



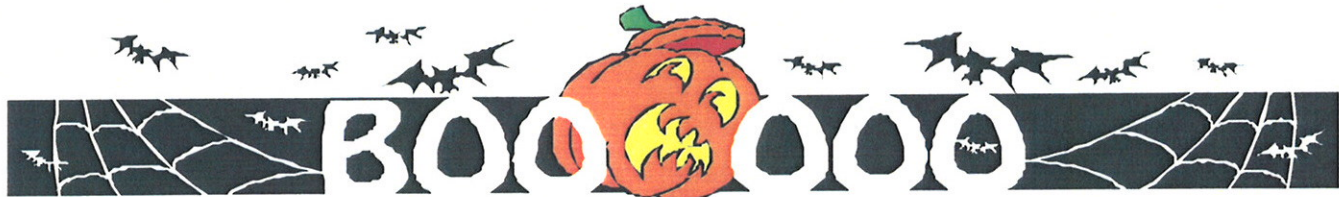
MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 10/09
Ohiari'ko:wa (Oct.)

ORI:WASE (News)




The Tyendinaga Block Parent® Program proudly presents a

Haunted Movie Night

On Friday, October 30th, 2009 in the Bayshore (Tsitkerhododon) Park.




Ages 0-6
Casper
6 pm ~ 8 pm
Rated: G



Ages 7-12
Hocus Pocus
8 pm ~ 10 pm
Rated: PG

Ages 13-18



Poltergeist
10pm ~ Midnight
Rated: PG-13

Please bring a non perishable food item for the Tyendinaga Food Bank



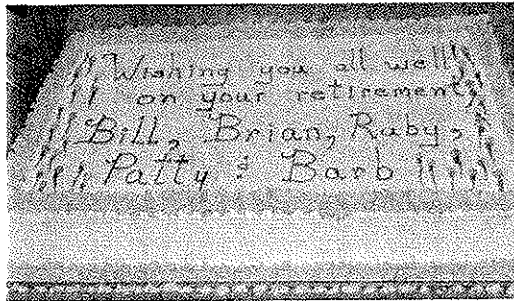
For more information, please contact:
Ainsley Leween 613-396-3897 or Constable Tammy Maracle 613-967-3888

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 MEO Admin office to produce the newsletter in-house.

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

Thank you for a job well done!



A cake celebrating our recent retirees



Cutting the retirement cake from left to right: Barb Brant, Bill Maracle, Ruby Maracle



From left to right: Barb Brant, CAO Brian Hamilton, Ruby Maracle, Bill Maracle and HR Officer Bev Hill. Missing are Patty Brant and Brian Brant

On September 24, 2009 recent Mohawks of the Bay of Quinte band retirees were recognized at an all-staff meeting for their years of dedication and hard work. Barb Brant, Ruby Maracle, Bill Maracle, Brian Brant and Patty Brant have all retired over the past year, and we would like to express our gratitude for their years of support. Thank you!

Honouring Brant Bardy

June 28, 1963 - September 25, 2009

The Mohawks of the Bay of Quinte have suffered a great loss. We mourn the loss of Brant Bardy, who passed suddenly on Friday, September 25th. Brant played many roles in our community, dedicated father of four, loving husband, son, brother, mentor, employee, and friend.

Brant Bardy worked with MBQ from 1992-1999 as a lands researcher. From 1999-2006, Brant worked at FNTI helping to develop their media program. In 2006, Brant returned to MBQ as the Communications Officer and most recently, Director of Nation Building. Brant was an integral part of many things in our community and at MBQ Administration. He was involved in the negotiation team for the Culbertson Tract land claim and the Turton Penn Lease Area. He completed extensive research on harvesting rights, land claims, and historical aspects of Tyendinaga. Brant's belief in life long learning has led to his diverse educational background with a diploma in Journalism, a diploma for Veterinary technician, and a degree in Public Administration. All of his involvements and educational pursuits contributed to his wealth of knowledge on the community and his ability to provide wise insight and to see all sides of an issue.



Brant had a passionate lifelong love of music. He encouraged music and art in youth, was a strong supporter of the arts in Tyendinaga, played in his band, and provided free lessons to whoever asked. His musical talents touched the hearts of so many for many years, and we can all recall one of our favourite songs done in the most unique Bardy rendition!

Everybody has a passion and Brant's passion was his family and his community. Working with Brant was a true pleasure. He was kind and upbeat, always willing to take the time to help out a co-worker. Brant was a man of high morals and refused to compromise from what he believed in. Brant's vision of a community united despite differences was reflected in his work and involvement within our community. He remained optimistic that change would happen by working hard and bringing our community together. We can pay our respects to him by continuing to pursue his vision of a united community.

September 28, 2009

Brant Bardy, graduate of FNTI/Ryerson's Public Administration & Governance program was invited to give an address at FNTI's 2008 Celebration of Our Graduates. The following are his words of inspiration:

She:kon Sewakwekon,

Greetings to the graduates, family, friends, educators and distinguished guests.

It is with great privilege and honour that I offer this address tonight. Not only as a fellow graduate and member of the community, but also as a former educator and current public servant with the Mohawks of the Bay of Quinte.

Today we make history. For we have gone beyond what this country expects of Aboriginal people. Three years ago, Justice Harry LaForme, who was recently appointed to the Ontario Court of Appeal and who comes from the Mississauga of New Credit First Nation, stated in a speech to the University of Toronto that Aboriginal youth have a much greater chance of going to prison than receiving a high school diploma. Today, you have helped change that.

Much of mainstream Canada continues to view Aboriginal people as a race of uneducated, poverty stricken and socially-dependant people who lack the education and skills to control their own destiny or govern their own affairs. Tonight's celebration marks a step toward dispelling those perceptions.

Education is about taking ownership and responsibility for ourselves and the lives we create. Education has been proven to be directly linked to prosperity and independence. Lack of education among the poorest of society is often a common denominator and often leads to dependency on others for our well-being. As we celebrate our educational achievements and the achievements of our classmates tonight, we now have more choices and opportunities. We have a choice of whether we continue to live up to the substandard and socially dependant view that mainstream Canada has of our people, or we can continue to grow and expand our knowledge and use those experiences to better not only our own lives, but the living conditions of our families, communities and nations.

Today, Canada faces a skilled labour shortage. Canada's solution to this labour shortage is immigration. With the Aboriginal demographic growing at two-and-a-half times faster than any other ethnicity in the country, I feel the government continues to overlook the value of creating education and skills training opportunities for our people.

But in order to make our voices heard, we must also change the way we view education in our homes and communities. Education for our people in the past has meant forced assimilation, abduction from the family unit, oppression and abuse through the residential school experience. It is no wonder that many Aboriginal people today have a negative attitude toward education.

As we celebrate tonight we can look at ourselves and know that we can make a difference. We can lead by example, rather than relive past injustices. We can show others that education creates opportunities and offers choices to those who pursue it. Through education we can change our destiny. But change must come first within ourselves. As parents we must treat our childrens' education as a top priority in the household. We must stay connected and encourage their progress as they struggle with their homework. As a community we must value the need for education.

September 28, 2009

We must pick up where mainstream education has failed our people and be ready to create new ways to ensure academic success.

We must value and support our educational institutes in our communities, such as FNTI, as they strive to promote opportunities for our people. Education is a tool of empowerment. It allows people to take back pride and can instill hope and inspiration. The level of education a person has can make a difference whether they work or not. It can make a difference whether the job they hold pays minimum wage or a job that pays much more. Education can make a difference whether a person works in a job that they hate or whether they work at something they enjoy.

As we honour our graduates tonight, we all share and contribute to their continued success just by our simple presence. Look around the room and it's hard not to notice the happiness and pride in the graduate's faces on their accomplishments and also the look of pride on the faces of their loved ones who have come to share in this celebration.

In closing, I offer the words of John Quincy Adams.

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."
Tonight fellow graduates, you are all leaders.

Nia:wen.

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.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in September responded to 4 calls:

2 Tanker Assists
1 Auto Alarms
1 Motor Vehicle Accident

This brings our total to 77 calls for the year 2009.



MOHAWKS OF THE BAY COUNCIL



NOMINATIONS 2009

Saturday, October 24
9 a.m. - Noon
Quinte Mohawk School

ELECTIONS 2009

Saturday, December 5 (Count the next Day)
9 a.m. - 8 p.m.
Quinte Mohawk School

Electoral Officer Kelly Maracle 613-396-5994 or kelly.elections@yahoo.ca

Tyendinaga Police Service Police Blotter – September, 2009

Sept. 2, 2009 at approximately 4:00 PM, Tyendinaga Police executed an entry warrant on a residence along Highway 49. A male was arrested and taken into custody for multiple charges relating to a domestic situation. The male also had 6 outstanding warrants from other police agencies.

Sept. 3, 2009 at approximately 7:30 AM, Tyendinaga Police executed a drug search warrant at a residence in Shannonville. Approximately 88 Marihuana plants were located and seized by Police. Two individuals were criminally charged for Marihuana cultivation.

Sept. 4, 2009 at approximately 4:15 PM, Tyendinaga Police received a call of a missing child in the Sub-Division. Cst. Dempsey responded to the call and located the child near the Sub-Division Park. The child was returned home to his Grandmother.

Sept. 4, 2009 at approximately 8:40 PM, Tyendinaga Police assisted the Napanee OPP with a fatal motor vehicle collision on Highway 401 where male pedestrian was stuck by a vehicle. Tyendinaga Police provided traffic control at the scene.

Sept. 12, 2009 at approximately 11:40 AM, Tyendinaga Police assisted Steele Funeral Service by conducting traffic control on Old Highway 2 and Shannonville Road, until the procession completed its way through the intersection.

Sept. 17, 2009 at approximately 3:00 PM, Tyendinaga Police received a call of a Personal Water Vessel being located on Eagle Hill. Cst. T. Maracle responded to the call and recovered a Sea Doo, which had been reported stolen from Trenton, Ont.

Sept. 19, 2009 at approximately 4:14 PM, Tyendinaga Police received a complaint of an intoxicated male walking along Highway 49, near York Road. Cst. Brinklow and Cst. S. Maracle responded to the call and located the intoxicated male. Police detained the male and transported him to Belleville.

Tyendinaga Police would like to remind our Community that the Children are now back in school. Please be sure to stop for all School Buses and slow down while driving through the Quinte Mohawk School Zone.

SNOWPLOWING/SANDING

2009/10

The Snowplowing/Sanding tender deadline for Contract #1 & Contract #2 for band properties is **Wednesday October 28, 2009 at 2:00 p.m.**

They are to be submitted to the Sustainable Development Office in sealed envelopes and clearly marked no later than the deadline.

Please contact Lori Maracle (613-968-1122 ext 128) at the Housing & Sustainable Development Office to pick up a complete package.

CALL FOR SNOW PLOWING/ SANDING TENDERS 2009/2010 SEASON

Tenders are now being accepted for snowplowing/sanding at the following locations:

CONTRACT #1

- Administration Office/F.N.T.I.
 - BPM Office (former Hides Depot)
 - Fire Hydrants in Huron Brant Drive North
 - Huron Brant Drive North Nature Park Parking Lot
 - 4-Plex 11 Deserontyon Drive
 - 4-plex 28 Deserontyon Drive
 - Triplex 25 Deserontyon Drive
 - 4-Plex 134 Huron Brant Drive North
 - Bayshore Road Park Parking Lot and driveway to water tap
 - Tyendinaga Elders Lodge, 301 Bayshore Road
 - 59er's Seniors Building, 8011 Old Hw. #2
 - 6-Plex 12 Huron Brant Drive North
 - 6-Plex 146 Huron Brant Drive North
- The contractor is expected to maintain own equipment and have all areas accessible for buses, personnel and public before commencement of each day.
 - The contractor shall provide proof of insurance and W.C.B. coverage if applicable and a complete listing of equipment available to complete the work.
 - Bids submitted will be on each contract with the contract number clearly identified on the sealed envelope.
 - Please provide hourly rates for additional equipment when required to load and remove high snow banks.

NOTE: PRICING SHOULD BE ON A FLAT RATE BASIS PER SNOWFALL FOR EACH CONTRACT AND INCLUDE PRICE FOR SANDING.

CONTRACT #2

- Health Centre
 - Library
 - Community Centre
 - Orange Lodge
 - Red Cedars
 - Mohawk Family & Children Services
 - Quinte Mohawk School
 - Tyendinaga Daycare
 - Kagita Mikam Office, Shannonville
 - Triplex, 538 Norway Road
 - 5 Granny Homes in Shannonville, (7 Queen St., 3, 5, 11 & 13 Atsia Court)
 - Business Centre 14 York Road
 - Trinity Church 104 Young St. Shannonville
- The contractor is expected to maintain own equipment and have all areas accessible for buses, personnel and public before commencement of each day.
 - The contractor shall provide proof of insurance and W.C.B. coverage if applicable and a complete listing of equipment available to complete the work.
 - Bids submitted will be on each contract with the contract number clearly identified on the sealed envelope.
 - Please provide hourly rates for additional equipment when required to load and remove high snow banks.

PLEASE SUBMIT YOUR PROPOSAL IN A SEALED ENVELOPE CLEARLY MARKED BY THE "CONTRACT # SNOWPLOWING" BY 2:00 P.M. OCTOBER 28, 2009 TO THE RECEPTIONIST AT THE HOUSING & SUSTAINABLE DEVELOPMENT OFFICE.

NOTE: PRICING SHOULD BE ON A FLAT RATE BASIS PER SNOWFALL FOR EACH CONTRACT AND INCLUDE PRICE FOR SANDING.

The lowest or any tender will not necessarily be accepted.



**MOHAWKS OF THE BAY OF QUINTE
TENDER FOR
COMMUNITY WELLBEING CENTRE
SITE CONSTRUCTION
CONTRACT 28-2523**

Sealed Tenders, on forms supplied, will be received in envelopes plainly marked as to the contents by the Owner, Mohawks of the Bay of Quinte, at 13 Old York Road, Tyendinaga Mohawk Territory, Ontario K0K 1X0 until:

2:00 p.m., Local Time, Tuesday, October 13, 2009

The work includes but is not necessarily limited to the following: Earth and Rock Excavation/Grading, Storm Sewer System, Sanitary Sewer and Pumping Station, Site Lighting and Hot Mix Paving.

Tender Documents may be obtained at the office of the Engineer between 8:00 a.m. and 5:00 p.m. local time Monday to Friday commencing on Tuesday, September 29th, 2009. There is a one time charge of \$100.00 (including GST) per copy (non-refundable) for the Tender document.

If further information is required please contact John Foster C.E.T. Project Manager at 613-969-1111.

Tender documents will be available for viewing at the local construction exchange.

The lowest or any Tender not necessarily accepted.

Engineer

G. D. Jewell Engineering Inc.
71 Millennium Parkway
Unit 1
Belleville, Ontario
K8N 4Z5

Telephone: (613) 969-1111
Fax: (613) 969-8988

Owner

Mohawks of the Bay of Quinte
13 Old York Road
Tyendinaga Mohawk Territory
Ontario K0K 1X0
K0K 1X0

Telephone: (613) 396-3424
Fax: (613) 396-3627



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANIENKEHA

Nation Building Department
Mohawks of the Bay of Quinte
13 Old York Road
Tyendinaga Mohawk Territory, ON
K0K 1X0



Consultation Corner

Establishing the Foundation of Consultation in MBQ

She:kon!

We would like to encourage you to continue to get involved in helping to shape the draft Community Consultation Strategic Plan to establish a consultation process within the community. This year I will be working within the community to create a Strategic Plan uniquely tailored for Tyendinaga, which will:

- Create a new communications strategy to convey information between MBQ and the community.
- Encourage dialogue within the community by creating safe forums through which to gather a representative view of local community needs and knowledge to provide input into decision making processes.

Your Opportunity for Direct Input...Fill out the Response Sheet on Consultation!

A Response Sheet on Consultation was mailed to every MBQ band member 16 years and older residing on the Territory. Filling out this Response Sheet is **your** opportunity to have **direct input** into how you would like to be consulted with regards to decision making in the community. **Your** feedback will provide the foundation of the Strategic Plan! You can also be included in a draw to win one of three \$100 gift cards!

Fill out the Response Sheet on Consultation mailed to you!
Return the Response Sheet in the envelope provided by October 16th!
Submit one of your matching tickets to be entered in a draw!

PRIZES \$100 Gift Card for Best Buy
\$100 Gift Card for Canadian Tire
\$100 Gift Card for
Harvey's/Kelsey's/Milestone's/Montana's/Swiss Chalet

If you wish to be included in the draw, please **KEEP ONE** of the matching tickets included in your letter and **RETURN THE SECOND** ticket with your response. The three winning numbers will be announced in November's newsletter.

The results from the Response Sheets will be posted in the November newsletter. We will then hold a community meeting in November to discuss preferences, ideas, and goals for consultation identified by the community as a whole through the survey results, and develop strategies for their implementation. If you have any questions regarding the Response Sheet, please feel free to contact myself or refer to September's article "Approaching Consultation at MBQ." If we have missed anyone in the mail out, please contact me at the MBQ Administration Office.

How YOU Can Get Involved!

- ✚ Fill out the Response Sheet on Consultation which was mailed to you by October 16th!
- ✚ Come and chat with me one-on-one during *Consultation Drop In* hours:
 - Starting October 1st
 - Monday's 12-1pm Health Centre Boardroom
 - Wednesday's 12-1pm Fitness Resource Centre, Shannonville
- ✚ Call or email me ANYTIME to discuss ideas or ask for information.
- ✚ Watch the newsletter for monthly consultation updates.

What is Consultation?

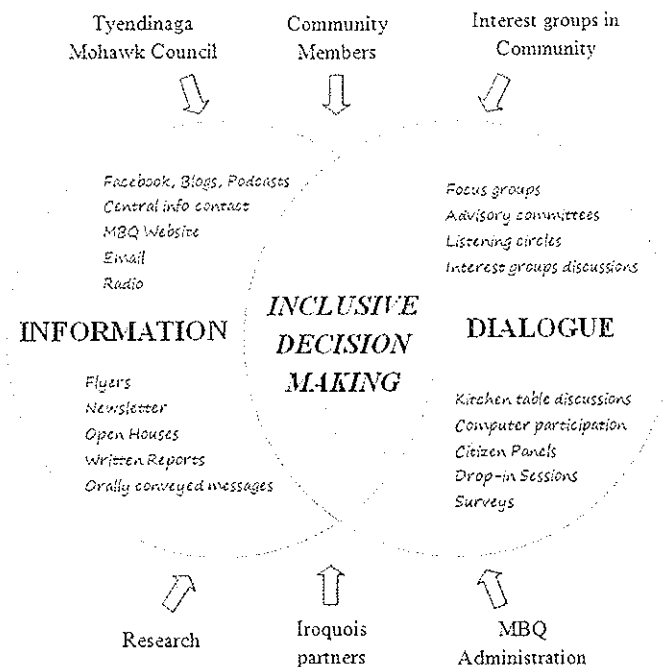
To repeat what was in September's newsletter, let's look at what consultation entails for MBQ. Consultation is the combination of two essential elements: **INFORMATION & DIALOGUE.**

INFORMATION depends on effective communications and information sharing to better transparency.

DIALOGUE inclusively infuses citizen needs and values at various stages into the decision making process contributing to the betterment of the whole community.

The aims of consultation are to ensure transparency, develop creative

Consultation in the Mohawks of the Bay of Quinte



options, and encourage active participation of citizens and interest groups in the decisions that affect their daily lives. A consultation process can take many forms depending on the issue to be addressed and available resources. In the creation of the Strategic Plan, we are drawing from the community, TMC, MBQ administration, research, and successful examples from Iroquois and other First Nation communities.

We appreciate your patience and ongoing support as we develop a quality, effective Consultation Plan!

In friendship,
Sarah West

Consultation Coordinator
sarahw@mbq-tmt.org
613-396-3424 ext. 105

Nation Building Department
Mohawks of the Bay of Quinte Administration Office
13 Old York Road
Tyendinaga Mohawk Territory, ON
K0K 1X0



Vancouver 2010 Olympic Torch Relay Update

Tyendinaga has an exciting opportunity to be involved with the 2010 Vancouver Olympics. The Olympic flame will come through approximately 120 Aboriginal communities, and will be carried by over 300 Aboriginal people including youth, elders and athletes.

Two youth Torchbearers will be nominated by the Quinte Mohawk School to carry the flame through part of the Territory. Two Honorary Elder Firekeepers have been nominated by Chief R. Don Maracle to acknowledge and/or bless the flame in a short ceremony. These individuals will be announced in November's newsletter.

Other Iroquois communities hosting the Torch Relay include Kahnawa:ke, Akwesasne, Six Nations, and Oneida of the Thames. The Mohawk people have a long, proud history of Olympic athleticism. Former athletes include long distance runner Tom Longboat from Six Nations (1908 Olympics), and Alwyn Morris from Kahnawa:ke who won gold and bronze medals in kayaking (1984 Olympics).

The Four Host First Nations are supporting and hosting the Games taking place on their traditional lands extending from Whistler to Vancouver. They are working in partnership with the Olympic Committee and are benefiting from business opportunities presented by the Games. Grants are also being provided in some provinces to communities participating in the Torch Relay.

While we acknowledge that some are in opposition to the Games, we hope that our youth and Honorary Elder candidates and Tyendinaga's participation in the Torch Relay will be respected. The 2010 Winter Games mark the first time in Olympic history that indigenous peoples have been recognized as official partners. The torch is scheduled to come through our community on December 15, 2009.

Trustee Report for September 2009

September marks the beginning of a new school year for students and staff. This will also offer an opportunity to take on new challenges throughout the year to learn and follow our interests and pursue some new goals.

In regards to the Ministry of Education's Building Bridges to Success for First Nations, Métis and Inuit Students policy, the Voluntary, Confidential Aboriginal Self-Identification process is currently underway. Parents/guardians of Aboriginal students and Aboriginal students 18 years of age or older will have the opportunity to voluntarily and confidentially self-identify as being of Aboriginal ancestry, including First Nation, Métis or Inuit. The Self-identification process is currently in place and will offer students the opportunity to self-identify annually and throughout the school year. If parents or students have any questions or concerns about the Self-Identification Process, please contact me at the email address or phone number below. Parents and students are reminded that data collection will not be used or communicated on individual students but will be used only in aggregate form for the purpose of developing and implementing supportive programs.

We are also having tremendous success in implementing the Ontario First Nation, Métis, and Inuit Education Policy Framework with all secondary schools in HPEDSB offering credit courses in the area of Native Studies. It is my understanding that these courses are well received and well attended (full classes). There has also been tremendous support available to teachers who offer these courses in their schools by our support team at the Board Office including Superintendent June Rogers, Jennifer Maracle, Troy Maracle and staff.

I have highlighted only a couple of areas, for more information please go to the 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.

Respectfully submitted

Mike Brant, HPEDSB representing Tyendinaga First Nations

Volunteer Opportunities

The Board of Directors is currently seeking individuals interested in serving on this policy governance Board.

Any experience in Aboriginal education and/or main-stream education, working with people, business, accounting, entrepreneurship and/or cultural knowledge would be an asset.

Please send a resume and a cover letter to FNTI,
Attn: Merle Maracle before **4pm on
October 30, 2009.**

The mandate of the Institute is to provide culturally appropriate and accessible training and education opportunities for the community of Tyendinaga as well as for First Nations communities elsewhere.



3 Old York Road
Tyendinaga Territory, ON
K0K 1X0
Tel: 613-396-2122
Fax: 613-396-2761
Email: merlem@fnti.net



IMPORTANT NOTICE To All Community Members

We will be entering another influenza (Flu) season in the fall. Every year there are a number of flu viruses that will be circulating in the community. To date, this flu virus has been milder than other previous flu viruses.

Flu is a respiratory illness with symptoms which include:

- *Fever
- *Lack of Appetite
- *Sore Throat
- *Coughing
- *Runny Nose
- *Muscle Aches
- *Fatigue

Some individuals may also experience:

- *Vomiting
- *Diarrhea

All flu viruses cause similar symptoms but the severity of these of these symptoms and flu complications can vary with different flu viruses. As well, high risk groups for the flu can vary depending on the strain of the flu virus. For example, some flu viruses are more vulnerable for children (ages 6 to 23 months), adults 65 and older as well as though with pre-existing conditions. His risk groups for H1N1 are still being identified.

How do flu viruses spread?

Flu viruses can spread easily via droplets that are coughed or sneezed into the air by someone who has the flu. A person becomes infected with the flu when these droplets come in contact with his/her nose, mouth or eyes. The flu virus is also found on the hands of people sick with the flu and on surfaces they touch.

How to stay healthy during the flu season?

- **Wash your hands** often with soap and water, especially after you cough or sneeze. If soap and water is not near you then use an alcohol-bases hand sanitizer.
- Avoid touching your eyes, mouth or eyes. Germs spread this way. If you are going to touch your face make sure you **wash your hands**.
- Cough and sneeze into your upper sleeve or use a tissue, not you hand. Dispose of tissues immediately, then was your hands.
- Try to avoid close contact with sick people.
- **Stay home** from school or work if you are sick with the flu and limit contact with others if you are sick. A person can be infectious until symptoms are gone.

Flu Vaccines

Two different flu vaccines are being developed this year. One vaccine will be for the H1N1 virus while the other vaccine will help protect you against the other flu viruses expected to be circulating in the fall (seasonal influenza). These tow vaccines will not be available at the same time. The seasonal influenza vaccine will be available in October please see our schedule for times and dates. The H1N1 vaccine is not expected to be available until later in the fall (Nov/Dec).

If you have any questions about the flu (influenza) including H1N1, please call one the following numbers or visit one of the websites for more information:

* Thayendanege Health Centre, 613-967-3603

*Hastings & Prince Edward Counties Health Unit

* www.hpechu.on.ca

* TeleHealth Ontario at 1-866-797-0000

* Ministry of Health and Long Term Care

* www.gettheflushot.ca

Revised Influenza Immunization Clinics Schedule For October 2009

On September 24, 2009, the Ontario Ministry of Health and Long-Term Care (MOHLTC) announced changes to the seasonal flu immunization campaign this fall. The approach includes phasing in two flu vaccine programs in the fall, by targeting those most at risk from complications from either of the strains of flu.

The decision to take this approach is based on scientific analysis by the province's top immunization experts. Some of the considerations that were used to come to this decision are:

- Evidence shows the H1N1 flu virus will be the main strain in circulation this fall in Ontario.
- Seniors are most at risk for complications from seasonal flu while younger people are more at risk for complications from H1N1 flu. Also, the H1N1 virus does not typically occur in persons over age 60, probably as a result of residual immunity from exposure to H1N1 prior to 1957.
- Some studies in Canada show a potential link between prior seasonal flu vaccination and risk of getting an infection with the H1N1 virus.
- There is no scientific data that supports the safety and effectiveness of administering the seasonal flu vaccine and the H1N1 vaccine at the same time.

Timing of Flu Shot	Target Population
IMMUNIZATION DURING OCTOBER	
Seasonal Flu Vaccine	<ul style="list-style-type: none"> ▪ Persons 65 years and over living in Ontario ▪ Residents of long-term care homes
IMMUNIZATION BEGINS IN NOVEMBER	
H1N1 Vaccine	<p>Those who would benefit most from immunization and/or those who care for them:</p> <ul style="list-style-type: none"> ▪ People with chronic medical conditions, under age 65 ▪ Pregnant women ▪ Healthy children from six months to five years old ▪ Persons residing in remote and isolated settings or communities ▪ Health care workers involved in pandemic response or the delivery of essential health care services ▪ Household contacts and care providers of persons at high risk who cannot be immunized or may not respond to vaccines <p>Others who would benefit from immunization include:</p> <ul style="list-style-type: none"> ▪ Adults 65 years of age and over ▪ Healthy children five to 18 years of age ▪ First responders ▪ Swine and poultry workers ▪ Healthy adults between 19 and 64 years of age
IMMUNIZATION BEGINS IN DECEMBER/JANUARY	
Seasonal Flu Vaccine	Universal influenza immunization program (UIIP) for all people six months of age and older who live, work or attend school in Ontario

Thayendanega Health Centre

DATE	TIME	LOCATION
Thursday October 8, 2009	1:00 - 4:00 PM	Thayendanega Health Centre 1658 York Road
Tuesday, October 13, 2009	10:00-12:00 PM	Home & Community Care 5731 Old Hwy 2
Wednesday , October 14, 2009	10:00-12:00 AM	Elders Lodge 301 Bayshore Rd
Tuesday, October 20, 2009	2:00-4:00 PM	Administration Office 13 old York Rd
Tuesday, October 27, 2009	4:00-8:00 PM	Thayendanega Health Centre 1658 York Road

**Please call the Health Centre if you have any Questions.
613-967-3603 and speak with a Community Health
Nurse.**

Indigenous Health Perspectives: A Cultural Path to Wellness

A Cultural Path to Wellness is a 20-hour course presented by Suzanne Katsi'tsiarihshion Brant. It is being offered over five consecutive Saturdays, from 9:00 am to 12:00 pm.

Sessions

Oct 17: The role creation teachings play in health

Oct 24: Teachings on the water drum

Oct 31: Symbolism in culture as it relates to health

Nov 7: Indigenous nutrition

Nov 14: Traditional medicine practices



Suzanne Katsi'tsiarihshion Brant, M.E.S, I.M.C., P.H.C.P., is a Mohawk from the Tyendinaga Mohawk Territory and is recognized as a traditional health educator. For Suzanne's bio, visit www.loyalistcollege.com and click on **Events**.

EVERYONE IS WELCOME. ADMISSION IS FREE.

Register to attend one session or all five sessions. Limited seating available.

LOCATION: Pat's Variety

FOR FURTHER INFORMATION OR TO REGISTER, please contact Michelle Brant at the Thayendanega Health Centre at 613-967-3603

Brought to you by the

Thayendanega Health Centre

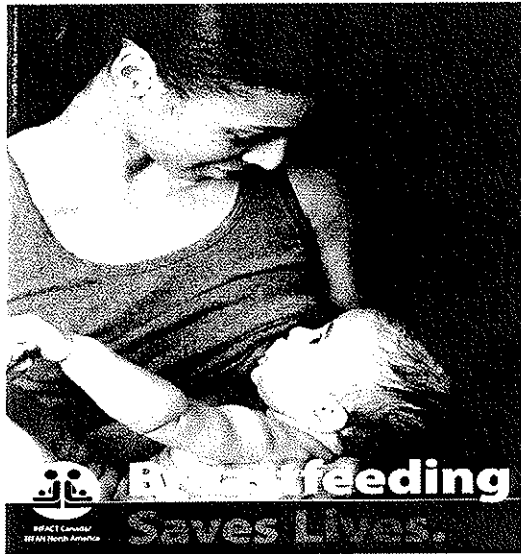
“Congratulations for Your Run”

Our Tyendinaga Team consisted of three generations with our only 60plus coming second in her division!!!



Jennie Leween, Angela Markland, Shannon Butcher, Constance Maracle, Shelly Brant, Laura Maracle, Sonya Maracle, Tammy Maracle, Nishina Loft, Stacia Loft.

You all did a great job and I hope to see you all back for next year's Fun Run!!!



WORLD
BREASTFEEDING WEEK
OCTOBER 1 - 7, 2009
2009

The US based Centers for Disease Control and Prevention¹ issued an important Question and Answer (May 2, 2009) for parents and caregivers. This information can also be applied to other viral and microbial outbreaks.

❑ **Does breastfeeding protect babies from this new flu virus?**

There are many ways that breastfeeding and breast milk protect babies' health. Since this is a new virus, we don't know yet about specific protection against it. Mothers pass on protective antibodies to their baby during breastfeeding. Antibodies are a type of protein made by the immune system in the body. Antibodies help fight off infection.

Flu can be very serious in young babies. Babies who are not breastfed get sick from infections like the flu more often and more severely than babies who are breastfed.

❑ **Should I stop breastfeeding my baby if I think I have come in contact with the flu?**

No. Because mothers make antibodies to fight diseases they come in contact with, their milk is custom-made to fight the diseases their babies are exposed to as well. This is really important in young babies when their immune system is still developing. Breastfeeding also helps the baby to develop his own ability to fight off diseases.

❑ **Is it OK to breastfeed my baby if I am sick?**

Yes. This is really important.

Do not stop breastfeeding if you are ill. Ideally babies less than about six months of age should get their feedings from breast milk. Breastfeed early and often. Limit formula feeds as much as possible. This will help protect your baby from infection.

If you are too sick to breastfeed, pump and have someone give the expressed milk to your baby.

❑ **If my baby is sick, is it okay to breastfeed?**

Yes. One of the best things you can do for your sick baby is keep breastfeeding.

Do not stop breastfeeding if your baby is ill. Give your baby many chances to breastfeed throughout the illness. Babies who are sick need more fluids than when they are well. The fluid babies get from breast milk is better than anything else, even better than water, juice, or commercial rehydration fluids because it also helps protect your baby's immune system.

If your baby is too sick to breastfeed, he or she can drink your milk from a cup, bottle, syringe, or eye-dropper.

If no expressed milk is available, you can give your baby milk donated by other mothers to a Human Milk Bank Association of North America (HMBANA)-certified milk bank.

❑ **Is it okay to take medicine to treat or prevent novel H1N1 flu while breastfeeding?**

Yes. Mothers who are breastfeeding should continue to nurse their babies while being treated for the flu.

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

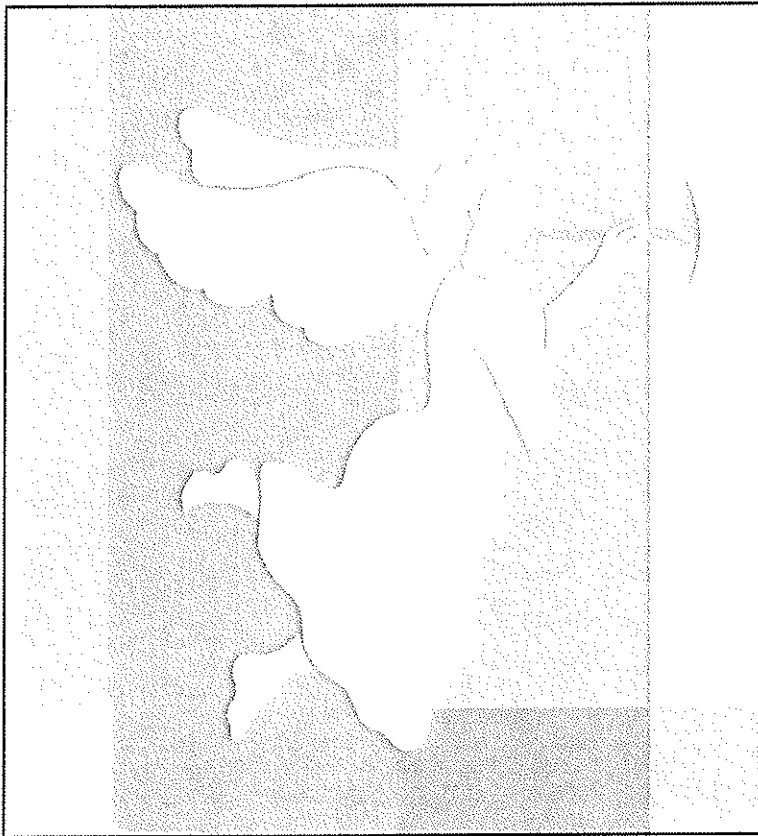
To their ongoing series of meetings

FRIDAY October 9, 2009
at Thayendanega Health Centre
10:30 am - Noon
& FRIDA Y October 23, 2009

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

**BREASTFEEDING CLINIC AVAIL-
ABLE**

**FOR BREASTFEEDING HELP
CALL HEALTH CENTRE: 967- 3603**



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 and younger.

If your children received a snowsuit and boots last year, they are not eligible for these items again this year. However he/she will be eligible to receive warm clothing.

Referrals will be taken as of October 5th, 2009

If you wish to access the "Angel Tree Program" or the "Christmas Food Hamper"

Contact: Tina Brant, CHR
Thayendanega Health Centre
613-967-3603

Application Deadline: November 27th, 2009



October 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
-----	-----	-----	-----	-----	-----	-----

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.

Scrapbooking - 1:00 - 3:00 p.m.

Birthday Tea - 2:00 p.m.

Ceramics - 1:00 p.m.

Bingo - 12:00 p.m.

					1 Breakfast Club (Full) Shopping Trip (Belleville)	2 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto)	3
4	5 Breakfast Club (Full) Ceramics Wii Bowling	6 Breakfast Club (Continental) Fitness Meals on Wheels Cross Stitching 1:00 - 3:00 p.m.	7 Breakfast Club (Continental) Diner's Club Deseronto Bowling	8 Breakfast Club (Full) Birthday Tea	9 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	10 Supper Club	
11	12 OFFICE CLOSED	13 Breakfast Club (Continental) Fitness Meals on Wheels Cross Stitching 1:00 - 3:00 p.m.	14 Breakfast Club (Continental) Diner's Club ELDERS LODGE Bowling	15 Breakfast Club (Full)	16 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto)	17	
18	19 Breakfast Club (Full) Ceramics Wii Bowling	20 Breakfast Club (Continental) Fitness Meals on Wheels Cross Stitching 1:00 - 3:00 p.m.	21 Breakfast Club (Continental) Diner's Club Deseronto Bowling	22 Breakfast Club (Full)	23 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto)	24 Senior Social at the Community Centre	
25	26 Breakfast Club (Full) Ceramics CASINO RAMA	27 Breakfast Club (Continental) Fitness Meals on Wheels Cross Stitching 1:00 - 3:00 p.m.	28 Breakfast Club (Continental) Diner's Club ELDERS LODGE Bowling	29 Breakfast Club (Full) BINGO	30 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	31 HAPPY HALLOWE'E'EN  	

Hot off the Press **New Openness in Adoption with BILL 210 changes**

With the new Legislation that was put into effect November 30, 2006, there are many questions adoptive parents have as to what the new changes mean for children moving on to adoptive families.

Ontario's Bill 210, officially called the Child and Family Services Statute Law Amendment Act, would allow a Children's Aid Society to go to court to get an openness Order for Crown Wards that are to be adopted.

Bill 210 provides that:

- To make an openness Order, the court must be satisfied it is in the best interests

of the child, and will allow a continued relationship with a person that is beneficial and meaningful to the child, such as a birth mother, foster parent or member of the child's extended family.

- The adoptive parent and other parties can make their own openness agreement, before or after the adoption. This would allow an ongoing relationship with significant people in the adopted child's life, such as birth or foster parents, or the adoptive parent of the child's sister or brother.
- If a child who is a Crown Ward has been or may be placed for adoption, the court may grant an openness Order before the adoption is finalized.

This means a child could keep important ties to his or her birth family, siblings or grandparents, and still be adopted.

Bill 210 will also amend the Vital Statistics Act so that if an adoptive parent reregisters an adopted child's birth, the birth registration will no longer read as if the adopted child had been born to the adoptive parent.

It is important to note that these agreements will be on a mutual basis and court decisions made will be case specific. Not all adoptions will require or have an openness agreement. Every case decision regarding openness will be given careful consideration by the Society and the Courts and must be proven by the parties requesting the agreement that openness is in the best interest of the child in question.

"The removal of access orders as a barrier to adoption placement is a key intent of the proposals," say Pat Fenton, Executive Director of the Adoption Council of Ontario, "and it is a great step, as it gives the opportunity for openness arrangements to be considered where appropriate. For me, a key element is flexibility and different options for permanence, with adoption being one of several options (others being guardianship, kinship care, customary care, etc.). It also makes the system friendlier to applicants, more responsive and effective."

The Ontario adoption community, led by ACO, has long called for a legal change so that Crown Wards with access can nonetheless be adopted.

FOR MORE INFORMATION

ACO news release: (June 7, 2005) ACO Urges the Ontario Government to Implement its Proposed Changes to the Adoption System Without Delay, <http://www.newswire.ca/en/releases/archive/June2005/07/c8881.html>

Bill 210: Child and Family Services Statute Law Amendment Act, 2005, www.ontla.on.ca/documents/Bills/38_Parliament/Session1/b210_e.htm

*This article was an excerpt from the Adoption Council of Canada Website at: www.adoption.ca/news



FOR MORE INFORMATION PLEASE CALL:

MOHAWK FAMILY SERVICES
BOX 132, 40 YORK ROAD
TYENDINAGA MOHAWK TERRITORY
SHANNONVILLE, ONTARIO K0K 3A0

613 - 967 - 0122

Community Wellbeing:

Mohawk Family Services Program/Services Update: Sept 21/09

TITLE: MOHAWK FAMILY SERVICES

MISSION STATEMENT: NURTURE -SUPPORT -PROTECT

PROGRAM OVERVIEW:

Mohawk Family Services (MFS) is a prevention program involving early intervention to reduce the need of protection (as defined in the Child and Family Services Act) but are children and families who are in need of assistance/support. This is provided through a variety of ways including one to one and family counselling; training (e.g. parenting, behaviour management); Foster Care/Customary Care; home visits and supervised access visits; advocate/refer on behalf of the client's needs; capacity building; accessibility to programs/services both on and off Territory. MFS has an after hour's 24-hour service/pager support.

Calendar Events – 3rd Quarter Oct-Nov-Dec

Oct 2-3-4 Medeba Camp - Akwekon Project/ Hasting CAS Sponsored

Oct 19-20 Oct 26-27 Star Quilt Project

Nov 2-3 Leather Mitts hand sew

Nov 12- MFS Recognition Feast : Families (Customary Care, Foster & Adoption)


Dec 06- Merchandise Bingo (xmas) @Community Centre 1-3 pm

Dec 16- QMS Children Shopping Day (xmas) @ gym QMS no parents allowed

***Moon
Ceremony***

All Women Welcome!
Bring a lawn chair if you can!
WHERE: RED CEDARS

WHEN: Nov. 2 at Dusk
Please wear a dress/skirt and bring tobacco if possible.
Call for more information:
969-2215 or 967-2003
POTLUCK MEAL SHARING

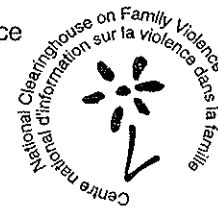


Facilitated by Red Cedars Traditional Practitioner Program

FAMILY VIOLENCE IN CANADA: FACTS

Family violence and abuse affects all of us; no one is immune to violence.

- ✓ Abuse occurs in all forms of relationships including: parent-child, caregiver-client, adult child-parent, dating, gay and lesbian, marital and common-law and sibling.
- ✓ Since the age of sixteen, **51%** of Canadian women report having experienced at least one incident of physical or sexual violence.¹
- ✓ Nearly three in ten Canadian women (**29%**) who have ever been married or lived in a common-law relationship have been physically or sexually assaulted by a marital partner at some point during the relationship; **21%** of these women were assaulted during pregnancy.²
- ✓ Of 22,000 victims of spousal violence reported to a sample of 179 Canadian police agencies in 1997, **88%** (19,575) were female and **12%** (2,679) were male.³
- ✓ Children witnessed violence against their mothers in almost **40%** of violent marriages; in many cases of children witnessing violence, the violence was so severe that the women feared for their lives (**52%**) and/or were injured (**61%**).⁴
- ✓ Nearly one quarter of women (**22%**) who have experienced wife assault never told anyone about the abuse.⁵
- ✓ Violent men are three times as likely as nonviolent men to have witnessed spousal violence in childhood, and women who were raised in similar circumstances are twice as likely to be victims of spousal violence.⁶
- ✓ Between 1978 and 1997, 1,485 females and 442 males were killed by their spouses in Canada.⁷
- ✓ A total of 90,792 women and children were admitted to 413 shelters for battered women across Canada in 1997-1998.⁸
- ✓ In 1996, children under 18 represented **22%** of victims of assaults reported to a sample of 154 police agencies; children represented **60%** of all victims of sexual assault and **18%** of all victims of physical assault.⁹
- ✓ Of sexual assaults by family members reported to police, girls were victimized in **79%** of cases (1,662); while boys were victims in **21%** of cases (440).¹⁰
- ✓ The degree of risk of sexual abuse of persons with disabilities is "at least **150%** of that for individuals of the same sex and similar age without disabilities."¹¹
- ✓ In 1997, older adults accounted for **2%** of victims of all violent crime reported to a sample of 179 police agencies; of these, **53%** reported sustaining some type of injury.¹²
- ✓ Almost **25%** of violent incidents against older persons reported to a sample of police in 1997 were perpetrated by family members; and while more older men were victimized by their adult children (**41%**) than by a spouse (**28%**), older women experienced violence by adult children (**40%**) and spouses (**40%**) in equal proportions.¹³





We all have a responsibility to end the violence

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



October 2009

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Tot's Group Drop-in Program 9-10:30am	2	3
4	5 TFRC 9:30-10:30am	6 Kinder Gym 9:00-10:30am Tree Skirt Class 6-9pm	7 Prenatal Health Center 7-9pm Aqua-tot Napanee pool 10-11am	8 Tot's Group Drop-in Program 9-10:30am	9	10
11	12 Office Closed 	13 Kinder Gym 9:00-10:30am Tree Skirt Class 6-9pm	14 Prenatal Health Center 7-9pm Aqua-tot Napanee pool 10-11am	15 Tot's Group Drop-in Program 9-10:30am	16	17
18	19 TFRC 9:30-10:30am	20 Kinder Gym 9:00-10:30am Tree Skirt Class 6-9pm	21 Prenatal Health Center 7-9pm Aqua-tot Napanee pool 10-11am	22 Tot's Group Drop-in Program 9-10:30am Scrapbooking 6-8pm	23	24
25	26 TFRC 9:30-10:30am	27 Kinder Gym 9:00-10:30am Tree Skirt Class 6-9pm	28 Baby Food Workshop 6-8pm Aqua-tot Napanee pool 10-11am	29 Tot's Group Drop-in Program 9-10:30am Halloween Party! 6-8pm	30	31 Halloween 

Kinder Gym



Every Tuesday 6, 13, 20 & 27 2009

Queen Anne Parish Center

9:00-10:30am

0-6 with a parent / caregiver

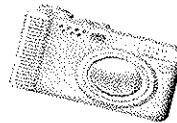
Healthy snack provided

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

The bright side of morning sickness?

New research from Toronto's Hospital for Sick Children has found that the more nausea a mother feels while pregnant, the smarter her baby will be. The IQ scores of kids whose moms had morning sickness were three to four points higher than those of children whose moms didn't (the kids were tested between ages 3-7). Past research has pointed to a link between morning sickness and a reduced risk of physical problems in infants.



Aqua Tot's

Every Wednesday October 7, 14, 21 & 28

Napanee Indoor pool

10:00-11:00a.m.

Please let us know if you will be attending.

613-969-1835 or 613-969-1649

Adult's & Tot's

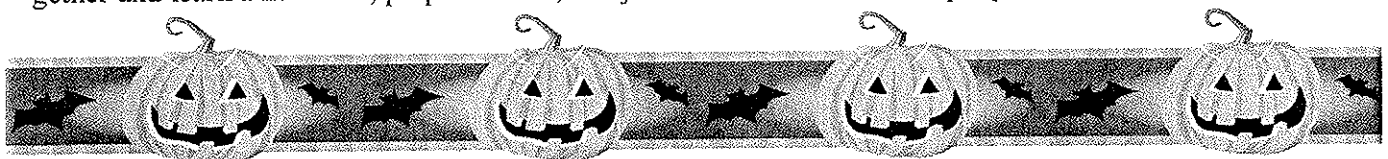
Every Thursday 1, 8, 15, 22 & 29 2009

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

Want to make sure you and your preschoolers are on the same page about work? Try one of these great reads.

When Mama comes home tonight
By: Eileen



You Go Away
By: Dorothy Corey
\$8.95



What do people do all day?
By: Richard Scarry
\$14.40



The joy of doing it yourself books!

Follow that Map!
A first book about mapping skills.
By: Scot Ritchie
Ages: 4-7
\$12.88



Pirate's Log
A handbook for aspiring swashbucklers.
By: Avery Monsen
Ages: 8-12
\$15.92



Baby Food Making Workshop

Come out and learn how to make your own baby food.

All supplies will be provided.

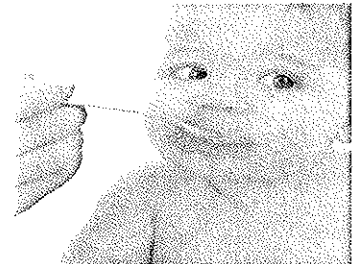
October 28th 2009

6-8pm

Queen Anne Parish Center

1295 Ridge Road

If you would like to attend please call 613-969-1835 or 613-969-1649



If your toddler never finishes a jar of juice before it goes bad, pour the leftovers into ice-cube trays and then freeze them. Pop one out into a cup of water and instant diluted juice!

Blue's Clues

To help your little one remember which faucet is hot or cold. Wrap a large blue rubber band from your vegetables around the cold water handle. Your child will never be confused and less chances of burning themselves.

Motor Skills

After meals, give your son a few of his favorite toy cars along with a baby wipe while he's still in his high chair. He will use the wipe to give his car's a "car wash" and then he washes down the "driveway" the tray. He will have lot's of fun, and less mess to clean up!



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	

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

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.

The Dad and Baby bond...

How can the father of an exclusively breastfed baby build his own relationship with his little one? Spending time together and learning to read your baby's signals and respond will forge a strong attachment between you. No milk required. Here are some ideas:

Bathe baby: babies usually like this, especially if the two of you get into the big tub together and cuddle skin to skin.

Use a sling or carrier: when baby's fed and content, tuck him in a sling and go for a walk, or relax in the backyard. They will enjoy hearing your voice and your heartbeat.

Bring baby to mom for feedings: if the baby is in another room, you can be the one who brings them in to be breastfed. They'll soon calm down when they see you, knowing that food is about to arrive.

Be the tummy-time play mat: lie on your back, and let baby lie on your chest and practise lifting there head and developing there muscles.



Let's go Apple Picking & Pumpkin Picking!

The time is ripe to take the family and friends to a local orchard and pumpkin patch. Savour the fall sunshine while you play fun games and enjoy fresh seasonal snacks.

Sliced Sandwiches

Cut the top off a apple and slice into eight slivers, core the centre in a star shape pattern. Spritz the apple slices with lemon juice to help prevent browning. Spread peanut butter on a apple slice and a spoon of jam. Put the other slice on top.



Animal Plant

Bring your apples to life with edible arms and legs.

Set out bowls of pretzel sticks, dried fruit, almonds, chocolate chips, and marshmallows. Use peanut butter or cream cheese as the glue.

Jam Packed

Blend 12oz. Cream cheese with 3 tbsp's of seedless raspberry jam until smooth.

Serve with apple wedges



Halloween Safety Tips...

- Make sure costume is not too baggy or a tripping hazard (avoid, baggy sleeves, flowing dresses (maybe a fire hazard))
- Use makeup instead of a mask (or cut eye holes bigger)
- Swords, knives and wands should be made soft and flexible
- Make sure your child's costume is flame resistant
- Let small children paint a pumpkin rather than carving
- Use flash lights in pumpkins rather than candles
- Bring a snack when Trick or Treating!!
- Encourage children to wait for their treats until they have been checked!!



Bread Stuffing Recipe

Ingredients:

- 1 cup diced celery
- 1 cup chopped onion
- 1/4 cup butter
- 3/4 cup chicken broth
- 2 teaspoons poultry seasoning
- 1 teaspoon salt

1/8 teaspoon black pepper

1 large loaf (1-1/2 pounds) stale white bread

Preparation:

Sauté celery and onions in butter until softened.

Remove from heat.

Stir in chicken broth, poultry seasoning, salt, and pepper. Let cool.

Cut bread into 1-inch cubes.

Add to the chicken broth and gently toss to mix.

Stuff loosely into turkey.

The stuffing may be cooked separately in an uncovered casserole dish at 350 F. for 30 minutes.

Yield: enough for a 10-pound bird



Halloween Party!

Thursday October 29th 2009

1295 Ridge Road

(Queen Anne Parish Center)

6:00 - 8:00pm

Ages 0-6

Light refreshments will be provided

Please call ahead so there is enough supplies for your child to participate.

613-969-1835

Pumpkin painting
\$2.00 per person



Lot's of fun activities

Barrel of fun....

Mystery boxes....

Monster feet

Guess how many apples in the basket



Scrapbooking

Thursday October 22, 2009

1295 Ridge Road

(Queen Anne Parish Center downstairs)

6:00 - 8:00pm


Please 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

“NEW LOCATION”

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



**NEW EQUIPMENT
HAS ARRIVED**

THANK YOU, THANK YOU

A big thank you has to go out to **Brian Hamilton** for all his efforts towards the fitness centre. **Nia:wen kowa**, you have been a great help in getting things done in the new location, and and thank you for helping to rush the new equipment. TFRC Team!

October 2009
“What’s New?”

Last Month Updates:

At last the new equipment has finally arrived. On September 21st, our new equipment was ready for use, and we are excited about the new additions to the centre. We hope you have a chance to stop by and check them out; and we look forward to showing you all how to use them. The new equipment includes; *a new treadmill, elliptical, abdominal machine, lateral pull down, chin dip assist, and a preacher curl bench.* We know the new equipment will be well used.

We have a *new staff member* joining the TFRC Team! Welcome *Melissa Maracle*; the team is excited about you joining us; and we look forward to your ideas and experiences that will help enhance the centre.

We hosted our *Grand Opening Event on September 25th & 26th*. The event proved to be successful as we had over 77 people came out to check out the new space and equipment. The event boasted a variety of things like a 50/50 draw, a balloon game, draws for fitness bags, membership deals, refreshments; demonstrations our new equipment; a kick boxing demo; a reflexology demonstration; and a Thai Yoga massage. Thank you to Mark Loft, and his beautiful assistant, Rose Green and Barbara Roch and to everyone who came out on these two days to support the fitness centre.

Without the support of the community and surrounding areas, the fitness centre would not be possible. We truly appreciate each and every client patronage, and look forward to any and all feedback on the fitness centre.

Nia:wen Kowa Everyone!

The winner of the Grand Opening **50/50 Draw** was **Mark McNamara**, Congrats on your **\$18.00** winning. The winner of a free month membership from the balloon game was Kalyne Maracle. **65 balloons** were popped for a total of **\$130.00 proceeds for the centre**. The winners of the door prizes were **Steve McGuire, Cindy Brant and Sandra Lewis den Otter**. Thank you all for your support. **The balloon game was such a success** **We are continuing it, so stop in and try your luck.**

We are starting our **transportation to and from the centre** on the first of October. If you are without a vehicle and need transportation to and from The fitness centre for physical activity; give us a call to see if you qualify for transportation (*certain criteria needed*) assistance.

If you have any questions, comments, or concerns, feel free to stop by for a chat, or give us a call and let us know what you are thinking.



Childcare

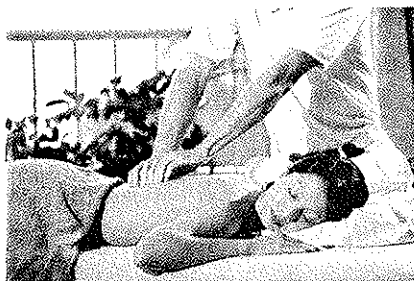
Childcare is available to members for a monetary donation. The centre is a non-profit organization; and therefore we rely on donations to help us out.

If you utilize the childcare services at TFRC, a monetary donation is greatly appreciated! This funding helps us purchase childcare supplies.

We recently purchased some **new craft materials** for the childcare area, so bring your kids out if you can, to check out some new crafts. If crafts are not your children's idea of fun, maybe they would like to check out the system and be active for a while, as you workout.

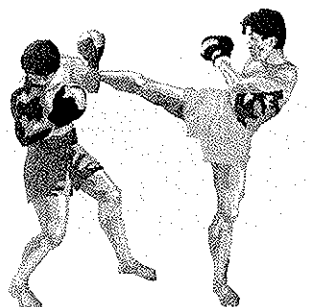
Childcare Hours:

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



Cardio Kick Boxing Classes

Throughout the month of October, the centre will be starting "Cardio Kick Boxing" classes. The instructor is our communities own **Mark Loft**. The cost is **\$5.00 per person, per class**; and classes will be held every Wednesday & Saturday starting October 14, 2009. If you are interested in attending kick boxing classes, **Limited to 15 participants, so sign up early** to be guaranteed a spot.



All programming details or to setup appointments
Call Tyendinaga Fitness Resource Centre
(613) 962-2822

TFRC New Programs

Reflexologist Appointments

Rose Green, a certified reflexologist, is available by appointment. Rose did a demo at the Grand Opening of the fitness centre. She will be doing a demo again in November. If you are interested in her specialty, you may call Rose at **613-396-3238**, Rose is also certified for Level 3 Reiki.

Massage Appointments

Starting in October; **Sonya Maracle** (TFRC) will be available at the centre by appointment for **half hour and one hour massages**. If you're interested in having a back massage to treat yourself.

Also "That Green Touch" massage is available by **Michael Green**, more detailed information on his website www.thatgreentouch@yahoo.ca

Belly Fitness

Starting October 17, 2009, **Alexa Fleming** will be running a Belly Fitness Class at TFRC. Class will be held **every Saturday; for six weeks**. This class is designed for **women only, age 12 and up**. The **deadline** for registration is **October 10, 2009** from **9am to 10am on Saturdays**. (More information on the next page)



Yoga Classes

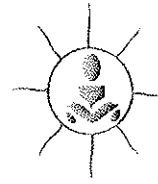
Beginning October 20, 2009, **Barbara Roch** will be available at the centre for Yoga classes. The classes will be held every **Tuesday, from 3pm to 6pm**. The cost for the program is **\$90.00 for ten weeks**. Barbara is a certified Yoga Instructor, and is as well available for "**Thai Yoga Massage**" by appointment. The deadline for the registration for Yoga Classes is **October 13, 2009**. Relax and take time for yourself. (More information on next page)



Trainer Tips

Fitness Makeover

1. **Arm Yourself.** Treadmills, elliptical and bikes firm your legs and butt, they do little for your arms. Hop onto a rowing machine, these machines give you a great core workout.
2. **Do a mini workout.** If you are getting tired of your hour long workouts shorten them up. Use the extra time to do something else like an extra long walk with your family or dog.
3. **Divide your cardio workout.** No one is forcing you to stay on the same piece of equipment for you entire cardio session. Why not split it up. Instead do three different machines for 10-15 minutes each.
4. **Manipulate your sets and reps.** if you are used to resting two to three minutes between sets, do fewer reps (or use less weight) and drop your recovery time between sets to 30 – 60 seconds. If you already have short rest periods use heavier weights and longer rest periods.



KANHIOTE

TYENDINAGA TERRITORY PUBLIC LIBRARY
Yor's Rd. Tyendinaga Mohawk Territory, K0K 1X0
967-6264

THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO

As part of our Ontario Trillium Foundation grant we have an Early Literacy Station loaded with programs to help children up to age 10 learn numbers, letters, reading, math and computer skills while playing games. There is also a dictionary and thesaurus and other homework helpers.

Knitting/Felting

Please call 613-967-6264 if you would like to learn how to knit and felt a pair of mittens or a purse. Space is limited. 6 weeks of instruction every Tuesday evening from 7 to 9 pm beginning October 20th. No cost. Instructor Edith GrosLouis.



Sponsored by NCB/GWA.



B'Elanna and
Blake Maracle
want to say:
"NIA:WEN
GOWA
To the
DREAMCATCHER
FUND
For their support
for our activities:
Swimming, base-
ball and ball
hockey."

Tyendinaga Fitness Resource Centre

Beginning Tuesday October 20/09

Yoga @ T.F.R.C.

Chair Yoga for Seniors

3pm to 4pm

Open 1hr. classes -

4pm to 5pm or 5pm to 6pm

The Certified Yoga Instructor

is Barbara Roch

Cost is \$9.00 a week / 10 weeks

YOGA

One hour Classes

10 preregistered classes

Cost \$90.00

(two payments of 45)

One extra class is available to
make up for a miss class.

Deadline to sign up

by **October 13**

We require 6 Participants
per class in order to run the
program. If successful we
will continue this program
every 10 weeks.

Thai Yoga Massage by Barbara Roch

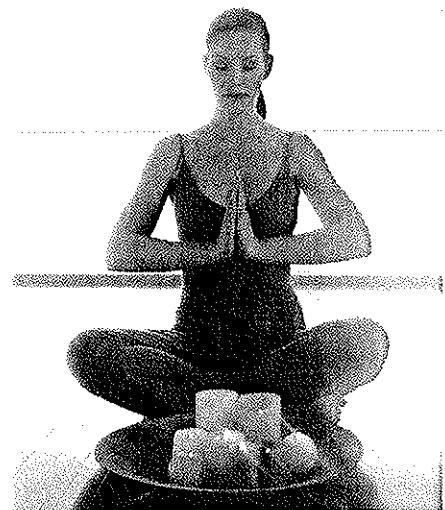
1 hour massage for \$30.00 is available by
Appointments.

Register today : (613) 962-2822

Or email : tyfitnessres@mbq-tmt.org

Questions about yoga call : Barbara (613)354-7503

Or email ; b_roch@sympatico.ca



Therapy

Appointments :

Massage- Sonya Maracle

Reflexologist - Rose Green

Massage - That Green Touch

Tyendinaga Fitness Resource Centre

Calendar of Events

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All programs will continue if register. Is successful during this month.		Yoga is a 10 weeks program	Kick Boxing Continue programming	1	2 3	Belly Fit 6 weeks
4	5	6		8	9	10 Deadline to sign-up For Belly Fit
11	12 Deadline to sign -up for Kick Boxing	13 Deadline to sign-up for Yoga	14 <u>Cardio Kick Boxing</u> Women Only 6:00pm-	15	16	17 <u>Belly Fit</u> 9am-10am <u>Cardio Kick Boxing</u> 10:30am-11:30am
18	19	20 <u>Yoga</u> 3:00pm-6:00pm 1hr.sessions	21 <u>Cardio kick Boxing</u> Women Only 6:00pm-	22	23	24 <u>Belly Fit</u> 9am-10am <u>Cardio Kick Boxing</u> 10:30am-11:30am
25	26	27 <u>Yoga</u> 3:00pm-6:00pm 1hr.sessions	28 <u>Cardio kick Boxing</u> Women Only 6:00pm-7:00pm	29	30	31 <u>Belly Fit</u> 9am-10am <u>Cardio Kick Boxing</u> 10:30am-11:30am



Welcome "Super Girl"

Isabella Rose Barnhardt entered the world on September 28, 2009 at

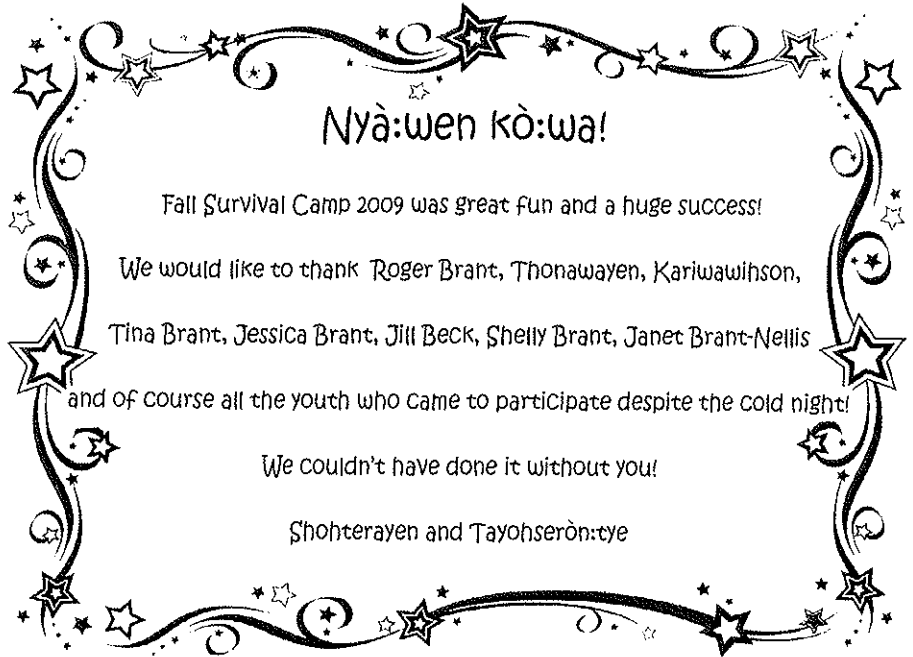
9:00 a.m.

Weighing in at 7 pounds 3½ ounces

First daughter for Matt and Heidi Barnhardt

Congratulations from proud grandparents Carla & Sam Barnhardt and first time grandparents Rose Dewe and Wayne Dewe

May all the precious little moments warm your heart forever!



Nyà:wen kò:wa!

Fall Survival Camp 2009 was great fun and a huge success!

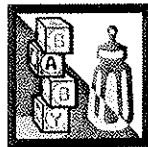
We would like to thank Roger Brant, Thonawayen, Kariwawihson,

Tina Brant, Jessica Brant, Jill Beck, Shelly Brant, Janet Brant-Nellis

and of course all the youth who came to participate despite the cold night!

We couldn't have done it without you!

Shohterayen and Tayohseròn:tye



Congratulations!

Uncle Kelly & Auntie Melissa would like to congratulate Amy Barnhardt & Evan Maracle on their upcoming blessing!

Love Kelly, Melissa & Kids

"Hey we Finally Did it" we're Officially the Boomhour's

On Saturday Sept 12th Ruby and Brad Tied the Knot!

We have been together for almost 20 yr's and decided that we wanted to take the next step and make it Official. We appreciate all the Help we received from our Family an Friends in pulling this Happy Day together for us.

Thanks to Bev & Melissa for all your Planning and support, Thanks to Dana for the Sacred ire & Singing the Wedding song at our Ceremony and to Amanda for doing the Shawl Dance.

Thanks to Jenny Wannamaker for all her phone work and making the Dream catchers as well Great Job!

Nia:Wen to the Wedding Party, Jason, Jamie, Melissa, ,Amanda, Delreace(JIGGY), Kaylea (Beans), Alexis, Chanse(Sylas), Beverly, and especially Chief Don Maracle for performing the Service and to Father Gerard Pringue as well.

Thanks also to our good friend Joy Brant for read-

ing the Scripture at our wedding.

We also want to Thank everyone for bringing all the Wonderful Food that they made for this day, It was all Amazingly Tasty, I don't think anyone went away Hungry. Thanks also to the Native Women's Association (and Tony Potts)for their help in setting up the food and also for the food they donated as well it was truly appreciated. Thank You to Cousin Terri Ward for her help and the supply's for decorating the hall and also Thanks to Terri & Andy for the Wedding Cake it was Great!

Nia:Wen to Niki & Chris Auten for running the Bar for us they did an Awesome job as usual.

Also Thanks to Dylan & Jordan for spinning the Tune's, You guy's did a Great job!

Mostly we want to Thank everyone for coming out to share this day with us it will be a day we will Treasure for the rest of our time on Turtle Island.

From both of us

Thank You All from the Bottom of our Heart's.

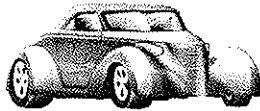
Herbert Elwood Maracle

We would like to thank everyone for their cards, flowers, food and condolences. Special thanks to Chief Maracle and Council. Special thanks to Denise Leafe for her hard work and diligence in order to bring Dad home.

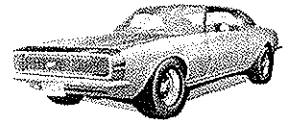
With many heartfelt thanks, Lynda, Murrell & Families

Thank You!

Gladys Maracle & family wish to thank all relatives who made her 90th birthday a great celebration. Special thanks to the Mohawk Council & Chief Don Maracle for the 90th year certificate and also for his kind remarks.



Thank you



to our Classic Car Show Sponsors 2009

Iva & Ron Brant

Tyendinaga Computers

Free Flow Petroleum

Smokin Pit Stop

Lalonde Auto Repair

Brant Auto & Restoration

Rez Boyz

Onkwehonwe Neha Ent.

Steve Lowry

Napanee Valley Cruisers

North Shore Tobacco

Skyway Pizza

Bob & Jane Burrell

TMT Variety

Bubz Wheels

Red Cedars Shelter

Village Variety

Hill's Variety

Bob's Portable Toilets

Rez Cresting

Threadworks

Gerry Haggerty-State Farm

McCurdy Chev Olds

D & D Electrocraft Ltd

Guillevin Electric

Jean Maracle & Family

Nation 2 Nation Tobacco Trading Mohawk Liquidation

Mohawk Duty Free Tobacco & Gifts

Bernie & Shirley Foley

Cheryl Tugnette

P & D Electrical Services

Kagita Mikim

Kevin Brant Auto Body

Confederate Variety

Mohawk O.N.E.

Car Smart

Ric & Kathy Brant

Fred Knight

Deb's Gas Bar

Star Trophy

Hawkins Cheezies

K.C. Builders

Riverside Smokin Variety

Thayendanega Health Centre

Silver Spur

Jean Maracle (Bob's Choice)

Special thanks to:

Sherry Maracle and Wendy Thirston for working the gates

Marlin Brant of Tyendinaga Computers

Jean Maracle for Bob's Choice Award

Without all of you and your support our show would not be so successful!

Thanks again!

Happy Birthday!



Happy Birthday to my
Babies!
Ryan, Oct 2
Kennedy, Oct 17
Love Mom and Dad

Happy 23rd Birthday!
Tubby
Sept. 22
Love Peetes, Chick
& Pitts

Happy Birthday Nikita
October 21st
Love Mom & Dad

Happy Birthday Dad &
Papa – October 8th
Love Sam &
Emmett

Happy Birthday Cool Poppa Phil!
Love
Trey, Dawson, Jurnee, Jaida and Kooper

Happy 25th Birthday Tara
October 1st
Love Aunt Marilyn,
Uncle Rick, Sam &
Emmett

Happy 13th Birthday
Cooper – October 13th
Love Aunt Marilyn,
Uncle Rick, Sam &
Emmett

Happy 11th Birthday!
Sadie (Sissy) Maracle
October 28, 2009
Love,
Daddy, Brandi, William and Elijah
oxoxo

Happy Birthday Jess
October 4th
Love Aunt Marilyn,
Uncle Rick, Sam &
Emmett

Happy 6th Birthday Skyler
October 21st
Love Marilyn, Rick, Sam
& Emmett

Happy Birthday Bubba (Dick Brant)
Oct. 25
Love from your family

Happy Birthday Jolie
October 4th
Love Aunt Marilyn, Un-
cle Rick, Sam & Emmett

Happy 20th Birthday
Kayla - October 24th
Love Aunt Marilyn,
Uncle Rick, Sam &
Emmett

Happy Birthday!
Brandy Brant—Oct. 11
Love from your family

Happy Birthday Brad
October 8th
Love Mom & Dad

Happy 12th Birthday
Cheyenne
October 28th
Love Aunt Marilyn,
Uncle Rick, Sam &
Emmett

Happy Anniversary!



Happy 1 Year Anniversary!
October 18th
Amy & Shane Cowie
Love Uncle Chip, Aunt
Allison & Kody

Happy Birthday Brad
(Bro & Uncle)
October 8th
Love Sam & Emmett

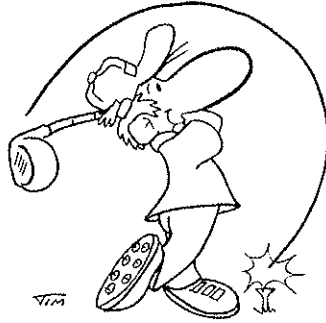
Happy 23rd Birthday
Adam – October 31st
Love Aunt Marilyn,
Uncle Rick, Sam &
Emmett



Happy Anniversary!
Bill & Nancy
October 7th
Love Marilyn, Rick, Sam &
Emmett

Happy Birthday Rick
October 8th
Love Marilyn

THURSDAY NIGHT



GOLF LEAGUE

Would like to say nya'wenkowa to the following people & organizations for their contribution to our prize table and raffle:

Dan Brant

Briar Fox Golf & Country Club

Quinte Trades Services

Rez Cresting

Pringle Upholstery

Thomas Maracle

First Nations Division, Xerox Canada

The organizers ask that you continue to read the Tyendinaga Newsletter to be informed for the 2010 Thursday Night golf league.

Upcoming Events

The Rez Sisters by Tomson Highway

October 10 to 17, 2009
Market Hall
336 George Street North
Peterborough, ON

Test your luck at the BIGGEST BINGO IN THE WORLD, with this award winning play by one of Canada's best beloved playwrights Tomson Highway. When the town's biggest gossip lets loose the news of the World's biggest bingo, seven "REZ" ladies, armed with bingo daubers and big dreams (and a little guidance from Nanabush), conspire to get some game on. Come along on the journey and meet the women whose hopes, loves and concerns for their families, communities - and for themselves, are met with hilarity, honesty, magic and a real live bingo game for everyone to play. Back in June 2009 Aboriginal arts collective O'Kaadenigan Wiingashk brought The Ode'min Giizis week long multi-disciplinary festival of arts, featuring local, regional and international artists including Buffy Sainte-Marie, Keith Secola and Tomson Highway. OKW is now excited to present this Dora award winning Cree playwright's story of The Rez Sisters. When it first broke on the Toronto theatre scene in 1986, it startled and delighted audiences

and has since achieved lasting influence in contemporary theatre.

O' Kaadenigan Wiingashk has assembled an outstanding artistic team, using a mix of artists from Peterborough and across Canada, including a colourful, whimsical design by Ted Roberts, based on the Woodland style of art by Daphne Odjig and Norval Morrisseau.

50th
Anniversary!


For Elmer & Shirley

Afternoon Tea will be held at the
Orange Lodge, 1825 York Rd.
on the Tyendinaga Mohawk Territory
Saturday, October 24th 2009
1:00 - 4:00

*Express your best wishes only!
Come with a joke, a song or tell a story
to help celebrate their special day!*

Performers: Renelitta Arluq, Cherish Violet Blood, Gloria May Eshkibok, Nicole Joy-Fraser, Pamela Matthews, Susan Newman, Patti Shaughnessy, James Whetung.

For ticket info including group rates call 705-745-1788
October 10 at 8pm, October 11 at 2pm, October 15, 16, 17 at 8pm
School shows: October 13, 14, 15, 16

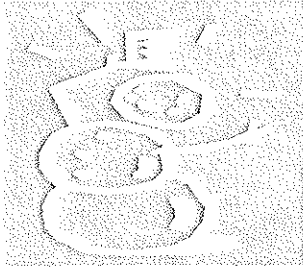


CHRIS & CHELSEY'S
Halloween Themed – Jack & Jill

Saturday, October 24/09
8 p.m. - 1 a.m.
Mohawk Community Centre (Upstairs)
\$10.00 per person/\$15.00 per couple

*D.J.
Games & Prizes
Midnight
Munchies*

All Welcome!



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!

*****Attention Community Members*****

Join us for a potluck supper on
October 19, 2009 at 6:30pm to discuss
new ideas and great events for next
year's fair.

Please bring a dish of your choice and
don't forget your feast basket!

Remember:

Prize money must be collected before
November 30, 2009 or it will be forfeited
back to the Fair Board.

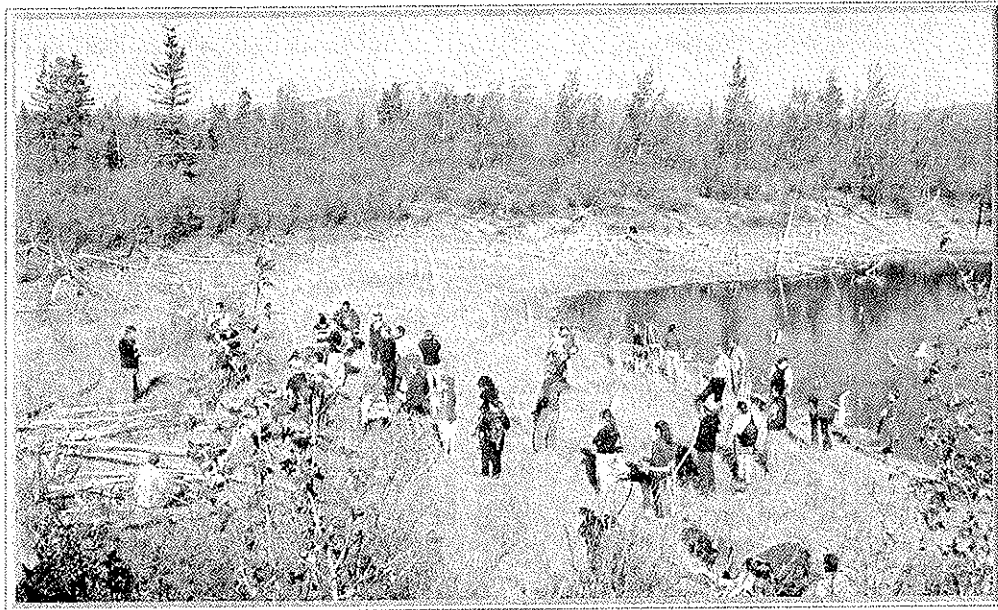


waterlution

evolving our relationship with water

Water and Health in Your Community

Get Inspired, Learn, Discuss, Share Stories with Youth from Ontario



Residential Workshop Water, Health and Community November 6th - 8th 2009

As part of Waterlution's the Future of Water Workshop Series, The workshop *Water, Health and Community* seeks to engage Tyendinaga youth in the issues and policies that affect our waters. The workshop is a chance to bring together traditional and local knowledge about the water issues affecting the Bay of Quinte and surrounding region. This is a chance to meet youth interested in water management across the region.

Who Should Apply:

There is space for 20 individuals between the ages of 20-35 to participate in the workshop (younger individuals are also encouraged to apply, and will be accepted on a case by case basis). In an effort to foster broad dialogue, we are looking for applicants representing diverse backgrounds and regions yet with a common care and interest in water issues in the Bay of Quinte. Interested applicants or for more information contact Jespal Panesar at: jespal@gmail.com or call 416-903-9859

Future of Water Workshop Series 2009: *Engaging Youth on Water Issues*



The 3rd Annual Restorative Justice Symposium 2009

REGISTER NOW!!!!

"Resiliency in First Nations' Communities"

Where: Tyendinaga Mohawk Community Centre
1807 York Road, Tyendinaga, K0K 1X0

When: **Thursday, October 29 and Friday October 30 –until Noon**
~ No Charge ~

Please bring a non-perishable food item for Tyendinaga's food bank

"Criminalized Women": Presented by Kim Pate, Executive Director of the Elizabeth Fry Societies. Kim works with and on behalf of marginalized, victimized, criminalized, and imprisoned women and girls. She is a strong advocate for social justice and has worked on criminal and social justice matters for more than two decades.

"Life in Prison": Presented by Dave Wehniseriio Jock. Dave is bear clan from Akwesasne who works as an elder with First Nations inmates inside the federal prison system. Dave will discuss the successes and barriers to rehabilitation with regard to First Nations' people. Joining Dave, will be a First Nations inmate who has spent most of his life in and out of the system. He is going to share some of his life experiences while on the road to re-integration.

Plus more exciting speakers T.B.A....

To R.S.V.P. or for more information, please contact:



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

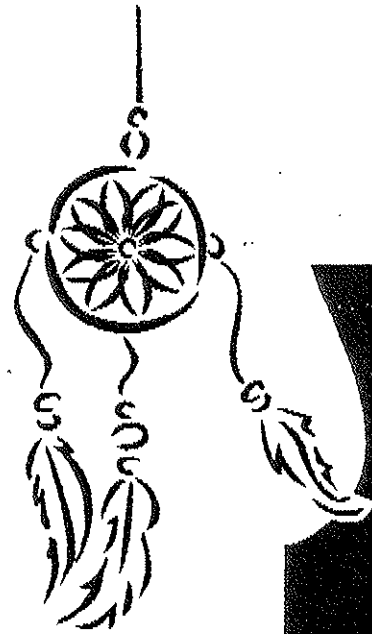
Mary Ann Spencer, Program Coordinator
613- 396 2122 ext. 123
Email: Maryanns@fnti.net
Shannon Butcher Youth Justice Worker
613-396 2122 ext. 166
Email: Shannonb@fnti.net





CALLING ALL NATIVE
CRAFT VENDORS!

We are looking for native craft vendors to be hosted by the Iroquois Cranberry Growers during the Bala Cranberry Festival.



WHEN: Friday, October 16 11—4 p.m.
Saturday, Oct. 17 9—5 p.m.
Sunday, Oct. 18 9—4 p.m.

WHERE: Iroquois Cranberry Growers,
located 2860 Iroquois Cranberry Growers Drive,
Exit 182 , east, off Hwy 400 south of MacTier,
Wahta Mohawk Territory

No Cost for Space. A craft donation would be appreciated for our gift shop.

**To reserve your space, please call:
Shirley Hay, Wahta Band Office
(705)- 762-2354 or 762-1439.**



Caregivers

Tahatikonhsontontie Head Start will be resuming our parent/child drop in program on September 8th, 2009.

Our drop in program is on Tuesdays and Fridays from 9 am to 11 am for children 0 to 6 yrs old and their caregivers.

We welcome expecting Moms to come and check out our program to see what we have to offer.

Diabetes Wellness Circle

On Tuesday October 13, 2009

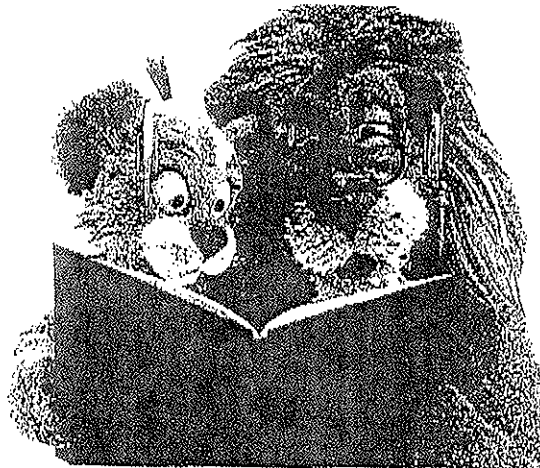
Harvest Ceremony Teachings

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



THE BETWEEN THE LIONS READ ALOUD BOOK CLUB 1 was created for young children 3 to 5 years old and a caregiver to attend together.

We will be reading a book aloud once a week and having a simple discussion and craft activity related to the book. The children will then get a copy of the book to take home.

WHEN: STARTING ON THURSDAY, OCTOBER 22ND AND WILL BE RUNNING FOR SIX WEEKS

WHERE: KAHIOTE LIBRARY

TIME: 6 PM TO 7 PM

THERE WILL BE LIMITED SPACES SO CALL MJ LOFT AT TAHATIKONHSOTONTIE HEAD START (613) 396-6716 TO CONFIRM YOUR SPOT

Funded by N.C.B. dollars

This is a partnership between Head Start (MJ) and the Kahiote Library (KAREN) to promote literacy.



Fourth Annual Christmas Craft Show and

Bake Sale

Tyendinaga Mohawk Community Centre

Saturday, December 12, 2009

9am – 4pm

VENDORS WANTED

The Mohawks of the Bay of Quinte Economic Development Office is currently seeking vendors for our annual Christmas Craft Show and Bake Sale.

- 8-foot spaces are available for just \$10.00
- Registration and pre-payment for your booth is required no later that December 1, 2009
- Booths will be assigned on a first-come, first-served basis
- Set up will take place on December 11, 2009
- Each vendor is required to donate an item valued at \$10.00 to be used for door prizes

For more information or to register for your booth, please contact Sharon Hill at the Sustainable Development Office at (613) 968-1122, ext. 135.



Retirement Party

Brian “Chummy” Brant

Oct. 10

8 p.m.-1 a.m.

Mohawk Community Centre

Happy 30th Birthday!

Kelly Lee Bernhardt

Born: October 23, 1997

Love Melissa & Kids



We would like to invite everyone to celebrate Kelly's 30th Birthday with us, family & friends

58 South Huron Brant Dr.

October 24

7 p.m.— end

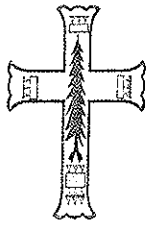
BEST WISHES ONLY!

Your presence is his gift.

B.Y.O.C.

(Bring your own lawn chair)

Hope to see you there!



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 18 October, the only service is at All Saints'

UPCOMING EVENTS

Sun 4 October, Back to Church Sunday
8:30 a.m., All Saints' Church
10:30 a.m., Christ Church

Sun 11 October, Harvest Thanksgiving
8:30 a.m., All Saints' Church
10:30 a.m., Christ Church

Wed 14 October, 7 p.m., All Saints'
Parish Fun Night

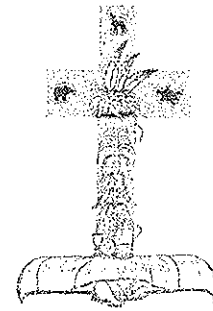
If you are not receiving parish mailings and would like to be kept up to date by being added to the mailing list, please call 396-3797.

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 Council of North to support ministry to parishes in the Canadian North.

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE
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

LAND FOR SALE

70 acres located on the Lower
Slash road just east of the Road
Shed building and office on the
same (south) side of the road.

Contact Wm J. Brant:
613-967-1129 for further details.



FOR SALE

12 BUSHEL BAGS OF WHITE
CORN

Call: 613-962-5470

FOR SALE

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

Call: 968-3917

FOR SALE

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

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

FOR SALE

BALDWIN HOME ORGAN
- Encore model with ear phones
- fantom fingers and percussion
- comes with all its technical
books for upkeep
- size 36 inches high, 24 inches
deep, 47 inches wide
- asking \$500.00

Call Narda: 613-396-3863

HOME MADE Butter Tarts

orders taken in advance
to ensure freshness.

Open Mon.- Sat.
8065 Hwy # 2
Deseronto

HAND MADE BABY
SWEATER SETS
-\$20.00

Knitted Dish Rags
\$1.25

Call Kathy: (613) 396-2197

FOR SALE

Lyed Corn

Beans, Potato Beans, Northern
Beans, Navy Beans, Pork Hocks,
Bulk White Corn by the quart

Call: 613-962-5470

LAND FOR SALE

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

Call Glenn Hill: 962-5470

HOUSE FOR SALE

- 3 bedroom, large kitchen,
2 baths, approx 3/4 acre

Please contact:
tyendinagao9@yahoo.com
or call: 416-938-4157

FOR SALE

2004 CHEVY AVALANCHE
- 98,426 kms
- 4 wheel drive, V8 engine
- radio/ cd player, A/C
- all leather seats - 2 front seats
are heated
- 2 sets of tires, power
windows/tinted, e-tested, rust
check done recently
- over a year left on warranty
- Great condition, will certify
Asking: \$19,500.00 OBO

Contact Christine at
613-967-0410
Truck can be seen at Rez Boys
613-968-6333

LAND FOR SALE

18 ACRES
- located on Hwy 49 next to
Pat's Variety
- all reasonable offers considered

Call
613-396-5923

FOR SALE

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

Serious inquiries only:
Please call 613-396-5879

**Get your winter tires before
the rush**

Tyendinaga Mohawk Territory
777-B Hwy #49

Sale Starting October 13, 2009

- Excellent prices plus NO TAX
- 100's of tires in stock
- Installation Available

TIRES

- Passenger, Performance, Off-Road, ATV, etc.

WHEELS

- MHT, American Eagle, Dub, Jesse James, Moto, Foose

ACCESSORIES

- Rain Guards, Air Intakes, Grill Guards, Performance Tuners, Nerf Bars, Lift Kits

**Winter Tire
Blowout**

Hours of Operation:

Mon—Fri: 9—5

Sat: 10—2

Give us a call for a free quote



Patrick Maracle
General Manager
777B HWY #49
Tyendinaga, ON
K0K 1X0
tel: 613.396.5555
fax: 613.396.5750
toll-free: 1.866.612.2827
email: bub@bubwheelz.com

OTHER LOCATIONS

Alderville First Nation, Curve Lake First Nation

Time for You Salon

613-968-9459

*Hair Styling for the
Whole Family!*

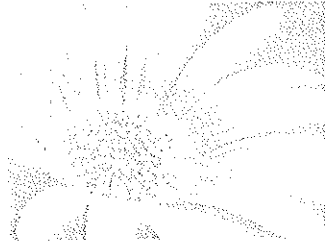
Gift Certificates Available!

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

Diane
Esthetician &
Hairstylist
5717 Hwy #2
Tyendinaga Mohawk
Territory

Hair Styling and Esthetics Salon

**Men's cuts
\$12.00**



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SHE:KON FROM NATIVE EXPRESSIONS & L'IL CROW CAFE

SHE:KON FROM NATIVE EXPRESSIONS & L'IL CROW CAFE

David R. Maracle has owned and operated his business Native Expressions since 1985 from the Tyendinaga Mohawk Territory. His wife Kimberly Maracle has now partnered up with him to Create L'il Crow Café & STAGE RED Performance Courtyard.. WE ARE SO PROUD that our NEW GALLERY, CAFE & COURTYARD has come to its fruition. First Nations SCULPTURE, CRAFT and MUSIC of MANY of our talented first nations artists are show-cased in our new gallery.

ON THE WATER OF THE PEACEMAKER.

We were so happy with the beautiful murals that Maureen Walton created for us; Skywoman & The Peacemaker; for balance of woman and man, and the Three Sisters who work together....thank you Maureen for bringing the walls alive with Storytelling & Vivid Colour.... With the summer behind us, and with three successful concerts under our belts, we now have a good foundation to have a wonderful musical season next year. IT WAS A PLEASURE hosting David Boulanger of Burnt Project 1, a Juno award winning musician from Winnipeg... what a great turn out and people really had a wonderful time...Also a pleasure,

was having Gabriel Ayala from the Yaqui Nation of Arizona here to our Stage..Such talent and we were so happy to share it all with you... A BIG NIA:WEN TO ALL YOU FOLKS WHO CAME OUT AND SUPPORTED US!!!

WE NOW HAVE NEW HOURS FOR THE FALL

MONTHS... Will Fisher, our AWESOME MOHAWK employee who has been working with us since the summer, will now be in the Café at 6 AM to serve all YOU early-rising, coffee-drinking peoples...**OUR NEW FALL HOURS ARE FROM 6 AM TO 2PM MONDAY TO FRIDAY, SATURDAYS FROM 10 AM TO 4 PM, AND CLOSED ON SUNDAYS FOR FAMILY DAY ...IF YOU ARE TRAVELLING FROM FAR AWAY, give us a call to make any special arrangements needed.** ALSO, For this fall season, we have our beautiful wedding TIPI back up and available for special functions. We will be having massage therapy by the fire, available by appointment on Monday afternoons. Terri Lynn Maracle, a registered Mohawk Massage therapist from our territory will be available to help de-stress and rejuvenate you. Please call us for bookings and info.

COMING SOON TO A TIPI NEAR YOU!!! OUR "DINNER & a CONCERT" evenings in the tipi

by the fire WILL BE STARTING, FEATURING ambient music and traditional foods.... so make sure to keep checking our website for details under **UPCOMING EVENTS** at **WWW.NATIVEEXPRESSIONS.CA**, or give us a quick call at **613-396-2767** to book a spot....

IN THE CAFÉ, WE ARE SERVING LIGHT BREAKY AND LUNCH SPECIALS DAILY, TUMMY WARMING SOUPS, SCRUIPTIOUS HOME-BAKED TREATS & MORE, SO ...Pop in for an organic tea, coffee or hot chocolate and wander around our gallery to see the most unique, and exquisite native art around. ..This is a lifetime dream that has now come to fruition, and we want to share it with YOU...please call Kimberly if you have any questions or need directions at...613-396-2767. See you **SOON in TYENDINAGA, BY THE BAY .**

David & Kimberly Maracle

