a.m.	Thursday , July 10, 12:00 p.m.
Local Business – Wednesday , July 30, 7:00 p.m.	Thursday , July 24, 12:00 p.m.



**Eksa 'okon:'a Childcare Centre
Has openings for Preschoolers
Ages 2 ½ - 5 yrs
Call Steven at 613-967-4401**



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in May responded to 6 calls:

**4 Medical Emergencies
1 Grass Fire
1 Public Service**

This brings our total to 37 calls for the year 2014

Trustee Report for June 2014

We are coming to the end of another school year and it's time to recognize the accomplishments and achievement of all students throughout the year. Particularly special are the graduating students who will be moving on to the next phase of their education or into the work world. We offer our congratulations to all graduates and wish them the very best in their plans for the future. We are extremely proud of all grads.

On the Hasting Prince Edward District School Board front, the Board has passed a 2014 – 15 balanced budget for next year made possible through the hard work of our Director and Senior Team, particularly our Superintendent of Business Services and Treasurer of the Board, Leslie Miller. A balanced budget is mandated by the Ontario Ministry of Education for all School Boards in Ontario.

We are also looking at a final draft of the tuition agreement between Hasting Prince Edward District School Board and AANDC, which when signed will contain all the terms and responsibilities of a tuition agreement that will be in effect for a five year term. (Sept 1/14 to Aug 31/19).

For more detailed information, please go to HPEDSB.on.ca >Board and Committee meetings.

Remember, if you have any comments or concerns, please call me at (613)962-3595 or email me at mbrant@hpedsb.on.ca.

Respectfully submitted,

Mike Brant, HPEDSB, representing Tyendinaga First Nations



HEAL WELLNESS INDIGENOUS
TRADITIONAL HEALING PERFORM HEALTH-RELATED DUTIES
PROVIDE CARE + PLAN PROVIDE COMPANIONSHIP ADMINISTER BEDSIDE AND PERSONAL CARE
INDIGENOUS AID INDIGENOUS ASSIST SUPPORT
PROVIDE COMPANIONSHIP HELP CARE INDIGENOUS ASSIST OTHERS' SELF ESTEEM
WELLNESS ADMINISTER BEDSIDE AND PERSONAL CARE ASSIST A PERSON WITH MEDICATIONS CARE
INDIGENOUS + DEMONSTRATE CARE PROVIDE HEAL PROVIDE CARE

PSW
PERSONAL SUPPORT WORKER PROGRAM
ONE-YEAR COLLEGE CERTIFICATE PROGRAM

STARTS SEPT. 2014 | FNTI MAIN CAMPUS, TYENDINAGA
MON/TUES/WED | CONDENSED DELIVERY MODE DESIGNED FOR BUSY LEARNERS
APPLY ONLINE AT WWW.FNTI.NET OR CALL JAKE AT 1.800.267.0637 x 182

Become a valuable member of the modern health care team with your Personal Support Worker Certificate. This worthwhile vocation helps others increase their independence, self-esteem and dignity. Deepen your Indigenous perspective and practice with studies at FNTI.
ALL learners welcome to participate!

FNTI First Nations Technical Institute
3 Old York Road | Tyendinaga Mohawk Territory, Ontario | K0K 1X0 | Canada www.fnti.net



**ADVERTISEMENT OF INTEREST FOR
TRADITIONAL ABORIGINAL ELDERS/CULTURAL ADVISORS**

CORRECTIONAL SERVICE OF CANADA (CSC)

CSC is seeking the interest of applicants for part-time and full-time Traditional Aboriginal Elder/Cultural Advisor contracts in Ontario. Locations include Kitchener, Bracebridge, Campbellford and Kingston. The one Kitchener contract will be awarded approximately September, 2014 and the remaining eight contracts will be awarded approximately April, 2015.

The purpose of this advertisement is to develop a list of potential sources to deliver Elder services. A formal selection process will follow afterwards, which will include an interview process to assess the suitability for possible contracts. Additional contracts could be awarded as a result of this process.

Responsibilities include assisting Aboriginal offenders within federal institutions so they may benefit from culturally specific healing and interventions in individual and group settings, conducting culturally appropriate ceremonies, providing counselling, working in partnership with all CSC staff and providing input into offender case management reports.

Applicants must be recognized as Elders/Cultural Advisors within their community, with extensive experience in cultural education, ceremonies and teachings. Security clearance requirements must be met.

Applicants must clearly demonstrate in writing how they meet the requirements noted above. Please submit your letter of interest and confirmation of qualifications, **by end of day, July 14, 2014**, either by fax (613-530-3116) or mail to:

Aboriginal Initiatives:
Correctional Services of Canada
443 Union Street W, PO Box 1174
Kingston, ON
K7L 4Y8
Attention: Leanne Wheatley

Should you require additional information, please contact Leanne Wheatley, Aboriginal Initiatives, Correctional Service of Canada, Kingston, Ontario, 613-536-4714.

**We thank all those who apply, but, advise that only those candidates
who meet the requirements will be contacted at a later date.**

Tyendinaga Info Series

Featuring: **TRISH RAE**, Researcher

**Sessions to return in August 2014.
WW1 Commemoration—September 22, 2014**

Keep watching for more details!

Are you descendants of these men?

David Austin Powles, Cornelius Barnhardt and **Thomas Mungo** were the first three men, who were members of MBQ, to sign up for WW1. We would like to hear from you if you are a descendant of these men or knew of them through family.

We are also looking for pictures and information for our commemoration kick off in September!

Local history information also appears in the newsletter, on MBQ website and on Kanhiote Library website.

**Kanhiote Library 613-967-6264
MBQ Research 613-967-3616**



World War One

2014 marks the 100th 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 or 613-967-3616

Bannister, James Albert
Bardy, Alexander
Bardy, Frank
Bardy, James
Bardy, Louis Sherman
Barnhart, Con [Cornelius]
Barnhardt, Harry D.
Barnhardt, Harry F.
Barnhardt, Isaac [served as Isaac McDonald]
Barnhardt, James Nelson
Barnhardt, Peter
Barnhardt, William Henry
Bernhardt, David Stanley
Bernhardt, Joseph Edward
Bernhardt, Marvel Galveston
Bernhart, Jacob
Bey, Alexander
Brant, Alfred A.
Brant, Brant
Brant, Burton
Brant, Burget
Brant, Charles Arthur
Brant, Charles Clinton
Brant, Ernest Russell
Brant, George
Brant, Hugh
Brant, Matthew
Brant, Philip
Brant, Randall
Brant, Richard
Brant, Wilbert
Brant, Wilbert

Brant, William [served as William Sero]
Claus, Ira Alfred
Claus, Stafford
Clause, Ambrose
Clause, Huron
Corby, Harry
Corby, Jake
Corby, Joseph
Corby, Matthew
Corby, Samuel
Crawford, Cecil Ernest
Crawford, Percy Overton
Culbertson, John Alexander
Doreen, William
Fuller, Bertram
Green, Austin
Green, David
Green, Jacob
Green, Jake
Green, Jonas
Green, Sampson
Greene, Milton
Hill, John
Hill, Joseph Bernard
Hill, Thomas
Hill, Thomas [served as Thomas Brant]
Jaynes, Daniel
Johns, Orval
Loft, Andrew
Maracle, Anthony
Maracle, John (Charlie)
Maracle, Clarence

Maracle, George Mark [served as George Mark Hill]
Maracle, Goldie
Maracle, Isaac
Maracle, Jacob
Maracle, John H.
Maracle, Mark
Maracle, Nelson
Maracle, Peter William
Maracle, Philip
Maracle, Solomon
Maracle, Wesley
Maracle, Wheeler
Maracle, William Edward
Maricle, Joseph
Miller, Norman Albert
Mungo, Thomas
Penn, Joseph
Pinn, William
Powles, David Austin
Powles, Joab Walter
Powless, Charles David
Powless, David J.
Powless, Harold
Powless, Harold Dean
Powless, Hughie Norval
Powless, Isaac
Powless, Peter
Sero, Reuben
Smart, George Leo
Smart, Harold
Smart, Joseph Laheed
Smart, Joseph William
Williams, George



FACT SHEET: TORNADOES

What is a Tornado?

A tornado, also known as a twister, is a powerful whirlwind shaped like a funnel pointing toward the ground. A tornado, large or small, can leave a wide path of destruction. This type of phenomenon can uproot trees, turn cars over and tear the roofs off houses.

Know What to Do:

At home:

- ◆ Seek shelter in the basement, under a staircase, or in a small interior room on the lowest level such as a bathroom, closet or hallway.
- ◆ Avoid seeking shelter in large rooms that could collapse.
- ◆ Avoid windows and doors.
- ◆ Do not open windows.

In the car:

- ◆ If you spot a tornado in the distance go to the nearest solid shelter.
- ◆ If the tornado is close, get out of your car and take cover in a low-lying area, such as a ditch.

If you are outdoors:

- ◆ Do not wait until you see the tornado to get inside.
- ◆ If you are caught outdoors, lay flat in a nearby ditch or depression and try to protect your head.
- ◆ Do not get under an overpass or bridge. You are safer in a low, flat location.
- ◆ Beware of flooding from downpours and be prepared to move.
- ◆ Watch out for flying debris.

In all cases

- ◆ Get as close to the ground as possible, protect your head from flying debris.
- ◆ Do not chase tornadoes – they are unpredictable and can change course abruptly.
- ◆ A tornado is deceptive. It may appear to be standing still but is, in fact, moving toward you.

Warning signs include:

- ◆ Severe thunderstorms, with frequent thunder and lightning.
- ◆ An extremely dark sky, sometimes appearing to have green, yellow or black clouds.
- ◆ A rumbling sound, like a freight train.
- ◆ A funnel cloud at the rear base of a thundercloud, often behind a curtain of heavy rain or hail.

Prepare Now

- ◆ When you are making your Family Emergency Plan, discuss these safety tips with your entire household to ensure everybody knows what to do in a tornado.
- ◆ Designate a safe room in your home like the basement, a storm cellar or interior room on the lowest floor with no windows for household members and pets to gather during a tornado.
- ◆ Remove dead or rotting trees and branches that could fall and cause injury or damage.

There is an average of 12 tornadoes a year in Ontario. Most tornadoes occur between the months of May and September. It is difficult to predict where a tornado will hit.



Sources:

Emergency Management Ontario Website (Government of Ontario):
<http://www.emergencymanagementontario.ca/english/beprepared/ontariohazards/Tornadoes/Tornadoes.html>
 Get Prepared Website (Government of Canada):
<http://www.getprepared.gc.ca/cnt/hzd/trnds-eng.aspx#a3>
 Red Cross Website: www.redcross.ca/prepare



FACT SHEET: THUNDERSTORMS

Thunderstorms

A thunderstorm is an extreme weather occurrence that comes with high winds, lightening, heavy rain and potentially damaging hail. Thunderstorms occur mainly in the spring, summer and fall months and can occur in clusters lasting several hours. Lightening is dangerous as it causes damage, serious injury and even death.

Know What to Do:

If you are indoors:

- ◆ Stay indoors and remain indoors for at least 30 minutes after the last clap of thunder.
- ◆ Stay away from windows, doors and fireplaces.
- ◆ Lightening can enter house through plumbing pipes, so stay away from running water. Avoid taking a bath or shower during a thunderstorm.

In the car:

- ◆ Stop the car and pull over. Park away from trees and power lines that could fall.
- ◆ Stay in the car with your emergency flashers on.
- ◆ Avoid underpasses or low lying areas that may flood.

If you are outdoors:

- ◆ When you hear thunder, be aware that lightening is coming. Take shelter right away.
- ◆ Avoid contact with anything metal like farm equipment, motorcycles, golf clubs and bicycles.
- ◆ Avoid standing in water, high ground (hill tops), isolated trees and power lines.
- ◆ If you are caught on the water, head for the shore immediately!
- ◆ If lightening is close, squat on the balls of your feet, trying to make yourself the smallest target possible. Minimize your contact with the ground.

If it hails:

- ◆ Stay indoors or find shelter. People have been seriously injured by hail.
- ◆ Bring vehicle into a garage *before* the storm.

Be informed:

- ◆ Listen and watch for local weather reports on the changing weather conditions.
- ◆ A severe thunderstorm watch means that the conditions are right for a severe thunderstorm with hail, heavy rain, lightening and damaging winds.
- ◆ A severe thunderstorm warning means that some or all of the thunderstorm conditions are occurring with the current storm —hail, heavy rain, lightening and damaging winds.

Prepare Now

- ◆ When you are making your family emergency plan discuss these safety tips with your entire household to ensure everybody knows what to do in a thunderstorm.
- ◆ Make a list of things that will need to be brought indoors when there is a severe storm.
- ◆ Remove dead trees and branches that could fall and cause injury or damage.



Sources:

Emergency Management Ontario Website (Government of Ontario):
<http://www.emergencymanagementontario.ca/english/beprepared/ontariohazards/Thunderstorms/Thunderstorms.html>
 Get Prepared Website (Government of Canada):
<http://www.getprepared.gc.ca/cnt/hzd/svrstrms-eng.aspx>
 Red Cross Website: www.redcross.ca/prepare



FACT SHEET: EXTREME HEAT

Extreme Heat

During a heat wave, everyone is vulnerable to the extreme heat. The adverse health effects include heat cramps (muscle cramps), heat exhaustion, heat edema (swelling of the hands, feet and ankles), heat rash (prickly heat) and heat stroke. Heat illnesses are mainly caused by over-exposure to heat or over-exertion in the heat.

Know What to Do:

- ◆ Before you go out, check the Air Quality Health Index and humidex rating in your area.

At home:

- ◆ Spend the hottest part of the day indoors.
- ◆ Prepare meals that don't require the oven.
- ◆ Take cool showers or baths.
- ◆ If there is no air conditioning, stay on the lowest floor out of the sunshine.

In the car:

- ◆ Never leave people or pets inside a parked vehicle during a heat wave for any length of time.
- ◆ Include extra water, sunscreen and sunglasses (with UVA and UVB protection) in your emergency kit.

If you are outdoors:

- ◆ Find shade. Shaded areas could be up to 5-9°C cooler than the surrounding area.
- ◆ Wear a hat to keep your head and face shaded and wear light-weight loose-fitting clothing.
- ◆ Apply sunscreen before going outside. Sunglasses with UVA and UVB blocking will protect your eyes against from being damaged by the sun.
- ◆ Cool down in public places like the mall, public library, or a designated community cooling station.

In all cases:

- ◆ Drink fluids, preferably water, **before** feeling thirsty at least every 15 to 20 minutes.

Be Informed:

- ◆ **Heat Exhaustion** is when the body fluids are lost through heavy sweating. Blood flow to the skin increases while it decreases to vital organs. This causes the body to go into mild shock. If not treat, the victim can suffer a heat stroke.
- ◆ **Heat Stroke** is when the control system for the body's temperature, which produces sweat to cool the body, stops working. Heat stroke can be life threatening if the body is not cooled quickly.
- ◆ **Humidex** describes how hot the weather feels to a person when adding the relative humidity to the air temperature.

Prepare Now

- ◆ Cover windows with drapes or blinds, especially those that receive morning or afternoon sun.
- ◆ Make sure your air conditioner, if you have one, works properly before the weather turns hot.
- ◆ Have a plan to check on elderly family members or neighbours to make sure they are comfortable.



Sources:

Emergency Management Ontario Website (Government of Ontario):
<http://www.emergencymanagementontario.ca/english/beprepared/ontariohazards/ExtremeHeat/ExtremeHeat.html>
 Get Prepared Website (Government of Canada):
<http://www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201207-eng.aspx>
 Health Canada Website: http://www.hc-sc.gc.ca/ewh-semt/pubs/climat/heat-children_chaleur-enfants/index-eng.php

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

July 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.		1 OFFICE CLOSED	2 Euchre	3 Meals on Wheels Napanee Shopping	4 Meals on Wheels Handivan Des	5
6	7 Ceramics	8 Meals on Wheels	9 Diners Club & Bingo HOME SUPPORT @ Community Centre	10 Meals on Wheels Birthday Tea	11 Meals on Wheels Handivan Des Scrapbooking FV Blvl	12
13	14 Breakfast Club Ceramics	15 Meals on Wheels Game Day	16 Euchre	17 Meals on Wheels Kingston Shopping	18 Meals on Wheels Handivan Des	19
20	21 Ceramics	22 Meals on Wheels	23 Diners Club & Bingo HOME SUPPORT @ Community Centre	24 Meals on Wheels	25 Meals on Wheels Handivan Des Scrapbooking FV Blvl	26
27	28 Ceramics	29 Meals on Wheels	30 Diners Club & Bingo HOME SUPPORT @ Community Centre	31 Meals on Wheels 1000 Island Cruise	Birthday Tea—2:00 to 4:00 p.m. Euchre —6:30 to 8:30 p.m. Urban Poling—10:00 to 11:00 a.m. Ceramics—1:00 to 3:00 p.m. FV Blvl—1:00 to 4:00 p.m.	



FREE - Septic tank pump out call today for an appointment

Book your Septic Stewardship Program site visit today!

The Bay of Quinte Remedial Action Plan's Septic Stewardship Program focuses on homeowners with shoreline property on the Bay of Quinte. This is a voluntary educational program providing homeowners with a free checkup of their septic system (tank and leaching bed), and helpful advice on the care and maintenance of the system.

This program pays to have your septic tank/holding tank pumped out as part of the checkup, **this is a savings of 200.00 - 250.00 dollars.**

Our septic team will provide you with information on how to maintain your septic system. Participants in the program will receive a personalized report on their system and free water efficiency devices.

The septic team can also provide you with a consultation covering best management practices for your shoreline and well, as part of your site visit.



Bay of Quinte
Remedial Action Plan
Healthy Bay • Healthy Community



To book your septic stewardship site visit, contact:
Natalie Rosso, BQRAP Environmental Technician
P: 613-394-3915 ext 245 E: natalie.rosso@ltc.on.ca
www.bqrap.ca



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
January 7, 2014	January 15, 2014
February 11, 2014	February 19, 2014
March 11, 2014	March 19, 2014
April 8, 2014	April 16, 2014
May 6, 2014	May 14, 2014
June 10, 2014	June 18, 2014
July 8, 2014	July 16, 2014
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

Calendar For
2014



For more info call
Vanessa, at CWC
613-967-3603

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 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



TD Summer Reading Club
A program of Canadian public libraries | www.tdsummerreadingclub.ca

Kakhwa'on:we Ratikhon:ni's

(Ga-khwa-oon-way Ra-dee-coo-knees) Original Food They Cook it!

	Mon, July 14 th	Mon, July 21 st	Mon, July 28 th	Mon, Aug 4 th	Mon, Aug 11 th	Mon, Aug 18 th	Mon, Aug 25 th
9:00 am	Opening Introduction Kitchen Safety (Josh Labelle)	Food Handling Course (9-4pm)	Nutrition Parameters (Jodi John)	Appetizers (Josh Labelle)	Meat or Meat Alternative (Carol Anne)	Vegetable Side Dish (Janice Brant)	Grain Side Dish (Josh Labelle & Janice Brant)
10:30 am	Nutrition Break	Nutrition Break	Nutrition Break	Nutrition Break	Nutrition Break	Nutrition Break	Nutrition Break
10:45 am	Cooking Techniques (Josh Labelle)	Food Handling Course (9-4pm)	Nutrition Parameters (Jodi John)	Appetizers (Josh Labelle)	Meat or Meat Alternative (Carol Anne)	Vegetable Side Dish (Janice Brant)	Grain Side Dish (Josh Labelle & Janice Brant)
11:15 am	Make your own Lunch	Make your own Lunch	Make your own Lunch	Make your own Lunch	Make your own Lunch	Make your own Lunch	Make your own Lunch
12:30 pm	Cooking Techniques (Josh Labelle)	Food Handling Course (9-4pm)	Grocery Store Trip (ALL)	Appetizers (Josh Labelle)	Meat or Meat Alternative (Carol Anne)	Vegetable Side Dish (Janice Brant)	Celebration (ALL)
1:00 pm	Farm to Table (Josh Labelle)	Food Handling Course (9-4pm)	Grocery Store Trip (ALL)	Appetizers (Josh Labelle)	Meat or Meat Alternative (Carol Anne)	Vegetable Side Dish (Janice Brant)	Celebration (ALL)
2:00 pm	Nutrition Break	Nutrition Break	Nutrition Break	Nutrition Break	Nutrition Break	Nutrition Break	Nutrition Break
2:15 pm	Clean-up	Food Handling Course (9-4pm)	Clean-up	Clean-up	Clean-up	Clean-up	Wrap-up Closing Clean-up

Kakhwa'on:we Ratikhon:ni's

"They Cook Original Foods"

Foods like our ancestors ate can be healthy.
Learn what foods make up a healthy diet
and that are right for you!



With Special Presentations by:
Chef Joshua Labelle
Jodi John, Registered Dietician
Carol Anne Maracle
Janice Brant

Learn How to Prepare & Cook Original (Traditional) Foods



One Day a Week for 7 Weeks

*** Participants Must Attend All 7 Weeks to Receive Your Certificate ***



(Participants Choose a Monday or Tuesday class from 9:00am-3:00pm)

Choose Monday's: Every Monday, July 14th, 2014 - Monday, August 25th, 2014

OR

Choose Tuesday's: Every Tuesday, July 15th, 2014 - Tuesday, August 26th, 2014

Where: Teaching Lodge Kitchen, Community Wellbeing Centre

Time: 9:00am—3:00pm

FREE to Community Members 16 yrs. of age and Up!!!

***Ages 12 to 15 yrs. Old* - only if accompanied by an Adult**



Please call the Community Wellbeing Centre to Register!!
Denise, Crystal or Dorothy at 613-967-3603
Limited Spaces

Presented by:
Community Health
Ontario Works
Eryonkwa'nikonhriyo:hake Program
Mohawk Family Services

 **mobileyez** Eyecare. Everywhere.™

OPTOMETRIST EYE EXAMS & GLASSES

TYENDINAGA MOHAWK TERRITORY

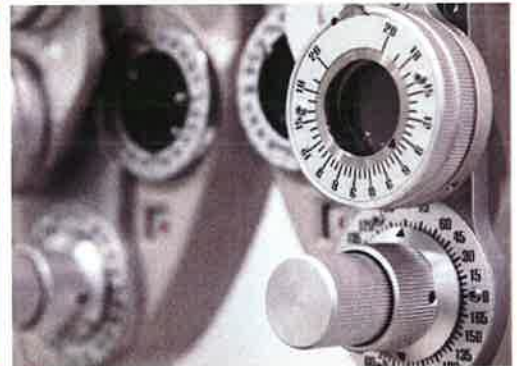
JULY 16th, 10am-5pm



PRADA GUCCI TOM FORD lafoat
Ray-Ban prodesign : denmark **Bench.**
RETROSUPERFUTURE

**OPTOMETRIST EYE EXAMS
AND GLASSES**
COMMUNITY WELLBEING CENTRE
50 MEADOW DRIVE, DESERONTO
TO BOOK YOUR EYE EXAM CALL
TOLL FREE: 1-866-920-6480

PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU
SCHEDULE YOUR APPOINTMENT

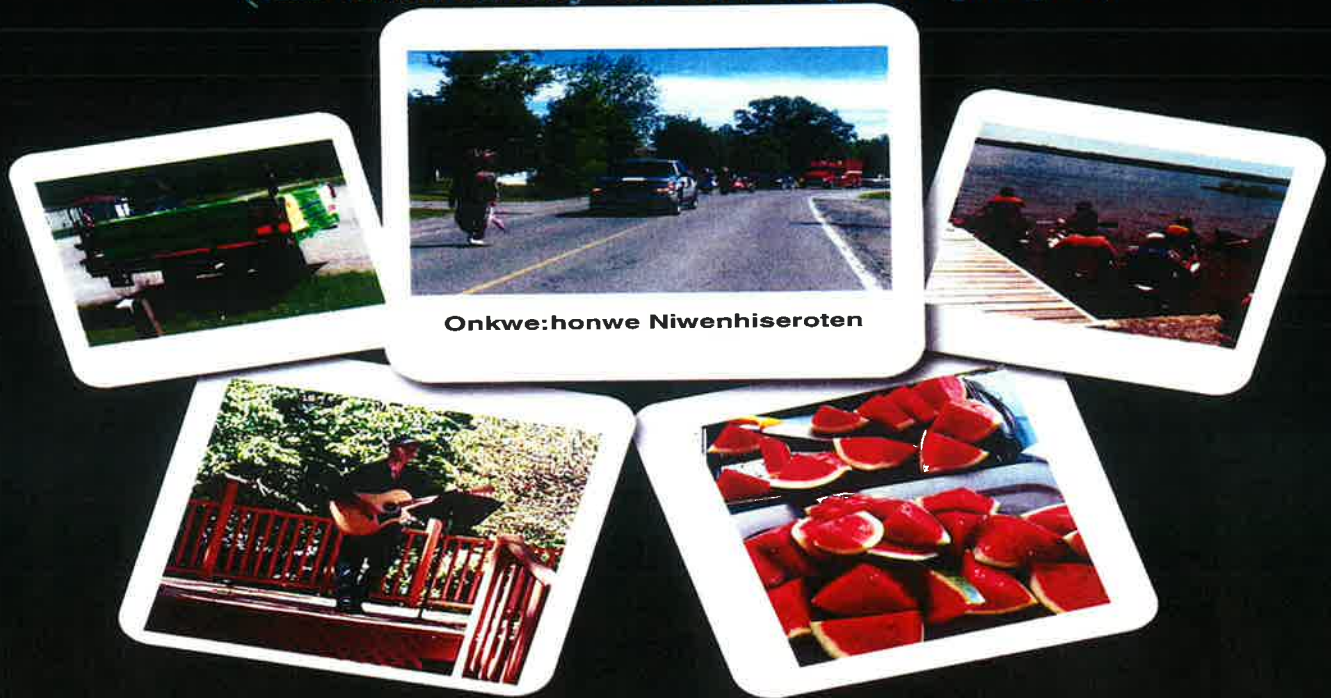


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**WE DO DIRECT INSURANCE CLAIMS
ALL MAJOR CREDIT CARDS AND DEBIT ACCEPTED**

Onkwe:honwe Niwenhiseroten

(the kind of day for the original people)



"National Aboriginal Day" was proclaimed in 1996 by the crown as a day to recognize Canada's First Nations People.

2014 marked the 11th year that Tsi Tyonnheht Onkwawenna has organized a community event at Tsi Tkeritoten Park. This event is more about taking the time to come together as a community, to share fun, food and friendship. In today's busy world this event is a great reminder of the wonderful community we are a part of and the fact that each and every one of us is proud every day to be Onkwe:honwe!

Nyawenkiwahi to everyone who helped out in any small way to make the day the great success it was!



BIRD SURVEILLANCE PROGRAM

"SPECIES OF PARTICULAR CONCERN FOR WEST NILE SURVEILLANCE"

CROWS, BLUE JAYS, RAVENS

Mohawks of the Bay of Quinte work in conjunction with Health Canada to provide a surveillance program to assist in monitoring for the West Nile Virus within our community.

These birds are collected and sent to the University of Guelph to be analyzed for the WNV.

If you find any of these birds which you suspect may have died suspiciously, please contact the CHR's at the Community WellBeing Centre at 613-967-3603 for proper identification and for submission.

Nia:wen,

The Mohawks of the Bay of Quinte

FOOD RESOURCE CENTRE

If you are in need of the FRC, PLEASE NOTE:

We strongly encourage you to attend between

8:30AM TO 4:00PM, MONDAY TO FRIDAY.

(Arriving after 4:00pm may not guarantee service)

Located at the

Community Wellbeing Centre
50 Meadow Drive
(Health Services Entrance)
Tyendinaga Mohawk Territory

HOURS OF OPERATION

Monday - Friday: 8:30 am - 4:00 pm

(No appointment necessary)

"Helping families one meal at a time."

To make a donation towards the Food Resource Centre, monetary or otherwise, or for more information, please contact Kimberly Maracle at frc@mbq-tmt.org or at the number listed above, extension 170.



The Mohawks of the Bay of Quinte

FOOD RESOURCE CENTRE

THE MBQ FOOD RESOURCE CENTRE WILL BE

CLOSED AT 4:00PM TO ALLOW FOR

RESTOCKING OF SHELVES FOR THE NEXT DAY

NIA:WEN—THANK YOU

To make a donation towards the Food Resource Centre, monetary or otherwise, or for more information, please contact Kimberly Maracle at frc@mbq-tmt.org or at the number listed above, extension 170.



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 by the box load this month, including Red Cedars for donating toiletries and personal hygiene items.

Your support is greatly appreciated!

JULY NEWS

NIA:WEN KOWA

ThAnK
Y ou !

WHO DID WE SERVICE?

From May 21st to June 16, the MBQ Food Resource Centre helped to ensure meals for **132 adults** and **127 children** (257 people) within our community! 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 or by phone
at 613-967-0122 Ext. 170.



**Mohawk Family Services says goodbye to
Janice Maracle and Greg Loft.**



In May and June of 2014, Greg Loft and Janice Maracle retired from Mohawk Family Services. Both had over 20 years of employment with the Mohawks of the Bay of Quinte. Jan and Greg have been a wonderful asset to our team and to the community and have helped many families stay together. The MFS team are sad to see them go, but wish them all the best on their new journey's.

Mohawk Family Services is proud to announce that we have a new team member, Lorelei Maracle. Lori will be the new team assistant with Mohawk Family services starting July 7th 2014.

We wish all of our families a safe and happy summer.

~The Mohawk Family Services team.



Margaret Rose Maracle (Konwasennani'Hen)

January 24, 1941 – July 16, 1994

*May the winds of love blow softly
And whisper for you to hear
That we'll always love and miss you
And wish you were here*

Forever in our hearts and greatly missed by her family:

Ellen (Mel), Darcy, Bonny (Bear), Lori, Guy (Treads), Glenda (Sam), Brian, Alvin Jr. (Skin), Shari, Lacey, Winston, Trent, Briah, Andrew, Amy, Owen, Ezra, Mia, Keeley, Aaron, Tania, Amber, Ava, Elena, Josh, Ashton, Kaitlyn, Christopher, Delilah, Braelynn, Allyssa, Thomas, Amsey, E'yan, Christopher & Forest and dearest friends Aunt Chic, Aunt Jean and Verna May



Albert & Christina Maracle of Tyendinaga
are pleased to announce the upcoming
marriage of their daughter Brandie Teresa Lynn Maracle to Sean William Fowler.
The couple reside in Belleville.
The ceremony will take place Sept. 13, 2014 at Residence Inn Marriott Kingston

Dream Big

*If there were ever a time to dare,
To make a difference
To embark on something worth
doing
It is now.
Not for any grand cause,
necessarily
But for something that tugs at your
heart
Something that is worth your
aspiration
Something that is your dream.
You owe it to yourself
To make your days count.
Have fun. Dig deep. Stretch.*

*Dream big.
Know, though,
That things worth doing
Seldom come easy,
There will be times when you want
to
Turn around
Pack it up and call it quits
Those times tell you
That you are pushing yourself
And that you are not afraid to learn
by trying.
Persist.*

*Because with an idea,
Determination and the right tools,
You can do great things.
Let your instincts, your intellect
And let your heart guide you.*

*Trust.
Believe in the incredible power
Of the human mind
Of doing something that makes a
difference
Of working hard
Of laughing and hoping
Of lasting friends
Of all the things that will cross your
path*

*Next year
The start of something new
Brings the hope of something great.
Anything is possible
There is only one you
And you will pass this way but once.
Do it right.*

Author Unknown

*Victoria Maracle
Congratulations on your high school
graduation!! I know you will do great things!!
I believe in you and I will miss you immensely!!
Best of luck as you head off to College!!*

*I love you to the moon and back!!!!
Auntie Ang*



Congratulations

Derek

for receiving the

MVP Award for Baseball 2014

From Moira Secondary School

We are very proud of you

Love Dad, Mom, Kelsey and Whiskey

xoxoxo



Cash

would like to thank

the TCDF for helping him play

his first year of HOCKEY!

He is looking forward to playing again

next season!



Thank you
Dreamcatcher!!

It would not have been
possible to dance this year
without your assistance!

Thank you,
Kailey Sager



Thank you
Dreamcatcher!!

I appreciate the help and
support that got me
through my first year of
junior hockey

Thanks again,
Noah Sager

THANK YOU

We would like to take this opportunity to show our gratitude for all the heartfelt messages and support (monetary and emotional) to all the people who selflessly gave in our trying time. Our son Lucas' relapse was an extremely hard and difficult time for us.. and all of you made the road a little easier for us.

As I'm sure you recall, Lucas was diagnosed in November of 2012 with a malignant ependymoma brain tumor. He had treatment and relapsed in march of this year.. with a tumor on his spine. Pediatric ependymoma tumors can only be located in the brain and/or spine, it does not travel to any outside organs.

From the unbelievably amazing wonderful people who have done so much for us... we are so very appreciative and will NEVER forget all you have done. I'd love to name everyone individually, but I might take up a few pages of your newsletter! We have each and every one of you in our hearts and we will never ever forget all you did for us.

Lucas continues to succeed at all he does! He recovered amazingly and barreled thru treatment like and like a pro with little to no side effects. He came home and wanted to hit school full time, full force, and he's had nothing but good days! That's the power of prayer.

Please... keep praying.

Again, how proud we are to be apart of such and strong close mohawk nation. We are all truly, family.

Nia:wenkowa, konoronkwa.

Much love and sincere heartfelt thanks..
Angie, Josh and Lucas Brant
(And families.)

Happy Birthday!



Happy Birthday
Marvin – July 2nd
Love Rick, Marilyn, Sam,
Emmett, Phill & Hayden

Happy 60th Birthday
Carol – July 4th
Love Marilyn, Rick, Sam, Emmett, Phill & Hayden

Happy 15th Birthday
Hailey Bird – July 22nd
Love Aunt Marilyn & Uncle Rick

Happy 15th Birthday
Hailey – July 22nd
Love Sam, Emmett, Phill & Hayden

Happy 30th Birthday
Maria – July 24th
Love Marilyn & Rick

Happy 30th Birthday
(Auntie) Maria – July 24th
Love Sam, Roo Roo, Phill & Hayden

Happy Birthday
Shannon – July 26th
Love Aunt Marilyn, Uncle Rick, Sam,
Emmett, Phill & Hayden

Happy 5th Birthday to an awesome grandson
Emmett – July 29th
Lots of Love Grandma & Papa

Happy 5th Birthday to mommy's handsome boy
Emmett – July 29th
Lots of Love Mommy, Phill & Hayden

Happy 18th Birthday
Dakota – July 30th
Love Marilyn, Rick, Sam,
Emmett, Phill & Hayden

Happy Birthday
Angel – July 31st
Marilyn

Happy 35th Anniversary to my hubby
Rick – July 28th
Wow hard to believe it's been that many years.
Love u, Marilyn

Happy 39th Birthday

Dale! July 20 2014

Your last official birthday.

We hope you have a great day!

Love always, Brandi, Sadie, William and Elijah.

Xoxo

Happy 9th Birthday

William!

July 20 2014

You've grown, you've learned, and you've tried

your very best at everything you have done this year!

We love you and hope that you feel extra special on the
birthday that you share with so many others.

Keep up the good work and good behaviour this year.

You, my boy, are awesome!

Love, Mommy, Dale, Sadie, and Elijah.

Xoxo

Happy Birthday

Kastin Norton

From Chip & Allison

Happy Birthday

Kelly Brant

From Chip & Allison

Happy Birthday

Tiahra Brant

From Chip, Allison & Kody

Happy 5th Wedding Anniversary

& 15 Years of being together

Chip Brant

Love Always Allison

Happy Birthday

Dad (Chip)

Love Kody & Allison

Happy July Birthday's

Garnet Brant (Nuttsy)

Dale Hill (Guts)

Kirk Brant (Fatty)

Keith Brant (Keitha)

From Chip & Allison



Entewatsyenhonniseke Presents...

A Family Sunday Funday

Sunday July 27, 2014 from 12-3pm

At the Community Centre

1807 York Road, Tyendinaga Mohawk Territory



Please join us for loads of fun activities for all ages! Stop by for some lunch and try your luck at the games. Everyone will win a prize!

We will be hosting a chili cook off & tasting as well.

Transportation will be available, pick up locations will be north & south Huron Brant Drive and in Shannonville at the business centre. Please call Jill Beck @ 613-967-0122 to confirm that you will be accessing this service. Make note that pick ups are for the whole family, children must be accompanied by an adult.

The Entewatsyenhonniseke Team

("we all continue to build our fire")

Is a group of community members and workers concerned with
Rx drug abuse in Tyendinaga.

This event is a first of many we will be organizing to bring
awareness & information to our community.

Prescription Drug Abuse...It affects us all.



Chili Cook Off & Tasting

Do YOU have the best chili in ALL of TMT?

Do YOU want the chance to prove it?

Please contact Jill Beck if you are interested in entering your famous chili in a cook off.

Cook off & Tasting will take place at the

Family Sunday Funday

July 27th at noon

2 categories—best meat & best vegetarian

Prizes to be won! !



Word Search



S	W	Q	T	W	R	Q	V	I	E	E	C	G	Z	D	A	H
P	O	L	I	C	E	B	G	I	C	R	R	K	X	G	D	L
M	E	T	H	A	N	A	U	J	I	R	A	M	E	V	R	O
T	M	H	V	S	R	E	K	M	E	Z	W	L	Y	Q	U	H
L	N	W	A	E	Q	O	E	E	V	J	L	E	S	D	G	O
I	V	A	T	S	C	E	B	Q	R	I	B	R	S	D	S	C
A	J	T	L	V	D	T	W	J	S	R	I	M	Y	U	E	L
J	E	H	V	A	C	B	N	U	F	Q	V	T	T	R	B	A
S	Y	Z	I	M	H	A	I	O	R	M	K	N	S	U	G	A
U	T	J	R	H	B	N	N	E	J	J	T	R	H	J	U	U
L	O	K	S	V	H	P	I	C	E	Q	K	Y	E	Q	U	W
M	Z	J	R	U	C	D	I	A	E	W	R	I	R	F	Q	N
W	Q	W	S	Z	G	G	D	H	Z	R	J	F	G	A	S	H
M	W	B	H	T	A	E	D	Y	M	H	Z	A	D	Y	E	C

ABUSE
CANCER
DEATH
INHALANT
METH

ALCOHOL
CIGARETTES
DRUGS
JAIL
POLICE

BEER
CRIME
ILLEGAL
MARIJUANA



14 York Road, Unit #1 & 2B

Tyendinaga Fitness Resource Centre

Shannonville, Ontario

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

KOK 3AO

July 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 /

Personal Trainer

Fitness Staff

Jayna Leland

Mahaley Brant

Shanleigh Maracle

Kiowa Bernhardt

We Welcome Co-op

Silly Things We Do To Lose Weight

Trying to spot reduce - This is a waste of time and energy when you do a bunch of small exercise focusing on only one body part when you can be doing exercises that burn more calories. This is also frustrating when you realize it doesn't work

Using bad form- trying to take the simplest least painful path can only put you at risk for injury. Take the time to learn the basics of each exercise and watch yourself in the mirror

Lying about how much you are eating- keep a food journal and write down everything you are eating and drinking and be honest. The only way to change bad habits is to know what they are.

Thank you to everyone who came out to our Open House. The winners from our draw were:

Tyler Brant 1 year membership

Sue Chircop 2 month membership

Denny Tompkins 1 month membership & bag

We Welcome Your Ideas & Comments

Thank you to Dymond Bucholtz-Lasher and to Cole Leafe for all the help that you gave TFRC while doing you high school placements here with us. All your help was greatly appreciated. Hope to see you in the gym over the summer.

NEW - CAREER EDGE STUDENT STARTING IN JULY

Benefits of Prenatal Fitness

BY Sonya Maracle (613)962-2822

Many studies have demonstrated that properly designed exercise regimens can elicit a number of benefits, not only for the expectant mother but also for the developing fetus.



Maternal benefits include:

Helps facilitate labour - exercise may not make labour easier but it will give the expectant mother the endurance and strength needed for the duration

Helps prevent gestational diabetes - exercise is known to reduce insulin requirements and enhance fat usage, aerobic and strength conditioning maybe useful in preventing gestational diabetes.

Improves circulation - building muscular strength may help women reduce the discomfort of varicose veins

Improves posture and muscular balance - strengthening postural muscles and making modifications to posture during pregnancy helps to alleviate muscle and joint soreness

Improves Core Strength - working the core stabilizers not only help improve posture but may also assist during the pushing phase of labour. Kegals!!!!

Assists with postpartum recovery - exercising mothers report a more rapid physical and emotional recovery after pregnancy, the incidence of postpartum depression is lower.

The key components of a good program include: posture, core stability, flexibility, cardiovascular fitness, muscle conditioning, nutrition and relaxation.

Sonya has Certification for Pre & Post Natal Fitness Specialist



**Exercise is
Good during
Pregnancy**

Resource : CanFit Pro

TFRC (613)962-2822

Benefits of Childcare

By Jayna Leland

www.ehow.com



Do you have children at home and would like to include physical activity into your daily routine?

Bring them along with you to the gym. By bringing your children to the gym you can show them the importance of being physically active and introduce a healthy lifestyle.

Routine– Children benefit from daily routines and structure. By adding consistency to their day it can help them feel in control of their world. This can help children grow into responsible adults.

Socialization-Give children the opportunity to be around other children. This allows children to learn how to interact with their own age group, and confidently separate from their parents for a short duration.

Academic Readiness– Childcare can help prepare your child for their entrance into Kindergarten. By preparing your child for their future you can help reduce the chances of resistance to learning.

TFRC Offers– Play Dough Fun, Kitchen Play with Produce, Puzzles, Games, Books, Crafts. We also have a wide variety of Infant and Toddler Toys.

Mom and Dad need an opportunity to be healthy role models.



PLEASE CALL AHEAD FOR CHILDCARE

\$5.00 FOR DROP-IN

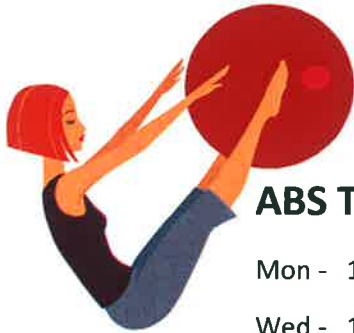


Jayna Leland Has Certification for a Personal Trainer

TYENDINAGA FITNESS RESOURCE CENTRE

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

AWESOME ABS



ABS Time:

Mon - 12:50 to 1:20

Wed - 12:15 to 12:45

Program Has Been
Successful !

June 2014



CHARGING CIRCUITS

Circuits Time:

Tues - 12:15 to 12:45

LUNCH TIME WORKOUT

No Experience Required &
If successful program will continue

No Cost
With
TFRC
Active membership

\$5.00
Without
TFRC
membership

Body Detail Workouts by our Certified Personal Trainer

Sonya Maracle

Limited Space for 10 Participant's Per Session

Never too late to Join ! Drop -In

BW Time:

Thurs - 12:15 to 12:45



Better Butts Time:

Mon - 12:15 to 12:45

Wed - 12:50 to 1:20

BODYWEIGHT

BETTER BUTTS

AUGUST IS FREE



**The entire month of August will be FREE for
ALL students!**

Free Wifi , Satellite Television, Cool Air, and Social Space!

(Note being respectful to our active/paid membership that they use the equipment first)

Tyendinaga Fitness Resource Centre

14 York Road, Shannonville

Phone: (613)962, 2822

Email: tyfitnessres@mbq-tmt.org



NEW PATIENTS WELCOME



- Cosmetic Dentistry
- Same Day Whitening
- Tooth Colour Fills
- Root Canals
- Sedation
- General Anesthesia
- Dental Implants
- Orthodontics
- Wisdom teeth
- Dentures
- Emergency Service
- Direct Insurance Payment
You Pay Only The Difference
- Interest Free Financing



VISA



"Let our family treat your family"

Mike
the Molar
Dental Centre

613-394-8888

169 Dundas St. E, Trenton K8V 1L5

Visit our website

www.mikethemolar.com



2014 Peace Maker's Journey

At Tyendinaga Territory ~

Sunday July 13th

- Saturday July 26th

(1 day's rest in between the end of the journey and the start of the Great Law Recital)

**\$600 for
Entire Journey**

**Or \$50 per day
(for partial trip)**

You are responsible for making ALL of your own accommodation and travel arrangements

(Some Billeting & Camping will be Available)

TO REGISTER:

Call/Text 519-717-3411

Or Email:

litlwhit@hotmail.com



We're on Facebook

**"The Peacemakers Journey 2011"
for regular updates.**

(Why 2011 you ask? Because I don't know how to change the name of the group)

The Peace Makers Journey is a trip through Ontario and New York State through our Haudenosaunee Confederacy Territories in which we place our feet on the very same lands from our History.

Our people retrace the steps of the PeaceMaker during the foundation of the Great Law.

This journey is a huge and powerful undertaking. Funds go to subsidizing participants registration & costs during the Journey. Interested Participants can sell 60 tickets to completely cover their registration



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



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

It's a ...



... party!

Lights



Camera, Action!

*Gather the family and join us
under the stars for a movie*

July 28 & August 18, 2014.

Gates open at 8:00pm

Movie begins at Dusk

Tyendinaga Lacrosse Box.

Cost: \$3 per ticket;

2 yrs and under are free!



This is an all ages event!
Please bring your own chairs
or blankets for seating.

Concession stand available for drinks, hotdogs and snacks



Fundraiser Sponsored by
Red Cedars Shelter

1-613-967-2003

Families that
PLAY TOGETHER
Stay together.

Children under 16 years of age must be accompanied by an adult.

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.

July 2014

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



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 • Entertainment • Toilet Bowl Races

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



Mohawk.fair



Mohawk Fair



@MohawkFair

WWW.MOHAWKFAIR.COM



Family Yard Sale

July 26th - 8 a.m. - 4 p.m.

270 Bayshore Rd.

Something for everyone!!



DESERONTO LEGION

UPCOMING EVENTS FOR July

Earl (Cooter) Fraser Horseshoe

Tournament - July 26th

Location- Glen's Pits

Start time- 9:30 am Sharp

Cost- \$5.00 per person

Sign up sheet will be available at the legion.

Breakfast will be sold.

Pot luck to follow at Deseronto Legion.



Attention

Hunters & Shooters!

Interested in getting your PAL Licence?

Course is \$140.00. The course is limited to the first 9 people paid in full.

This course will be Fri/Sat July 11/12, 2014

Course will run Fri. 6 - 9 p.m. and Sat. 8:30 - 5:30 p.m.

Courses include instruction, study manual, tests and paperwork required to apply for your PAL licences. Course will be offered in Shannonville at the corner of Hwy #2 and York Rd. (next to Tyendinaga Fitness Centre) .

For more information or to reserve your spot please call Ed Maracle at (613) 396-3077 or email at emaracle@xplornet.ca



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*

UPCOMING EVENTS

Strawberry Social
Sunday 6 July, 1:00-4:00 p.m.
792 Ridge Rd, Tyendinaga

Come and enjoy strawberries, good company, and entertainment. Free-will offering accepted at the gate in lieu of a ticket. Silent auction, 50/50 draw, door prizes, bake table. Proceeds in aid of the ministry of the Parish. In case of rain, the location will move to the Queen Anne Parish Centre, 1295 Ridge Rd.

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!

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 altree94@gmail.com



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

Tyendingaga, M. T.



Morning Prayer with

Communion from the Reserved Sacrament

10:00 AM → 1st, 3rd, 4th, 5th Sundays



Holy Eucharist (Complete Mass):

11:15 AM → 2nd 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

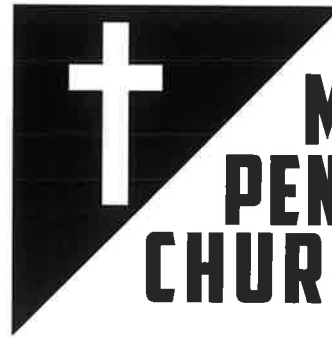
Minister Gérard Trinque at ☎ 1-888-831-4145 ✉ gtplus@yahoo.com



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
Tyendingaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325

COMING EVENTS

July 6, 2014	Annual Church Picnic at MPC, 10am
July 13, 2014	Evangelist Tony Slay, 6:30pm

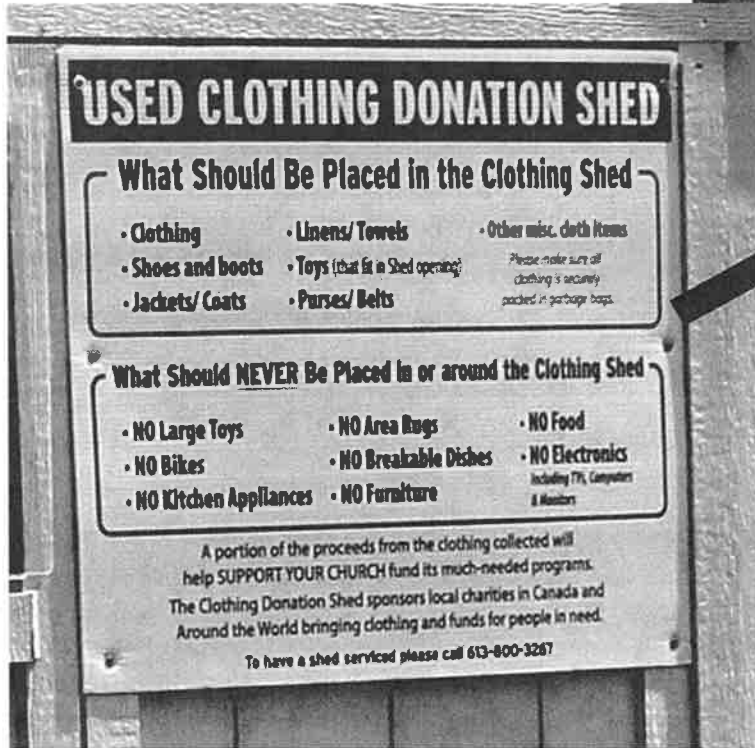
"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

H. Jackson Brown jr.



ENVIROTEX

"Recycling what matters"



USED CLOTHING DONATION SHED

What Should Be Placed in the Clothing Shed

- Clothing
 - Shoes and boots
 - Jackets/ Coats
 - Linens/ Towels
 - Toys (that fit in Shed opening)
 - Purses/ Belts
 - Other misc. cloth items
- Please make sure all clothing is securely packed in garbage bags.

What Should NEVER Be Placed in or around the Clothing Shed

- NO Large Toys
- NO Bikes
- NO Kitchen Appliances
- NO Area Rugs
- NO Breakable Dishes
- NO Furniture
- NO Food
- NO Electronics
Including TVs, Computers & Monitors

A portion of the proceeds from the clothing collected will help SUPPORT YOUR CHURCH fund its much-needed programs. The Clothing Donation Shed sponsors local charities in Canada and Around the World bringing clothing and funds for people in need.

To have a shed serviced please call 613-800-3267

Located at 1984 York rd.
Mohawk Pentecostal Church

EnviroTex Recycling inc.
works on behalf of charities in
Canada and around the world
bringing clothing and funds
for people in need

How the shed works

1. We place a used clothing drop off shed at a local Church or Community Centre.
2. Community members donate clothing by placing it in the shed.
3. We collect the clothing donations when the shed is full and distribute them locally in Canada. We give funding to your Church for the clothing collected at the shed.
4. They, in turn, use the money as they see fit. Our partners have used the money for youth groups, sports teams, mission projects, and other community-oriented activities.

Proceeds from all items
collected will go towards
Tyendinaga Mohawk
Pentecostal Church's
building program

CLASSIFIED

FOR RENT

2 BEDROOM APARTMENT

- located on the York Rd.
- Available Immediately

Call for an appointment
613-962-1546

**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 appointment. 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

FOR SALE

4 BEDROOM HOME

- large eat-in kitchen
- dishwasher, fridge, stove
- large bedrooms
- Updated 4 pc bathroom (ceramic floor)
- 3 pc bath w/shower
- large family room with updated woodstove (WETT certified)
- walkout basement
- lots of storage
- upgraded well with holding tank
- new roof and deck
- shed
- lot size 3/4 acre (approx)

PRICE RECENTLY REDUCED
(Serious offers will be considered)

Please contact:
tyendinaga11@yahoo.com OR
416-938-4157 or 613-396-2151

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

FOR SALE

4 Michelin X-Ice X12 SNOW TIRES
Fit 17" rims
\$200 or best offer
Call: 613-967-1129

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 1-587-276-1092 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.



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!

**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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CELEBRATION!!!**

Saturday August 30th, 2014

1pm- 4pm

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Bob Vrooman
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Dianne Dowling
CHS

Tim Reynolds
CFP, CHS



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[Type text]



Dr. Alanna is accepting patients as of Friday July 18th, 2014.

She is offering a **FREE**
15 minute consultation for
new patients as well as
reduced rates for band
members.



To book your Initial Consultation:

Call or Text 613-876-5855
or email maraclechiropractic@gmail.com

BREAKING NEWS

Maracle Chiropractic Welcomes Naturopathic
Doctor, Dr. Alanna Kuhn, to their Team!

Come out and see what all the excitement is about!

Address: 14 York Rd Unit #2 TMT, ON K0K 3A0

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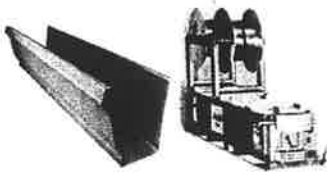
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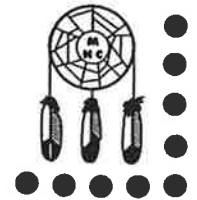
P.O. Box 755

Ontario, Canada K0K 1X0

**Jim McMurter
Owner / Manager**

E-mail: jmcmurter@mcmurterhome.com

BUS: (613) 396-1607 ~ FAX: (613) 396-6897



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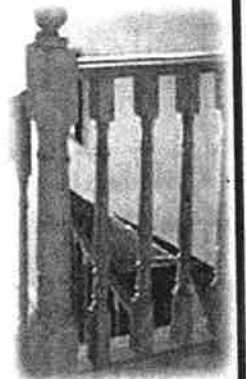
Ken (Sam) Barnhardt

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Tyendinaga Mohawk Territory, ON

K0K 1X0

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Ron Bowden

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New Summer Hours

Fri., Sat. & Sun.: 10:00 am – 6:00 pm

*until we will close on July 13 to prepare for our
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**Colorful, flower filled planters are still available to
brighten up your deck or yard!**



**We always have ready-made or
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occasion!**

Call “Lynn” at 613-966-7985

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~ www.thelazyg.ca ~



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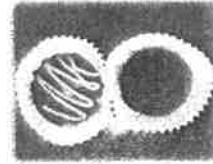
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