



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENTKEHA

ISSUE 11/08
Kentenhkowa (Nov.)

ORI:WASE (News)

**** IMPORTANT **** **INFORMATION**

ON THE WATER QUALITY AT
QUINTE MOHAWK SCHOOL
INSIDE THIS ISSUE!



November 11

Let us not forget those who
fought for our freedom.

The Administration Office will be closed on
Tuesday Nov. 11 for Remembrance Day!

Vision Statement

Tyendinaga, as part of the Mohawk Nation, is a healthy, sustainable Kanienkeha community, built on and united by our language, culture, traditions, knowledge and history. We exercise our rights and responsibilities for the protection of and respect for our people, our land, our resources and the environment.

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Newsletter Deadline

Nov. 24

613-396-3424

We're on the Internet

www.m bq-tmt.org/

JOB POSTINGS

Positions that become available with the Mohawks of the Bay of Quinte can now be viewed on the Tyendinaga Mohawk Territory Web Site.

www.m bq-tmt.org/

ADMINISTRATION



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

November 5, 2008

A MESSAGE FROM THE TYENDINAGA MOHAWK COUNCIL REGARDING THE STATUS OF THE WATER QUALITY AT QUINTE MOHAWK SCHOOL

The following information is presented to the Mohawks of the Bay of Quinte membership to address community concerns regarding water quality at Quinte Mohawk School. The Tyendinaga Mohawk Council and the Mohawks of the Bay of Quinte respective staff have been working diligently on this issue and will continue to work toward addressing this issue in a responsible manner.

As reported to the community on October 9, 2008, there are community concerns regarding water quality at QMS. An inspection of the water system was conducted by the Mohawks of the Bay of Quinte on February 5, 2008. Based on this inspection, on February 7, 2008, Health Canada advised the Tyendinaga Mohawk Council that, due to the fact that the water treatment system was old and did not meet the requirements of the Safe Drinking Water Act (which was enacted following the Walkerton affair), a precautionary boil water advisory was recommended for the school. (The original water treatment system was installed in the 1970s when the school was originally built.) The water at the school has been regularly tested since the late 1980s for bacterial contamination. The water continues to test safe from bacterial contamination, and the boil water advisory was a PRECAUTIONARY MEASURE ONLY because of the age and debilitated nature of the treatment system.

The same day that the precautionary boil advisory was issued by Health Canada on February 7, 2008, the band commissioned an environmental consultant for a request for proposal on

a full analysis and review of the school's water treatment system. As a precautionary measure, the drinking water fountains were covered up and bottled water was provided to the school on February 8, 2008. A letter was also immediately sent home to parents by school officials to explain that this was a precautionary measure only.

There is a fear that bottled water is not safe to drink due to recent media hype surrounding reusable water bottles made of polycarbonate that contain a chemical called Bisphenol A. Preliminary research has indicated that there may be a public health risk that BPA can be released when boiled water is put in the polycarbonate plastic water bottles. According to information provided by Health Canada, polycarbonate plastic water bottles usually contain the number 7 on their recycling symbol, and some have a "PC" stamp as well. Health Canada is studying the issue further from a public health perspective and recently announced on October 17, 2008 that it will take measures to ban the import and sale of polycarbonate plastic water bottles while further research is being conducted. **The bottled water bottles provided at Quinte Mohawk School do not contain the number 7 on the bottom of the bottle.** (For more information on Bisphenol A you can call the toll-free Government of Canada inquiry line at 1-866-891-4542.)

XCG Consultants submitted a proposal to review the water situation at the school on February 8, 2008, and this report was immediately submitted to Indian and Northern Affairs for consideration. The band also submitted a funding request to Indian and Northern Affairs to conduct the environmental consultant review. INAC confirmed commitment of \$12,680 to cover the cost of the environmental consultant review. The work was

commissioned and completed in May 2008. A review of the band's environmental consultant's work was conducted by INAC in July 2008 which recommended further considerations. During the months of August and September, the band continued to exchange correspondence with INAC's technical and environmental representatives as well as the band's environmental engineer.

During the month of October the band hosted two meetings with INAC officials, QMS officials, Health Canada, and the environmental engineer. As a result of the diligence and persistence of the band, the work to address the water issues at QMS is now underway. There are also greater plans for a community water and treatment plant that are in the final stages of design modifications. Once the design is finalized, the project will be submitted to Indian and Northern Affairs for approval.

To improve sewer services at the school a \$1.6-million sewage treatment system was installed over the past year to replace the antiquated sewage treatment system.

The Tyendinaga Mohawk Council will report the progress of this work once completed. In the meantime any questions or concerns regarding water issues at Quinte Mohawk School can be directed to the Mohawk Administration Office, 613-396-3424, ext. 134.

PLEASE SEE

INSERT FOR AN

INFORMATION FACT SHEET

FROM THE Government of Canada

On Bisphenol A

ADMINISTRATION

INFORMATION FOR MBQ HOUSEHOLDS

CONNECTED TO THE SEWER SYSTEM

Human waste and grey water collected by the sanitary sewer system is discharged to the Deseronto Wastewater Treatment Plant. This is a typical plant, designed to remove pollutants and pathogens before discharging to the Bay of Quinte.

Sanitary sewers are designed to collect biodegradable wastes only. Biodegradable means microscopic organisms break down and consume the waste material. A toxic waste could upset the operation of the Deseronto Wastewater Treatment Plant (WWTP), preventing the adequate cleaning of the wastewater before it is discharged to the Bay of Quinte, which is the receiving body of water.

Examples of household hazardous wastes that should not be discharged to the sanitary sewer systems include:

- paint / stain
- paint thinners
- varsol
- oil
- gasoline
- any other liquid waste products that are labeled with a poisonous or flammable symbol.

If the WWTP receives toxic waste, it may kill off the organisms that break down the incoming sewage. Such a discharge is considered serious since the WWTP cannot effectively treat incoming sewage and therefore will be out of compliance with environmental regulations and the receiving body of water could be adversely affected.

It should also be noted that residents should not put clothing or rags (such as J-cloths) into the toilets as these items could adversely affect pumping station

components such as pumps/impellers causing sewage back-ups.

Hydraulic loading impacts

Typically, wastewater treatment plants are designed to treat normal or low flows that occur during dry periods with the occurrence of minor storm events. During heavier rainfalls or floods caused by the spring thaw for example, some of this flow can bypass the treatment system and could be directly discharged to the receiving water.

Infiltration and inflow are the technical terms referring to rainwater and/or groundwater that enters the sanitary sewer system through such sources as improper Sump Pump connections, cracked pipes, leaky manholes, or roof gutter downspouts.

Please be advised that any sump pumps connected to the sewer system in the Bayshore Road, Hwy #2 and Church Lane area must be disconnected and rerouted in an effort to reduce infiltration into the sanitary system.

Sump pump connections can cause adverse environmental impacts if increase flows cause a bypass events and it also raises the sewer fees that residents must pay.

Why are infiltration and inflow big problems?

Infiltration of water into the collection system can put extra strain on the pumping stations, which means higher electricity costs and user fees that are ultimately borne by the residents of the Mohawk of the Bay of Quinte.

During high flow situations, the collection system and the pumping stations' capacity is reduced which could result in sewage back-ups.

When the wastewater collec-

tion system is hydraulically overloaded, the flows increase requiring extra time and materials to treat, thus the costs to the Mohawks of the Bay of Quinte increase.

- Lastly, increased flows reduce overall capacity that could possibly reduce commercial and residential building opportunities.

To Summarize

The sanitary sewers exist to provide for the drainage and collection of domestic wastewaters to the Deseronto Wastewater Treatment Plant.

Putting non-biodegradable or household hazardous wastes (like paint thinner or oil) down toilets or drains will negatively impact the process at the sewage treatment plants. Ultimately, these toxic wastes can end up in the receiving waters and harm the environment. Sanitary sewers are not intended for the disposal of hazardous wastes. These are to be disposed of at approved locations only.

Finally, sump pump connections increase the flows into the sewer system which places hydraulic pressure on the pumping stations increasing electricity and flow charges which affect sewer fees for the residents of the Mohawks of the Bay of Quinte.

If you have any questions regarding the above please contact Todd Kring 613-396-3424 ext: 134.

Scheduled Tyendinaga Mohawk Council Meetings for November 2008:

Local Business –

November 13, 7:00 p.m.

Regular –

November 17, 9:00 a.m.

*Watch for
the poster in
the New
Year!
Dance
Lessons for
Adults by
Chris Rizzo
for more in-
formation
call (613)
396-3424
ext.107*



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in October responded to 5 calls:

- 2—Medical Calls**
- 1—Motor Vehicle Fire**
- 1—Service Call**
- 1—Auto Alarm**

This brings our total to 73 calls for the year 2008.

ADMINISTRATION

Ministry of Citizenship
and Immigration

Office of the Minister

6th Floor
400 University Avenue
Toronto ON M7A 2R9
Tel.: (416) 325-6200
Fax: (416) 325-6195

Ministère des Affaires civiles
et de l'Immigration

Bureau du Ministre

6^e étage
400, avenue University
Toronto ON M7A 2R9
Tél.: (416) 325-6200
Téléc.: (416) 325-6195



October, 2008

Dear friends,

As the Minister of Citizenship and Immigration, I am once again very pleased to invite you to participate in Ontario's volunteer recognition programs for the year 2009. Many of you know these award ceremonies are an Ontario tradition.

Volunteers play a significant role in building strong and diverse communities and give back in so many ways through and with a strong sense of civic responsibility.

The Ontario government recognizes volunteers from all sectors through the following programs:

- **Volunteer Service Awards (VSA)** - in recognition of continuous years of service with a community organization
- **June Callwood Outstanding Achievement Award (JCOAA)** - awarded for superlative volunteer work undertaken by individuals, groups or businesses
- **Ontario Medal for Young Volunteers (OMYV)** - presented to outstanding young volunteers between the ages of 15 and 24

Nomination forms and additional information on each program are available on the Ministry of Citizenship and Immigration website at www.ontario.ca/honoursandawards or you can phone the Ontario Honours and Awards Secretariat at 416-314-7528. The nomination closing dates for each program are highlighted below.

Please take this opportunity to nominate volunteers from your organization for the appropriate award program and feel free to share this letter with other organizations that would be interested in participating in these worthwhile programs.

By submitting a nomination you can help ensure that volunteers receive the recognition they deserve. Thank you for participating.

Yours truly,

The Honourable Michael Chan
Minister

Nomination Closing Dates:

VSA - January 25, 2009
JCOAA - January 15, 2009
OMYV - January 10, 2009

Thank You

The Sustainable Development Office would like to thank all those who attended our Open House on October 31, 2008. It was a great success. We would also like to thank Elvis, Whoopie and Johnny Depp for taking time out of their busy schedules to make an appearance.

Anyone who missed the Open House is welcome to drop by at any time and view Sustainable Development's new home.

Congratulations to the following door prize winners:

- Winston Brant
- Denise Leafe
- Molly Kohoko
- Pam Sager
- Tina Brant
- Tom R. Maracle

Again, thank you from the Sustainable Development Team,

Jason Neepin, Director of Sustainable Development

Brandi Hildebrand, Housing Manager

Sara Brown, Economic Development Officer

Sandy Sero, Employment and Training

Lori Maracle, Office Manager

Wendy Hutt, Housing Accounts Manager

Sam Maracle, Housing Support Worker

Gail Maracle-Balla, Sustainable Development Assistant

Traffic Safety Assessment Criteria



The nature of many of Canada's rural and suburban areas is changing. Population growth and increased traffic are making delivery of mail to many rural mailboxes potentially hazardous for Canada Post mail carriers and other drivers. Today, there are about 843,000 rural mailboxes which represent about six percent of Canada Post's 14 million delivery points. Given the company's responsibility to provide a safe working environment, Canada Post has taken steps to increase the visibility of the vehicles driven by its Rural and Suburban Mail Carriers (RSMC), equipping each with rooftop signs and flashing amber lights. But enhanced visibility does not address all situations where Canada Post employees, customers and other drivers are at risk.

Canada Post responsibilities and obligations

Canada Post is committed to delivering the highest standards of service possible to all Canadians. However, as an employer and corporate citizen, Canada Post, like all Canadian companies, is also bound by both the Criminal Code and the Labour Code to ensure that its operations do not put its employees or members of the public at undue risk. As a result, Canada Post is obligated to address increasing concerns about the safety of delivering to rural and suburban mailboxes.

The panel of safety experts

Canada Post engaged the services of an expert panel to develop a tool that would assess the traffic on RSMC delivery routes. The three panelists are from:

i-TRANS Consulting, a North American professional engineering consulting firm serving clients across Canada, the United States and internationally in the areas of transportation planning, transportation systems, and transportation safety.

Human Factors North, a Canadian consulting firm providing ergonomics expertise to design work and workplaces based on human characteristics. HFN brings expertise in traffic safety, interface design and occupational ergonomics.

Cotton Law, a legal specialist and advisor in the area of occupational health, safety and the environment.

Developing the criteria

Developing the traffic safety assessment criteria required research and expertise in the areas of traffic safety, road design, driver behaviour and the law. The result of the combined work of the multi-disciplinary team identified above is a traffic safety assessment tool, or TSAT, that can be applied to individual rural and suburban mail boxes.

The traffic safety assessment criteria are accompanied by documentation that guides an assessor as to the road and traffic parameters which require measurement at a mailbox. The information gathered enables the assessor to make the decision to modify a mailbox or allow it to remain.

The approach

The approach adopted was a driver behaviour approach. This approach assesses the driving tasks of a RSMC and their requirements, as well as the driving tasks of other drivers who encounter a stopped or merging mail carrier vehicle in typical traffic and road conditions. The approach determines whether time available for drivers to carry out their driving tasks encompasses the needs of the majority of drivers.

The road conditions considered in the traffic safety assessment tool include two and four-lane roads, with and without shoulder width sufficient for stopping the mail carrier's vehicle, at the mailbox, whether completely off or partly in the path of another vehicle traveling in the same direction as the mail carrier.

What the tool assesses

The tool assesses whether there is sufficient "decision sight distance" for other drivers, traveling at typical speeds on the particular road, to respond appropriately to a stopped RSMC vehicle. Drivers need time to perceive the situation ahead, make a decision on how to react to it, and start and complete the action chosen.

The tool also assesses the ability of the mail carrier to merge safely back into traffic. Mail carriers need to see far enough behind so that they can select a reasonable gap between passing vehicles to merge back into traffic.

The assessment also includes the number of vehicles using the road for two- and four-lane roads, when the RSMC vehicle is stopped on or off the road. Research has found that the drivers need to wait for long periods of time due to high volumes to get a gap to merge back into traffic, they tend to accept shorter and less safe gaps. Traffic volume measurements are taken between 9:30 a.m. and 3:30 p.m. or as close as possible to actual delivery times an RSMC is usually on the road delivering, which also takes rush hours out of the equation.

In addition, the tool assesses whether the location of the mail box meets the present legal restrictions, such as its distance from an intersection or no stopping zones.

A final word

To conclude, the traffic safety assessment tool is applied to an individual rural or suburban mailbox in order to make a legally and scientifically-based decision on whether or not the mail box can remain where it is or needs to be modified. This decision is based a number of factors including:

- an assessment of legal restrictions that apply to the location
- the number of lanes
- the number of vehicles
- the position of the stopped mail carrier's vehicle
- the presence of double yellow centerline markings
- the sight distances for approaching drivers to the stopped mail carrier's vehicle
- the sight distances for the mail carrier to merge in traffic
- the waiting time for a safe gap to merge back into traffic

NOTICE

Please be advised Ontario Clean Water Agency (OCWA) will be flushing hydrants along the Bayshore, Hwy #2 and Church Lane area on November 12 and 13, 2008. If problems or time issues arise then OCWA will finish off the following week on the 18-20th. If you have any questions or concerns please contact Scott Maracle, Fire Chief 613-968-7985 or Todd Kring, 613-396-3424 ext 134.

HOUSING

Housing

A reminder to tenants of MBQ, please call Wendy Hutt to schedule your yearly housing inspection.

If we have not heard from you by **November 12th 2008**, we will be scheduling a date and time for your inspection and you will be notified by mail. You do not have to be home at the time of inspection. However, if you have maintenance concerns, please notify our department in advance of your inspection date.

You can reach Wendy at 613 968 1122 ext 102.

Policies

As per the Sustainable Development Community Bulletin that was delivered via mail to residents of Tyendinaga on Friday October 24th 2008, we will be forwarding the following policies to TMC for approval at the first regular business meeting in

November:

Seniors Renovation Loan Policy

Mortgage Application Policy

Residential Renovation Policy

We will be holding a meeting with the residents of the Elders Lodge to discuss the Elders Lodge Rental Policy before it goes to TMC for approval. That meeting will happen November 6th 2008 from 1-3 pm in the Common Room at the Elders Lodge.

**We have MOVED!
We are now located at:**

The Business Centre, 14 York Road, Unit 4.

Our phone number and fax number will remain the same.

613 968 1122 and 613 968 1128 (fax)

Mortgage Arrears

Our recent calculations indicate that there are approximately 54 homes on the Territory that are in mortgage arrears. This equals approximately 15% of the total number of homes that hold Mohawks of the Bay of Quinte mortgages. There are currently 358 mortgages with Mohawks of the Bay of Quinte.

At this time there are no mortgage arrears with homes that have financed through the Bank of Montreal.

If you miss a payment on your mortgage, the 6% interest that was to be paid in that payment is still owed to MBQ and will continue to accumulate for every missed payment. This will make your mortgage balance actually increase over time if your mortgage continues to remain in arrears. For example a mortgage at a balance of \$30,000.00

with \$8000.00 in interest owed due to missed payments would become a mortgage of \$38,000.00 at the time of a rewrite.

We encourage all those homeowners who may be having difficulty paying their mortgage to contact our office and set up an appointment to talk about your mortgage. You can contact Brandi Hildebrand at 613 968 1122 ext 140 or by email at brandih@mbq-tmt.org.

Canada Mortgage and Housing Corporation Aboriginal Capacity Development,

in partnership with
Mohawks of the Bay of Quinte Housing Administration
presents....

Budgeting and Credit: What you need to know.

**November 12th 2008
6-9pm**

OR

**November 13th 2008
9am-12pm**

Mohawk Community Centre

Topics include:

- What is a Budget
- Why Budget
- How to make a Budget that works
- Money management tips, including how to make a budget
- How to establish credit if you are eligible
- Tips on how to fix your credit

This is a free seminar!

Please call by **12pm on November 12th 2008** to reserve your spot.
Contact Lori Maracle at 613 968 1122 ext 128
or by email at lorim@mbq-tmt.org

Canada



EMPLOYMENT

EMPLOYMENT OPPORTUNITY

*Mohawk Administration Office
Capital Projects Coordinator – Full-time*

Develops and coordinates capital projects and operations budgets in conjunction with the Director of Community Infrastructure and Tyendinaga Mohawk Council (TMC) in a non-profit organization. Maintains and monitors contracts and contract compliance requirements. Prepares requisitions and processes invoices and receipts and provides technical support to MBQ technical department.

Essential Qualifications:

- ♦ Graduation from a post secondary program in Accounting, Business, Engineering or Administration

OR

- ♦ Any combination of education/training/experience which enables the candidate to complete the duties and responsibilities as outlined
- ♦ Experience in accrual and cost accounting, invoice processing and budget development, construction administration, an asset

Other Position Requirements:

- ♦ Excellent knowledge of drafting software, MS Office as well as network usage and internet
- ♦ Possess excellent oral and written communication skills
- ♦ Knowledge of National Building Code and OPSS Standards
- ♦ Possess high level of organizational, and analytical skills
- ♦ Must be able to review and analyze technical drawings
- ♦ Requires analysis and good judgment in accomplishing diversified duties.
- ♦ Requires the ability to develop and read contracts
- ♦ Requires high degree of independent thinking within MBQ policies & procedures
- ♦ Ability to co-ordinate and manage a variety of projects
- ♦ Ability to work with tact, discretion and confidentiality
- ♦ Preference will be given to applicants of Mohawk Ancestry

Duties & Responsibilities: Work Procedures

1. Develop capital project and operations budgets
2. Develops proposals for funding in regards to Capital projects and Environment
3. Prepares capital project reports by determining contract status for the availability of unencumbered funds and calculate carry-over funds for the next fiscal year
4. Responding to inquiries by providing accurate information
5. Records and monitors utility locations, design currency maps, completes surveys and other property management documents
6. Request, receive and review tender packages as required by the Chief Administrative Officer and TMC
7. Site plan development, infrastructure planning

DEADLINE FOR APPLICATIONS: Friday November 21st, 2008

For a detailed position description or to apply, please contact:
Melissa Maracle, HR Staffing & Training
Mohawk Administration Office
(613) 396-3424 ext. 138 fax (613) 396-3627
e-mail: melissalm@mbq-tmt.org

Note: We thank all applicants for their interest in this position but only those selected for an interview will be contacted.

Neighbours Helping Neighbours

The Mohawk Fire Department is currently accepting applications for the position of Volunteer Fire Fighters.

Applications can be completed at the Administration Office, located at 13 Old York Road until November 21.

Desirable Qualifications.

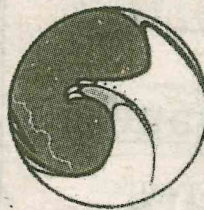
- First Aid & C.P.R.
- DZ drivers license or willing to obtain.
- Weekday availability
- Ability to work under stressful situations.
- Must be available to attend weekly and weekend training
- Ability to perform physical tasks as required

Consider your future at...

The University of Western Ontario

Western

Known as the Forest City, London is located in the heart of Southwestern Ontario. A diverse community with a strong Indigenous presence, London has a unique opportunity waiting for you!



Explore this unique opportunity created specifically for Indigenous students! Join the 180+ students currently enrolled at The University of Western Ontario. You are encouraged to apply to the...

Access Transition Program

An academic support program offered to students in the faculties of Health Sciences, Science, and Social Science.

The ATP will offer you:

- special consideration in the admissions process
- guaranteed residence for first year students and housing priority for families
- enriched academic and personal support
- all Health Sciences ATP students will receive a \$1,000 bursary from Suncor Energy
- strong community and peer support
- a Learning Resource Centre

Call now and join other Indigenous students who are catching their dreams! Start your future today...

For information on how to apply contact: Indigenous Services, Student Development Services, The University of Western Ontario, London, ON Toll-free: 888-661-4095 Local phone: 519-661-4095 E-mail: is.staff@uwo.ca

www.sds.uwo.ca/Indigenous



LEGAL AID ONTARIO
AIDE JURIDIQUE ONTARIO

Legal Aid Ontario reminds residents of the Mohawk Territory that a First Nations Advice Clinic operates each Monday (excluding holidays) from 12 – 3pm at the Legal Aid office, 214 Pinnacle Street, Belleville.

The clinic offers advice regarding qualifying legal issues to those financially eligible. A First Nations lawyer is available to those self reporting to be First Nations People.

The clinic is part of the clinic providing legal advice to the general public.

214 Pinnacle Street, Belleville, ON K8N 3A6
Toll free / Sans frais : 888-551-9755
Phone / Téléphone : 613-962-9634
Fax / Télécopieur : 613-962-4001
www.legalaid.on.ca

RED CEDARS

School Stress

Some possible things that may trigger school stress

- Being Bullied
 - Having work incomplete or turning work in late
 - Not knowing the answer
 - Being slow in sports
 - Not having fashionable clothes (having out-of-date clothes)
 - Losing papers and books
- Having inadequate school supplies

Some possible symp-

toms of stress in children

- Irritability
- Depression
- Impulsive behaviour
- Fear, anxiety, worry
- Sleep problems
- Nervousness

Headaches

Some possible ways we can help children deal with and overcome school related stress

- Have realistic expectations for the child
- Teach them some simple relaxation techniques

- Help them identify their learning style and ways to learn information

- Provide nutritious meals

- Get plenty of sleep

- Cut down on chaos at home—where's my shoe, my book bag, etc.

- Don't over commit the child with too many extra activities

- Manage time wisely

- Spend time having fun

- Prepare for tests and discussions

Be available to listen to the child

Information from: Helping Children Succeed in School – University of Illinois Extension
www.urbanext.uiuc.edu

Red Cedars Shelter is in need of women & childrens winter clothing donations.

We require gently used

- Winter Coats & Snow Pants (all sizes)
- Toques, Mittens & Scarves
- Sweaters & Pants (all sizes)

Please call ahead at: (613) 967-2003

Lateral Violence: More Harmful Than You Think

What is Lateral Violence?:

Most people are not aware of how harmful lateral violence can be let alone the definition. What people don't know is that Lateral violence is the act of gossiping, back stabbing, family feuding, bloodism and blaming/shaming others. Lateral violence stems from several roots such as historic and unresolved trauma, colonialism, change that is forced, internalized feeling, cultural/group oppression, frustration, anger/rage, shame and helplessness. So even though gossiping is viewed by some as a harmless act, it is indeed very toxic.

Signs that Lateral Violence are at School and The Workplace:

You may notice Lateral violence is at work/school if you notice some of the following:

- Someone is aggressive with body language such as raising eyebrows, making faces, etc
- Displays of vulgar language, abrupt responses
- Judgment placed on others because of their age, gender, sexuality, ethnicity or size
- Intimidating & controlling behaviour
- Gossiping & undermining
- Lack of accountability & communication
- Strict power structure

Impacts of Lateral Violence:

You might be effected by lateral violence if you

are experiencing some of the following:

- Poor team work & involvement
- High absenteeism & turn over rate
- Insecurity & Instability
- Trust issues
- Unhealthy boundaries

There is hope! Coping & Preventative Measures:

There is hope. There are positive and effective ways to address lateral violence. Education and awareness are the 2 key factors in putting an end to it. Informing people that there is a zero tolerance rule is a step in the correct direction. Another way is by establishing consequences for lateral violence, this will show that there is zero tolerance and could be used as a deterrent for the future. Other methods would be team work training, communication training, wellness sessions and open support groups.

Citations:

Violence in the workplace:

<http://www.modernmedicine.com/modernmedicine/Nursing/Violence-in-the-workplace-Protect-yourself-from-at/ArticleStandard/Article/detail/535259>

Lateral Violence Definition:

<http://definitions.uslegal.com/l/lateral-violence/>

Coping Mechanisms for Lateral Violence:

<http://www.ormanager.com/blog/post/2006/12/20/20/>

Lat-
eral violence Why it s serious and what
managers can do about it

Lateral Violence Duotang:

Information collected by R.Jefferies

Moon Ceremony

All Women Welcome!

WHERE: RED CEDARS
WHEN: Nov. 13, 2008 at Dusk



Please wear a dress/skirt and bring tobacco and a lawn chair if possible. Call for more information:

969-2215 or 967-2003
POTLUCK MEAL SHARING

Facilitated by Red Cedars Traditional Practioner Program

EDUCATION

Trustee Report for October, 2008

Our Voluntary Self Identification committee continues to meet and develop strategies to promote this process throughout Hastings and Prince Edward Counties. Along with the three Boards of Education in the Quinte area, we also have had interest shown by a representative of Loyalist College in supporting the overall effort of Voluntary Self Identification of Aboriginal students in Hastings and Prince Edward counties. A concerted effort will be made to insure our best success in reaching all Aboriginal Students.

Congratulations to Jennifer Maracle who was the successful candidate for the Board's new Aboriginal Education Coordinator. Jennifer will be busy over the next year developing and coordinating resources that will meet the requirements of the Aboriginal Education Framework Policy put forth by the Ministry of Education for Ontario. This effort will in a broad way help to identify contributions made by Aboriginal people and will be included in many courses across the curriculum both in elementary and secondary schools of the Board.

Currently we are in the final stages of the process of having our draft tuition agreement presented to INAC by HPEDSB. We are very hopeful that the proposed amendments and additions will be approved by INAC to better serve our Native students from Tyendinaga Territory. The new tuition agreement will likely be signed by next month.

Remember, if you have any comments or concerns please contact me at

(613) 962-3595 or email at mbrant@hpedsb.on.ca.

Respectfully submitted

Mike Brant, Trustee HPEDSB representing Tyendinaga First Nations



KANHIOTE LIBRARY

Tyendinaga Territory Public
Library
York Rd. Tyendinaga Mohawk
Territory, K0K 1X0
613-967-6264



Upcoming Event!
Christmas Tea & Bazzar
(Cookie Sale)
Saturday, Dec 13
at 10:00 a.m.
Road Shed

AVON CALLING...

Do you want to own your own business selling something you don't have to sell? This is something I have been looking for all my life!

YOU MAKE WHAT YOU PUT INTO IT AND THERE IS NO MINIMUM AMOUNT YOU HAVE TO SELL.

Work your own hours with no clock to punch, have time with your family and it's so easy and rewarding!

Does this sound like you? Only costs 20.00 to start your own business with Avon, can you believe that?

For more info: Theresa Brant/ 613-396-5517 or

Smilingt19@yahoo.ca



Norway tahnnon Ada Ronwatiats

Tyothorha tiohton iawenre iaiak rotinyakohne tsi All Saints Church, Deseronto. December 1926 they were married at all Saints Church, Deseronto.

Kawistohskwe tahnnon e'tho teyonhyohkwatahse. Tho yehohuenonhne kaseretakon, Tontihonhtho ne akohsatens.

It was chilly and there was a snowstorm. They went there in a wagon, it pulled it the horse. Ratiksa'okon: 'a tsia: tak nihot: wihrayentahkwe. They had 7 children.

Wisk nikonti tsonatonhwhisen tahnnon tekeni tehniiahse rotiskenrakehte.

5 of them daughters and 2 of them sons.

Shia: ta ronwayen: 'a tsi Rochester tahnnon shia: ta ronwayen: 'a tsi Tkayentineken. 1 of their sons is at Rochester and 1 of their sons is at Tyendinaga.

Tsia: ta ontatyen: 'a tsi Wahkhohne tahnnon tsia: ta ontatyen: 'a tsi British Columbia 1 daughter is at Mexico and 1 daughter is at British Columbia

Tahnnon tsia: ta ontatyen: 'a tsi Ateronto tahnnon tekeniiahse konwatiyen'okon: 'a tsi Kanonno. And 1 daughter is at Toronto and 2 daughters is at New York.

Enhka thaosen niwa' sheratye tho niwa ne owentsya ratiyenthoskwe. 1000 acres of land they farmed.

Kit kit, kwes kwes, tyonhonhskwaron, tahnnon shik shik nihotinaskotenhne. Chickens, pigs, cows, and sheep they had on the farm.

Nateyotiyokwake ne kahere ratiyenthoskwe. Different types of wheat they grew.

Karonwarahare tahnnon tsi teyetharakhwa iah tehotiyentahkwe. Electricity and a telephone they did not have.

Wa'shakotiriwanonhtonhse...

"Oh niyotye: ren tsia: ta niwahren niyohserake nikariwes she: kon seninya: kon?" They asked her...

"How/Why after 70 years, you 2 are still together?"

"Tenhkyatekahsi tokat onkyatekon. Wenhiserate sotsi ronatyohkohwenhna rotithonhithotiyonhsa tehonatonhwentso: ni kanonhsa ronawahon".

"we separate (or break our commitment) if we run away. Today too many young people, they want to play house".

HEALTH CENTRE

Breastfeeding Circle

On October 4th, 2008 at the Organic Underground in Belleville, World Breastfeeding Week was celebrated locally with a brunch and activities for breastfeeding families, and their supporters. Tyendinaga nursing moms were invited to participate as part of the Quinte area. Here are the comments written by parents who attended the Breastfeeding Brunch.

I love nursing because.... my baby loves nursing
The best thing about breastfeeding is... I know that I am giving my baby the best start possible
The best thing about breastfeeding is... cuddle time!!
The best thing about breastfeeding is... it provides us with one more tool to take care of our high needs baby.
I love nursing because... it is amazing to supply nourishment to my daughter. It is also the greatest connection

for her and I. I love everything about breastfeeding. BREASTFEEDING RULES!!!!

I love nursing because... the bonds my baby and myself are forming lasts a lifetime. Thanks breastmilk!

I love nursing because... with a 2 year old (also nursing) it gives me time to really connect with my newborn! I also love the source of comfort it is for both of my children

I love nursing because... I know I'm giving my baby the best nourishment there is!

The best thing about breastfeeding is... that it keeps the bond strong between mother and child forever



THAYENDANEGA
HEALTH
CENTRE



THAYENDANEGA
HEALTH
CENTRE

Influenza Immunization Clinic Schedule for 2008

DATE	TIME	LOCATION
Monday November 10, 2008	4:00-8:00 P M	Thayendanege Health Centre 1658 York Road
Wednesday November 12, 2008	10:00-12:00 AM	Elders Lodge 301 Bayshore Rd
Thursday November 13, 2008	2:00PM-4:00 PM	Administration Office 13 old York Rd
Monday November 24, 2008	2:00-4:00 PM	Aviation School 314 Airport Road
Wednesday November 26, 2008	4:00-8:00 PM	Thayendanege Health Centre 1658 York Road
Monday December 1, 2008	1:00-4:00 PM	Thayendanege Health Centre 1658 York Road
Tuesday December 2, 2007	2:00-4:00 PM	Home & Community Care 5731 Old Hwy 2

NURSING MOTHERS' GROUP OF TYENDINAGA

INVITES*

BREASTFEEDING MOTHERS
AND BABIES
AND EXPECTANT MOTHERS

(*Interested women and girls also Welcome)

To their ongoing series of meetings

FRIDAY NOVEMBER 14, 2008

FRIDAY NOVEMBER 28, 2008

at **Thayendanege Health Centre**

10:30 am - Noon

**DISCUSSIONS ON A VARIETY OF TOPICS
RELATED TO THE CHALLENGES AND JOYS
OF MOTHERHOOD**

LIBRARY, & MOTHER-TO-MOTHER HELP

BREASTFEEDING CLINIC AVAILABLE

**TO CONFIRM MEETINGS OR
TO DISCUSS BREASTFEEDING NEEDS
CALL HEALTH CENTRE: 967- 3603**

HEALTH CENTRE

November 2008

Moms - In - Waiting Canadian Prenatal Nutrition Program

The Thayendanega Health Centre is offering **MONTHLY FOOD VOUCHERS** to women during their pregnancy. For more information please drop by or call the Health Centre and speak with the Community Health Nurses who will outline the program. Tel 613-967-3603

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

Mary McCauley R.N.
Community Health Nurses

Bag Tags for your Waste Disposal
are available at the following businesses:

49 Quick Stop
Village Variety
L. & M. Enterprises
Administration Office

TO RESIDENTS OF TYENDINAGA,

Several people from the Territory have been calling about a notice they received from Hydro One with regard to the DRC (Debt Retirement Charge) and GST tax exemption that most people have to pay. Hydro One has developed a DRC and GST exemption form which can be picked up at the Admin. Office.

I spoke to Hydro One and they said this form can be filled out and faxed in to them to ensure this exemption remains in effect. You only need your Hydro One Account No. and your Band Number on these forms before you fax them in to 1-888-625-4401 or

Simply call 1-888-664-9367 with this information.

If you have any questions please feel free to call. **613 -396 -3424 E X-113**



It's Time Again!

Details of the Hanio Oksa Healthy Lifestyles # 3

Only one day a week take the foot steps of change



Tuesday February 3, 10, 17 & 24 /08
At the Tyendinaga Fitness Resource Center
6:30pm to 7:30pm

4 week FREE program of promoting Healthy Lifestyles by implementing a balanced program of being physically active and healthy workshops with the following:

Tuesday February 3

Developing a wholistic Wellness Plan with Blaine Loft



Tuesday February 10

Learning about "Natural Medicine" with Susan Brant

Tuesday February 17

What are the benefits of "Yoga" by Laurie Butt

&

Signs & Symptoms of Diabetes by Linda Whalen



Tuesday February 24

Exercise tips by Sonya Maracle

Each session is a ½ workshop & ½ of exercise at the Fitness Centre
(Dress to be active)

Sign - up by January 8/08 with the Recreation Depart.

Limited space for 15 people (613) 396-3424 ext.107

The TFRC has childcare please call to confirm your space.

SPECIAL MONTHLY MEMBERSHIPS TO ALL THAT ATTEND

This program is funded by Building Healthy Communities

Sageness
Engaging
Nostalgic
Immeasurable
Open hearted
Refreshing
Spirited



Let us pray for all Seniors this month.

HEALTHY BABIES, HEALTHY CHILDREN & MATERNAL CHILD HEALTH PROGRAM



**WE HAVE
MOVED!**

Maternal Child Health, Early Childhood Development
and

Healthy Babies Healthy Children
moved to the Queen Anne Parish
at 1295 Ridge Road

We look forward to serving you at our new location.

ECD/FASD and MCH 613-969-1835

HBHC 613-969-1649 or 613-969-0485



Maternal Child
Health Program



CENTRE for FAMILY PRESERVATION

COUNSELLING FAMILIES TO WELLNESS

Behaviour Modification for Children and Adolescents

Techniques to Reduce Impulsivity

Anger & Communication

A little self control goes a long way

Chronic Depression & Anxiety

Cognitive Behaviour Therapy

Marriage, Relationship & Family Therapy

Learn how to save the most meaningful relationships

Broken and Difficult Relationship

Learning how to Communicate with your partner

PARENT CAPACITY ASSESSMENTS

Call

613-967-9944

For a Private &
CONFIDENTIAL CONSULTATION

TWO LOCATIONS TO SERVE YOU BETTER

BELLEVILLE & TYENDINAGA TERRITORY

COST MAY BE COVERED BY HEALTH CANADA
OR OTHER EXTENDED HEALTH PLANS

EXTENSIVE
EXPERIENCE IN
HELPING FIRST
NATIONS
FAMILIES

Maternal Child Health Program, Healthy Babies Healthy Children & Canada Prenatal Nutrition Program

Maternal Child Health, Healthy Babies Healthy Children & Canada Prenatal Nutrition programs work with parents to achieve their goals for both their children and themselves.

These programs will provide:

- Home visits to pregnant women and families with young children 0-6
- Support for families with young children to access the services they need.



Home Visits

Home visits provide support, and information and links with Elders and other community resources.

At a home visit a Community Health Nurse or Family Visitor will provide information on:

- Prenatal & Postnatal Services
- Taking care of yourself during pregnancy, and after your baby is born
- What to expect as your baby grows and develops
- Getting ready to bring your baby home
- How to keep your baby and young children safe
- Feeding your baby
 - * Breastfeeding
 - * When to start solid foods
- Supports available in our community

"We believe that the Creator has entrusted us with the sacred responsibility to raise our families... we realize healthy families are the foundation of strong and healthy communities. The future of our communities lies with our children..."



COMMUNITY INTEREST

In Loving Memory of Our Dad
Len "Clem" Maracle
 Who's been gone 10 years on Nov. 20



You're in our hearts.
 You're in our minds.
 It seems you're with us all the time.
 Though you're gone to a better place,
 We'll never forget your laugh and your great sense
 of humour.

We miss you Dad!

Dave, Mary Lou, Bernard, Carol -Ann
 Lenny, Gwen and Families

Williard Amos Hill
 April 5, 1936 - November 20, 2007

*The moment you died, our hearts split in two,
 the one side filled with memories, the other died with you.
 We often lay awake at night, when the world is fast asleep,
 and take a walk down memory lane with tears upon our cheeks.*

*Remembering you is easy, we do it everyday,
 but missing you is a heartache, that never goes away.
 We hold you tightly in our hearts and there you will remain.
 Life goes on without you, but it will never be the same.*

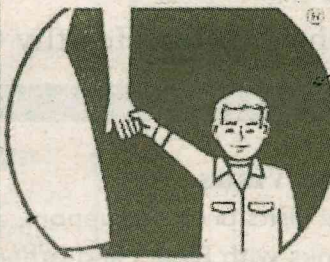
*So dearly loved, deeply missed and eternally cherished.
 Your in our hearts. xoxo*

Sherry Lynn, Barry, Miki, Chelsea, Catherine, Kevin, Seth & Jaedan
 Dylan, Sam & Emma
 Kimmy, Tim, Tavaho, Tayanita, Andrew & Sarah
 Mark, Amy & Destiny
 Melissa, Ray & Andrew
 Cindy & Les
 Sue, Kev, Brooke & Keturah

Thank You!

Peter Green and family would like to express our tremendous and heart felt appreciation for everyone's support and kindness with the passing of Marion Green. She was a wife for 57 years a mother to 8 children, grandmother to 15 and great grandmother to 17 as well as a loved Aunt, Mother In-Law and friend to many. The flowers, cards, donations and food provided by so many neighbors and friends helped us all through this trying time and for that we are forever grateful. There are just too many people to name but I would like to extend a special thanks to Bob Green (Son), Jeremy Green (grandson) Chief R. Donald Maracle, Rev Brad Smith, Cyril Betts, Friendly Manor, Mohawk Fire Department, Lennox and Addington Ambulance and hospital and McGlade Funeral home. Chief R. Don was a special friend to my mother as they worked in Ottawa for many years and traveled together back and forth from Ottawa to home. I thank Don for sharing this very personal experience and his memories of my mother at her funeral as we mourned a loss but also celebrated a life lived. He captured her sense of humor, her determination as a Career Lawyer and her fears, hopes and dreams for her very large family. Don along with Bob Green and Jeremy Green provided a starting point for us to continue our life's path with out our mother. As we move forward with out her we carry with us our memories and her legacy. We will miss her but her strength, wisdom and everything good that she was will live in all of us forever.

Sincerely
 Paul J. Green
 On Behalf of the Green Family



Thank You!!

The Tyendingaga Block Parent® Program would like to thank the following for their generous contributions towards the Haunted Hayride held on Wednesday, October 29, 2008 at the Bayshore Park:



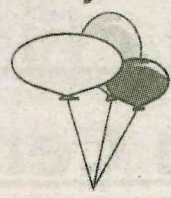






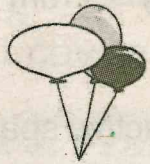



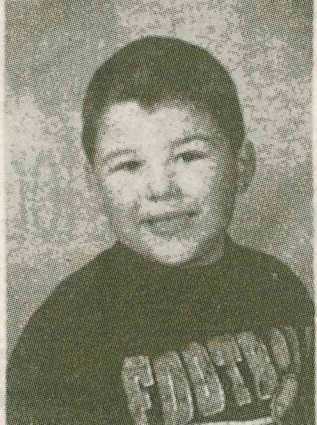
TCDF Committee
 Build-All Contractors
 Soaring Eagle Variety
 L & M Enterprises
 Wendy Maracle
 Sharon Sager
 Glen Maracle
 Soaring Eagle Variety
 Verna Johnson
 Kenny "Moon" Maracle
 Becky Brant

Darran Green Sandblasting & Painting
 Caleb & Cooper Gazley
 S & B Enterprises/Threadworks
 Tanya & Laverne Maracle
 Annette Maracle
 Carol Brant
 Kevin Hill & Mary Ann Spencer
 MBQ Maternal Health Program
 Danielle Brant
 Mary Rodgers
 Emily Brant

As a non profit committee, the hayride would not have been so successful without the support of everyone who contributed in one way or the other to this event. With approximately 150 people in attendance the rides were steady and games continuous. A special thanks to those who volunteered their time and expertise, a big thank you to committee members Constable Tammy Maracle, Susan Atkinson and Tanya Maracle for all of the extra time they put into the event and a huge thank you to everyone who attended our 2nd community gathering!

Ainsley Leween
 Chair

BIRTHDAYS

<p><i>Happy 54th Anniversary!</i></p> <p>Dad & Mom (Bruce & Mary)</p>  <p>Love, Rick & Marilyn</p>	<p><i>Happy 60th Birthday!</i></p> <p>Doug Nov. 20</p>  <p>Best Wishes! Bernard & Carol-Ann</p>	<p><i>Happy Birthday!</i></p> <p>Grandma</p>  <p>Lots of love, Wyatt</p>	<p><i>Happy Birthday!</i></p> <p>Mom</p>  <p>Love, Brad & Maria</p>
<p><i>Happy 54th Anniversary!</i></p> <p>Grandpa Bruce & Grandma</p>  <p>Love Sam</p>	<p><i>Happy Birthday!</i> to all Celebrating this month!</p>	<p><i>Happy Birthday!</i></p> <p>Nicole Nov. 7</p>  <p>Love, Aunt Marilyn, Uncle Rick & Sam</p>	<p><i>Happy Birthday!</i></p> <p>George Nov. 12</p>  <p>Love, Aunt Marilyn, Uncle Rick & Sam</p>
<p><i>Happy Birthday!</i></p> <p>Uncle Scottie Nov. 15</p>  <p>Love Mr. Baby Shoes</p>	<p><i>Happy Birthday!</i></p> <p>Adam Nov. 13</p>  <p>Love Marilyn, Rick & Sam</p>	<p><i>Happy 2nd Birthday!</i></p> <p>Jeremy Nov. 27</p>  <p>Love, Aunt Marilyn, Uncle Rick & Sam</p>	<p><i>Happy Birthday!</i></p> <p>Sandy Nov. 25</p>  <p>Love, Marilyn, Rick & Sam</p>
<p><i>Happy Birthday!</i></p> <p>Bonnie & Scott Nov. 16</p> <p>from the Gang at the Health Centre</p> 	<p><i>Happy Birthday!</i></p> <p>Scottie</p>  <p>Hope you have a wonderful day!</p> <p>Love Wendy & Glenn</p> 	<p><i>Happy Legal Birthday!</i></p> <p>Hannah Nov. 9th</p> <p>Don't take that serious either!</p> <p>Lots of love, Aunt Bon, Uncle Bill, Haley, Cass, Greg, Jared, Gage, Melissa, Bart, Elijah & Keegan</p> <p>xoxoxo</p>	<p><i>Happy Birthday!</i></p> <p>Jared, Nov. 23 Luv you lots!</p> <p>Love Mommy, Daddy, Gage Mammy, Pappy & Aunt Haley Aunt Lissy, Uncle Bart, Elijah & Keegan</p> <p>oxoxoxo</p>

The Birthday Page is "Free"
Call 613-396-3424

TYENDINAGA FITNESS RESOURCE CENTRE

Tyendinaga Fitness Resource Centre

(613) 962-2822 tyfitnessres@yahoo.ca

www.m bqfitnesscenter.com

Hours of Business

Monday to Thursday - 7:00am to 7:00pm

Friday - 7:00am to 6:00pm

(Late nights until 8pm to be announced)

Child Care Hours

Monday - 11am to 3pm Friday - 10am to 3pm

Tuesday, Wednesday & Thursday - 11am to 7pm

Our childcare is a child directed active space for children from infant to youth.

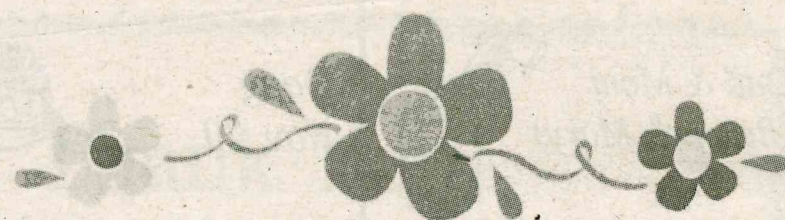
Wellness Membership Prices

Family (4) \$50.00 monthly \$5.00 for each additional child

Students & Seniors \$10.00 monthly

Single Adult \$20.00 monthly

Do you want to come and exercise but have no one to watch your children? Come out during our child care hours and leave your child/children with the Child Care Worker and enjoy your workout. We hope to see you there!



Child Care Worker / Reception - Nora Barberstock

Hi, I would like to take this opportunity to introduce myself to you. My name is Nora Barberstock and I have lived here all my life, my partner is junior Brant and my daughter is Emily Barberstock. I am the new Childcare worker/ Reception at the Tyendinaga Fitness resource centre. I love working with children and have had the privilege of working for Tahatikohsotontie Head Start and Eksa o'kon:a childcare Centre in our community. I look forward to meeting everyone at TFRC.

Personal Trainer - Sonya Maracle

Hi, my name is Sonya Maracle and I am proud to announce that I am a new Fitness Staff member at the Tyendinaga Fitness Resource Centre. I have grown up in Tyendinaga and many of you may have seen me working out at the Tyendinaga Fitness Resource Centre. I look forward to working with our current members and meeting with our new members. So come on out and join us at the Tyendinaga Fitness Resource Centre!

Recreation Manager - Darlene Loft

She:kon Hello everyone, I have been with MBQ Recreation Department since 1999. I have lived in this area for over 28 years. I truly believe we can prevent health issues by having an active lifestyle and taking the time to have good old fashion fun. If you have any questions or ideas as a team we welcome them, because we want this place to be a community shared space and your input is very important for our success. Your health is important to us and your family. Take small steps & you can do it!!!!


We have Gift Certificates
for any special events

To rent the Games Room, ball diamonds or the soccer fields, you are required to fill out the *necessary rental forms*, and let the Recreation Depart. Know you are renting the space. The forms are available in the following locations:

- MBQ website
- Front desk at the Admin. Office
- On the Recreation board, located downstairs outside the Recreation Depart.

613) 396-3424 ext.107
Working hours
8:30am to 4:30pm
Please show respect for after hours.



Games Room Rental

The games room is available for rent for Birthday parties, meetings or for family fun
Only \$30.00

(cleaning done by the group renting to keep cost down)

Sports equipment & games available to use

For more information contact (613)396-3424 ext.107
or (613)396-5339 24 hr. voice mail or email
darlenel@mbq-tmt.org or www.m bq.tmt.org/

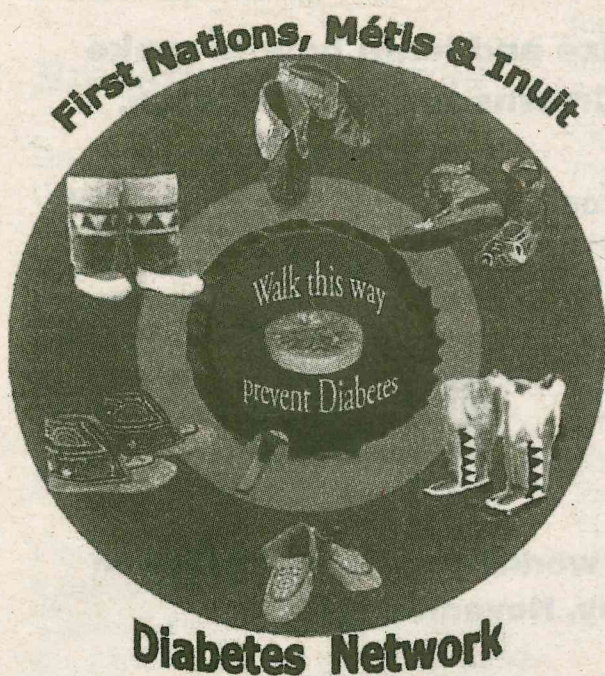
Promoting Healthy Living & having fun doing it!

Fitness Gift certificates made to meet your event :

- * Birthdays
- * Xmas
- * Anniversary
- * A gift to your staff
- * An appreciation gift

Ask the TFRC team today about the details (613) 962-2822
tyfitnessres@yahoo.ca

UPCOMING EVENTS



Join our Elders and learn about preventing and living well with diabetes.

Presenters:

Tina Vincent, Minwaashin Lodge, Oshki Kiszis and Mona Rice-Joudry, Community Diabetes Education Program of Ottawa, **"Beyond the Barriers of Diabetes"**.

Marie Frawley-Henry, Assembly of First Nations, **"Women as Agents of Change"**.

Carol Loft, Southern Ontario Aboriginal Diabetes Initiative, **"Myths of Diabetes—An Aboriginal Perspective"**.

Penny Burton, Ottawa Public Health, **"Living Well with Diabetes"**.

DIABETES SYMPOSIUM

Walk This Way

Wednesday, November 5, 2008
9 am - 4 pm

Registration 8:30 am

Richelieu-Vanier Community Centre
300 des Pères Blancs
Ottawa, Ontario

Featuring:

Over 25 Health Display Booths

Southern Ontario Aboriginal Diabetes Initiative **FOOT CLINIC**, with a Chiropodist and Reflexologist

Health Breaks by First Nations fitness instructor

FREE ADMISSION:

Breakfast and lunch included.
Childcare available.

TO REGISTER CONTACT:

Rachel Quinn

Phone: 613-748-0657, ext. 212
E-mail: rquinn@wabano.com

Christine Lund

Phone: 613-747-2225, ext. 14
E-mail: diabetes@ontarioinuit.ca

*Register Early
Limited Seating
Available*



"MAKE AND TAKE GIFTS"

YOUTH WORKSHOP

WHEN: WEDNESDAY, NOV 19TH

TIME: 6—8 PM

WHERE: HEAD START

AGES: 6—9 YR OLDS

**MJ & TRACEY WILL BE FACILITATING THIS FUN WORKSHOP
IF YOUR CHILD WOULD LIKE TO PARTICIPATE IN
THIS FREE WORKSHOP
PLEASE PHONE # 396-6716 AND REGISTER WITH MJ.**

SPACES ARE LIMITED

(SNACKS WILL BE PROVIDED)



"MAKE AND TAKE GIFTS"

YOUTH WORKSHOP

WHEN: WEDNESDAY, DECEMBER 3RD

TIME: 6—8 PM

WHERE: HEAD START

AGES: 10—12 YR OLDS

**MJ & TRACEY WILL BE FACILITATING THIS FUN WORKSHOP
IF YOUR CHILD WOULD LIKE TO PARTICIPATE IN
THIS FREE WORKSHOP
PLEASE PHONE # 396-6716 AND REGISTER WITH MJ.**

SPACES ARE LIMITED

(SNACKS WILL BE PROVIDED)

UPCOMING EVENTS

Community Breakfast

**Sunday Nov. 9th
8 am – 12 pm**

Come and have breakfast with us and let us do the cooking!



Sponsored by:
Healing Our Spirit Worldwide

Adults: 6.00 Seniors: 5.00 10 & under 3.00

For more info: contact: Theresa @ 613-396-5517
Nia:wen for your support!!

Come out, socialize and learn how to make Kastowas and Crowns for your children.

Katsitsia:se will be facilitating this free workshop.



**The Crown making workshop will take place on
Thursday, November 13th**

**The Kastowa workshop will require two evenings
which will be Thursday, November 20th and
Thursday, November 27th**

Where: Head Start Building

Time: 6 pm – 9 pm

Snacks will be available

Please call MJ Loft at Head Start, phone # 396-6716 if you are interested in registering for these workshops.

These workshops are funded by N.C.B.S Dollars



"Christmas Spirit" Tea & Purse Auction



December 13th, 2008 (Saturday)
9:00am - 2:00pm
59ers Club

Sandwiches* homemade goodies* tea* coffee

Purse Auction
(really neat stuff inside)

~ something for all family members ~

Auction will start at 11:00am

Buy a "square" on Christmas basket
(assorted items)

Cost at door:
\$5.00 per person
(includes admission, food & drinks)

**Plan to Attend this Fun Filled Day!!
Everyone Welcome**



Proceeds of this event will go to "Tyendinaga Coalition for Healthy Lifestyles"



Christmas Tea & Bazaar

Christmas Crafts & Sewing

Tea \$4.00

WHITE Elephant TABLE

**Saturday, Nov. 15th
12:00 NOON - 3:00 PM**

Legion Hall

Main St. Deseronto

Silent Auction

Bake Table

"Surprise Table"

Looking "Free!"

Sponsored by

LOVE in ACTION



UPCOMING EVENTS



Edith
Knitting/felting program

dates Oct. 14, 21, Nov. 4, 11,
18, 25

from 7 to 9 p.m.

Community Kitchen

starts Oct. 24 from 9 to 1
at 59ers all welcome

Membership is *free* at the library
to borrow books, magazines, vid-
eos, dvds, and books on cd

*Don't forget our Kanienkeha
contest on the roadside no-
tice board...enter your trans-
lations to win a prize....*

Angel Tree

FAIR ANNOUNCEMENTS

John Coleman won our candy jar
at the fair

Our Silent Auction raised \$293
thanks for your support

*Mohawk Fire Department
Native Renaissance 11
Kanhiote Library
Linda Maracle
Sandy Green
Edith Gros Louis
Judy Kunkel
Molly Kohoko*

Thanks to everyone for your gen-
erous donations.

Program

these same items again this year
but will be eligible for warm
clothing.

The time is coming to start plan-
ning for the Christmas Season!
We would like to get an early
jump on the Angel Tree Program.

Purpose: To assist families who
are less fortunate, during the
Christmas season. Services will
be provided to community
members who have children 16
years old and under, residing
on the Territory.

Previous month's income state-
ment and or current proof of
income must be submitted with
application form

This year's deadline for applica-
tions is December 5, 2008
please apply early.

If your child has received a
snowsuit and boots last year,
they will not be eligible for

If you plan on accessing the
Angel Tree Program or the
Christmas Food Sharing Pro-
gram this year, please contact
Lesley Maracle at the Thayer-
danega Health Centre at (613)
967-3603.

With cold weather fast ap-
proaching, and Christmas coming



The 59'ers Club

ANNUAL CHRISTMAS DINNER

Thursday, Nov. 27

5 - 7 p.m.

59'ers Club Building (Hwy # 2)

\$12.00 per person

Entertainment * Turkey Dinner*

Remember if you have an EMERGENCY
CALL **911**



HI KIDDIES

*Last year I enjoyed my visit with the girls and boys in
Tyendinaga that came to see me at the 59er's hall.*

I will be returning to Tyendinaga on

NOVEMBER 23RD 2008.

So come and have hot chocolate and cookies with me.

TIME: 1 PM TO 5 PM

Pictures will be available as well.

EVERYONE WELCOME

Santa

UPCOMING EVENTS

BENEFIT DANCE

For Jenny Barberstock

Community Centre—

Upstairs

Saturday November 8

8 p.m.—1 a.m.

Admission: \$5.00

Bar * Light Lunch * Draws

Come on out & support a good cause!

BENEFIT DANCE

For *LARRY BRANT*

COMMUNITY CENTER

NOVEMBER 29TH

8:00 – 1:00

DOOR PRIZES ♥ RAFFLES ♥ FOOD ♥
LOTS OF FUN

Funds are desperately needed for the Brant family for living and travel expenses as he is battling Lung and Liver Cancer....

*If wanting to purchase Advance tickets, contact
Theresa @396-5517/ Kathy @396-2197/ Esther @966-8313/ Joan @967-0612*

Tickets at the Door: \$6.00 or

Advance tickets at Mohawk Family Services: \$ 5.00

Nia:wen for your support!!!!



S*A*N*T*A

AVAILABLE FOR BOOKINGS

With or Without Display

NEED A SANTA

613-396-6561

2ND ANNUAL CHRISTMAS HAYRIDE

EVERYONE WELCOME, COME OUT AND HAVE SOME CHRISTMAS FUN

DECEMBER 13/2008 @ 2PM, BRING YOUR WHOLE FAMILY

NO COST ONLY A PERISHABLE FOOD ITEM WHICH IS BEING DONATED TO THE FOOD BANK.

POTLUCK TO FOLLOW, WE WILL HAVE LITTLE GIFTS AND CANDIES FOR EVERYONE.

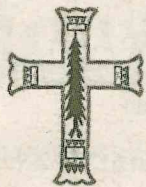
PLEASE CALL IF YOU ARE COMING TO LET US KNOW HOW MANY CHILDREN TO EXPECT.

PLEASE DON'T FORGET @ RON AND MARY MARACLE'S HOUSE 849 LOWER SLASH

CALL FOR ANY INFORMATION AT THESE NUMBERS
MARY 613-396-2057
FAITH 613-396-2449



UPCOMING EVENTS



THE ANGLICAN PARISH OF TYENDINAGA
IN THE DIOCESE OF ONTARIO

Parish Priest
Brad Smith
Mohawk Rectory, 396-3797

SUNDAY SERVICES

All Saints' Church
1295 Ridge Rd
8:30 a.m.*

Christ Church
Her Majesty's Chapel Royal of
the Mohawks
52 South Church Lane
10:30 a.m.*

*On 16 November, the only service is
at
8:30 a.m. at All Saints'

REACHING OUT TO THE COMMUNITY

We believe that part of our mission as Christians is to make a difference in the world through reaching out with our money. Recently, the people of the Parish of Tyendinaga have touched the lives of others through:

- Distributing boxes from Operation Christmas Child for community members to fill with toys and necessities for children in need around the world.
- Collecting food for the Tyendinaga Food Bank every first Sunday of the month.

UPCOMING EVENTS

FUN NIGHT - WED 12 NOV, 7:00
P.M.,

QUEEN ANNE PARISH CENTRE

RECEPTION OF THE DIARY OF THE
REVD SALTERN GIVENS, FIRST
PERMANENT RECTOR OF
TYENDINAGA, IN THE PARISH, SUN
16 NOV AT 8:30 A.M. AT ALL
SAINTS' CHURCH

IN THE NEWS

The Annual Feast of Talents Campaign was completed at Thanksgiving. Through the generosity of the community in attending entertainment events and buying handicrafts, over \$2500 was raised for the ministry of Christ Church. Thanks for your support!

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE
WWW.PARISHOFTYENDINAGA.ORG

T.O.P.S. ON#5258
Take off pounds Sensibly
We "DO NOT" promote any diets.

WHERE: The Elders Lodge
Common Room
Tyendinaga Mohawk Territory
Bayshore Road.

WHEN: Thursday Evenings.

TIME: 5 p.m. - 7 p.m.
Weigh In 5 - 6 p.m.
Meeting & Discussion 6 - 7 p.m.

CONTACT: Brenda Doreen (leader)
@ 613 396 -1482

*T.ake that 1st step.
O.vercome a weight problem.
P.ut yourself in a happy place.
S.support one another.*

Open

Alcoholics Anonymous
Meetings
Every Monday Night
Queen Anne Parish Centre
8:30 p.m.

BEGINNER'S PAMPHLET



Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. Membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organizations or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help others alcoholics to achieve sobriety.

For more information please call: Bev/ Bill 613-962-5183

News and Views from the Senior 59'ers Club Meeting Dates

First Monday of each month at 11 a.m.

Euchres - every second Tuesday - contact Millie Maracle
for more information 613-396-6179

President- Sheryl Anderson
Vice President - Gloria Idzenga
Secretary/Treasurer - Janet Jung
Euchre Convenor - Millie Maracle

CLASSIFIED

COMMERCIAL BUILDING FOR RENT

- 36 ft. x 50 ft.
- located on Hwy 49
- available Dec. 1/08

Call 613-396-2721 for details

WANTED

2 OR 3 BEDROOM HOUSE

- hard working native family new to the area looking to rent
 - references available
 - if you have a home to rent please contact:
- Derek Lavalley - 613-848-9004
Barb Lavalley - 613- 922-3513

LAND FOR SALE

- 9.34 acres
- lot # 24G1-11
- located on the Airport Rd.

Call: (613) 396-1935

HOUSE FOR SALE

1200 Sq. Ft. BUNGALOW

- single car garage
- 3 bedroom
- rec room, covered porch, treed lot
- located at 5904 Hwy # 2

For more info call Mike:
613-966-9657

FOR SALE

SPACIOUS 4 BEDROOM HOUSE

- natural gas heating plus new fireplace
- central air
- approx. 3/4 acre
- laminate flooring throughout
- municipal water and sewer supply
- huge heated garage
- located on old Hwy # 2

Serious inquiries only:
Please call 613-396-5879

LAND FOR SALE

- LOCATED ON THE YORK RD.
(Just east of Pentecostal Church)
- Lot 26F-3, Concession 2
 - Approx. 3-1/2 acres with 410' of Road frontage
 - all reasonable offers considered

Please call Ray Maracle:
1-416-363-8972

TRAILERS FOR RENT

2 BEDROOM TRAILER

- located 234 Lower Slash
- fridge & stove included
- available immediately

Call for more information: 613-396-3708

2 BEDROOM TRAILER

- located at 21A Church Lane
- fridge & stove included

Call for more information: 613-396-3708

FOR SALE

Lyed Corn

Beans, Potato Beans, Northern Beans, Navy Beans, Pork Hocks

Ready made Corn Soup available!

Call: 613-962-5470

FOR SALE

COMMERCIAL MEAT SLICER
- good condition

Call: 613-962-5470

FOR SALE

BUILDING LOTS

- located on Mark's Rd
- 1 acre or larger

Call: 968-3917

FOR SALE

BUILDING LOTS FOR SALE

- Upper Slash Rd
(lots posted on South side of road)
- 1 acre lots with 150' of road frontage

For more information, please
call Mr. Glenn Hill at 962-5470

HOUSE FOR SALE

2 bedroom house, large eat in kitchen, pine cupboards, formal dining area, spacious 540 sq.ft living room, finished walk out basement with fireplace and full bath, 2 bathrooms on main floor, 2 upper decks, lower deck to above ground pool and gazebo, propane and electric baseboard heating, central air, 3 car garage with attached office, attractive shrub and flower gardens
-located on 1 1/3 acre lot at 186 Ridge Road.

For more information
call Doug at 613-969-9568

BABY SITTER

- available to babysit evenings and weekends
- has babysitting licence and can provide references if needed

Call: 613-396-5077 on
weekends or weekdays after 5

BABY SITTER AVAILABLE

Are you looking for a full-time reliable babysitter?
If so give Sandy a call at 613-967-0091. Please leave a message if I am not at home and I will return your call as soon as possible.

FOR SALE

LYED CORN

- 1 quart bags
- wholesale or retail
- white corn by the quart or bushel

Phone: 613-968-3917

LAND FOR SALE

- Waterfront lots
- Hickory nut grove
- 100' frontage X approx 466
- serviced road & hydro
- will hold mortgage

Call Glenn Hill: 962-5470

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MOCCASINS & LEATHER GOODS
- mens, womens and baby wraps
- various sizes
- various prices
- ready made moccasins or custom work available

Call Marilyn at 613-962-9919

LAND FOR LEASE

- prime location for Business
- well, hydro, septic on site

If interested please call: 613-813-1

FOR SALE

POTATO BEANS

- 5.75 per quart
- located on the Territory

Call: 613-396-4675

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MODULAR HOME

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- 1200 sq. Ft. 68 X 16
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- air conditioning
- \$33,000.00 we will deliver

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Knitted Dish Rags
\$1.25

Call Kathy: (613) 396-2197

The Classifieds are "FREE"
Call 613-396-3424

COMMUNITY BUSINESSES



NEWSLETTER CHANGES - BUSINESS ADVERTISING

She:kon Sewakewekon,

In this issue of the Tyendinaga Newsletter, you will notice a bit of a new look – more COLOUR!

We are making efforts to improve the look and design of the newsletter. By adding colour graphics and photos for the front page we hope the newsletter will be more esthetically pleasing to the community. However, with the addition of colour comes added cost. To assist the Mohawks of the Bay of Quinte in offsetting these added costs we will be hosting a back page sponsorship initiative for businesses. We hope that community businesses will assist in this regard.

As a first step in the back page sponsorship initiative, Tyendinaga Newsletter's Business of the Month is TYENDINAGA COMPUTER SALES AND SERVICE. Nia:wen kowa for supporting our community newsletter! If you would like to add your business as a Tyendinaga Newsletter sponsor, please call 613-396-3424 ext. 111. The cost of sponsorship is \$300 and will be inserted on a first-come, first-serve basis.

Due to rising costs of producing the Tyendinaga Newsletter, it has also become necessary to raise our advertising rates. (These ad rates haven't been raised since they were introduced in 1992!) We hope this will not cause too much concern for community businesses.

The new ad rates will apply starting September 2008 and will be as follows:

Business card size.	\$10
¼ page	\$20
½ page	\$30
Full page	\$50
Back page sponsorship	\$300

Classifieds and
Community Announcements FREE

We would like to thank the community and surrounding area for your past support and look forward to your continued support in future.

Nia:wen kowa.

**We appreciate
YOUR BUSINESS!**

TYENDINAGA
COMPUTER SALES & SERVICE
"the satisfied customer specialists"

Quinte's
Largest
ExpressVu
Dealer

Tyendinaga Computers and more...

"Your One Stop Computer and Home Electronics Shop"

Your Local Retailer For:

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and More

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www.tyendcomputers.com

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This months Special!

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Tyendinaga Territory

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Greg Lewis

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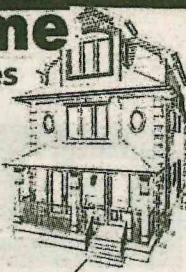
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COMMUNITY BUSINESSES

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Bonnie Maracle

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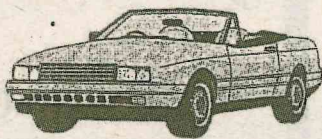
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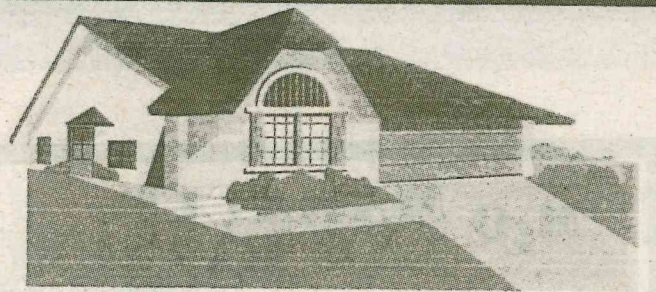


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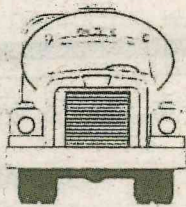
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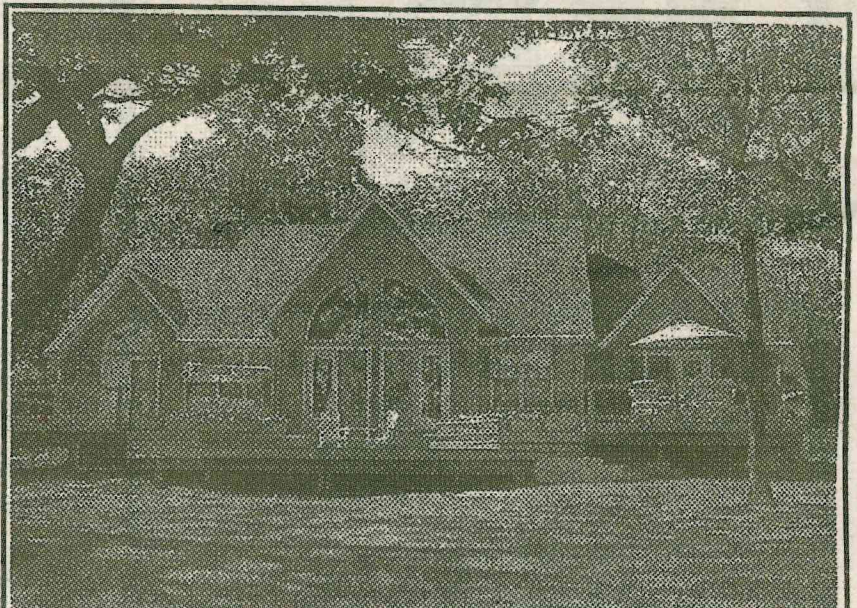
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