



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 11/11
Kentenhkowa (Nov.)

ORI:WASE (News)

We are on the web www.m bq-tmt.org

Angel Tree Program



The Angel Tree Program is designed to assist families in need during the Christmas Season. Services provided to Community members who have children age 16 years of age and younger.

*Referrals will be taken as of October 3^d, 2011
If you wish to access the "Angel Tree Program"
or the "Christmas Food Hampers"*

*Contact Melissa R. Maracle CHR, CDPW at Community Wellbeing,
613-967-3603*

*Application Deadline for Angel Tree Program is November 25th, 2011
Application Deadline for Christmas Food Hampers is December 16th,
2011*

MOHAWKS OF THE BAY OF QUINTE

Election Dates.

Election Day	December 3, 2011	9am-8pm
Count	December 4, 2011	starting at 9am

contact: Kelly Maracle, electoral Officer 613-396-5994 or
kelly.elections@yahoo.ca



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in October responded to 8 calls:

- 3 Medical Assists**
- 1 Electrical Fire**
- 1 Tanker Assist**
- 1 Motor Vehicle Accidents**
- 1 Natural Gas Leak**
- 1 Carbon Monoxide Leak**

This brings our total to 84 calls for the year 2011

Do You Want a Composter!?

Great way to reduce your waste...
Perfect for nutrient rich soils for gardening...
Cheap and easy!...
Reduce garbage smells....



Please mail, drop off, or email a written letter of interest, expressing your need and enthusiasm to:

Kristin Maracle
Environmental Officer
Mohawks of the Bay of Quinte
13 Old York Road,
Tyendinaga Territory, ON
K0K 1X0
kristinm@mbq-tmt.org



MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANIENTEHA

Administration 13 Old York Rd., Tyendinaga Mohawk Territory, K0K 1X0
Phone 613-396-3424 Fax 613-396-3627

EMPLOYMENT OPPORTUNITY INTERNAL POSTING

Business Development Worker – One Year Term

Date Posted: October 28, 2011

Closing Date: November 14, 2011

JOB SUMMARY:

Under the supervision of the Economic Development Officer, the Business Development Worker will assist in the provision of business development initiatives and tourism opportunities for Tyendinaga Mohawk Territory.

Essential Qualifications:

Education Requirements:

- Graduation from a post secondary institution with a diploma in a Business or Economic Development field.

Experience Requirements:

- 3 years experience in the field of business or economic development
- Experience in business plan development, obtaining financing and tourism events

Skills and Abilities:

- Convey a positive attitude, communicating with others in a positive and helpful manner
- High level of computer and word processing skills including proficiency with Microsoft Office suite
- To be creative, with the ability to prioritize, organize and time manage
- Excellent presentation skills and problem solving qualities
- To work with tact, discretion and confidentiality
- Perform daily routine operations and conform to established policies and procedures

Knowledge:

- Knowledge and awareness of economy, the Tyendinaga Mohawk Territory and business community
- Knowledge and awareness of tourism industry
- Knowledge and understanding of entrepreneurial spirit

Other Requirements:

- Satisfactory criminal reference check
- Valid class G driver's license
- Preference will be given to applicants of Aboriginal Ancestry

Application must be **submitted no later than NOON** on the closing date and must include notation of position applying for, resume, three references (at least two professional) AND other required documents

DEADLINE FOR APPLICATIONS: Monday, November 14th at 12:00 NOON

Application or requests for information can be sent to: Reception

Mailing address:

13 Old York Road
Tyendinaga Mohawk Territory
K0K 1X0

Email:

reception@mbq-tmt.org

Fax:

613-396-3627

Inquiries please call:

613-968-1122 ext 102

Disclaimer: Due to the ever changing nature of the organization, there is no guarantee that the above duties and responsibilities will not change from time to time. As well, the successful application may be required to perform other duties as assigned.

Note: Eligible candidates for an Internal Posting are members of the Tyendinaga Mohawk Territory. We thank all applicants for their interest in this position but only those selected for an interview will be contacted.



MOHAWKS OF THE BAY OF QUINTE
ECONOMIC DEVELOPMENT AND EMPLOYMENT OFFICE

Support Local Business

November 2011

Watch for Exciting New Changes to the Economic Development and Employment Section of Your Newsletter!

*For information regarding the
economic development pro-
gram, please contact:*

Kelly Maracle

Economic Development Officer

Phone: 613.968.1122

Fax: 613.968.1128

Email: kellym@mbq-tmt.org

Or visit us on our website at:

www.mbq-tmt.org

*"Your time is limited, so don't waste
it living someone else's life. Don't
be trapped by dogma—which is liv-
ing with the results of other people's
thinking. Don't let the noise of oth-
ers' opinions drown out your own
inner voice. And most important,
have the courage to follow your
heart and intuition."*

-Steve Jobs

*For information regarding the
employment and training pro-
gram, please contact:*

Sandy Sero

Employment and Training
Coordinator

Phone: 613.968.1122

Fax: 613.968.1128

Email: sandys@mbq-tmt.org

Or visit us on our website at:

www.mbq-tmt.org

**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

WEEKLY on TUESDAYS
10:30 am – Noon

@ COMMUNITY WELLBEING

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

BREASTFEEDING CLINIC AVAILABLE :

*** If having problems,
please call for an appointment time ***

FOR APPOINTMENTS CALL:
613-396-2942



November 2011

Moms - In - Waiting

Canadian Prenatal Nutrition Program
(CPNP)

MONTHLY FOOD VOUCHERS

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

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

Mary
McCauley R.N.
Community Health Nurse

NOVEMBER

is

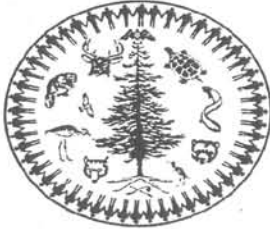
DIABETES MONTH

Are you at risk?

**Do you know the signs of
diabetes?**

**For more information see
your health care provider**

SOUTHERN ONTARIO ABORIGINAL DIABETES INITIATIVE



Kanienkehaka of Tyendinaga
c/o 1327 Ridge Road
Tyendinaga Mohawk Territory
KOK 1X0

Rebuilding of the Longhouse

The Haudenosaunee of Tyendinaga are very pleased to announce that the rebuilding of our Longhouse commenced on October 23, 2011.

We would like to take this opportunity to thank all those people who have supported us in the past and continue to do so. This support has come in the form of money, food, memorial donations, building materials, time and labour, use of machinery and last but not least kind words and moral support. We are blessed to have experienced such an outpouring of caring and kindness over the past two years. Many people have said, *"let us know when you are ready to rebuild....we will be there"*.

We will be holding a **"Building/Working Bee"** for a ten-day period beginning **Friday, Nov. 11th and continuing on to Sunday Nov. 20th** at which time we anticipate a closed in structure. In order to accomplish this we once again ask for your assistance with the following:

- donations of building supplies and/or physical labour
- trailers to have on-site to accommodate people from away, or alternatively, if anyone from the community can billet people let us know
- donations of firewood; we can cut down dead standing trees on your property in the community
- food and help with preparing meals for the ten-day period from Nov 11 - 20 to feed the workers
- monetary donations; we have a PayPal account set up in the name of **Tyendinaga Longhouse Rebuilding** (see us on Facebook at www.facebook.com/kanonhsehs) where you are able to securely donate directly from your bank account or credit card.

We will also host a colossal Potluck & Social Dance on November 19th in the Longhouse to celebrate what we have accomplished together. Everyone is welcome to come, eat, laugh and dance the night away! We will begin at 5:00pm.

On behalf of the Haudenosaunee of Tyendinaga we would like to once again thank those who have already supported us in many kind ways and we look forward to your continued support as we move ahead with our rebuilding efforts. Please direct your questions to Jan Hill at 613/929-5138.

Nyawen kiwahi

Kanonhsyonni/Janice C. Hill
Secretary

Kanakeonh/Patrick Maracle
Ayonwaeahs/War Chief

Social Potluck & Dancing

November 19, 2011
5:00 PM, Ridge Road, Tyendinaga
Please bring your feast baskets and lets celebrate!

Come on out to the end of Sadie's Lane and check out the
"Working Bee Progress!"



November 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club—8:00 to 9:30 a.m. Diners Club—12:00 to 1:00 p.m. Handivan Departure—10:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Friendly Visiting—1:00 to 3:00 p.m.		<i>1</i> Breakfast Club (Continental) Fitness Meals on Wheels	<i>2</i> Breakfast Club (Continental) Diners Club Deseronto	<i>3</i> Breakfast Club (Full) Meals on Wheels Blvl Shopping	<i>4</i> Breakfast Club (Continental) Meals on Wheels Handivan Des Friendly Visiting	<i>5</i>
<i>6</i>	<i>7</i> Breakfast Club (Full) Ceramics/Beading Wii Bowling	<i>8</i> Breakfast Club (Continental) Fitness Meals on Wheels	<i>9</i> Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night	<i>10</i> Breakfast Club (Full) Meals on Wheels Handivan Des Birthday Tea	<i>11</i> OFFICE CLOSED 	<i>12</i>
<i>13</i>	<i>14</i> Breakfast Club (Full) Ceramics/Beading Wii Bowling	<i>15</i> Breakfast Club (Continental) Fitness Meals on Wheels	<i>16</i> Breakfast Club (Continental) BINGO	<i>17</i> Breakfast Club (Full) Meals on Wheels	<i>18</i> Breakfast Club (Continental) Meals on Wheels Handivan Des Friendly Visiting	<i>19</i>
<i>20</i>	<i>21</i> Breakfast Club (Full) Ceramics/Beading Wii Bowling	<i>22</i> Breakfast Club (Continental) Fitness Meals on Wheels	<i>23</i> Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night	<i>24</i> Breakfast Club (Full) Meals on Wheels	<i>25</i> Breakfast Club (Continental) Meals on Wheels Handivan Des Scrapbooking	<i>26</i>
<i>27</i>	<i>28</i> Breakfast Club (Full) Ceramics/Beading Wii Bowling	<i>29</i> Breakfast Club (Continental) Fitness Meals on Wheels	<i>30</i> Breakfast Club (Continental) Euchre Night	Birthday Tea—2:00 to 4:00 p.m. Bingo/Lunch—12:00 to 3:00 p.m. Wii Bowling—7:00 to 9:00 p.m. Euchre —6:30 to 8:30 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m. Ceramics—1:00 to 3:00 p.m. Fitness—9:00 to 10:00 a.m.		

FOR SALE

The library has one surplus desk that is being offered for sale.

Please submit your bid in a sealed envelope to the library identified as

Desk, Kanhiote Library,

attention Karen Lewis until

7pm Thursday November 24, 2011.

Highest bid will be accepted.

Community Kitchen
@ 59ers from 9 to 1

Nov. 18
Dec. 9
Jan. 20
Feb. 17

Join us for another season of Community Kitchen - try some new foods and recipes and some old favourites too.



Christmas Cookie Sale

Dec. 10th, 10 a.m.

Kanhiote Public Library



**** We have Moved ****

Come see us
At our new
space!

1658 York Rd.

**Kanhiote Tyendinaga Territory
Public Library**



A cultural and educational
resource centre

Hours

Monday	10:30 am to 5:30 pm
Tuesday	10:30 am to 5:30 pm
Wednesday	10:30 am to 5:30 pm
Thursday	12:00 pm to 7:00 pm



With October comes the settling in of the new school year for staff and students. Such is the case with newly appointed Director of Education, Rob McGall, who is committed to gathering information from community members, employees and parents/guardians to assist in setting system goals/priorities for the next three to four years. With this survey HPEDSB strives to help each student reach their full potential. A summary of the survey results will be released in December 2011 and will be used during the upcoming planning cycle beginning in spring 2012 to help fine tune education system goals.

The Aboriginal Education Steering Committee will meet on October 28, 2011 to share some thoughts and ideas on Aboriginal Education to continue improving student success. More information will follow in next month's newsletter.

I know that many people are looking forward to the Circle of Light conference during November. The theme of this year's conference, Learning Together for Student Success, reflects the Ministry's shared and growing commitment to working in partnership to support the academic achievement of all students. This year's conference will feature an inspiring line-up of keynote speakers, interactive panel discussions and an increased number of workshop sessions.

For more details of Board and Committee minutes, please go to the Board Website hpedsb.on.ca > Board and committee meetings.

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

Respectfully submitted

Mike Brant, Trustee HPEDSB, representing Tyendinaga First Nations

THANK YOU

The family of Dennis Lewis who passed away on July 13th, 2011 would like to thank friends, family and neighbours for their thoughts, prayers, hugs, visits, donations, flowers, cards, support and gifts of food during this difficult time.

A very special thank you to the members of the Mohawk Fire Department for their quick response and sincere compassion during this time.

The family would also like to thank the Ladies Guild for the wonderful lunch, Kathy Vick for her prayers and comforting words and McGlade Funeral Home for their support and compassion.

We are truly thankful,
Audrey Lewis and Family.



THANK YOU

Thank you to everyone for your support who came out in the cold, windy and rainy weekend of Sept. 30, Oct. 1 & 2 to the Annual Mohawk Fair.

Special thanks to Amy Cowie for your hard work in putting the fair book together this year.

Special thanks to our Lady Director, Marilyn Brant and all her directors to make the downstairs beautiful with fall colours and old pictures, also for the wonderful display of exhibits this year.

Thanks to the 55 exhibitors who made it all possible for the beautiful entries of exhibits.

Thanks to Jennifer Brant and exhibitors for the great display of fresh produce, grains and seeds in the seed cleaning building.

Great job, Brian Volkman for looking after the poultry and small animals and getting the pigs for the Greasy pig contests and painting up high on the seed building. Great greasy gwis gwis contest.

Thanks to the executive and gate volunteers. Job well done.

Did you know: 1940 there were 20 varieties of apples entered in the Mohawk Fair.

Thank you to all the businesses that sponsored the smash up derby, and for Laverne Maracle for collecting and looking after the hats for the derby and working with Elise Dowdle who works very hard for our fair.

Thank you to Cindy Loft for putting so much effort into the tractor pull, too bad the weather hadn't cooperated because it was great.

Thank you to Lorne Lewis & Bill Brant for your tractors to make the horse pull a success.

Thank you to the food and craft vendors and of course the Crown Amusement for great midway.

Thank you Joe Sliwa and helper for taking care of the strongman competition.

There was pretty exciting lifts.

Thank you Joe Brant and helpers for kids races, bikes and foot races.

Thank you Ron Maracle for another year looking after the horseshoes.

Thank you for all Youth Singers & Sarah Brant, Noel Maracle and others, Kateaka & Napanee Old Time Fiddlers.

Thank you G. & G. Magic show "Awesome"

Thank you Will Brant and helpers for looking after the grounds and Will for over seeing of the old time contest.

Great Car Show & Shine. Thank you Doug & Billy Brant.

Thank you M.B.Q. teachers, students, Headstart, Daycare for the beautiful display of art & crafts in the school building.

Thank you Bob Decker, great job keeping the grounds cleaned up.

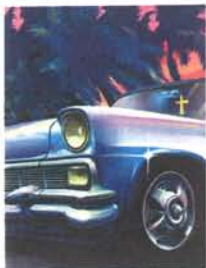
Thank you to the M.B.Q. workers, maintenance crew and Community Centre Caretaker.

Thank you to all the volunteers for coming out to all the meetings and taking on jobs to make this Mohawk Fair a success. It takes a lot of people to make a community event like this to happen.

Thank you to all the helpers moving the display cases to the downstairs community centre and putting them away after the fair.

Thank you to anyone who may have been missed or overlooked.

Thanks Pat Brant,
President of Mohawk Agriculture Society



Thank you!

We would like to thank everyone for their support in our 15th annual Classic Car show held at Mohawk Fair. The event was a great success and would have not been possible without the support from the following sponsors:

Five Nations Tobacco
Trading

Iva Brant

Ron Brant

Rez Cresting

Free Flow Petroleum

Work Gear

Village Variety

Kevin Brant AutoBody

Hill Variety

Rex Boyz

Kagita Mikam

P&D Electric

FNTI

McMurters Lumber

Don McCurdy Chev Olds

Mohawk Duty Free

Verna Hill

Confederate Variety

Nation 2 Nation

Smokin' Coffee Xpress

Tyendinaga Kitchens

Tyendinaga Propane

Bubz Wheelz

Smoke N' Country

North Shore Tobacco

Bob's Portable Toilets

Fred Knight

Bob and Jane Barrell

D&D Electrocraft Ltd.

Ward's Gas Bar

Bernie and Shirley Foley

Buffy Hill

Captain George's Fish &
Chips

L&M Enterprise

Lalonde Auto Repair

OSR Performance

O'Sulluvun Repair and
Performance

Deb's Gas Bar and
Restaurant

Star Trophy

Reta and George Brant

Lorrie Maracle

Colin Sager

Steve Lowery

Onkwehonwe Neha
Enterprise

Dave and Allison Kingdom

Cheryl Tugnette

Special thanks to Tyendinaga Computers for sponsoring the trophies and dashboard plaques.



Thank You



to our Sponsors for the Demolition Derby.

49 Quik Stop
Aunt Sadie's Cafe
Bob's Toilets
Briar Fox Golf
Build All Contractor
Confederate Variety
Darren Green Sandblasting
Downtown Variety
Eagle Orthopedics
Free Flow Gas Bar
Onkwehonue Neka
K.C. Construction
Maracle Construction
McMurter Lumber
Mike's Restaurant

Mohawk Imperial Gas Bar
Nation 2 Nation
Q.T.S. Electrical
Roxanne's Restaurant
Sam Martin
Sharleen Maracle
Smokin' Speedway
Snookie's Hideaway
The Sacred Circle
Threadworks
Tyendinaga Computers
Tyendinaga Kitchens
Tyendinaga Propane
Village Variety

Thanks again,

Laverne, Elsie & the Mohawk Fair Board

Moon Ceremony

WHERE: COMMUNITY WELLBEING CENTRE

WHEN: **NOV. 10** at approx. 7:00 p.m.

Please wear a dress/skirt and
bring tobacco (if you have it)

& a food item for the feast afterwards.

Please come to the left when entering the building
at 50 Meadow Drive and enter the door there.

*We welcome all
women to come out
and join us!*



MOHAWK FAMILY SERVICES

613 967 0122

SAVE THE DATE!
DECEMBER 11 2011

5th Annual Merchandise Christmas Bingo

NEW this year: \$2 Admission Fee
(To help provide great prizes for the children next year!)

Mohawk Community Centre
Doors open at 12pm
Bingo starts at 1pm

Children Over 6 years of age are ***ALL WELCOME!***

Mohawk Family Services

Children's Shopping Day 2011

We are looking for new or gently used clean donations this year. Of particular interest are donations that would make great presents for the Dads, Brothers, Uncles and Grandfathers.

Donations can be **dropped off** at the Rear Basement Boardroom of the 59'ers Hall on Hwy #2
on the following dates:

Tuesdays- November 15, 22, and 29, December 6 and 13 from 6-8pm.
Sundays- November 13, 20, and 27, and December 4 and 11 from 1-3pm.

Some pick up of donations can be arranged, if you are not able to lift your items or drop them off. Please call Mohawk Family Services and speak to Jan Maracle at 613 967 0122.

Happy Birthday!

A Big Happy Birthday!

Scottie November 15

Love Wendy & Glenn

Happy Birthday!

Nicole – November 7th

Love Aunt Marilyn, Uncle Rick,

Sam & Emmett

Happy 30th Birthday!

George – November 12th

Love Aunt Marilyn, Uncle Rick,

Sam & Emmett

Happy Birthday!

Adam – November 13th

Love Marilyn, Rick, Sam & Emmett

Happy Birthday!

Sandy – November 25th

Love Marilyn, Rick, Sam & Emmett

Happy 5th Birthday!

Jeremy – November 27th

Lots of Love Aunt Marilyn, Uncle Rick,

Sam & Emmett



Happy Anniversary!

Mom & Dad

November 20th

Love Rick & Marilyn



Happy Anniversary!

Grandma & Grandpa

November 20th

Love Sam & Emmett

Happy 47th Anniversary!

Mom & Dad

November 28

Love

Chris, Joyce, Destiny & Trinity





**Deseronto Legion
Earle J. Brant Memorial Br. 280**

coming events in November, 2011...

November 11th Remembrance Day ceremonies

Please Join us at the cenotaph on
Main St., Friday, November 11, as we pay our respect to those who
lost their lives in defence of our country.

Parade arrives at 10:45
Scripture and Prayer - Padre Rev. Howard Dudgeon
Playing of 'Last Post'
11:00 Two minutes of Silence
Reveille
Laying of Wreaths

Please join us for refreshments
and entertainment in the
downstairs hall following
the service

**November 25th - A - 1 Karaoke (7:30 - 11:30pm) Come for the good
company, and fun! No cover charge!**

**November 28th - Branch 280 General Meeting ... (7:30 pm) All
members are welcome and encouraged to
participate in the proceedings of the Legions agenda.**

**And a reminder... there is BINGO every Tuesday night at 7 in the Legion Hall on
Main St. Deseronto!**

*** NOTICE ***

**Speedway Gas would like to thank the members of the Mohawks of the
Bay of Quinte for their support, and hopefully very soon we will be able to
accept your gas cards.**

The Family Safety Action Group, funded through:



uniongas

A Spectra Energy Company

CELEBRATING
100 YEARS
Est. 1911

Presents.....

Internet Safety Workshop

Free



Free

For Adults and Teens

When: Tuesday, November 29, 2011

Time: 6:30p.m – 8:00p.m

Where: Community Wellbeing Building, Teaching Lodge

Who: Presentation delivered by Tyendinaga Police Services
and Mohawk Family Services

Contact: Lyndsay Scero at the Good Minds program,
(613) 967-0122

Door prizes

Refreshments Available

Family Safety Action Group

The Family Safety Action Group was established to discuss shared safety concerns and to identify strategies that will better serve community members. The Family Safety Action Committee is developing their mandate that will include: identifying community safety concerns and developing strategies to raise awareness regarding family safety issues within the community. In time, the FSAG plans to develop tools to help foster a safe community.

The Family Safety Action Group is comprised of representatives from Mohawks of the Bay of Quinte, community members, representative from Tyendinaga Block Parents, and a representative from the Community Safety Working Group. The current group includes representatives from: Ohahase Education Centre, MBQ Housing, Mohawk Family Services, Tyendinaga Police Services, Community Safety Working Group, Block Parents, Tyendinaga Justice Circle, Enyonkwa'konhriyohake, and, Nation Building.

The FSAG conducted Internet Safety workshops at Quinte Mohawk School (QMS) last June. The workshops were a great success and provided valuable information to keep our children safe while on-line. The internet safety workshops will be offered again at QMS and to parents one evening this fall. An announcement will be posted.

Currently, the FSAG is conducting a survey to hear from Community Members about their family safety concerns. Please complete the survey in the November newsletter.

For more information, please contact Brandi Hildebrand at 613.967.0122.

Tyendinaga Fitness Resource Centre wants YOU to share your IDEAS

➤ ➤ **We Are Open To The Public**
We Welcome Everyone !



Thur. Nov.17 , 2011

6pm - drop In

You are invited to the TFRC Focus Meeting !

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

14 York Road, Unit #1
Shannonville, Ontario
KOK 3A0

November 2011

Discover the Balance

We have Gift Certificates

Discovering the Balance

By Working the
Mind, Body,
Heart and Spirit

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 1:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

We Are Open to

The Public

Staff

Darlene Loft /Recreation
Manager

Sonya Maracle / Fitness
Staff & P.T

Ryder Sager ,Talon Barn-
hardt / Part Time Youth

We are looking for
another After School
youth worker.

4 Ways To Lose Fat

1. **Climb two steps at a time** - this will provide greater muscular benefits and a great overall caloric burn
2. **Map out your plate** - fill one half of your plate with vegetable and whole grains and the other half for proteins and healthy fats. Use your side salad plate instead of the large size
3. **Add five minutes to your time** - tack on an extra five minutes to your cardio every second workout until you are up to 45mins, do not let your intensity drop
4. **Try a new exotic food each week** - this can help relieve the mediocrity of dieting

TFRC Staff Updates

Hello members of TFRC! It's just Adam saying a quick thank you and goodbye. My time has come to begin a new adventure of teaching in London, England. It was a pleasure to meet all of you and I wish you continued success in your fitness goals. Stay active!

TFRC Focus Meeting - Thursday Nov. 17/11 - 6pm Drop -In

The meeting is too review ideas with current clients and new clients. We are coming up to being 5 years open in September 2012. We want to celebrate this great success with your help, because we would not be a success without our community members, and surrounding areas.

It is great to hear from everyone, it will be a drop in meeting to have a chat write down some ideas , see the NEW EQUIPMENT and meet the staff at TFRC.





Nia;wen / Thank You

Special thank you to Chief and Council for the funding to purchase new fitness equipment.

Adam for your time at TFRC

Tyendingaga Fitness Resource Centre Phone: 613-962-2822 tyfitnessres@mbq-tmt.org

Calendar of Events November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEVER TOO LATE	← Call for Appointment	1 Maracle Chiropractic ↑	2 	3 Maracle Chiropractic ↑	4 Ladies Night Out! ZUMBA 5 -6	5
6 Yoga 10am-11am	7	8 Self Defense 6-7:30pm ↓	9 Pilates 6pm-7pm	10 Self Defense 6-7:30pm ↓	11 CLOSED Remembrance Day	12 
6 Yoga 10am-11am	14 	15 Self Defense 6-7:30pm	16 Pilates 6pm-7pm	17 Focus Meeting 6pm (Drop In)	18 ZUMBA 5-6pm	19
20 Yoga 10am-11am	21 Nutrition Semiar Calci-Yum: Eat Your Calcium 5:30-6:15	22 Self Defense 6-7:30pm	23 Pilates 6pm-7pm	24 Self Defense 6-7:30pm	25 ZUMBA 5-6pm	26
27 Yoga 10am-11am	28	29 Self Defense 6-7:30pm	30 Pilates 6pm-7pm		Thank You To the Fitness Instructor	For coming to Tyendingaga to teach



Thank You
For your
time !

Personal Trainers & Support at TFRC :

Sonya Maracle - P.T 962-2822

Hollie Lloyd - P.T (613) 396-6780

Mandi Tisdale - P.T (613) 396-1651

Michelle - Living Well Coach - (613)771-9420

Dr. Jason Young Maracle - (613) 876-5855

Canadian Tire Money Drive

Discovering The Balance

By Working

The Mind, Body, Heart

& Spirit



The Tyendinaga Fitness Resource Centre is trying to spruce up the building. We are doing a fundraiser event where we are looking for donations of Canadian Tire money so that we can repaint our workout area. There will be a jar at the front desk that any donations can be given. We need your help to keep us looking great !

PRIZE!WINNER!PRIZE!

If you bring in \$5 worth of Canadian Tire money your name will be entered into a draw for a one month membership! The more you donate the better chance you will win!

We will be collecting until June 30, 2012

Tyendinaga Fitness Resource Centre

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

Check us out on FACEBOOK !



GIRLS NIGHT OUT!

ZUMBA FITNESS!

PARTY YOURSELF INTO SHAPE!

FROM 5-6 P.M.

Continuing Nov.4,18,25, Dec.2

\$30.00 FOR 4 CLASSES

**TYENDINAGA FITNESS RESOURCE
CENTRE (613) 962-2822**

CALL 613.243.9942 FOR DETAILS



INSTRUCTOR: CHEYENNE ROCCHETTI

Street Smart Self Defense

For Youth & Adults

**Nov.8 to Nov.29/11
Tuesdays & Thursdays
6:00pm– 7:30pm**

\$35 per person for 4 weeks

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

**A percentage of the proceeds will go to-
wards Red Cedars for the women to go to
TFRC**



**Instructor Fred Dracup has over 30 years experience
Space is limited to 16 participants sign up by:
Friday, October 28/11 (need at least 6 participant's)**

Phone: 613-962-2822

E-mail: tyfitnessres@mbq-tmt.org

Tyendinaga Fitness Resource Centre

NEW FOR YOU & your HEALTH !

Tyendinaga Fitness Resource Centre

(613) 962-2822

YOGA

Continuing Nov.20/11

Yoga @ T.F.R.C.

10 am to 11am

Yoga Only at TFRC on Sunday's

November 20 to December

11/11

The program is successful & it will continue

**The Certified Yoga Instructor
is Barbara Roch**

For the program to be successful we require

At least 5 paid participants

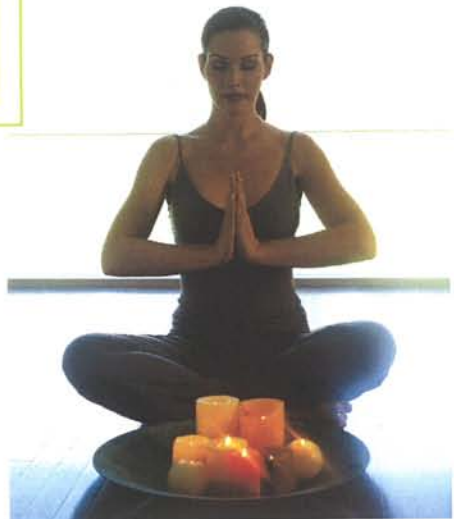
**4 classes
for \$30.00**

Limit of 15 / Pay when
you sign up.

Deadline to sign up by
November 13/ 11

Register today : (613) 962-2822

Or email : tyfitnessres@mbq-tmt.org



November Newsletter

Maternal Child Health & Early Childhood Development Program - Allison Brant
Healthy Babies Healthy Children - Johanna Goodfellow
Community Wellbeing Centre
613-967-3603

Samko Toys & Vaughn Mills Mall Bus trip

Saturday, November 26th, 2011.

7:00 am– 8:00 pm

Leaving the Community Wellbeing Centre.

\$25.00 per person (we will be taking a coach bus)

Please call Allison, or Julie to register 613-967-3603

Get started or finish up your Christmas shopping. Lots of stores to choose from.



FASD can be prevented!

Alcohol use during pregnancy is the only cause for this disability.

If you're pregnant, or planning to be pregnant, don't drink alcohol. If you need help to stop drinking, look for someone who works in the addictions field to help you. If you are the partner, family member or friend, you can support a pregnant woman by not drinking, and encouraging her not to drink alcohol at this time.



Where can I go for help?

If you need help to stop drinking, the best thing is to find help as soon as possible.

- Your doctor
- Community Health Nurse
- Local AA Group
- CWB-Community Health
- ECD/FASD Program
- Maternal Child Health Program
- NNADAP (Good Minds Program)

Movie and Make your own pizza night



6:00 pm-8:00 pm

Community Wellbeing Centre Teaching Lodge

Ages 5-10

Come out and enjoy an evening watching a movie, while eating your delicious pizza that you have made.

Come on out and bring a friend!

Call Julie, Johanna or Allison to reserve a spot, 613-967-3603

We are linking with the Youth Group for this evening of fun!



Scrapbooking Day

Saturday, November 5th, 2011.

9:00 am - 4:00 pm

Community Wellbeing Centre

Call Allison to reserve your spot 613-967-3603



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 some 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

Drop In

Saturday, November 5th & 26th, 2011.

Community Wellbeing Centre

9:30-11:30 am

0-8 with a parent / caregiver

Healthy snack provided

If you have any questions, please feel free to call

613-967-3603



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

Enyonkwa'nikonhriyohake (Good Minds) Program:

FREE All Ages Event Motivational Hip Hop Performance

K.A.S.P. Entertainment
K.eeping A.live S.tories for the P.eople



- Award winning hip hop artist
- Dynamic & inspirational speaker
- Family friendly & inspirational lyrics
- Motivational stories

**Light
refreshments
available**



**M o n d a y , N o v e m b e r 14th
7 p m @ C o m m u n i t y C e n t r e**

Enyonkwa'nikonhriyohake (Good Minds) Program

Youth Drop-in 6-8pm @ Youth Centre/Canteen

All events are FREE

NOVEMBER

Tuesday: ages 6-10 		Wednesday: ages 11-13 	
1 st 	GAMES Night 	2 nd 	GAMES Night
8 th 	Craft Night 	9 th 	Craft Night
15 th 	Pizza & a Movie* *come to the Teaching Lodge @ the Community Wellbeing Centre	16 th 	Pizza & a Movie* *come to the Teaching Lodge @ the Community Wellbeing Centre
22 nd 	BINGO Night Prizes to be won!	23 rd 	BINGO Night Cool Prizes!
29 th 	5-Pin Bowling @ Belleville Bayview Mall* *Limited spaces. Please call Tracy Hill @ Good Minds by Friday, November 25 th to sign up. 613-967-0122. Parent/Guardian will need to sign permission slip.	30 th 	An Evening @ the Cinema in Napanee* *Limited spaces. Please call Tracy Hill @ Good Minds by Friday, November 25 th to sign up. 613-967-0122. Please be @ Youth Centre by 6:30pm. Parent/Guardian will need to sign permission slip.

JUST IN TIME FOR THE HOLIDAYS
THE MOHAWK GUILD PRESENTS THE 2011

COOKIE WALK

SATURDAY DECEMBER 3RD, 2011

10:00 AM - 1:00 PM

QUEEN ANNE PARISH CENTER

1295 RIDGE RD TMT

HERE'S HOW IT WORKS

1. BUY YOUR CONTAINER - \$5.00 OR \$10.00
2. TAKE A WALK AROUND TABLES FILLED WITH
WONDERFUL COOKIES
3. FILL YOUR CONTAINER
4. ENJOY

BAKE TABLE (ASSORTMENT) ALSO AVAILABLE
PROCEEDS TO AID IN THE WORK OF THE TYENDINAGA MOHAWK
GUILD

DON'T BE LATE DON'T BE DISAPPOINTED





SANTA'S LIVING ROOM IS COMING TO DESERONTO



**Santa Claus will be in
Deseronto on November 18th 2011
@ the old Hudson Mill
75 Prince Street, Deseronto**



Come and have a tour of Santa's Living Room
Enjoy a cup of hot chocolate and cookies
with Santa

Have your pictures taken with Santa
(printed and ready to take home while you wait)
Cost only \$5.00 per photo

* Proceeds will go to support Candies for Kids *



SANTA'S HOURS

	Friday	Saturday	Sunday
	1 pm to 5 pm		
November	18	19	20
November	25	26	27
December	2	3	4
December	9	10	11
December	16	17	18

Christmas Tea & Bazaar



Christmas Crafts & Sewing

Tea \$4.00

WHITE Elephant TABLE

Saturday, Nov. 19th
12 NOON - 3:00 PM
Deseronto Legion
Main St. Deseronto

Silent Auction

Bake Table

"Surprise Table"

Looking is "FREE" !

Sponsored by
Love in Action
Outreach in Tyendinaga





The Quinte Singers

present

**"A Christmas
Extravaganza
of Song"**

**Featuring Special Guest:
Kathleen Manderville**

**Saturday, November 26,
2011 @ 2:00 p.m.**

**Deseronto United Church
Fourth and Thomas Streets**

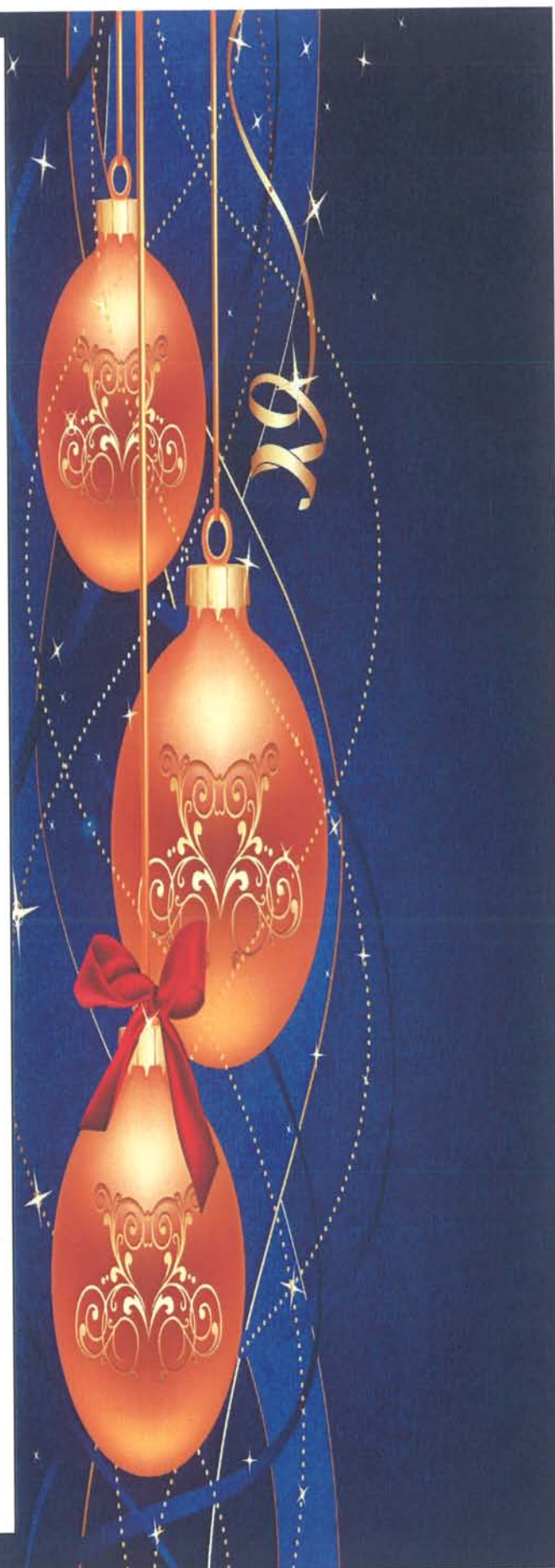
**Tickets \$10.00/person
Children 12 & under Free**

**Tickets available at the door or
from any Quinte Singer Member**

**50/50 Draw
Refreshments following the Concert**

**Performance proceeds:
Local Charitable Organizations**

Wheel Chair Accessible
from Fourth St. Entrance





THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest
The Rev'd Brad Smith
962-2787

SUNDAY CELEBRATIONS

All Saints' Church
and Queen Anne Parish Centre (QAPC)
1295 Ridge Rd
8:30 a.m.*

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

**Both churches worship together
20 November at 8:30 a.m. at All Saints' Church*

UPCOMING EVENTS

Parish Fun Night
Wednesday 16 November, 7-9 p.m.
Queen Anne Parish Centre
Bring a game, a friend, and a snack!

Men's Breakfast
Saturday 26 November, 8:00 a.m.
Small Town Café, Deseronto
Join the men of the parish for food and fellowship.

A PRAYER OF REMEMBRANCE

Creator God, we thank you for the gifts of loved ones who touch our lives and memories with which to remember them when they depart from us. In this month of darkening days, help us to honour our ancestors whose spirits dwell with you and enable us to continue to follow the example they set for us. Amen.

REBUILDING THE LONGHOUSE

We give thanks to the Creator that the Haudenosaunee Longhouse on Ridge Rd is being rebuilt! The Parish has made a gift to the building fund and we encourage all community members to consider making a donation. Visit www.facebook.com/kanonhsehs and then read the post from 21 October on how to donate.

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

"AA OPEN MEETINGS"

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

For more information call:
Bev or Bill 613-962-5183

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

Losers Unite, Join Us!

Thursday Evenings

5:00 - 6:00 p.m. - Weigh In

6:00 - 7:00 p.m. - Meeting

Elders Lodge
(Bayshore Rd)

TOPS is a weigh loss meeting and support group established in 1948 as a nonprofit organization.

Our goal is to help each other lose weight for better health and appearance.

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

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

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

Contact: Joy Brant - 613-967-0411
Tree Good altree94@gmail.com

She:koni! Skennen:kowa! Great Peace be with you!

KERISTOS NE KORAH:KOWA

Traditional Anglican Communion
Book of Common Prayer (1962) / Book of Common Praise (1938)

THE PARISH OF CHRIST THE KING

301 Bayshore Road, Tyendinaga, Mohawk Territory

Sunday Mass at 10:00 A.M.

For additional parish information, please call:

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

OR

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

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



**"GREATER LOVE HATH NO MAN THAN THIS, THAT
A MAN LAY DOWN HIS LIFE FOR HIS FRIENDS."**

(St. John 15:13)



Lest We Forget...

"They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:

Age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning,

We will remember them."

by Laurence Binyon

Remembrance Sunday, November 6th, A.D. 2011

Advent draweth nigh...

Thy Redemption draweth nigh...

Advent Sunday, November 27th, A.D. 2011

*"Remember thy Creator... before the days
of trouble come..." (Ecclesiastes 12:1)*

*You need not worship the Creator with us,
but you do need to worship Him in Spirit and Truth!*



TYENDINAGA MOHAWK TERRITORY

1984 YORK ROAD

CHURCH • 613 • 396 • 5329

PARSONAGE • 613 • 396 • 5325

SERVICE TIMES

Sunday

10:30 am Worship Service

11:30 am Children's Church

6:30 pm Worship Service

Wednesday

7:00 pm Bible Study

Saturday

7:00 pm Prayer

CLASSIFIED

SEEKING TO RENT

- 2 OR 3 BEDROOM HOME
- looking for long term
 - must allow pets

Please call Gary: 613-337-9172

FOR SALE

- BALES OF STRAW
- 4 X 4 round
 - small bales - \$2.50

Call: William J. Brant
613-967-1129

HOUSE FOR SALE

- 3 BEDROOM HOUSE
- 6 years old
 - in floor heat, on town sewer and water, ceramic tile & carpet
 - open concept
 - 2000 sq. ft includes 2 car garage
 - living room has vaulted ceiling and view of Bay of Quinte on (TMT)
- 613-827-1513

FOR SALE

- 2 BREEDING COCKATIELS
- available to a good home

Call for details:
613-396-1433

FOR SALE

- 1999 DODGE TRUCK
- 4 Wheel Dr., Motor 318 V8
 - 4 Dr. Extended cab
 - Works well
 - \$2500.00 or B.O.

Phone: 613-396-2000 or
613-849-3026

FOR RENT

- NEW STYLE HOUSING
- located at 2 Bells Rd., Quiet lot
 - town water, close to Deseronto
 - great location for Seniors
 - available Mid Oct.

- 1 BEDROOM BUNGALOW
- small build in appliances (Fridge, tow burner cooktop, Micro wave convection oven)
 - electric heating
 - side deck with patio doors & front porch.
 - \$650.00/month plus hydro

- 2 BEDROOM BUNGALOW
- large 4 piece bath, side deck
 - patio doors & front porch
 - electric heating
 - \$700/month plus hydro

Contact: 613-396-1607
Ask for Bells rd. rental application

FOR SALE

- 60 ACRES OF LAND
- located on the Slash Rd (Near Hwy 49)
 - \$90,000.00

Please call Bill: 613-966-1092

FOR SALE

- Has been converted into 2 apartments
- 3 Bedrooms upstairs & 1
- Large Bachelor apartment downstairs
- Natural gas heating, central air, 1 bedroom apartment contains fireplace
- Municipal water supply, with access to municipal sewage hook up
- New roof recently done
- Property is approximately 1 acre
- Located on Old Hwy #2

Serious inquiries only
Call: 613-396-5879

FOR RENT

- One large bedroom bachelor apartment
- All inclusive, heat and hydro, central air
- Internet and satellite optional
- Located on Old Hwy # 2
- References and first/last required
- Serious inquiries only

Call: 613- 396-5879

FOR SALE

- 4 BEDROOM HOUSE
- 376 Beach Rd in Shannonville
 - 3300 square ft. living space
 - full basement
 - 2 full bathrooms
 - 2 car garage
 - 27' above ground pool
 - utility shed

Please call Bill: 613-966-1092

Classifieds are "Free"
Please call: 613-396-3424

RESTAURANT FOR LEASE IN AKWESASNE



Mohawk Council of Akwesasne, Department of Economic Development, is accepting letters of interest to lease Unit #2 that is set up for a restaurant or Café. The unit is 2000 sq. ft. and is located at the Peace Tree Trade Center, 167 International Road, Akwesasne, Ontario. The business needs to be native owned by at least 51%. Letters of interest can be submitted to Economic Development, c/o Nola Benedict, Project Development Officer, P.O. Box 579, Cornwall, Ontario, K6H 5T3, or by email: nola.benedict@akwesasne.ca. For more information call Nola Benedict at (613)575-2250, ext. #1052 or email at above email address. Deadline is Friday, November 25, 2011.

RB Contracting

**Excavations, Renovations
Doors/Windows, New Construction
Free Estimates
Licensed Carpenter**

613-813-4011

Bill





ON SADIE'S LANE
BESIDE QMS
NEED A BAGGED LUNCH?

Can be prepaid!



PICK UP AT AUNT SADIE'S CAFÉ

PHONE AHEAD AT 613 961 1524

OR USE OUR DRIVE THROUGH WINDOW

LUNCHES WILL BE MADE FRESH DAILEY

CONSISTING OF SANDWICH ,

FRUIT, APPLE OR ORANGE, AND A MUFFIN OR COOKIE

AND A DRINK BOX.....\$5.00

DON'T WORRY IF YOUR CHILD FORGOT THEIR LUNCH OR YOU
DIDN'T HAVE TIME TO MAKE IT

AUNT SADIE'S ALSO DELIVERS TO THE SCHOOL FREE

EUCHRE NIGHT
-Wednesdays 7-10 p.m.

MUSIC JAM NIGHT
- Mondays 7-10 p.m.



ATTENTION HUNTERS AND SHOOTERS

Interested in getting your PAL and/or Hunting Licences?

"ONE STOP" courses will be offered.

The Firearms Safety Course (PAL) portion will be Fri/Sat Jan 20/21

The Hunter Education Course portion will be Fri/Sat Jan 28/29

Both courses will run Fri 6-10 pm and Sat 8:30 am-5 pm.

"ONE STOP"(Both courses) cost is \$260 or individual courses will cost \$140.

Anyone interested in challenging the firearms tests should set up a time and date in advance. The cost for a challenge is \$40.

Courses include instruction, study manual, tests and paperwork required to apply for your PAL and Hunting licences. Courses will be offered here in Tyendinaga Territory.

There is limited space.

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

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Perfect for Student/Traveller

Lenovo G570 Laptop!
1 Year
Warranty

Intel Dual Core 2GHz
500GB, 4GB DDR3
DVD-RW, 15.6" LED
10/1000, 802.11bgn
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Windows 7 Premium ...

Includes:

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& MS Office Starter
USB Memory Key
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Only... **\$599.** All In!



**4GB NASCAR USB
Flash Drive**



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CRAVE
water & stain resistant
scratch resistant microfiber
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inside accessory pockets
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Intel Core i5 2.3GHz, 3 USB, HDMI Out,
15.6" Crystal View, Multi DVD-RW
500GB, Built In Webcam, 4GB, 10/1000
802.11b/g/n Wireless, 4 in 1 Card Reader
& Windows 7 Premium (64bit)...

MSI Notebooks!

1 Year Warranty

Includes:

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McAfee AntiVirus '11
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\$699.

Intel Core i5, 15.6" WXGA Screen
Dual DVD+/-RW, 500GB, Built In Webcam
6GB, 10/100/1000, 802.11b/g/n Wireless
4 in 1 Reader, Integrated Numeric Keypad,
& Windows 7 Home Premium ...

Fujitsu Lifebook!

1 Year Warranty

Includes:

MS Office Starter
McAfee AntiVirus '11
& Carrying Case

\$575.



Perfect for Students/Travellers

Intel Dual Core 2GHz, 3 USB, HDMI Out,
14" Crystal View, Dual DVD+/-RW
320GB, Built In Webcam, 4GB, 10/1000
802.11b/g/n, Bluetooth, Spill Resistant KB
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Phone: 613 813 4011 (Bill)

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- Eyelash & Eyebrow tinting
- Ear Piercing & Facials
- Manicures & Pedicures

Diane

Esthetician & Hairstylist

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Tyendinaga Mohawk Territory

Hair Styling and Esthetics Salon

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Specializing in manicures, pedicures, facials & other Esthetics

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Needs



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SIDEWALKS

Greg Lewis

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613-661-2209

**** For Sale Every Friday ****
Till Christmas!



Bread & Buns Fruit Cake
White & whole wheat Light & dark
PIES, COOKIES, LOAF CAKES
(banana, cherry, cranberry, etc.)

Call ahead: 613-396-2962
or 613-396-1837

Rheana Maracle Photography

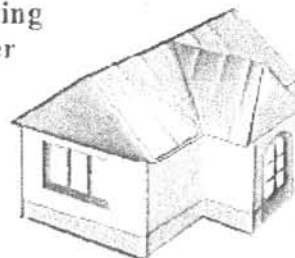
613-967-4722

Shannonville, Ont.

Cell: 613-921-2241

Bowden Contracting
Licensed Carpenter

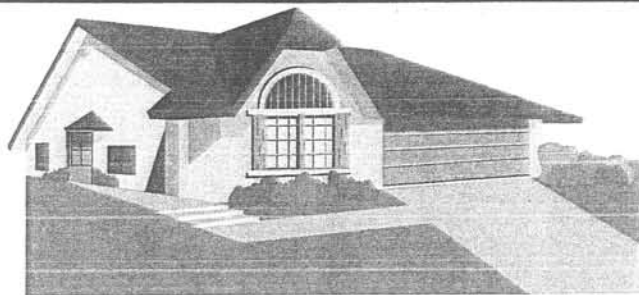
Home Renovations
New Construction
Free Estimates



Ron Bowden

Cell - 613-848-5331

613-962-0082



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Bonnie Pelletier
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