



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 11/09  
Kentenhkowa (Nov.)

**ORI:WASE** (News)

*Protect Yourself!*

# H1N1 Immunization Clinics

Date	Time	Location
Thursday, November 5	4:00pm - 8:00pm	QMS Gymnasium
Saturday, November 7	10:00am - 2:00pm	QMS Gymnasium
Thursday, December 3	4:00pm - 8:00pm	QMS Gymnasium

**Please Note:**

If you are running a fever above 38 degrees, we will be unable to administer your vaccination on that day. Please visit us during the next scheduled clinic when you are feeling better.

We will be unable to administer this immunization if you have an allergy to eggs. Please talk to your doctor.

For more information, please contact: **Thayendanega Health Centre**

1658 York Road, R.R.#1  
Tyendinaga Mohawk Territory, ON  
K0K 1X0  
Phone: 613-967-3603

...because your health matters...





B R A N C H  
O F F I C E S

BELLEVILLE  
Environmental Health  
1 Millennium Pkwy.  
Ste. 200  
Belleville, Ontario  
K8N 4Z5  
Tel: (613) 966-5500  
Fax: (613) 968-1461

BANCROFT  
1 Manor Lane  
P.O. Box 99  
Bancroft, Ontario  
K0L 1C0  
Tel: (613) 332-4555  
Fax: (613) 332-5418

MADOC  
108 Russell St. N  
Unit 101  
Madoc, Ontario  
K0K 2K0  
Tel: (613) 473-4247  
Fax: (613) 473-2320

### Health Advisory for Blue-green Algae is No Longer in Effect

**Hastings and Prince Edward Counties/ October 23, 2009** - The health advisory regarding blue-green algae blooms in the Bay of Quinte, from Carrying Place to the Skyway Bridge at Highway 49, has been lifted. Laboratory testing, aerial viewing, and boat assisted monitoring have confirmed the majority of blooms have dissipated and toxin levels are below drinking water limits.

Blue-green algae occur worldwide in shallow, warm, slow-moving or still water. Certain species produce toxins that are released into the water when the cells rupture or die. Therefore, all residents who use lake or river water should be vigilant, now and in the future, and if visible blooms are present:

- Seek an alternate source of water for drinking, bathing or showering.
- Do not allow children, pets, or livestock to swim in, or drink, the water.
- Do not use for cooking.
- Boiling, chlorination and ultra-violet treatments will not protect against the toxins.
- Water from municipal systems is safe to use for all purposes.
- If you have been in direct contact with water from an affected area and are experiencing headaches, fever, diarrhea, abdominal pain, nausea or vomiting contact a physician.

For more information on blue-green algae please contact the Environmental Health Department at 613-966-5500.

## ATTENTION MORTGAGE HOLDERS

It has come to our attention that many insurance companies will ONLY notify the MOHAWKS OF THE BAY OF QUINTE if your existing house insurance policy has been cancelled however will NOT when the policy has been renewed. This creates a problem when incentives, rewrites and renovations are requested. You will not qualify if your house insurance policy on file is not up to date. In order to ensure your policy is current, we ask that you mail, fax or deliver renewal form when received.



**Tender for  
WEBSITE DESIGN AND DEVELOPMENT**

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The Mohawks of the Bay of Quinte (MBQ) is soliciting bids from qualified Web Designers to design and develop a new MBQ website. Sealed tenders will be received in envelopes identified as follows:  
**Website Design, Mohawks of the Bay of Quinte Administration Office, 13 Old York Road, Tyendinaga Mohawk Territory, ON, K0K 1X0 to the attention of Sarah West, Consultation Coordinator until:**

**4:00 p.m., Local Time, Monday, November 9, 2009**

The successful applicant will be notified and expected to attend a planning session the afternoon of Thursday, November 12, 2009.

The work includes, but is not necessarily limited to the following:

- Provide a complete listing of equipment and programs available to complete the project.
- Work with MBQ staff throughout the process to develop website layout and visualization accordingly.
- Design and complete the website in a timely fashion (within 2 months).
- Design a website containing large quantities of content and documents in an organized, accessible fashion.
- Required qualities of the website: Attractive, professional, intuitive layout, secure, holds large quantities of information.
- Experience in graphic design required. Knowledge of website layout theory is an asset.
- Required features of the website include: Calendar, news releases, online survey functions, mailing list.
- Ensure ease of ongoing site maintenance. Train selected MBQ employees how to routinely update website content and structure to enable long term site management.
- Willing to enter into an ongoing maintenance service contract.

Please refer to Kahnawake First Nation's official website as a model of what we wish to achieve with MBQ's website. Primary content will be developed and provided by MBQ.

The quotation for this project shall be considered as an Upset Limit and shall include all manpower, staff, sub-consultants, disbursements, meetings, MBQ staff training, and all necessary equipment/programs. The Mohawks of the Bay of Quinte are both GST and PST exempt.

Inquiries regarding the Tender shall be referred to Sarah West, Tel 613.396.3424, Ext. 105, Fax 613.396.3627 or e-mail at [sarahw@mbq-tmt.org](mailto:sarahw@mbq-tmt.org).

The Contractor shall include a brief statement outlining their firm's experience in completing similar projects within the past three years and resumes of Key Staff to be utilized on the assignment.

**NOTE:** Any sealed bids received after the stated closing date and time will not be accepted. The Mohawks of the Bay of Quinte reserve the exclusive right to accept or reject any bid. The lowest bid will not necessarily be accepted.



# MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANIENKEHA

*HOUSING, 13 Old York Rd., Tyendinaga Mohawk Territory, ON K0K 1X0  
Phone 613-968-1122 Fax 613-968-1128*

October 28, 2009

All Tenants

Re: Home Energy Audit & Structural Integrity Inspection

Dear Tenant

Beginning November 2, 2009, all Mohawks of the Bay of Quinte (MBQ) rental units will be inspected by a licensed Energy Auditor. This is a very time-sensitive project with a completion target of December 11, 2009. Your co-operation is very much appreciated.

The purpose of these inspections is to provide MBQ with a Home Energy Audit as well as a Structural Integrity Report of each rental unit. Mohawks of the Bay of Quinte then have 18 months to complete and upgrade recommendations for each unit.

A Home Energy Audit shows how your home uses energy and where it is being leaked. It identifies improvements that MBQ can make to your rental unit to make your home's heating, cooling, hot water heating and other energy uses result in utility cost savings.

Typical audits involve the following steps:

- A walk-through assessment of your unit's insulation, heating and cooling systems and other energy users
- A "blower-door" depressurization test to identify leaks and drafts
- A personalized Energy Efficiency Evaluation Report for your rental unit

The Structural Integrity Report will involve an inspection of the unit from basement to attic to ensure and assess that the unit is structurally sound and up to code.

It is not necessary for you to be home at the time of your inspection. You will receive a letter informing you of your scheduled time within the next few days. A Mohawks of the Bay of Quinte representative will accompany the Energy Auditor on each inspection.

Thank you for your cooperation.

## MBQ EMPLOYMENT OPPS.

Please note that Internal postings are for Territory members. Only those applications selected for an interview will be contacted.

Send resumes to:

Bev Hill or Gail Maracle

By mail: Mohawk Administration Office  
13 Old York Road, Tyendinaga MT, K0K 1X0

Via email: bevh or gailb @mbq-tmt.org

Via fax: 613-396-3627

Please contact for a detailed description

**DEADLINE:** November 20<sup>th</sup>, 2009 at NOON

### Internal

#### Community & Family Support Worker

Position is responsible for assisting in the provision of brief counselling/social development and family and children support programs and services for families and to assist in the monitoring the effectiveness of the programs and services available to the families in the community.

Qualifications include: Graduation from post secondary program in social services, minimum 2 years experience in prevention services, knowledge of Bill210, strong relationship with Aboriginal network, crisis intervention, high level of confidentiality, case load management, care plan development, satisfactory Criminal Reference Check and proficiency with MS Office and data management programs.



## MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANIENKEHA

COMMUNITY WELLBEING, 1658 York Rd., Tyendinaga Mohawk Territory, ON K0K 1X0  
Phone 613-967-3603 Fax 613-967-3635

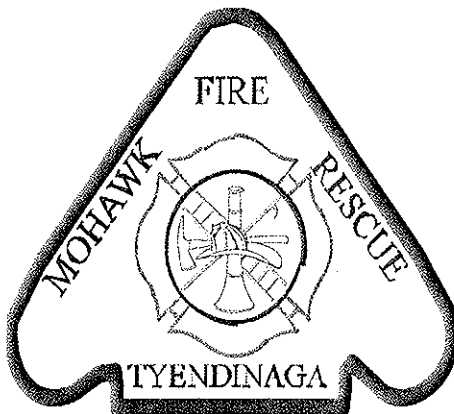
Thayendanega Health Centre is now accepting bids for the sale of the 1997 Cavalier which has 170507 kms and will be sold as is.

Please submit your tender in a sealed envelope addressed to:

Jill Beck A/Health Services Coordinator  
Thayendanega Health Centre  
1658 York Road  
Tyendinaga, ON  
K0K 1X0

Deadline to submit a tender will be November 13, 2009 at noon.

Tyendinaga, as part of the Mohawk Nation, is a healthy, sustainable Kanienkëha 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.



**MOHAWK FIRE  
DEPARTMENT**

The Mohawk firefighters in October responded to 20 calls:

- 6 - Medical Assists
- 1 - Service Call
- 2—Tanker Assists
- 3—Motor Vehicle Accidents
- 2—Rubbish Fires
- 1—Residential Alarm
- 1 - Structure Fire
- 1—Brush Fire
- 2—Vehicle Fires
- 1—Chimney Fire
- 1—Water Rescue

This brings our total to 98 calls for the year 2009

## Tyendinaga Police Blotter October, 2009.

### **Calls for Service = 66**

Oct. 3, 2009 at approximately 3:20 AM, T.P.S. with the assistance of the Napanee OPP responded to a 911 activation at a residence on Deserontyon Dr. The investigation concluded that a female was assaulted by a male Suspect, who had fled the residence prior to Police arrival. An Arrest Warrant has been issued for the Suspect.

Oct. 3, 2009 at approximately 2:22 PM, T.P.S., along with Mohawk Fire Dept., were dispatched to a female and child stuck in an elevator at the Community Centre. Mohawk Fire attended the location first and removed the two from the elevator without injuries.

Oct. 11, 2009 at approximately 12:14 PM, T.P.S. and Mohawk Fire Dept. responded to a 3 vehicle collision on Old Hwy 2, Shannonville. Two individuals were transported to B.G.H. with minor injuries. One driver was charged with Careless Driving.

Oct. 12, 2009 at approximately 8:14 AM, T.P.S. responded to a Robbery/Abduction/Stolen Vehicle at the T.M.T. Smoke Depot on York Rd. The abducted male escaped from the Culprits and reported the incident to Police. T.P.S. headed the investigation and with the assistance of the Napanee OPP, both Suspects have been arrested and the stolen vehicle has been recovered.

Oct. 19, 2009 at approximately 1:57 PM, T.P.S. received a walk-in complaint of an on-going harassment situation. T.P.S. identified the residence of the Suspect and with the assistance of the Kingston Police Force the Suspect was located and warned for their actions.

Oct. 19, 2009 at approximately 10:00 PM, T.P.S. observed a vehicle on York Rd. being driven in a suspicious manor. The vehicle was intercepted on Airport Pkwy and one male from Tyendinaga Township was arrested and charged for Impaired Operation. The vehicle was towed and impounded.

Oct. 21, 2009 at approximately 2:23 AM, T.P.S. responded to an attempt B & E at the Mohawk Duty Free on Hwy 49. The Culprit(s) attempted to break a front window with a cinder block, but could not gain entry into the building. Police have reviewed video footage and the investigation is on-going.

*Tyendinaga Police would like to remind the People that we are all involved when it comes to maintaining a safe and secure Territory. If you have any knowledge about criminal activity within the community, could you please contact the Tyendinaga Police and provide us with the information. Thank You.*



# Consultation Corner

## Upcoming Consultation Activities

*Community Meeting: Reviewing Financial Audits 07-08, 08-09*



A community meeting will be held **Tuesday, November 10 at 7:00pm (Community Centre)** to review MBQ's Financial Audit 2007-2008 and 2008-2009. MBQ staff and auditors will present the information and will be available to answer questions.

*Community Meeting: Shaping the Community Consultation Strategic Plan*

A community meeting will be held on **Monday, November 16 at 7:00pm (Community Centre)** to gain continued input into the Consultation Strategic Plan. If you have ideas, or just want to listen, we want you there!

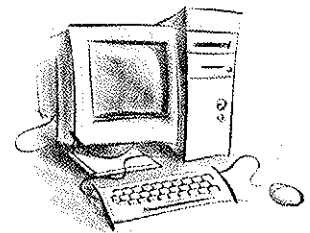


The goal of this meeting will focus on answering two questions: How does the community want to be informed? *and* How do we know what the community wants? The focus is on **developing the process** to better address the issues, contribute to decision making, and ensure an understanding of community needs and ideas as a whole. The meeting will also look at the results of the survey on consultation.

You can look forward to a new spin on and engaging approach to this community meeting...and food!

*New MBQ Website*

MBQ is developing a new website! We appreciate your patience as we go through this process. We hope to have it completed in the new year with the help of a professional website developer chosen through a tendered process. In the consultation survey, community members identified that a routinely updated website is the second most important tool to relay information on MBQ initiatives, programs, and policies. Please continue to visit the interim site for updates and information in the meantime.



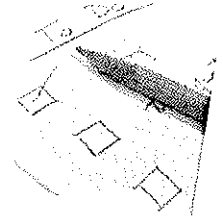
*Come by for a casual conversation on consultation. Your input will help shape MBQ's Community Consultation Strategic Plan! **Consultation Drop In** hours every:*

-  Monday      12-1pm      Health Centre Boardroom
-  Wednesday      12-1pm      Fitness Resource Centre, Shannonville

## Following Up

*Survey Results...thanks for your input!*

Thank you to everyone who responded to the Survey on Consultation which closed October 30! Your responses will have direct input into the creation of the Community Consultation Strategic Plan. We will concentrate our efforts in this policy to deliver on the priorities and preferences revealed by the community. Survey results can be found in this newsletter's insert. Please also check the insert to see if you have a winning number for one of the 3 \$100 gift cards!



### *Community Meeting: Skate Park*



On October 21, youth interested in using a new skate park in Tyendinaga were invited to listen to the presentations of two skate park developers. The youth listened eagerly and energetically discussed options with each designer who detailed their experience, approach, and designs. At the end of the night, the youth filled out a survey to choose their preferred developer. The voice of the youth will heavily contribute to making the final decision between the developers.

The next step is an exciting opportunity for the youth to have hands-on involvement in designing what their skate park will look like. Stay tuned for more information!

**Sarah West, Consultation Coordinator**  
[sarahw@mbq-tmt.org](mailto:sarahw@mbq-tmt.org); 613-396-3424 ext. 105

### **We've Changed!**

**Over the next few months, we will be trying out a new format for the monthly newsletters. This more cost-effective layout will allow the MBQ Admin office to produce the newsletter in-house.**

**Let us know what you think!**  
**(613) 396-3424**



In thinking of this potential H1N1 pandemic, the vaccine available through the Ministry of Health may not be available for all, and may not be chosen by all who reside here on Tyendinaga Mohawk Territory. I'm offering some tips below that I have used to experience improved health.

To **clean your house** of germs, you can do one of the following:

1. Boil about a table spoon of whole cloves in 3-4 cups of water, keep it simmering over the whole day if someone is there to keep adding water. Especially is effective for that cough that won't go away, the tickle in the throat.
2. Smudge the house with cedar, sage or white pine. This means let the medicine smoke your house out. If you don't understand this ask someone, or contact me. Try to collect medicines that are least contaminated by car fumes, so take a walk to get them away from roadways.
3. Air your house occasionally through the winter. My mom tells of her dad sweeping the house early in the morning to move the warm air around once the wood stove was started, but this also worked to move out the germs that had settled through the cold night.
4. Bring to a boil, cedar, then leave it to simmer through the whole day, if someone is there to watch it doesn't go dry. You can also drink the cedar tea that you will have available throughout the day. This serves to clean the house, and also provide high vitamin C to your body as a tea, adding a bit of honey is ok, use wisely if you are diabetic.

Make **soups for meals**, that contain lots of onions, garlic, thyme, rosemary, basil, ginger, cinnamon. These are all herbs that help build the immune system, as well as protect and heal the lungs. It is not necessary to use them all at the same time, but if you choose to add a few vegetables and a bit of lemon juice to these herbs, it's quite tasty.

Choose **foods that are as natural as possible**. I know my son can read and I tell him this rule of thumb - if you can't read it, don't eat it. Many times we choose boxed or packaged products for meal preparation, the preservatives and flavor enhancers are chemicals that your body may not be able to eliminate. In my experience, accumulation of these, contributes to illness. If your body comes in contact with flu virus or other infection, and you lack good nutrition, your body has to work harder to pull fighting energy from within, to kill those germs. This depletes your energy stores (energy that your body stores for such an occasion), which increases your risk for many infections or illness.

Take a **daily vitamin** if possible. It's difficult to eat the amount of food needed to provide enough vitamins and minerals to fight infection, when you are exposed to it. If you are able to take a daily vitamin, this builds the stores within your body, so that when you do have to fight infection, your body doesn't pull the energy from places like muscle tissue. Our bodies know how to be well, giving it the proper tools to work with (good nutrition and fluids, rest balanced with exercise), makes the job easier.

I'm interested in **hearing your questions** about natural practices to be well. I can be contacted by leaving a message at Thayendanega Health Centre 613-967-3603, or Napanee Community Health Center 613-354-8937.

Sataten'nikonhrarak.....take care... Lynn Brant RN (Nurse Practitioner Student)



## H1N1 Vaccination in Pregnancy-FACTS

*It has been recommended that pregnant women discuss influenza immunization with their physician or midwife. The following information is intended to assist you.*

### **Pregnancy and H1N1 Infection**

- Pregnant women are no more likely than other young adults to become infected with H1N1 virus
- Pregnant women are **about four** times more likely than the general population to require hospitalization or die from H1N1 infection
- Women in the second half of pregnancy and first month post-partum are at even higher risk of complications.
- Pregnant women with multiple *medical conditions (i.e. asthma, diabetes, heart, lung or renal disease)* are at a higher risk

### **Recommendations of the Medical Officer of Health-Dr. Richard Schabas M.D., M.H.S.C., F.R.C.P.C.**

- H1N1 infections are increasing in Hastings and Prince Edward counties, it is expected H1N1 to be the predominant ( and probable the only) circulating influenza A strain this season
- Because of the increased risk of H1N1 complications, it is recommended that pregnant women at any stage of pregnancy with multiple medical conditions be immunized as soon as possible using adjuvanted vaccine
- Healthy pregnant women in the second half of pregnancy and/or the first month post-partum are at significant risk from H1N1 and should be immunized with adjuvanted vaccine

### **H1N1 Immunization and Pregnancy**

- Immunization is the only reliable means to protect pregnant women from H1N1 infection

- Influenza vaccine has been shown to be safe in pregnancy

### **Which Vaccine? Adjuvanted or Non-Adjuvanted?**

- Both vaccines are approved for use in pregnant women in Canada
- WHO recommends that non-adjuvanted vaccine is preferred for pregnant women however there is no safety data available regarding the adjuvanted vaccine in pregnant women
- WHO states when non-adjuvanted vaccine is not available, adjuvanted vaccine should be used
- The adjuvant in question is an oil-in-water emulsion made from tocopherol(vitamin E) and squalene, a precursor of cholesterol. There is no reason to think either component is teratogenic.

**Adjuvanted vaccine will be available to pregnant women starting October 28<sup>th</sup>.**

**Non-adjuvanted vaccine will not be available until November 9<sup>th</sup> at the earliest.**

For further information, please contact a Health Care Nurse, from the:

Thayendanega Health Center  
1658 York Rd  
Tyendinaga Mohawk Territory

**613- 967-3603**

## In preparation for the flu pandemic

7/11/2005

Both the Onondaga Nation (Oct. 15<sup>th</sup>) and the Six Nations Council have issued statements within their communities advising people to prepare for a flu pandemic. They have provided lists of natural medicines to gather and prepare, and foodstuff and supplies to store in the event the pandemic hits. They have also issued advisories within their communities that should the pandemic hit, no one in and no one out of their communities. Following is information received from Onondaga:

### Medicines:

Dandelion Leaf – 2 Tbsp – blood cleanser

Burdock – 1 to 2 Tbsp – Liver support

Garlic pills – antibiotic

Red clove - ½ handful – blood

Yellow Dock Root - ½ Tbsp – liver support

Witch hazel – ½ - support healer

Plantain – 1 Tbsp – healer

Alfalfa – 2 Tbsp – builder

Green Vine – ½ handful for kidney fever

Nettle – 2 Tbsp – builds iron

Skwaidah (snake root) – 3 to 5 roots – controls cough

**\*\*Caution:** Dandelion root – 1 Tbsp will regulate sugar if diabetic – monitor sugars closely

Cedar – small bunch for infections – as a tea

**\*\*\*Cedar/White Pine tea – small bunch in 1 gallon of water – boil on top of the stove, leave on low heat (simmer) all day – aromatic contents will kill bacteria in the house – do this for 3 or 4 days every 2 or 3 weeks\*\*\***

Catnip baby wash – 1 Tbsp in ½ gallon of water to calm them

Plantain/Witch Hazel – boil together in ½ gallon water for 5 minutes – 1 Tbsp or 1 oz 3 times/day; toddlers – ¼ cup, 2-3 times/day; kids ½ cup, 2-3 times/day

Goldthread/Golden seal – antibiotic/viral herb

Yarrow – natural pain reliever – safe for children

Plantain ½ teaspoon, Witch hazel ½ teaspoon, Golden seal – antibiotic – not for children under 2 years

**\*\*Pregnant women take smaller quantities\*\***

### Right now, in preparation

1 snake root, ½ handful of witch hazel, 1 Tbsp nettle, 1 Tbsp dandelion leaf, 1 Tbsp alfalfa – add all to 1 gallon of water, boil 20 minutes – store in fridge – take out only as much as you will drink at a time – drink 2-3 cups per day

Take a multivitamin with lots of vitamin C

Odorless garlic pills

### Gather & store:

Batteries

Dry and canned Beans

Rice

Metal pails

Ibuprophen

infections

Candles

Proteins

BBQ/other alternate cooking source

Propane

Oil of oregano – good for

Non electric radio or wind up radio	Bottled water
Powdered milk	Flour
Honey	Oatmeal
Sugar	Baking powder
Canned fruits/vegetables	Canned meats
Dried fruit, etc.	

Also...

Face masks & surgical gloves to tend to anyone in the house who may become sick

Isolation plan for anyone in the house who may get sick - who will care for them, provide meals, medicines, etc.

## **Diabetes Wellness Circle**

On November 10, 2009

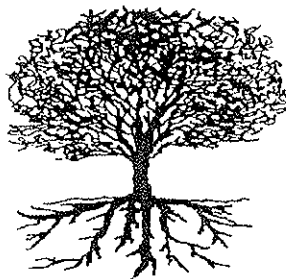
### **Holistic Approach to Diabetes**

With Suzanne Brant

From 7:00pm to 9:00pm

At the **Thayendanega Health Centre**

1658 York Road



Transportation may be provided.

For more information contact Wendy at (613)-967-3603

## ***Breastfeeding cultures in emergencies***

When disasters hit communities, infants are at higher risk for disease and mortality. It is much easier for best breastfeeding practices to be implemented during an emergency situation if they are already in place before the crisis arises. These two case studies show how a preexisting culture of breastfeeding can protect babies in emergency situations.

### ***Guinea-Bissau 1998***

In 1998 in Guinea-Bissau, an armed conflict erupted which caused 300,000 refugees to flee their homes. A study<sup>11</sup> published after the war found that children who were breastfeeding before the conflict had a six-fold higher chance of surviving than those who were not breastfeeding. Those who were not breastfed faced greater risk of dying from the consequences of their displacement, such as respiratory infections or diarrhea.

Guinea-Bissau, like many Sub-Saharan African countries, has a strong breastfeeding culture—the median age for weaning is 22 months. Good breastfeeding practices among Guinea-Bissau mothers saved many lives.

### ***Botswana 2006***

For several years, government health policy in Botswana had recommended that women who were HIV positive not breastfeed their children. This policy included the donation of free formula to HIV positive mothers. Previously, almost all babies in the region had been breastfed. The switch to infant formula turned out to be disastrous. During the 2006 rainy season, floods hit communities on the northern edge of the Kalahari desert, causing the contamination of water supplies. A diarrhea outbreak ravaged the area, and after four months 532 children had died. Most of the dead had been fed the donated breastmilk substitutes. Botswana no longer donates free formula to HIV+ mothers and supports exclusive breastfeeding for all infants and formula only when artificial feeding is acceptable, feasible, affordable, sustainable and safe.

**November 2009**

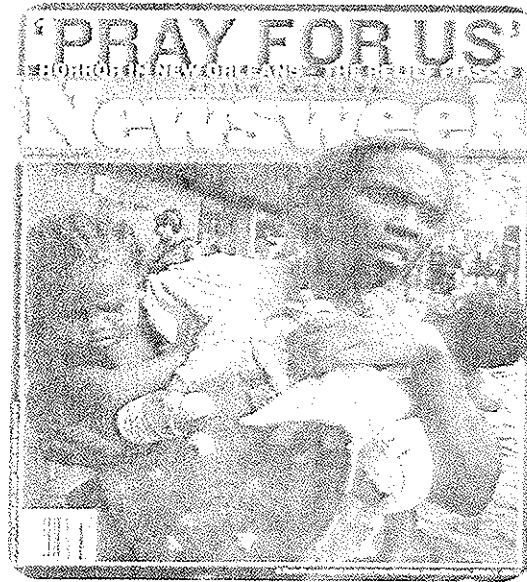
## **Moms - In - Waiting**

**Canadian Prenatal Nutrition Program  
(CPNP)**

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 at 613-967-3603 and speak with the Community Health Nurses who will outline the program

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

**Mary McCauley R.N.  
Community Health Nurse**



Cover of Newsweek September 2005, showing a desperate mother holding formula bottles.

**NURSING MOTHERS' GROUP  
OF  
TYENDINAGA  
INVITES\*  
BREASTFEEDING MOTHERS  
AND BABIES  
AND EXPECTANT MOTHERS  
(\*Interested women and girls also Wel-  
come)**

To their ongoing series of meetings

**FRIDAY November 13, 2009**  
**at Thayendanega Health Centre**  
**10:30 am - Noon**  
**& FRIDAY November 27, 2009**

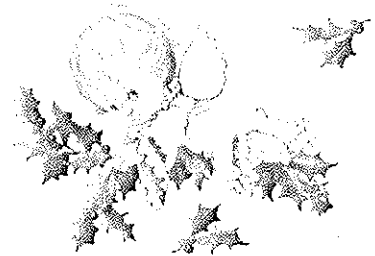
***DISCUSSIONS ON A VARIETY OF  
TOPICS  
RELATED TO THE CHALLENGES  
AND JOYS OF  
MOTHERHOOD  
LIBRARY, & MOTHER-TO-MOTHER  
HELP***

**BREASTFEEDING CLINIC  
AVAILABLE**

**FOR BREASTFEEDING HELP  
CALL HEALTH CENTRE: 967- 3603  
or 396-2942 when Health Centre closed**

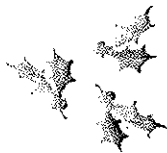
## Angel Tree Program – 2009

It's soon time to bundle up to stay warm!  
With your help a  
"Warm & Happy Season" will be had by ALL!



The Angel Tree Program has been successful year after year through the support of our caring community. Last year, through fundraising and donations we were able to provide MUCH needed warm clothing to 70 children.

"Let's continue to work together to help keep the children of our community stay warm and happy!"



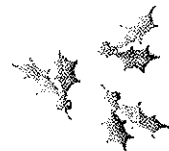
Angels will be available starting November 2<sup>nd</sup>,  
at Thayendanege Health Centre-main reception  
1658 York Rd, Deseronto, ON K0K 1X0

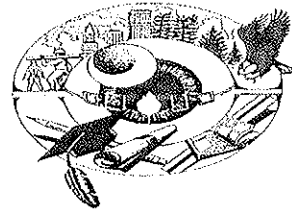
We ask all unwrapped gifts or donations be returned  
to the Health Centre by December 3<sup>rd</sup>

*PLEASE* make cheques payable to:  
Mohawks of Bay of Quinte, "Angel Tree Program"



For more information, contact:  
Tina, CHR--Thayendanege Health Centre  
613-967-3603





## Ohahase Education Centre Bottle Drive Fundraiser

Help support Ohahase Education Centre as they celebrate their  
*10th Anniversary*  
of programs and services in the Tyendinaga Mohawk Community.



Date: Thursday, November 19, 2009  
Time: 9:00 am - 2:00 pm

Groups of staff & students will canvas the community collecting your donations of returnable beer bottles, alcoholic bottles and cans.

This fundraiser is designed to raise the necessary funds to purchase a sign for the school as well as for recreational equipment and clothing to support programs and services at Ohahase.

For more information, please contact:  
Ken Sparks @ 613-396-6742 Ext. 241  
or Email: kens@fnti.net



**LOGO CONTEST**

### OHAHASE EDUCATION CENTRE

*Calling all artists in the community  
between the ages of 13-29.*

In celebration of Ohahase Education Centre's 10th Anniversary of service to the Tyendinaga Mohawk Community we would like to receive submissions for a new logo.

Deadline for the contest is  
Friday, December 4, 2009.

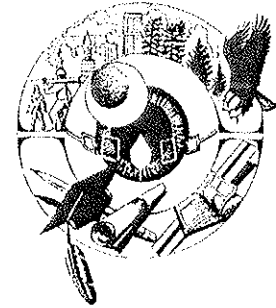
The winner will receive acknowledgment in the Tyendinaga newsletter as well as a "special" prize.

Please forward all submissions via e-mail (pdf format) to:

Janet Kring, Program Assistant  
janetk@fnti.net

Or regular mail to:

Ohahase Education Centre  
314 Airport Road, Tyendinaga Mohawk Territory, ON K0K 1X0  
~ Phone: 613-396-6742 ~ Fax: 613-396-6777 ~



## OHAHASE LEARNING CENTRE

### **Your Future Path to Success**

For 10 years, the Ohahase Education Centre has been operated by FNTI to provide programs for students seeking to achieve an Ontario Secondary School Diploma (OSSD). Ohahase means "new road" in the Mohawk Language and that is why we say it is "Your Future Path to Success"! Ohahase is a Private Secondary School that is inspected and licensed by the Ontario Ministry of Education. Every two years our curriculum and guidelines are inspected and the Principal is granted a license to operate and grant credits. Ohahase currently offers eight programs: a full-time day program for youth, an adult program of correspondence, an Adult day and night school and the Academic and Career Entrance (ACE) program with St. Lawrence College for those interested in college and the Service Canada youth employment program. Ohahase also offers Youth Apprentice Research based on student input and demand as well as assessments and developing an educational plan to reach their academic, occupational and career goals. Ohahase Education Centre also houses an alternative program such as H.O.P.E.

### **Program Mission**

Ohahase is a centre for excellence, providing wholistic and respectful learning rooted in Mohawk language and cultural practices; and will facilitate a multigenerational community that fosters belonging through encouragement, motivation and laughter - striving for the goals of self-sufficiency and biculturalism.

### **Haudenosaunee Opportunity for Personalized Education (HOPE)**

HOPE is a partnership between Moira Secondary School, the Mohawks of the Bay of Quinte, Hastings and Prince Edward District School Board and FNTI to provide an alternative learning environment for Aboriginal students.

The HOPE program is an educational alternative that has been designed to meet the specific learning needs of Mohawk students who have not yet graduated from high school. Students of HOPE work towards their high school diploma in an individualized program developed in consultation with the student.

For some Native students the traditional school setting has not been a successful experience. HOPE offers a flexible approach that values

success through the development of an individual program.

### **Employment Opportunities**

The program is an alternative to attendance at an off-reserve secondary school facility. Through this flexible approach, students are able to complete their Ontario Secondary School Diploma thereby assisting them with their job readiness, admission to post-secondary studies and/or their long-term employability prospects in today's marketplace.

### **Program Schedule**

The program intake is continuous, which means that individuals may commence their individualized learning program at any point throughout the academic year. Classes are not held during the summer months.

In addition to independent learning, weekly instructional sessions are delivered at the HOPE site.

### **Our Goals**

- To instill in each learner a love of learning and the knowledge, skills and confidence to achieve their goals.
- To provide learning opportunities that engages



the student as a whole human being – mentally, physically, emotionally and intuitively.

- To instill in each learner respect for self, for others, for the environment and, for our history, culture, language and traditions.
- To engage the students in learning opportunities which involve the whole community – young and old.
- To assist learners in reaching an understanding of our Haudenosaunee

worldview and their place in our world.

- To provide a safe environment for exploration of individual gifts and opportunities for growth.
- To model acceptance, motivation and humour in all that we do.
- To prepare our students fully for participation in the global community.
- To empower our students with the understanding and

belief that they can be and do anything they choose.

Please contact Ohahase Education Centre with your questions and/or feedback.

**Janet Kring, Program Assistant**

314 Airport Road  
Tyendinaga Mohawk Territory  
Ontario Canada K0K 1X0

Phone: 613-396-6742 Ext. 221  
~ Fax: 613-396-6777 ~ Email  
janetk@fnti.net

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## Trustee Report for October, 2009

The Ontario Ministry of Education is planning to implement full day learning for four and five year olds starting in September 2010. The Ontario Public School Boards' Association released the following media release:

**Toronto, October 27, 2009** – Every child deserves the best possible start. The Premier's announcement today launches the first phase of an extended and integrated full-day early learning program for four and five-year old children in Ontario. It is a commitment to the children of the province to provide a solid foundation for student success throughout their school years.

A child's readiness to learn at the start of grade one is the single strongest predictor of how well the child will do in every grade, whether they will graduate successfully, what their earning potential will be, how positive their contribution to society will be and even how healthy they will be. The research on this is overwhelming, consistent and irrefutable.

"The Ontario Public School Boards' Association wholeheartedly embraces the fundamental importance of full-day early learning. It is the right service to provide for children and their families and it is a responsible investment in Ontario's future," said OPSBA president Colleen Schenk.

School boards have examined the many considerations to be addressed in preparing an implementation plan for the full-day early learning initiative. The issues are complex and flexibility in options is essential. The an-

nouncement indicates a key role for school boards and this is a positive step.

School boards are looking forward to working together and in partnership with the relevant ministries, the early childhood education community and municipalities to ensure that the program delivery model and implementation strategy are responsive to the diverse needs of children and families. School boards have the capacity and creativity to provide programs that work best for children.

While the announced roll-out represents only a part of the vision of Charles Pascal's plan described in *With Our Best Future In Mind*, it is a good beginning. It represents optimism in difficult economic times and respects our commitment as a society to vital opportunities for children.

Dr. Charles Pascal's plan also makes reference to *Addressing Aboriginal Interests and Concerns* throughout his report to the premier, *With Our Best Future In Mind*, making recommendations to put supports in place to address these interests and concerns.

I will continue to monitor and report information as it becomes available. For more information please go to [HPEDSB.on.ca](http://HPEDSB.on.ca) > Board and Committee meetings.

Remember, if you have any questions or concerns please call me at (613) 962-3595 or [mbrant@hpedsb.on.ca](mailto:mbrant@hpedsb.on.ca).

Respectively Submitted  
Mike Brant, Trustee HPEDSB representing Tyendinaga First Nations

# WHAT IS

fostering  
& adoption?



If there is anything  
we wish to change  
in the child,  
we should first examine  
it  
and see whether it is  
not something that  
could  
be better changed  
in ourselves



**HASTINGS**  
Children's Aid Society

Did you know that Hastings Children's Aid Society has three locations, which includes a main office in Belleville and two branch offices in Quinte West and Bancroft? The Society is a local, non-profit organization run by a local board of fifteen directors, all of whom are volunteers. The board is elected with the exception of two appointed members, one representing the Foster Parent Association, the other representing the Mohawk Tyendinaga Territory.

Hastings Children's Aid Society (Hastings CAS) is composed of more than 370 dedicated professionals, foster families and volunteers that are committed to carrying on the tradition of care and compassion toward children that originated over a century ago. With over 400 children in the care of the Hastings CAS today, it is imperative that we work in collaboration with foster parents and volunteers and continue to serve our children in need.

We encourage you, upon reviewing this pamphlet, to contact the Children's Aid Society in your community and speak to a trained professional if you would like to learn more about fostering or adopting a child. On behalf of Hastings Children's Aid Society and our children in care, thank you!

## What is PRIDE? (Parent Resources Information Development Education)

PRIDE is a model for the development and support of foster and adoptive families. It was designed to strengthen the quality of foster care and adoption services by providing a standardized, structured framework for recruiting, preparing and selecting foster and adoptive parents. It also provides foster parent training and ongoing professional development.

Foster and adoptive families should be qualified, prepared, developed, selected and approved to work as part of a professional team equipped to protect and nurture children and strengthen families.

## What is Kinship Care?

Kinship Care is an option for a child's placement. This option allows children, who have been ordered into the care and custody of the Society, to be placed with a relative, an extended family member or a member of the child's community. The kin family provides the child full-time care, protection and nurturing. They are treated as a resource placement and are therefore assessed, approved and receive training and support from the Society.

## Society Contact Information

To learn more about Hastings Children's Aid Society's fostering and adoption process, please visit our website, [www.hastingscas.org](http://www.hastingscas.org) or visit the "Winning Kids" site at [www.fosteradoptwinningkids.com](http://www.fosteradoptwinningkids.com)

## About Winning Kids

The Winning Kids website is a result of twelve child welfare agencies in Eastern Ontario collaborating to encourage people in Eastern Ontario to foster or adopt the children and youth in care in our region. On average, the twelve Children's Aid Societies are responsible for the care of approximately three thousand (3000) children and youth. The Winning Kids website is funded by the Children's Aid Foundation and links each of these child welfare agencies.



**HASTINGS**  
Children's Aid Society

Head Office  
363 Dundas Street West, Belleville  
For all inquiries contact: 613-962-9291

Quinte West 613-965-6261  
North Hastings 613-332-2425

[www.hastingscas.org](http://www.hastingscas.org)  
[www.fosteradoptwinningkids.com](http://www.fosteradoptwinningkids.com)

## Where Do You Begin?

Following your initial inquiry and at home consult meeting, if you and your worker decide to proceed, you will complete a formal application and you will be invited to attend PRIDE, a pre-service training for prospective foster and adoptive applicants.

## What Is Foster Care?

Foster care is a protective service for children from infant to eighteen years of age where they are provided with a substitute family life experience in a Society approved home for a planned period of time, which may be a few days, a week, several months or possibly years. The primary goal is to work toward a plan to return the child to their family of origin and if this is not possible, then a permanent plan will be developed for the child's placement.

## Who Can Foster?

Children in the care of Hastings CAS have diverse needs and backgrounds. It is important that the Society recruit foster families with a range of knowledge and ability in order to effectively match families and children. It is equally important that foster families possess patience, flexibility and tolerance. Foster families may come from a variety of cultural, racial and religious backgrounds as well as a variety of age groups but must be of legal age.

If you are a family with young or adult children or no children at all, a single or divorced parent or one stay at home parent or both parents working and have a love for children you can apply to become a foster parent.

An educational background or experience in a child related field is an asset but not a requirement.

## Roles & Responsibilities

- Preserve a safe and supportive family setting
- Meet child's daily needs and develop strong family relationships
- Maintain a positive and professional working relationship with Society
- Willingness to participate in learning opportunities

## Foster Family Support

- 24-hour crisis support
- Support services your foster child may need such as counselling and tutoring
- Ongoing mutual support from other foster parents
- Worker support for foster families and foster children
- Regular relief from fostering for you and your family

## Did You Know Teens Need A Family?

Did you know sharing your family can give a teen the opportunity they need to thrive? Teens need to be part of a family and they need someone who will listen. Fostering a teen means you will have an assigned worker focusing on you and your foster teen, that CAS will provide training and support and teen focused parenting programs.

## Did You Know Babies Need Homes?

You may not realize there are babies, up to two years old that may need a foster family. Fostering a baby means you will also have an assigned resource worker exclusively focusing on you and your child and CAS will also provide training and support. Fostering a baby or a teen could be your best option. Please contact CAS if you would like to learn more.

## What Is Adoption?

Adoption is a life long process. It is not a one-time occurrence but an event that will have ongoing effects on the child, birth parents, adoptive parents and extended birth and adoptive family members throughout their life cycle.

Children in need of an adoptive family may be over the age of 18 or older, have special needs or be part of a sibling group. They have a history of separation, loss and/or abuse.

## Who Can Adopt?

You don't have to be young, married, childless or wealthy to adopt a child from Hastings Children's Aid Society. You don't have to go to a certain church or have a certain education. You just have to be a special person with special skills.

If you have realistic expectations, a genuine respect for birth parents, an understanding of loss issues for both birth parents and child, an acceptance of child differences, a network of support, whether adopting as a single person or a couple, a sense of spirituality and inner strength, a sense of humor, an ability to meet your own personal needs and an ability to provide an accepting, nurturing and stable environment for children, you can be a successful adoptive parent.

## Financial Reimbursement

Category	Basic Rate Per Day	Relief Daily Rate
Regular Foster Care	\$29.40 per child	\$1.69 per child
Specialized Foster Care	\$41.09 per child	\$2.49 per child
Emergency Receiving	\$57.32 per child	\$2.49 per child
Treatment Foster Care	\$65.65 per child	\$3.88 per child

Note: The rates listed may vary slightly and should be confirmed with Hastings Children's Aid Society.

In addition to these rates, foster parents are also provided with a daily care allowance which includes clothing, recreational activities, etc.

Certain costs are deemed to be reimbursable, i.e. prescription medications.

## Roles & Responsibilities

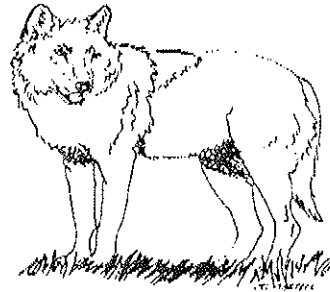
- Maintain a positive and professional working relationship with the Society during adoption process
- Demonstrate genuine respect for birth parents and accept child differences
- Provide a lifetime of acceptance, nurturing and stability for children
- Support possibility of openness as an approach with child's birth family

## Post-Adoption Reimbursement

In some adoption placements arranged by the Children's Aid Society, a financial agreement may be approved to assist parents who wish to adopt a child or children with special needs. The amount will vary depending on circumstances, which may include medical and related costs not covered by Ministry of Health therapeutic counselling, essential home renovations to accommodate a child's disability or remedial education.

## Adoptive Family Support

- Worker support for adoptive family and child during adoption process
- Post-adoption education
- Ongoing communication



## *Two Wolves*

*One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between 2 wolves" inside us all."*

*One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.*

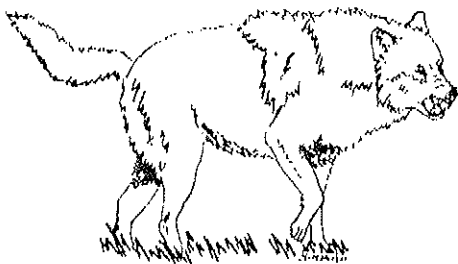
*The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.*

*The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"*

*The old Cherokee simply replied, "The one you feed."*

*Author Unknown*

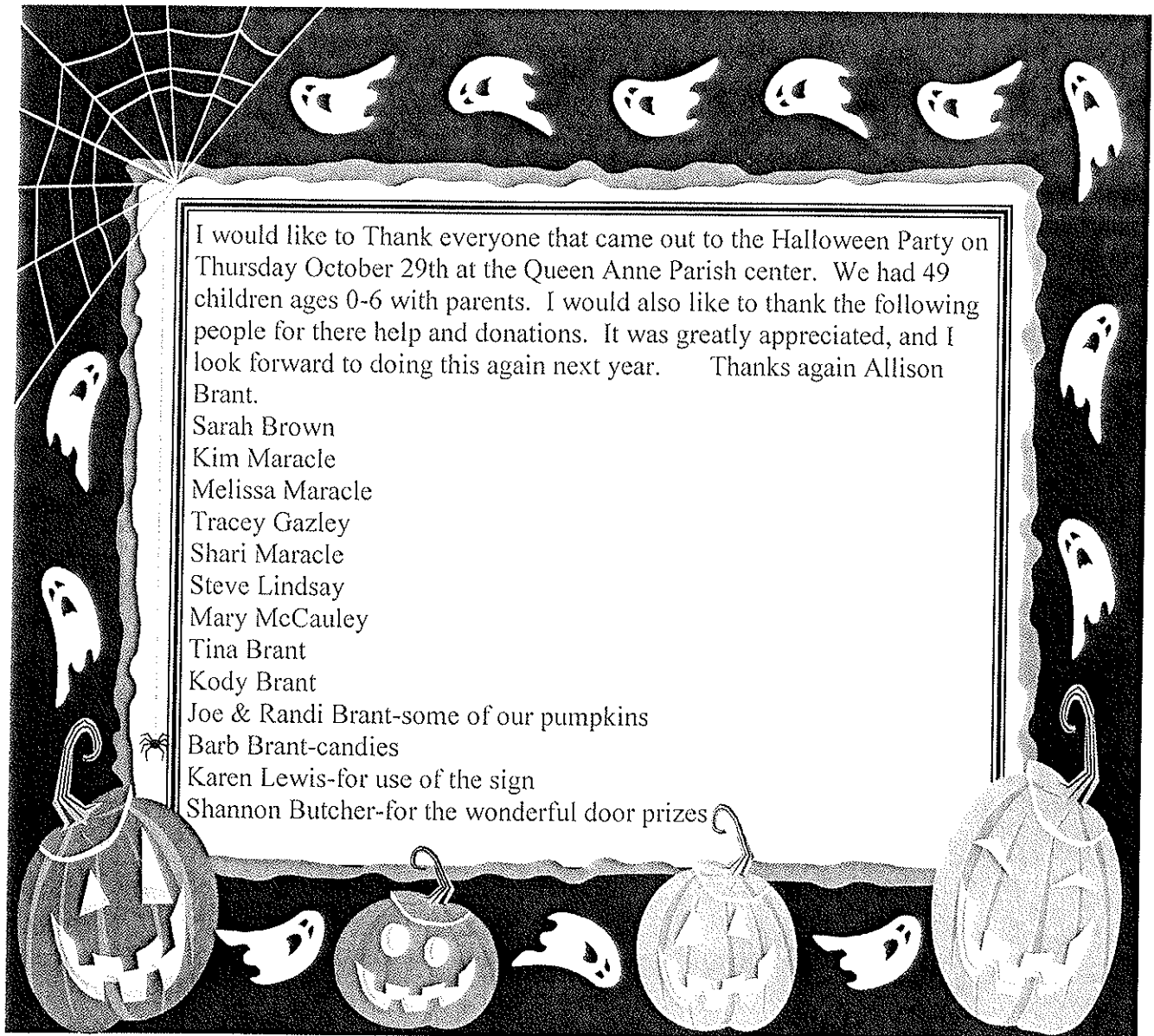
*(A Native American Tale told many times around the Sacred Fire).*



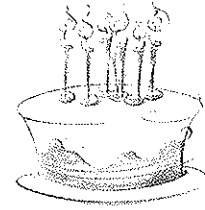


## *Birth Announcement*

*Ever and Cooper wish to announce the safe arrival of their new baby sister. Echo Aloysha Maracle-Moore arrived August 8, 2009, weighing 7 lbs 8 ½ oz. Proud Parents are Sara Maracle and Shawn Moore.*



# Happy Birthday!



A Big Happy Birthday!  
to Scott & Bonnie  
From the Gang at  
T.H.C.

Happy 6th Birthday !  
Jared (Nov. 23)  
Love you very much!!!  
Daddy, Mommy & Gage xoxox

Happy Birthday Nicole!  
November 7th  
Love Aunt Marilyn,  
Uncle Rick, Sam &  
Emmett

Happy Birthday!  
Sandy (Nan Nan)  
Nov. 25  
Love Jared & Gage

Happy Birthday Adam!  
November 13th  
Love Marilyn,  
Rick, Sam & Emmett

Happy Birthday!  
Banan (Nov. 8)  
Love Aunt Bon, Uncle Bill, Haley, Cass,  
Bub, Jared & Gage

Happy Birthday Mom & Grandma!  
November 17th  
Love Sam & Emmett

Happy Belated Birthday!  
Shane Cowie  
Love Chip, Allison & Kody

Happy Birthday Sandy!  
November 25th  
Love Marilyn,  
Rick, Sam & Emmett

Happy Birthday!  
Gram (Norma) Brant  
Love Chip, Allison & Kody

Happy 3rd Birthday  
Jeremy!  
November 27th  
Love Aunt Marilyn,  
Uncle Rick, Sam &  
Emmett

Happy 55th Anniversary Mom & Dad  
Nov. 20th  
Love Marilyn & Rick

Happy 55th Anniversary  
Grandma & Grandpa  
Nov 20th  
Love Sam & Emmett



*Nyà:wen kò:wa!*

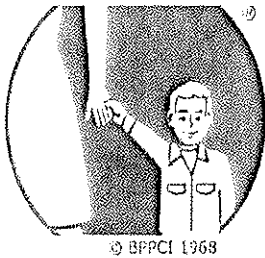
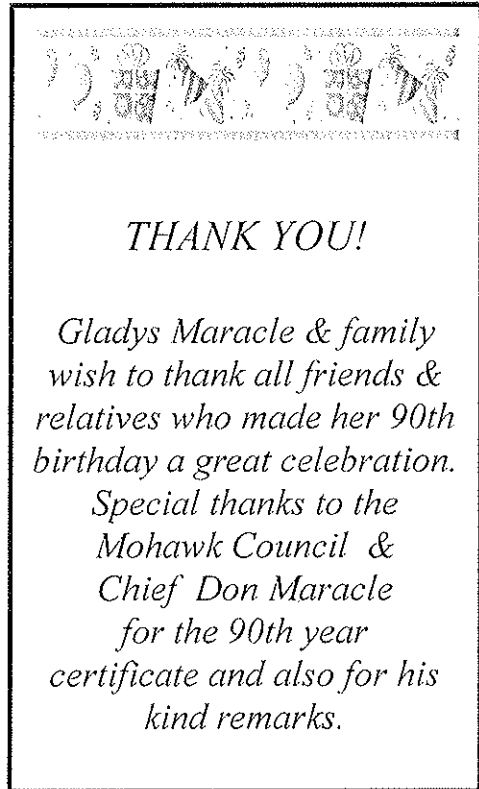
The Youth Drop In trip to the  
Wahta Cranberry Festival  
was great fun!

We really enjoyed touring the cranberry bogs,  
checking out all the vendors, watching the fireworks, the pig races  
and visiting the petting zoo  
(which seemed to be the favourite amongst the kids!).

We would like to say thank you to all those  
who helped make this trip possible:

Linda Commandant for being a great Hostess;  
The Health Centre for their continued support of our programming;  
The Health Centre, MBQ and Native Renaissance II  
for donations of 'thank you' gifts;  
Jill Beck for assisting as a chaperone,  
Bruce Maracle for getting us there and back safely;  
and to the 16 youth who came with us.  
If it weren't for you we wouldn't do the things we do!

Sok nyà:wen kò:wa sewakwè:kon.  
Shohterayen (Chris Auten) & Tayohseròn:tye (Nikki Auten)



# Thank You!!

The Tyendinaga Block Parent® Program would like to thank everyone for their generous contributions towards the Haunted Movie Night held on Friday, October 30, 2009 at the Bayshore Park. A special thank you to the Tyendinaga Community Development Fund Commission for their continuous support each year and the dedicated community members who continue to volunteer their time at a moments notice.

As a non profit committee, the movie night would not have been so successful without the support of everyone who contributed in one way or another to this event. A special thanks to those who volunteered their time and expertise, and a very big thank you to everyone who attended our 3rd annual community gathering!

Ainsley Leween

*In loving memory of our Nephew*

*Jordyn Kring*

*Who passed away November 11,  
2008*

*He left us quietly,  
His thoughts unknown,  
But left us a memory,  
We are proud to own:  
So treasure him Lord,  
In Your garden of rest,  
For when on earth,  
He was one of the best.*

*A sadness still comes over us,  
Tears in silence often flow,  
Memory keeps you ever near us,  
Though you passed away one year  
ago.*

*We miss and love you Jordyn, you  
are forever in our hearts*

*Love Uncle Todd, Aunt Janet,  
Kelsey, Derek and Whiskey*

## **Thank You!**

*The Family of Arthur Loft would like to extend our thanks to all who expressed their care and concern during Arthurs illness. Special thanks to the V.O.N. workers, especially Paul Yawney who cared for Art while he was at home. To Jim Armstrong, a long time friend of the family. To Keith Daniels and Larry Jackson, veteran friends who continued to visit with Arthur while he was in Providence care. To family and friends who were always there for us. For all those who contributed to the Alzheimers Association and various other charities. Also for the food an flowers. Many thanks to the Women's Guild who supplied a delicious luncheon. And to the McGlade Funeral home for their kindness. We extend our appreciation to Bob Watts Jr. for conducting a fine service and to all who Participated. Finally, we thank the Providence care staff on ward 24 and Dr. Kennedy for Arthurs extended care during his illness.*

*Betty Loft & Family*

**STAND BY  
YOUR  
PAN.**



**Cooking is the #1 cause  
of home fires. Don't leave  
your cooking unattended.  
Keep an eye on your  
fries!**

 **Kidde**  
Protecting your future

 FIRE MARSHAL'S  
OFFICE  
FIRE SAFETY COUNCIL

## **Memorial for Gord Foster**

*It will be held November 10<sup>th</sup>, 2009.  
Weather permitting the memorial will be at  
the Deseronto cemetery at 11:00am. If the  
day is nasty, it will be at the 59ers Club at  
11:00am.*

*Everyone is invited to stay for the lunch  
after the memorial service.*

*If you have any questions, contact MJ at  
613-396-6716, or Carol at 613-396-3900*



# *Thank you*

I, Tanya Bardy would like to say Thank you to the whole community of the Tyendinaga Mohawk Territory including the business community, our sister Mohawk communities, other first nations communities, the people from afar, the family, friends, and relatives of Brant Raymond Bardy. I would like to express my sincerest gratitude for your extremely generous donations of food, monies, flowers, cards and kindness during our time of great loss. The stories of Brant and his visions of unity are very helpful to our family. I would like to thank the Longhouse families for their generous donations of food and their love and care that my family received in this time of need. Also a thank you to the Longhouse families that prepared food for the meal after the funeral service that was held at the community centre. I would also like to thank all the staff of the Mohawks of the Bay of Quinte for their wonderful donations of food, monies, and support for our family. I would also like to thank Chief and Council for the donation of the use of the Community centre for the meal after the funeral service. I would also like to thank the staff and students at Quinte Mohawk School for their donations of monies, flowers and their kindness and care. I would also like to thank the supportive staff of FNTI as well as the Board of Directors, the staff and students of the Public Administration Program in partnership with Ryerson University for their donations of monies, flowers and their kindness and understanding during this difficult time. I would also like to thank the staff and students of Ohahase Education Centre and HOPE for their time, kindness and support.

My sincerest thanks to Jake Swamp, (Akwesasne) for his kind words in Mohawk for making Brant's journey a peaceful one.

I would like to thank the following people:

To Joe Brown for his kind words in Mohawk during Brant's passing and taking on the responsibility of conducting the ceremony to release Brant's spirit as well as bringing Brant's spirit home to me from the hospital.

To Andrew Brant for his support and bringing Brant's spirit home to me from the hospital.

To Patrick Maracle, SR. for his support and bringing Brant's spirit home to me from the hospital.

To Shawn Sager for his support and bringing Brant's spirit home to me from the hospital.

To Anataras Brant for his support and bringing Brant's spirit home to me from the hospital.

To Jan Hill for her help and support in this time of need and her help with arrangements.

To CarolAnne Maracle for your kindness and support in answering many questions

To Tara Green (Jayson Maracle) for your love and support.

To Tracy Maracle for your time and support that we shared.

To Gloria Brant for always being there for me and my family.

To Kate Brant for your kindness and supportive words.

To Mike & Nikaa Asselstine for their continued help, support and understanding.

To Mark & Kellie Bardy for always being by my side.

To Pete Brant for your wonderful homemade gift. It really honors Brant well.

To Wes & Nancy Bardy for being there for us.

To Donny C. Maracle for speaking at the service.

To Sheila Dejarlais for her beautiful gift of song during the service.

To Juanita Bardy for your stories, kindness, love and support.

To my parents, Marve and Reta Bernhardt  
for all their love and support.

To my brothers and sisters:  
Bernie Bernhardt & Susie Maracle  
Holly & Dave Green  
Mark Bernhardt & Jan Maracle  
Penny & Paul Gordanier  
Daniel & Amanda Bernhardt  
For all your help.

To my four children:  
Natasha , Dakota, Otsi:tsa & Tekahyonhathe  
Bardy for coming together and for your  
strength and support, your love and your  
kindness.

To Joanne Tabobandung for her kindness  
and understanding and support

I would also like to thank Michelle Smith  
from McGlades Funeral Home, Deseronto  
for her kindness and support.

To Bob Vrooman for his time and support.

Special thanks to Elton Brant for his time  
and support for explaining things to me and  
his services.

Brant is now gone but will always be here in  
the hearts and minds of all that he touched. I  
am very proud to have spent the time with  
Brant that we shared together. But the love  
of this community that my family and I have  
experienced is a true gift and shall always be  
remember by me forever. Thank you  
everyone Brant's wish has come true. To  
see the community respect him and come  
together in such kindness is the best gift of  
all to give of oneself to others in need.

Thank you very much  
Please forgive me if I have forgotten  
someone as it is not intended. Please check  
your mail boxes as I will be delivering and  
mailing personal Thank you cards in the near  
future.

Nya wen kowa  
Mrs. Tanya Joy Bardy

To MOM,

I closed my eyes and drifted away.  
Thinking about what happened that day.  
Sadness and sorrow filled our souls.  
But it won't stop us in our life goals.  
What's done is done and that is that.  
My heart is crushed so much it's flat.  
Just understand, it's never too late,  
To dream about heavens' gates.  
I look through it and see his face.  
He's smiling mom, he's been for days.  
He's proud of the way you raise us kids  
Look into your heart, that candles still lit.  
You made him happy, you made him sad,  
And I am very proud to call him my dad.  
Please mom, just remember this,  
He's watching over us, were Brant's kids.  
Until the day we are all together,  
He'll love us always,  
He'll love us forever.

Love Akennhe Otsi:tsa Bardy  
(Summer)



# November 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Daylight Savings Move your clocks back an hour.	1 <b>Breakfast Club (Full)</b> Ceramics Wii Bowling	2 <b>Breakfast Club (Continental)</b> Meals on Wheels Cross Stitching	3 <b>Breakfast Club (Continental)</b> Diners Club Deseronto Bowling	4 <b>Breakfast Club (Full)</b> <b>Shopping Trip (Belleville)</b> Fitness	5 <b>Breakfast Club (Continental)</b> Meals on Wheels Handivan (Deseronto) Diabetes Workshop Scrapbooking	6 7
8	9 <b>Breakfast Club (Full)</b> Ceramics Wii Bowling	10 <b>Breakfast Club (Continental)</b> Meals on Wheels Cross Stitching	11 <b>Remembrance Day</b> Office Closed	12 <b>Breakfast Club (Full)</b> Fitness Birthday Tea	13 <b>Breakfast Club (Continental)</b> Meals on Wheels Handivan (Deseronto)	14 <b>Supper Club</b>
15	16 <b>Breakfast Club (Full)</b> Ceramics Wii Bowling	17 <b>Breakfast Club (Continental)</b> Meals on Wheels Cross Stitching	18 <b>COMMON ROOM - CLOSED</b>		19 <b>COMMON ROOM - CLOSED</b>	20 <b>COMMON ROOM - CLOSED</b> Meals on Wheels Handivan (Deseronto) Parade of Lights
22	23 <b>Breakfast Club (Full)</b> Ceramics Wii Bowling	24 <b>Breakfast Club (Continental)</b> Meals on Wheels Cross Stitching	25 <b>Breakfast Club (Continental)</b> Diners Club ELDERS LODGE Bowling	26 <b>Breakfast Club (Full)</b> BINGO	27 <b>Breakfast Club (Continental)</b> Meals on Wheels Handivan (Deseronto)	28 <b>SENIOR'S BALL</b>
29	30 <b>Breakfast Club (Full)</b> <b>Picton Shopping</b> Ceramics Wii Bowling	Breakfast Club - 8:30 a.m. Diners Club - 12:00 p.m. Supper Club - 5:00 p.m. Handivan Departure - 10:00 a.m. Meals on Wheels delivered between: 11:30 a.m. - 12:30 p.m.			Birthday Tea - 2:00 p.m. Ceramics - 1:00 p.m. Bingo - 12:00 p.m. Wii Bowling - 7:00 - 9:00 p.m. Fitness - 9:00 - 11:00 a.m. Scrapbooking - 1:00 - 3:00 p.m.	

All programs are held at the Elders Lodge unless otherwise stated

FOR SENIORS 55+ OR 18+ WITH PHYSICAL CHALLENGES

*Tyendinaga Home Support would like to  
invite you to our*

# *Seniors Ball*

*On*

*Saturday, November 28th, 2009*

*at 5:00 p.m.*

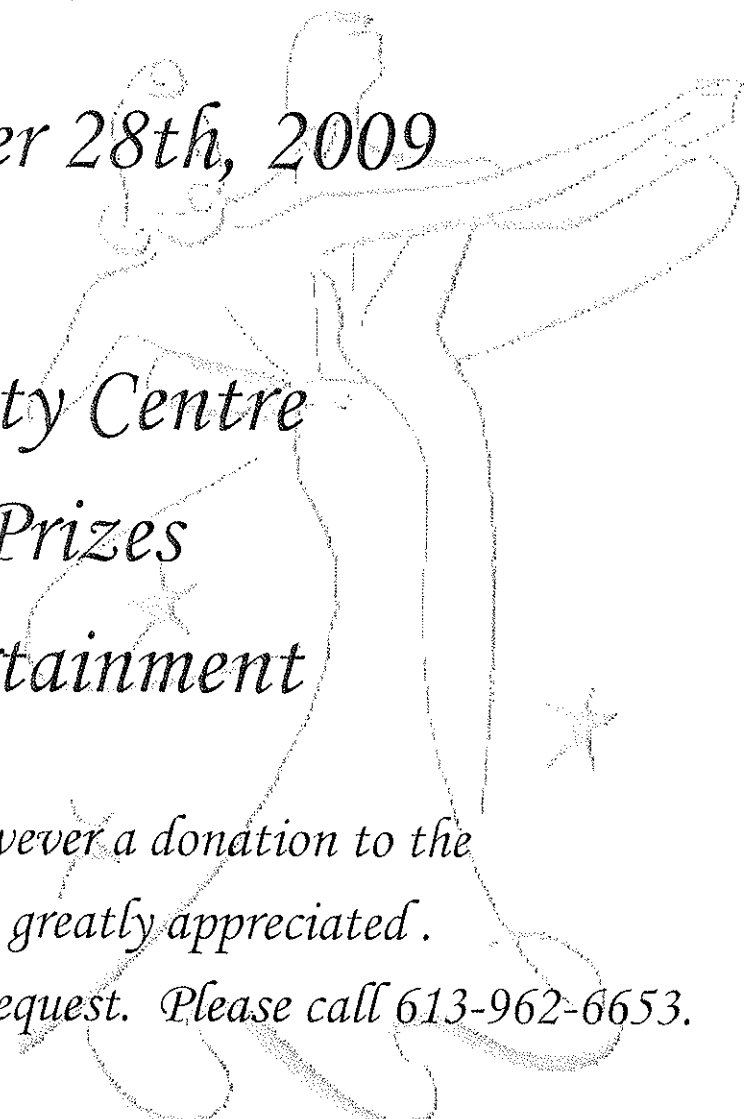
*Mohawk Community Centre*

*Dinner and Draw Prizes*

*Dancing and Entertainment*

*No cost to attend this event however a donation to the  
Tyendinaga Foodbank would be greatly appreciated.*

*Transportation available upon request. Please call 613-962-6653.*



Maternal Child Health, Early Childhood Development  
 &  
 Healthy Babies Healthy Children Program  
 1295 Ridge Road  
 Queen Anne Parish Center (downstairs)  
 613-969-1835 or 613-969-1649



# November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 TFRC 9:30-10:30am	3 Kinder Gym 9-10:30am	4 Aqua Tot 10-11am Napanee Pool	5 Drop In 9-10:30am	6	7
8	9 TFRC 9:30-10:30am	10 Kinder Gym 9-10:30am	11 Remembrance Day Office Closed 	12 Drop In 9-10:30am	13	14
15	16 PA Day TFRC 9:30-10:30am	17 Kinder Gym 9-10:30am	18 Aqua Tot 10-11am Napanee Pool	19 Drop In 9-10:30am Scrapbook 6-8pm	20	21
22	23 TFRC 9:30-10:30am	24 Kinder Gym 9-10:30am	25 Aqua Tot 10-11am Napanee Pool	26 Drop In 9-10:30am	27	28
29	30 TFRC 9:30-10:30am					

# Kinder Gym



Every Tuesday November 3, 10, 17 & 24th

Queen Anne Parish Center

9:00-10:30am

0-6 with a parent / caregiver

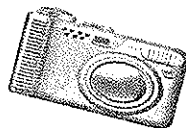
Healthy snack provided

If you have any questions please feel free to call

613-969-1649 or 613-969-1835

## Caught on Camera!!

We would like to add pictures each month of your little ones most adorable moments. Just email your picture and you could be in the next newsletter.



*"email us pictures of your little one's most adorable moments"*  
*allisonwecd@yahoo.ca*

## Aqua Tot's

Every Wednesday November 4, 18 & 25th

Napanee Indoor pool

10:00-11:00a.m.

Please let us know if you will be attending.

613-969-1835 or 613-969-1649



## Walk this way!!

To stay in cardiovascular shape, walk at a rate of 100 steps per minute for half an hour five days a week. Here are song suggestions to help you while walking.

1. Dancing Queen, ABBA
2. The way I are, Timbaland
3. Stayin' Alive, The Bee Gees
4. Bring the funk, Ben Harper
5. Switch, Will Smith
6. Respect, Aretha Franklin
7. Eye of the tiger, Survivor
8. Spotlight, Jennifer Hudson
9. Let it rock, Kevin Rudolf
10. Picture to burn, Taylor Swift

## Adult's & Tot's

Every Thursday 5, 12, 19 & 26th

Queen Anne Parish Center (downstairs)

9:00-10:30am

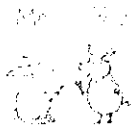
0-6 with a parent / caregiver

We will be providing a chance for children and there parents or caregiver to get together and learn a new skill, prepare crafts, and just a chance to meet new people.



## Reading List

Me and you  
By: Genevieve Cote  
Ages: 2+  
\$12.20



## Grandparent books!

I love Grandma & I love Grandpa  
By: Lizi Boyd  
Ages 2-4



Binky the space cat  
By: Ashley Spires  
Ages: 7-10  
\$7.95



The King's Taster  
By: Kenneth Oppel  
Ages: 4-8  
\$12.23

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**The more your toddler learns to entertain themselves without your help, the better equipped they will be to take on the world...**

### 5 Toys that rock solo play

- Tippy top: boxes to stack and knock over Eeboo tot tower ages 3+
- Let's pretend: from the barn to the garage, little people sets provide a world of imaginative play. Fisher price ages 1+
- The classic set: plain wooden blocks in a range of shapes 60 piece set or Lincoln logs ages 3+ Naturally Kids
- Color me happy: markers, crayons, craft supplies, and whatever type of product you want to draw our create on.

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## Dad's Forum:

Local support groups for Dad's in the area are:

Family Space Belleville at 301 MacDonald Avenue 613-966-9427

**Daddy'n me** is a lively play-based program for men and their children birth to six years. If you are a dad, grandpa, uncle or caring neighbour, you are invited to hang out with us at the Early Years Centre on Tuesday nights from 5:00-7:00 pm. The program is offered in partnership with Children's Mental Health and First Adventure Child Development Centre. The services are free. With a light dinner catered.

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### *Learning Tools for Autism*

*DVDs that teach social skills such as interpreting emotions and starting conversations can be beneficial for children with autism spectrum disorders. "Many kids on the autism spectrum have a preference for learning through visual mean" The Transporters, a DVD that teaches emotions using trains and cable cars with human faces. For more DVDs go to [autismspeaks.org](http://autismspeaks.org)*



**FASD can be prevented, don't drink alcohol during your pregnancy!**

# GOOD BABY BOX

## Infant \$5.75

- 20 pack of diapers
- 1 chosen specialty item

## Over 4 Months \$9.00

- 20 pack of diapers
- 6 small jars of baby food or 4 junior jars of baby food
- 1 choice of cereal, cookies, or juice
- 1 chosen specialty item



## Specialty Items

Baby:	Toddler:
Wipes	Juice
Bottles	Cookies
Shampoo	
Sip cup	

## Formulas

- Powder \$15.00 per can/1 can per week
- Concentrate \$2.00 per can /8 cans per week

If you would like to order a Good Baby box please call:  
613-969-1649 or 613-969-1835

## **18 things every parent should know!**

1. You never have to go to obnoxious kid-themed restaurants. Ever.
2. Don't make birthday parties a huge deal.
3. Do your chores while kids are awake. Using up naptime to wash dishes or clean the bathroom is truly soul-crushing.
4. Put band-aids on everything your kids want you to. Why not?
5. Just throw away the poopy underwear.
6. Don't beat yourself up if you have to use a bribe.
7. Buy cheap shoes when kids are little. Feet grow faster than you think.
8. Don't forget about board games. You'll suffer through way too much Candy Land and Chutes and Ladders, but Connect Four and Battleship aren't half bad. And Clue and Scene it! rocks.
9. Embrace their quirks.
10. Know this: That the stain won't come out. And it's okay. (The sooner you except this the better.)
11. Always get boys haircuts at barber shops instead of hair salons.
12. Answer this question: What is the worst thing that could happen if your kids sleep in their clothes?
13. Teach them to pump on the swings ASAP.
14. Don't administer a punishment that hurts you more then it does them.
15. It's fine to brag about yourself to your kids.
16. Just say NO to any toy or doll that comes with packets that have to be mixed with water.
17. Teach your child to make their own breakfast-and allow enough time so they can do it without pressure.
18. Don't buy the most expensive school-picture package. It's a waste of money....



## The Giving Tree

Jumping in a pile of leaves is just the beginning. Try these other fall activities.

### What's the catch?

When it's breezy out, challenge kids to collect leaves as they fall in midair. Tape a plastic bag to their jacket so they can keep both hands free. When they grab one, have them shout out the tally of their collection..

### Hunters and Gatherers

Send the children on a quest to find as many hues as possible to form the rainbow.

### Lasting Impression

Preserve the best of the bunch by sandwiching leaves between pieces of adhesive-backed self laminating sheets. Collage a selection together to make a place mat, cut them out to hang in the window, or back with construction paper for a color or shape themed memory game.



## Leaf Collection treat...

- Wonton wrappers
- Liquid from beets, curry, dill, and basil
- Leaf cookie cutters to make leaf shape
- Spritz with vegetable oil and sprinkle flavouring then sprinkle with sea salt and bake on a cookie sheet at 400'f for about 4 minutes. After they have cooled, enjoy.

### Yummy Yogurt

Push a popsicle stick through the lid of a 4-6oz low fat yogurt cup.

Place in the freezer until solid, a few hours or overnight.

Remove from freezer to soften a few minutes, wiggle out of the carton, and serve.

## Scrapbooking

Thursday November 19th 2009

6-8pm

Queen Anne Parish Center (downstairs)

Call ahead to reserve your spot!

613-969-1835

\$2.00 per person

Some supplies available.





Tyendinaga  
Fitness  
Resource  
Centre

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

Phone:  
**(613) 962-2822**

Or email  
tyfitnessres@mbq-tmt.org

**Hours of Operation**

**“Childcare Available”**

**Monday - Thursday**

7:00am-8:00pm

**Friday**

7:00am-6:00pm

**Saturday**

8:00am-1:00pm

**Address:**

**14 York Road, Unit #1  
Shannonville, Ontario  
K0K 3A0**



**THANK YOU, THANK YOU**

Thank you this month to all our clients and friends that come out over and over again to support the fitness centre, and for taking part in our new fitness programs.

Nia:wen to Ministry of Health Promotions for the funding of \$52,055.44 for the TFRC Out Reach project. We will be purchasing some new Fitness equipment & resources.

**November 2009  
“What’s New?”**

**Last Month Updates:**

We held our Grand Opening in September, and have increased Our membership quite a bit since our move to the business building.

We have started to run fitness programs out of the centre and They are proving to work well; several people have come out to attend these fitness programs. We are looking to expand into other programs in the future, and would appreciate any ideas you may have, for programming you would like to be available. Feel free to give us call about your thoughts or ideas.

We are always looking for volunteers at the fitness centre. If you need to put in hours for your high school diploma, we have a spot for you. Give us a call or stop by to pick up some information on volunteering for the centre. If you volunteer for a minimum of 10 hours a month, you will qualify for a free gym membership. Ask the staff for details.

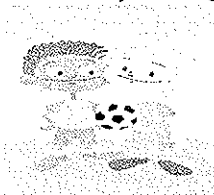
If you require transportation to the fitness centre for physical activity, and do not have access to a car or transportation; we may be able help. We have a limited amount of funding from Lifeworks to be used for transporting clients to and from the centre. Please give us a call if you require assistance with transportation, to see if you qualify or meet the criteria.

**Childcare**

Our childcare space has been getting busier as time goes by, and we have been fortunate to have youth volunteers from the High Schools. Nia:wen to Meagan, Jamie and Amber for your time.

We have many parents that are utilizing the area for their children, and hope many more will come out to use it as well. We have a child directed play area, so children choose the activity they would like, but offer great ideas for children, such as physical games and crafts to choose from, to keep them busy. Bring out the little one, have a work out; you both leave happy!

We now have some new leaf and bug art crafts for your child to do, and as well sequin crafts for the girls. If you have ideas on how to make our childcare space a better area for the children, feel free to let us know. We are a non-profit organization; ***if you utilize the childcare area, a donation is greatly appreciated.*** Your donations go toward purchasing more materials for the children to utilize while they visiting the centre.



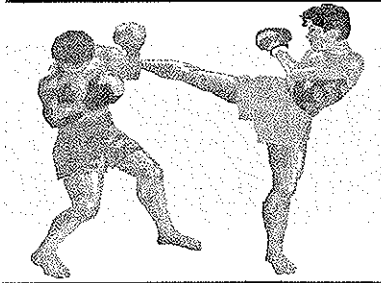
### Childcare Hours:

Monday	9:00am-3:00pm
Tuesday	11:00am-7:00pm
Wednesday	9:00am-3:00pm
Thursday	11:00am-7:00pm
Friday	9:00am-3:00pm

It has been said that "playing", a physical activity with your children, is great for the mind, body, heart and spirit!

"Have you "played" today?"

### TFRC New Programs



#### Cardio Kick Boxing Classes

We ran our first Cardio Kick Boxing class on October 14<sup>th</sup> and it was a huge success. 20 participants came out to have a try at Kick Boxing, and *Mark Loft the instructor, and his assistant Leah Twoyoungmen*, were excellent teachers. All the participants seemed to have fun, and most of all the participants said they will be attending the future kick boxing classes at the fitness centre. Mark is running his classes out of the centre on **Wednesdays for women only, and on Saturdays for everyone including men**. If you would like to sign up for kick boxing, give us a call to see if we can fit you into the program, what time it's running, and how much it costs. This program will continue each month as long as the interest in this exercise program, continues within the clients and community.

#### Belly Fitness

We held our first Belly Fit class on October 17<sup>th</sup> at the fitness centre. It proved to be a success as well, 10 people came out to attend these classes. *Alexa Fleming* is a great instructor, and she taught a mix of cardio moves that incorporated Belly Dance, Bollywood, Bhangra, and African Dance. It was very informative and fun for all who attended. Belly Fit is held every **Saturday at the centre from 9:00am to 10:00am. Classes end November 21<sup>st</sup>, 2009.**

### Yoga Classes

Our first Yoga class was held on October 20<sup>th</sup>, and everyone that attended seemed to go home relaxed and ready for the day. Barbara Roch was marvellous with her techniques and everyone that came out seemed to enjoy themselves. Yoga classes are held on Tuesday/ Thursday nights at the centre; give us a call for more information regarding Yoga. Barb's phone number is (613) 354-7503

### Trainer Tips

#### Are You Bored With Your Workout Routine?

Doing the same form of exercise over and over again greatly increases your chances of just giving up. If you are bored with your workout try variety instead. There are tones of ways you can revamp your routine.

- If you only stick to cardio and weights try an aerobics class to attack the muscles that you don't use regularly.
- Alternate between free weights and machines. Do one week of free weights and one week of machines.
- Try circuit training. Throw in a few minutes of cardio between sets to keep your heart rate up.
- Try pyramid training for faster results. Do a short warm up, begin with a weight that will allow you to pump out 12-15 sets. For the 2<sup>nd</sup> set increase to a weight that will allow you to fail after 8-10 reps. For the 3<sup>rd</sup> set pick a weight that will allow you to do about 6 reps.
- Get a pedometer and set new goals each day.
- Try something you have never done before. Train for a marathon.
- Join a sports team.

#### Tyendinaga Fitness Resource Centre – Out Reach Project

The goal of the project is to keep the family together and to enhance their experience of a healthy lifestyle and to develop a risk reduction strategy. This will be done by workshops, social team meetings, introduction of each module before the event as well as displays and health promotions in the community and at the local schools. We will be reaching out to all areas as a team to educate all ages and future generations. The project is about introducing an outdoor program at TFRC by the Recreation Manager & TFRC staff as well as partnering with the Health Centre staff, SOADI and the Cancer Prevention staff. In the coming months we will advertise more about this exciting Project. Nia;wen to everyone for the team work on this project.

## Relaxation Massage

Sonya is going to be doing relaxation massage at the Tyendinaga Fitness Resource Centre on Fridays. Please call 613-962-2822 for an appointment. If you require a day other than Fridays please call and we can set up another time for you.

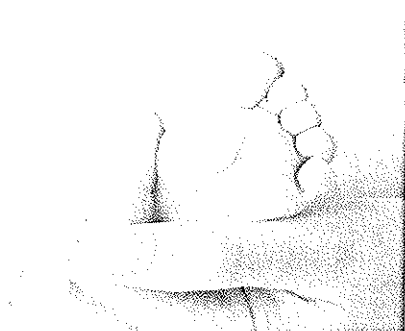
***\$30 for a ½ hour or \$50 for 1 full hour***

Come out to the

### **Tyendinaga Fitness Resource Centre**

On Thursday November 12, at 10:30am

To learn how to massage your baby



Also on Tuesday November, 17 at 6pm

Learn how to massage your partner



14 York Road Shannonville

This is a **FREE one hour EVENT** of learning stress techniques by a Professional

Deadline to register is **November 10/09** by **calling or emailing**

For more information please call 613-962-2822

[tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)



## Youth Activity Night

We would like to invite all youth *ages 8 – 17* to join us every **Tuesday** and **Wednesday** from **6:00 – 8:00 pm** at the Karonhyaktatye Park Canteen.

We had a fun-filled, busy September.

Some activities we did include paper mache, making applesauce, making stilts and learning to walk on them, sewing bean bags, leather stamping, as well as various outdoor sports and games.

October was a great month as well.

We did several seasonal activities including pumpkin painting, pumpkin bowling, apple face dolls, picking wild grapes and nuts, as well as a fabulous trip to the Wahta Cranberry Festival.

Come and join us to see what November will bring!

We want to acknowledge our kids birthdays as well.

Tewahennake Hill turned 12 on September 29.

Coming in October we will celebrate with Tsisto Chase on the 5th, Skylar Green on the 16th, Nikita Hannah on the 21st, and Tekenikhon Doreen on the 30th.

We look forward to seeing you there!  
Shohterayen and Tayohseron:tye



# KANHIOTE LIBRARY 613-967-6264

Our website  
<http://www.olsn.ca/kanhiotetyendinaga>

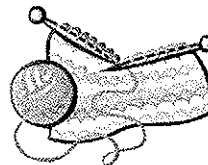
for Internet use and safety tips ;  
[www.media-awareness.ca](http://www.media-awareness.ca)

The library is hosting a  
**Craft Sale**  
**Nov. 21 at the**  
**Community Centre**  
**from 10 to 3.**



A variety of art and craft items, baked goods, lunch, draws and door prizes too. Please join us for a fun shopping experience or to find that unique item for friends and family on your list. Sell your products - \$15/table + a door prize item.

**Knitting/Felting class** is underway. The next session will begin in the new year and participants will make slippers or a hat. Call 613-967-6264 to put your name on the list. Space is limited.



Community Kitchen is November 13 at the 59ers Hall. The topic is vegetarian choices and the menu features veggie burgers, pinto bean dip with veggies and mac and cheese. Please let us know if you will attend.

Call MJ at 613-396-6716 or Carol at 613-396-3100 or Angie at 613-962-6653.

## 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.

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

# Totáhne Language Nest Breakfast Fundraiser

Sunday November 15

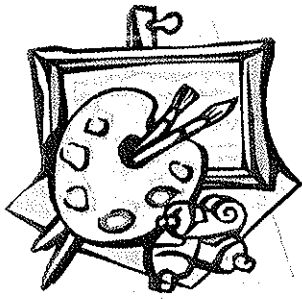
8am – 11am

59'ers Building

\$7 adults

\$4 children

Pancakes, Scrambled eggs, choice of ham, bacon, or sausage, fruit, toast, choice of tea, coffee, juice.



## Beginner's Art Class

In January we will be offering a Art class for beginners who are interested in learning more about drawing and painting. Laura Schwager will be facilitating this interesting workshop and during the six weeks you will get a opportunity to create two projects.

Participants are asked to bring a sketch book and items that inspire them such as pictures from magazines, photographs, objects or samples of other artist's work.

**When:** Starting on Wednesdays night for six weeks. January 13th , 20th, 27th  
February 3rd, 10th, 17th

**Where:** Tahatikonhsotontie Head Start (Downstairs)

**Time:** 6—9 pm

If you are interested please call MJ Loft to register @ 396-6716

Spaces are limited!!

Funded by N.C.B. dollars

**4<sup>TH</sup> ANNUAL CRAFT SHOW**

**BAKE SALE**

Community Centre

Saturday December 12, 2009

Check out the wide variety of homemade crafts, including native crafts, clothing, art, jewellery as well as many delicious treats.

Find your unique one of a kind Christmas gifts for the hard to please person on your list.

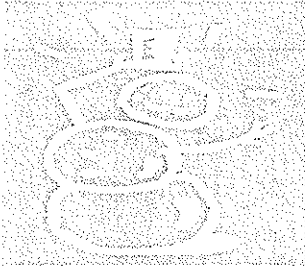
*Door prizes will be drawn throughout the day.*

Lunch will be available from 11:00am to 3:00 pm.

Gift wrapping will be available on site for a small fee. All gift wrapping proceeds will go to the *Mohawk Agricultural Society*.

This event is wheelchair accessible.

If you have any questions please don't hesitate to call Sharon Hill at Sustainable Development 613-968-1122 Ext 135



# SANTA IS COMING



*S\*A\*N\*T\*A  
IS ALSO AVAILABLE FOR  
BOOKINGS*

*With or Without Display*

*613-396-6561*

*Book Now for December*

*SANTA IS COMING TO TYENDINAGA,  
NOVEMBER 29th, 2009 @ The 59'ers Hall*

*1:00 pm to 5:00pm*

*Come and let your child enjoy a visit with Santa*

*Hot Chocolate and cookies will be served.*

*Pictures ready to take home.*

*Cost is a donation only!*

**URGENT!      URGENT!  
URGENT!**

Attention Community Members

Prize money awarded at the 2009 Mohawk Fair will be available one last time for pick up as follows;

November 24, 2009

6pm to 7pm

Kanata Hall @ Pat's Variety

Any monies not picked up at that time will be forfeited back to the Fair Board. Please ensure all monies are picked up on the above date and time. No phone calls will be made

**URGENT!      URGENT!  
URGENT!**

## Christmas Tea & Bazaar



Christmas Crafts & Sewing      Tea \$4.00

WHITE Elephant TABLE

**Saturday, Nov. 21st**

**12 NOON - 3:00 PM**

**Lions Hall**

**Main St. Deseronto**

Silent Auction  
Bake Table

"Surprise Table"

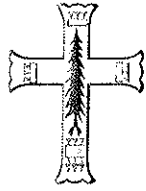
Looking is "FREE"!

Sponsored by

**Love in Action**

Outreach in Tyendinaga





THE ANGLICAN PARISH  
OF TYENDINAGA

Parish Priest  
The Rev'd 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 15 November, the only service is at All Saints'

UPCOMING EVENTS

Wed 11 November, 7 p.m., All Saints'  
Parish Fun Night  
Bring a game, a friend, and a snack!

Wed 18 November, 7 p.m., All Saints'  
Parish Council Meeting

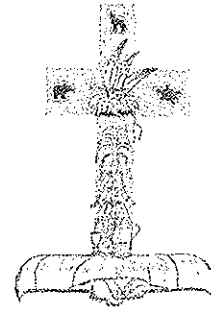
If you are not receiving parish mailings and would like to be kept up to date by being added to the mailing list, please call 396-3797.

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. Recently, the people of the Parish of Tyendinaga have touched the lives of others through:

- Donating to the Tyendinaga Food Bank.
- Starting a new Parish Visitation Program to visit every member of the Parish. (If you would like a visit from the Priest, please call 396-3797).

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE  
[WWW.PARISHOFTYENDINAGA.ORG](http://WWW.PARISHOFTYENDINAGA.ORG)



*The Anglican Catholic Parish of  
Keristhos Ne Korahkowa  
(Christ the King)  
Tyendinaga, M. T.  
Traditional Anglican Communion*

*Holy Communion*

Fr. Gérard Trinque, OHI, SSM, Officiating  
Every Sunday — 10:00 AM  
In the  
Elders' Lodge Common Room  
301 Bayshore Road, Tyendinaga, M.T.

Traditional Anglican Services  
Using the long-established  
Book of Common Prayer (1962)  
and the time-honoured hymnal  
Book of Common Praise (Blue Book)

For more information, please call

Charles E. Maracle at 613-396-3089  
OR  
Lorna J. Moses at 613-396-2538

*Food Bank Day: Third Sunday of each Month  
Proposed Fall Events:*

*Catechism Classes  
(In Preparation for Confirmation)*

*Bible Study  
Please call for more specific information.*



## CLASSIFIED

### LOOKING TO PURCHASE

A SMALL HOME

- 2 bedroom
- 1 bathroom

Please call: Wayne Blackburn  
1-705-439-1201 or  
Email: wblackb@hotmail.com

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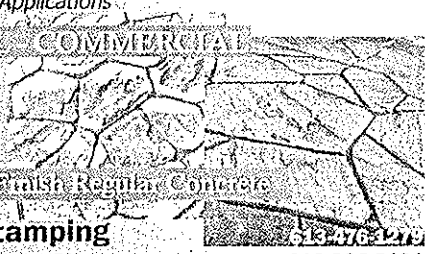
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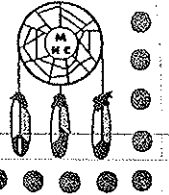


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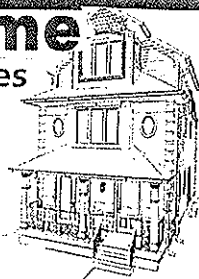
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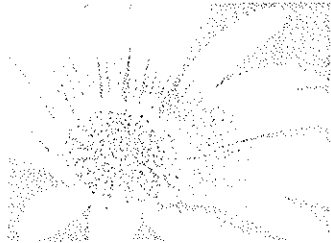
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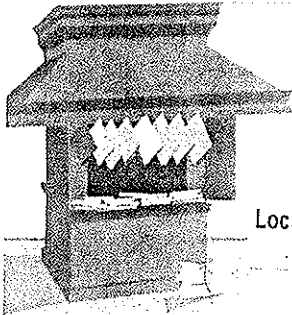
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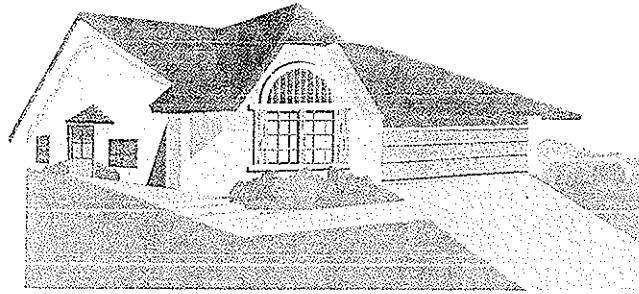
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