

## MOHAWKS OF THE BAY OF QUINTE

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KENHTEKE KANIENKEHA

ISSUE 10/11 Kentenha (Oct.)

ORI:WASE (News)

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



The Tyendinaga Block Parent® Program proudly presents the 5<sup>th</sup> Annual

# Haunted Hayride

Saturday, October 29<sup>th</sup>, 2011 at 6:30 pm in the Bayshore (Tsitkerhododon) Park.

Come join us for a hayride, treats, games, prizes and a whole lot of fun for all ages!

Donations to the Tyendinaga Food Bank would be greatly appreciated!

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





#### MOHAWKS OF THE BAY OF QUINTE Election and Nomination Dates.

Nomination Meeting

October 22, 2011 December 3, 2011

9am-12pm

**Election Day** 

9am-8pm

Count

December 4, 2011

starting at 9am

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



Community Wellbeing 50 Meadow Drive Deseronto, Ontario **K0K 1X0** 

#### 2011 Seasonal Influenza Clinic Schedule

| Location                                      | Date                       | Time               |
|---|----------------------------|--------------------|
| Community Wellbeing Centre<br>50 Meadow Drive | Thursday<br>October 13/11  | 1:00PM - 4:00 PM   |
| Administration Office<br>13 old York Rd       | Thursday<br>October 20/11  | 10:00AM - 12:00 PM |
| FNTI<br>1807 York Rd                          | Thursday<br>October 20/11  | 2:00PM - 4:00PM    |
| Community Wellbeing Centre<br>50 Meadow Drive | Tuesday<br>October 25/11   | 4:00 PM - 8:00 PM  |
| Elders Lodge<br>301 Bayshore Rd               | Wednesday<br>October 26/11 | 10:00AM - 12:00 PM |
| FNTI Aviation/Ohahase                         | Tuesday<br>November 1/11   | 10:00AM - 12:00 PM |
| Community Wellbeing Centre<br>50 Meadow Drive | Tuesday<br>November 10/11  | 4:00 PM - 8:00 PM  |

### EMPLOYMENT OPPORTUNITY INTERNAL POSTING

Community Wellbeing – Tyendinaga Fitness & Resource Centre / Home Support

Worker – 30 hours per week

Term to March 31, 2012 – may be possibility of extension depending on funding.

#### JOB SUMMARY:

The Part Time Worker is responsible to the Recreation Manager / Home Support Manager and is required to be flexible in all areas of work at the TFRC/ HS. The position includes but limited to child-care, cleaner, transportation, weekend staff and to cover off for sick and vacation time.

#### Essential Qualifications:

- Experience with working in related environments with the following: childcare / seniors / fitness centre / cleaning
- High Knowledge of computer skills / experience with database program
- Excellent public relation skills
- Criminal reference check with clear vulnerable sector check
- To be flexible with working hours & training opportunities
- CPR & First Aid & AED
- Valid driver's license
- Maintain safety and security measures at all times
- Preference will be given to applicants of Aboriginal Ancestry

#### Main Duties & Responsibilities:

- 1. Provide childcare for clients
- 2. Cleaning of centre
- 3. Customer service / Reception
- Assist with the maintenance of membership information in centre data base
- 5. Support to the Home Support Team / clients
- 6. Other duties as requested.

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: Oct.14, 2011at 12:00 NOON

Application or requests for information can be sent to: Reception

| Mailing address:<br>13 Old York Road        | Email:<br>reception@mbq- | Fax: 613-396-3627                         |
|---|--------------------------|---|
| Tyendinaga Mo-<br>hawk Territory<br>K0K 1X0 | tmt.org                  | Inquiries please<br>call:<br>613-396-3424 |

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.

#### Eksa o'kon:'a Childcare Centre Supply Staff Required

We are currently seeking applications from those interested in working on an as needed basis in a Childcare setting. The ages of the children are 18 months to 12 years of age, this includes the children in the Daycare program and the Before & After School program. If you are interested in supplying, please call the Childcare Centre at 613-967-4401 and ask for Tracey Gazley or Danielle Green. If you are specifically interested in supplying for the Before & After School program, please call Faye Peltier at 613-967-4401.

Applicants will be required to provide a Criminal Reference Check, and clear Vulnerable Sector Check.

#### EMPLOYMENT OPPORTUNITY INTERNAL POSTING INTERNAL POSTING

Tahatikonhsotóntie Head Start

Mohawk Language Resource Teacher

Part Time Position

Contract until June 2012

th the potential to become permanent part-ti

(With the potential to become permanent part-time)

The Mohawk Language Teacher is directly responsible to the AHS Program Manager, to provide Mohawk Language instruction to pre-school children and their parents on a one-to-one and group basis as well as preparing resource materials for all program staff use.

#### Essential Qualifications:

- MUST be an exceptional Mohawk Language speaker
- · Experience in working with young children
- · Desire to work with Preschool children
- Successful candidate will be required to provide a Criminal Reference Check with Clear Vulnerable Sector Check

#### Desirable Qualifications:

- Diploma in Early Childhood education OR
- Ontario Teaching Certificate OR
- Equivalent (Social Service Worker, Developmental Service Worker etc.)
- Experience in curriculum development and implementation

#### Knowledge:

- Knowledge of curriculum development and implementation
- · Good knowledge of child development and growth

#### Skills & Abilities:

· good organizational skills

- excellent interpersonal skills and an ability to work within a team environment
- excellent verbal & written communication skills
- · High level of cultural awareness
- High degree of initiative and self-direction
- · Must be able to work independently
- Must be able to work with pre-school age children and their parents
- · Courteous, positive and helpful attitude
- High level of sensitivity to Native issues
- · MUST be of aboriginal decent
- Strong appreciation of and empathy with the needs of children
- A sense of humour and good health
- High level of confidentiality, tact and discretionary capabilities
- · High energy level

# Duties & Responsibilities: Work Procedures

1. Provide Mohawk Language instruction

- 2. Prepare curriculum and learning activities
- 3. Provide support services to parents/children
- 4. Assisting in the operation of the AHS Initiative and facile
- 5. Completing a variety of administrative duties
- 6. Performing other tasks as assigned by the Manager related to the position

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| Mailing Address:<br>13 Old York Road<br>Tyendinaga Mo-<br>hawk Territory<br>K0K 1X0 | Email:<br>reception@mbq-<br>tmt.org | Fax:<br>613-396-3627<br>Inquires Please<br>call:<br>613-396-3424 |
|---|-------------------------------------|--|
|---|-------------------------------------|--|

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.

### 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 Medical Assists

2 Motor Vehicle Accidents

This brings our total to 76 calls for the year 2011



#### CASUAL EMPLOYMENT OPPORTUNITY

FNTI is updating its list of Office Clerks to work on a casual, call-in basis to cover short-term leaves and to provide short-term assistance to the academic unit.

#### **DUTIES:**

Under the supervision of the Executive Assistant, this person will be responsible for:

- > Answering telephones on a multi-line system
- Distributing messages through E-mail
- Welcoming visitors to FNTI
- Word Processing
- > Logging and distribution of incoming and outgoing mail, faxes and courier
- > Photocopying; sending and receiving fax messages
- Making reservations and travel arrangements
- Vehicle scheduling
- > Other duties as required

#### QUALIFICATIONS:

- Grade 12 or equivalent
- Completion of an Office Administration or similar program
- > Working knowledge of MS Office
- Ability to work well with others
- Related experience

Please forward your resume, with two references, no later than noon on **October 14, 2011**, to the attention of:

Merle Maracle, Executive Assistant FNTI 3 Old York Road Tyendinaga Mohawk Territory, ON K0K 1X0

Fax: 613-396-2761

Email: merlem@fnti.net

#### Volunteer driver NEEDED!



The Home Support Program is looking for a volunteer driver 3 days a week, Tuesday, Thursday & Friday for approximately 2 hours between 11:30 – 1:30 to delivery Meals on Wheels to the elders in the community.

You must provide your own insured transportation and possess a valid driver's license & a clear criminal reference check. Drivers are compensated once a month for mileage.

Please call the Home Support Program and ask to speak with Jessica Brant, Volunteer coordinator at the community Wellbeing Centre 613-967-0122.



#### Pelletier Law Firm

Bonnie Pelletier Barrister-Solicitor-Adjudicator



Pelletier law firm will be offering

Free Legal Advice Clinic Wednesday's from 2:00-4:00 pm by appointment only

If you need assistance with court documents or have general questions regarding child protection matters (CAS), family law issues, Wills, Estates and Power of Attorney

Call 613-969-9000 to book an appointment

#### COMMUNITY AWARENESS!

Even the best skateboarders hit the pavement every now and then - especially when trying out new tricks or perfecting new moves. So, be smart. Protect yourself and avoid skateboard injuries by wearing a skateboard helmet and other protective gear whenever you ride.



#### Helmets - frequently asked questions for parents

#### What types of helmet standards are available in Canada?

Helmets sold in Canada are certified by CSA (Canadian Standards Association), CPSC (Consumer Product Safety Commission), Snell, or ASTM (American Society for Testing and Materials).

#### Can I use a bike helmet for skateboarding, inline skating and scooter riding?

Bike helmets can be used for inline skating and scooter riding. Skateboarding has its own kind of helmet.

#### Why do I need a different helmet for skateboarding?

Skateboarding helmets cover more of the back of the head and will protect against more than one crash. Because falls are common in skateboarding, these helmets are made of material that is specially designed to withstand multiple impacts on the same spot.

#### How do I tell if the helmet is fitting correctly on my child's head?

Have your child shake her head from side to side and from front to back. The helmet should not move around when she shakes her head.

#### When should I replace a helmet?

Bike helmets should be replaced after five years or a crash where the cyclist has hit their head.

After 5 years, the plastics of the helmet dry out and may become brittle with age. Also, older helmets may not meet current safety standards.

Bike helmets are designed to protect your head against only one crash. After a crash in which the cyclist has hit his or her head, the foam inside the helmet is compressed. The helmet should be replaced, even if it does not look damaged.

#### Is it safe to use a second-hand helmet?

No, it is not a good idea to buy a helmet second-hand. You may not know if the helmet has been in a crash, and you may not know how old the helmet is.

#### Can my child wear his baseball hat under his helmet?

No, anything that could change the way your child's helmet fits should not be worn. Baseball hats, big hair clips and headphones should never be worn under a helmet. Ponytails should be worn low on the neck when wearing a helmet.

#### Does it matter if my child puts stickers on her helmet?

Every sticker has some type of adhesive to hold it on, and adhesives have solvents in them that aid the sticking process. These solvents may make the plastic of the helmet weak. Only allow your child to put stickers on her helmet if you know the adhesive is compatible with the plastic of the helmet. If you don't know, it's better not to put the stickers on the helmet.

Parents, please ensure your children are wearing proper protective equipment when using the Mohawk Skatepark located at the Sports Complex.

More FAQs and information please visit Safe Kids Canada's website at www.safekidscanada.ca



MOHAWKS OF THE BAY OF QUINTE ECONOMIC DEVELOPMENT AND EMPLOYMENT OFFICE

## Support Local Business

#### **Business of the Month**

October 2011

Fatman's Eatery and Healthy Foods is a clever play on words. Chris Maracle, owner of Fatman's Eatery serves a very healthy variety of foods. Nothing is fried!

The Eatery serves a variety of wraps, paninis, subs, sand-wiches and pitas in a variety of types ranging from pulled pork to turkey, roast beef and meatball. There are vegetarian selections available as well.

And that is not all that is on this fantastic menu! There are breakfast wraps, salads and soups, pizza and pasta, with combinations available at incredibly reasonable prices.

There are baked goods, with diabetic options when available.

And the selection of drinks is formidable! There is pop and sports drinks, coffee and juice, as well as delicious and refreshing slushies, fountain drinks and smoothies which are to die for!

Using an array of fruits they have such smoothies as verry berry, taste of summer, reaspberry special and smooth-licious.

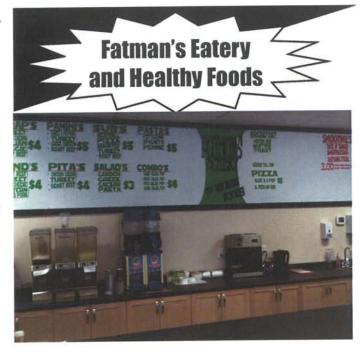
Fatman's Eatery has anything that you might want for breakfast, lunch and supper! A must see for a delicious and healthy meal right in the heart of Shannonville.

Hours of Operation

Monday to Sunday

7 a.m. - 7 p.m.

14 York Road, Unit 2



Eat in or Take out! Catering and Delivery Available 613-966-9575

For information regarding the economic development program, 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.mbg-tmt.org

#### YOUR BUSINESS' MISSION STATEMENT

Big or small... you need a mission statement?



A mission statement let's potential clients know where you are coming from and where you are going!



It reminds you where you are going at times when things are crazy and brings stability to your company!



Put it on EVERY-THING, stationary, business cards, etc!

#### Small business week!

October 17-22, 2011

Please stop in or email kellym@mbq-tmt.org to have your name put in a draw during Small Business Week!

1st Place- Bay of Quinte Country Listing and newsletter advertising up to 1/2 pg for one year

2nd Place-Bay of Quinte Country Listing or newsletter advertising up to 1/2 pg for one year

Please look out for other things taking place during this week!

#### CELEBRATING OUR BUSINESSES!

New Businesses on TMT

Maracle Renovations, owners Daryl Maracle and Brian Maracle
Maracle Chirpractic, owner Jason Maracle Young

To see what types of services these businesses offer, check them out on our business directory

#### www.mbq-tmt.org

If your business is celebrating, please call Kelly and we will publish in the Economic Development section of the newsletter!



Find out how you can advertise for free in the newsletter! Contact Kelly in Economic Development!

To find out what is happening in employment, contact Sandy in Employment and Training.

Job bank and business computers available for your use free of charge!

# "We see our customers as invited guests to a party, and we are the hosts."

-Jeff Bezos (amazon.com)

#### Well it's been one year!

Over this past year we have had an economic development /employment section in the newsletter!

What we would like to know is how helpful you have found this page! Please provide feedback on what you would like to see in this section in future newsletters.

FOR RESOURCES OR FOR ACCESS TO THE INTERNET, PLEASE COME AND VISIT US AT HOUSING AND SUSTAINABLE DEVELOPMENT

LOCATED IN UNIT 4 AT THE BUSINESS CENTRE (14 YORK RD SHANNONVILLE)

For information regarding the employment and training program, 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

## Trustee Report for September 26, 2011

I hope everyone; staff, students and parents had a great summer and were able to get some rest and relaxation time. The month of September always passes very quickly with so many new things happening. I attended a welcome back lunch for staff at Quinte Mohawk School in early September sponsored by TEC and Band Council. It was quite evident that all staff was excited about getting started toward another challenging yet rewarding year.

We are happy to report that in spite of the major cutbacks required in personnel by Hasting Prince Edward District School Board in preparing a balanced budget to the Ministry of Education for Ontario, we can look forward to having a half time Aboriginal Education Coordinator for this year. The successful candidate for this position is Troy Maracle. Congratulations Troy, I know under Troy's direction, HPEDSB will continue to be a leader in the province for Aboriginal Education. We are also very fortunate to have Betty Jean Brookes continue to serve another year on HPEDSB's SEAC committee as a representative of Tyendinaga Mohawk Territory.

With the retirement of Director Kathy Soule, at the end of August we welcome our new Director Rob McGall. Rob has been a member of our senior team (Superintendent) for a number of years and as such has a good understanding of how our board operates and will continue to provide excellent leadership as we move forward.

For more details of any Board or Committee minutes, please go to 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 at mbrant@hpedsb.on.ca.

Respectfully submitted Mike Brant, Trustee HPEDSB, representing Tyendinaga First Nations

# NEWS

#### From the Ohahase Education Centre



The school year has gotten off to a terrific start! We have ten students enrolled in the Grades 9 and 10 program and 14 students enrolled in the HOPE program (Grades 11 and 12). We also had 14 community members enrol in our Adult Ed. program since June. It is encouraging to have so many learners working towards their academic goals.

The next intake for the Tyendinaga Youth Program will be November 14<sup>th</sup>. We are holding an Information Night at 6 pm on Wednesday, November 2<sup>nd</sup> here at Ohahase. If you are between 15 and 30 years of age, have not yet completed high school and are unemployed or underemployed, then this program is for you! Plan to attend the Info Night and bring your resume and SIN number.



Ohahase Education Centre 314 Airport Road 613-396-6742





Tyendinaga Justice Circle Tontakaiêrine (It has become right again)

#### She:kon!

FNTI and the Tyendinaga Justice Circle would like to thank all the participants who helped make the Traditional Men's Sweats a success this summer, especially our Elder, Dave Wehniseriiyo Jock. We would also like to send a special thank you to **all our** volunteer fire keepers. Nyawenkowa!

If anyone is interested in participating in a sweat in the future, please contact Mark Brinklow or Shannon Butcher.

Shannon Butcher Coordinator Shannonb@fnti.net 613.396.2122 ext. 166



Mark Brinklow
Aboriginal Youth Justice Worker
markb@fnti.net
613.396.2122 ext. 125

#### **FNTI Music Lending Library**

The FNTI Music Lending Library is the start of a collection of various musical instruments that will be available for community members to borrow <u>at no charge</u>. The instruments will be a community resource, housed at FNTI and administered by the Tyendinaga Justice Circle.

Currently, our library consists of two full size acoustic guitars, a ukulele, a bass and one electric guitar (including amp). We are offering beginner and intermediate guitar lessons as well, at no cost to you!

We are looking to build on our small collection of instruments, so if you would like to make a donation, we are looking for:

- used/new instruments
- instruments that need repair
- music books
- microphones, etc.

A charitable donation receipt can be issued at your request.

We are also looking for community volunteers interested in sharing their musical gifts (including vocals) with others. Please contact Mark Brinklow at (613) 396-2122 ext. 125.





#### Quinte Mohawk Halloween for Hunger

When the children of our community are trick or treating this Halloween, please consider giving them a non-perisable food item to bring to Quinte Mohawk for our food drive.

All food items will be donated to the Tyendinaga Mohawk food bank.

This is event is organized by the Quinte Mohawk School Builder's Club.



# Student Volunteers Needed!



- ✓ Do you need volunteer hours for high school?
- ✓ Are you 15-19 years of age?
- ✓ Do you like working with children & youth?
- ✓ Are you available from 6-8 pm on Tuesdays or Wednesdays?

Interested to learn more? Call Jack Green or Tracy Hill from the Enyonkwa'nikonhriyohake Program at the Community Wellbeing Centre at 613-967-0122.



July 12, 2011

### GD Midea Air Conditioning Equipment, Ltd. Recalls Certain GE-Brand Dehumidifiers due to Fire Hazard

The Electrical Safety Authority is notifying the public that GD Midea Air Conditioning Equipment, Ltd. has announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately.

Name of Product: GE and Professional Series Brand Dehumidifiers.

Units: Approximately 680 in Canada.

Importer: MABE, Canada

Manufacturer: GD Midea Air Conditioning Equipment Ltd., of China for GE.

**Hazard:** A component in the dehumidifier's compressor can short circuit, posing a fire hazard to consumers.

Incidents/Injuries: No incidents in Canada. Midea and GE have received a total of 14 reports of incidents involving smoke and fumes emitting from the unit and eight reports of fires. In six of the reported fire incidents, property damage extended beyond the unit. No injuries have been reported.

Description/Models: This recall involves 30-pint and 40-pint portable dehumidifiers manufactured between November 2006 and August 2007, and during April 2008. The dehumidifiers are white with a front-loading water bucket. "GE" or "Professional Series" and digital controls are located on top of the dehumidifier. Model and serial numbers are located on the back of the dehumidifiers. According to MABE, it imported only model AHH40LK into Canada.

|                       | CAPACITY      |          | A PULL           | 30 pts / 24hr           |             |  |
|-----------------------|---------------|----------|------------------|-------------------------|-------------|--|
| 1                     | WATTS INPUT   | ∏ 390 EF |                  | EF                      | 1.50        |  |
| 1561                  | VOLTS         | 1        | 15               | AMPERES                 | 3.8         |  |
|                       | PHASE         |          | 1                | Hz                      | 60          |  |
|                       | MODEL N       | 10.      | A                | HM30L                   | KG1         |  |
| USE 15 AMP            | DESIGN PSIG   | H        | 31               | 10                      | 150         |  |
| TIME DELAY RUSE       | DATE OF MEG   | 200      | 6.11             | R-22                    | 6.70 oz     |  |
| OR<br>CIRCUIT BREAKER | SERIAL NO.    |          | V                | VL550026                |             |  |
| MOTOR-COMPRES         | SOR THERMALL  | PROT     | ECTED            | MADE                    | I CHINA     |  |
| CUL US TEO            |               |          | 6                | venirie d               | EV 10443    |  |
|                       | WWW           | -        | District Control |                         | TER BEFOR   |  |
|                       | OF ELECTRIC S | MEGR     | C STAC           | The same of the same of | SEE MET VIK |  |

| Brand                           | Model Number<br>Begins With:  | Serial Number<br>Begins With  |  |  |
|---------------------------------|---|---|--|--|
| GE                              | AHK30LK,<br>AHW30LK,<br>AHM30LK,<br>AHK40LK,<br>AHH40LK, and<br>AHM40LK | VLI, ZLI, AMI,<br>DMI, FMI, GMI,<br>HMI, LMI, MMI,<br>RMI           |  |  |
| CEM<br>"Professional<br>Series" | PS78303   | from<br>C10102336010841<br>4100001 to<br>C10102336010841<br>5103037 |  |  |

**Sold by:** Sam's Club and other retail stores nationwide, with an approximate retail price of \$200.00.

When was distributed: From February 2007 through June 2009

Manufactured in: China

Remedy: Consumers should immediately stop using the recalled dehumidifiers and contact Midea to determine if their product is included in the recall. Consumers should not return the recalled dehumidifiers to the place of purchase.

Consumer Contact: For additional information, contact Midea toll-free at (877) 593-8721 between 8 a.m. and 5 p.m. ET Monday through Friday, or visit the firm's website at <a href="https://www.recallverification.com">www.recallverification.com</a>

**Remarks:** The recalled units are certified to Canadian Standards by UL. For more information about UL's product certification process please visit: <a href="www.ul.com">www.ul.com</a>



#### What to take to the Waste Depot Site

OPEN Every Saturday from 8:30 am - 5:00 pm

#### FREE TO TAKE TO THE WASTE DEPOT SITE

Tires

Electronics

Steel

Household Hazardous Wastes

\*\* In an effort to \*\* avoid disruption of mail services.

Please remember to keep your Recycling & Garbage bags away from your roadside mail boxes!

Minimal Fee to Dispose of Large Items

Please do not leave items at the gate; we WILL look through the bags to find the owner. This will help to eliminate extra costs for clean-up.

#### \*REMINDER\*

Please remember to SORT all of your recycling into 2 bins.

Bin One: Paper and Paper products.

Bin Two: Metal, Tin, Mixed Containers, Plastics



## Household Hazardous Waste!

Items that are accepted:

In the Garage:

Transmission Fluid Batteries (all types) Battery Acid

Brake Fluid Body Filler

Auto Spray Paint

Car Wax

Fuel (kerosene, diesel) Windshield Washer Fluid \*Motor Oil is accepted at the

Landfill Oil Tank\*

In the Shed:

Fertilizers Pesticides Rat and Mouse Poison Roach and Ant Poison **Pool Chemicals** 

In the Kitchen:

Abrasive Powders Ammonia-based Cleaners Disinfectants Drain Decloggers Chlorine Bleach Stain Removers

Floor and Furniture Polish Metal Cleaner/Polish

Oven Cleaners Window and Glass Cleaners

\* empty aerosol cans can go into the blue box\*

In the Bathroom:

Aftershave Perfume Depilatories Hair Lotions Dves Medicines Shoe Polish Nail Polish Remover In the Workshop:

Glues & Cements Paints (alkyd and latex, max. 20 - 4 litre cans or 4 -20 litre pails) Paint Strippers Rust Removers Stains Finishes Thinners & Turpentine Wood Preservatives Mothballs Flea Collars & Sprays Florescent Tubes



# This year Ontario Public Library Week takes place from October 16th – October 22nd, and coincides with Canadian Public Library Month.

This year's theme is:

"Your Library: A Place Unbound"

This year's selection for First Nations Communities Read will be announced in October. Visit the library during Ontario Public Library Week - welcome week for our new library space with Open House on Thursday Oct.20 - enter our free draw for a chance to win a copy of the book chosen by First Nation librarians.

For Sale at the library Mohawks Bay of Quinte Bicentennial Celebration 1984 DVD - \$10.00

Community Kitchen @ 59ers from 9 to 1

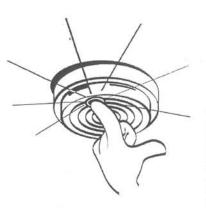
Oct. 28 Nov. 18 Dec. 9 Jan. 20

Feb. 17



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

#### TEST YOUR SMOKE ALARMS



Test your smoke alarms once a month and replace the batteries every year.



# \*\* 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





☆ Happy Birthday! ☆ Steve Garey From Chip, Allison & Kody

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Happy 13th Birthday! Sadie Hill-Maracle ☆ October 28<sup>th</sup> ☆ Love Dad, Brandi, William, Elijah, Nan and Garry. xoxo

Happy Birthday! Tara - Oct. 1st Love Aunt Marilyn, Uncle Rick, ☆ Sam & Emmett

☆ Happy Birthday! Jessica – October 4th Love Aunt Marilyn, Uncle Rick, Sam & Emmett

☆ Happy Birthday! ☆ Jolie – October 5th Love Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy Birthday! ☆ Rick – October 8th ☆ Love Marilyn 0

Happy Birthday! Dad (Papa) - October 8th Lots of Love, Sam & Emmett

☆ Happy Birthday! ☆ Brad – October 8<sup>th</sup> ☆ Love Mom & Dad

> Happy Birthday! Brad (Uncle) - October 8th Lots of Love, Sam & Emmett



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Happy 15<sup>th</sup> Birthday! Cooper - October 13th Love Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy Birthday! Skyler - October 21st Love Marilyn, Rick, Sam & Emmett

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

Happy 14th Birthday! Cheyanne - October 28th Love Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy Birthday! Adam - October 31st Love Aunt Marilyn, Uncle Rick, Sam & Emmett

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

Happy 1st Anniversary! Jeff & Ashley - October 30th Love Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy 3rd Anniversary! Amy & Shane Cowie Love Chip, Allison & Kody

\*\*\*\*\*

#### Thank You to 2011 Fair Supporters!

through advertisements or donations.

Build All - For the water truck & back hoe for the derby.

For the back hoe for the tractor pull

#### For sponsoring the Tractor Pull

Hawley's Garage OSR Performance O'Sullivan Repair Wiljan Farm Equipment

#### For sponsoring the Strongman Competition

Duty Free Gas Mohawk Imperial Sales Ruby's Fish & Chips

#### For sponsoring the Children's Bike Races, Foot Races & Games

Mohawk Recreation Committee

#### For sponsoring the Napanee Fiddle Club

M.B.Q. Home Support

#### For sponsoring the Mohawk Fair Signs

Andy Maracle

#### For sponsoring the Lights for the Derby

Battlefield Equipment Rental

#### For printing the Fair Book

M.B.Q.-Sandy Green

Thank you to the Businesses, Library & Health Centre for putting our Fair Book in their places for distribution to the public.

Thank you to Norma Maracle & Wendy Maracle for selling crown amusements arm bands in advance for the

Thank you to the volunteers who came out to work, paint & repair the school building, paint the seed cleaning building & for Darren Green Construction for sand blasting the seed cleaning building.

Thank you to Alex Crouse & Jim Donavan who did many repairs on both buildings, for M.B.Q. maintenance for paint & repairs to our bleechers & grass cutting.

#### Results of the Garden & Flower Competition

Jennifer Brant—Director

Thank you to everyone who entered the flower & garden competitions & your hard work. Its great to see people growing flowers & beautifying their properties. To the gardeners, its rewarding to produce fresh produce such as tomatoes, cucumbers, beans, corn, squash & more. Its exciting to taste that first tomatoe or cucumber sandwich of the growing season.

#### GARDEN COMPETITION

- 1) Janice Brant & Ken Port Slash Rd.
- 2) Lois & Ken Claus Ridge Rd.
- 3) Joe & Randy Brant Upper Slash Rd.
- 4) Marilyn & Bill Brant Upper Slash Rd
- 5) Mary Loft Norways Rd.
- 6) Kevin Edwards Slash Rd.

#### GARDEN COMPETITION

- 1) Mary Johnson York Rd
- 2) Brenda Doreen Bells Side Rd.
- 3) Carol John York Rd.
- 4) Connie Doreen Bells Side Rd.

#### Youth Vegetable Garden Competition

1) Takohentiso Claus - Ridge Rd.

Good Luck with your exhibits at the fair & I hope you won lots of prizes.

Thank you from the Mohawk Fair to all the businesses who advertised in the Napanee Guide for supporting the Mohawk Fair events schedule on Thursday Sept. 22, 2011.

Thank you from the Fair Board to the Napanee Beaver for the story & schedule of events for the fair.

These are the dates to pick up *PRIZE MONEY* at the school building at the fair grounds:

OCT. 6 & 7 from 6 P.M.—8:30 P.M. or 2 p.m.- 5 p.m. at Tammy Doreen's Home, 309 Main St. Deseronto. (Please call to make arrangements with Tammy at 613-396-4663)

Regular Fair Meeting Oct. 17/11 at 7 p.m. (Prize money can be picked up from 7 p.m.- 8 p.m.)

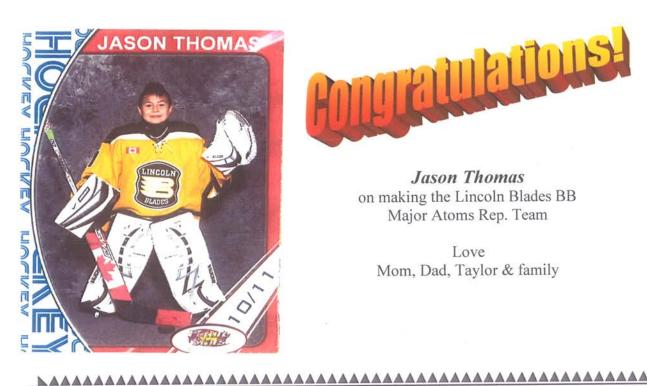


## Nya wen kowa Dreamcatcher Fund

For supporting me this year in dance!

Because of your support I got to continue doing what I love to do and have received a some wonderful opportunites like being a part of the cast as a Munchkin and a Winkie in the Wizard of Oz Tour at the K-Rock Centre in Kingston and winning a scholarship for a dance intensive for being "most promising female junior dancer" as awarded by the judges at one of our dance competitions!

Thanks Kennedy Maracle





#### Jason Thomas

on making the Lincoln Blades BB Major Atoms Rep. Team

Love Mom, Dad, Taylor & family

#### Sago!

I would like to thank the people of Tyendinaga Territory for all the support for our Family through this time of sorrow of Chris Auten. Even with all the sadness going around, the funeral, the feast and the memorial turned out wonder-

Thanks for the food, gifts & donations from all the people in the community. Continue to pull together as one. We love you all and thanks again. Ona

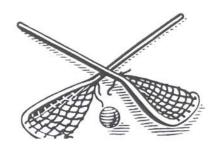
The Auten/Brown/Stockwell Family

## THANK YOU

Cole and Isaac Maracle would like to thank the following businesses for their sponsorship as they played for the Kingston Kings, Junior C lacrosse team this year:

#### **Build-All Contractors Five Nations Tobacco** Lewis Lacrosse

Your support was greatly appreciated. This was an excellent year for the Kings as they made it all the way to the finals only to lose to Cornwall.



## October 2011 Newsletter

Maternal Child Health, Early Childhood Development Programs-Allison

Healthy Babies Healthy Children Program-Johanna 50 Meadow Drive Community Wellbeing Centre 613-967-3603 and 613-967-0122





#### Creativ Festival

Saturday, October 22nd, 2011

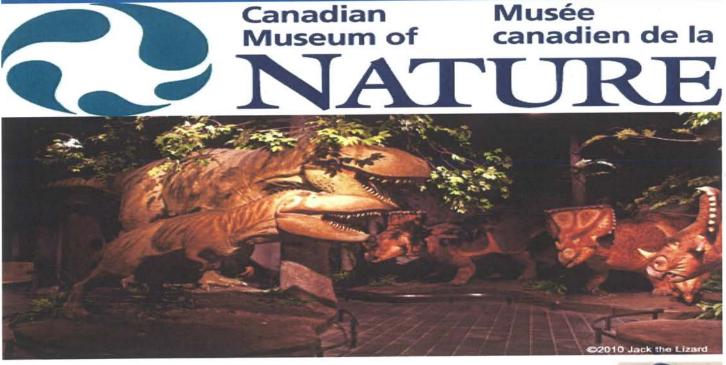
7:00am—8:00pm

\$20.00 per person includes admission to festival and a coach bus.

Space is limited, please call to register, Allison 613-967-3603 extn. #139

We will be leaving the Community Wellbeing Centre at 7am

We will be eating at the Mandarin for dinner after the show, for which you are responsible to pay.



Thursday, October 13th, 2011 8am-6pm Adults \$6.00 and Children \$4.00



Bus leaving the Community Wellbeing Building. We will stop for dinner on the way home. Please call to reserve your spot as space is limited, 613-967-3603 Allison, Julie or Johanna

#### Reading List

If you're a monster and you know it

By: Rebecca Emberley

Ages: 3-5



Splinters

By: Kevin Sylvestor

Ages: 6-8



# Drop In Halloween Party!

Saturday, October 29th, 2011 Community Wellbeing Centre 9:30-11:30am

Ages 0-6

Light refreshments will be provided.



Come dressed up in your Halloween costume, create a craft and play some fun games. Goodie bag provided for all children who attend.

#### **Scrapbooking Day**

Saturday, October 15th, 2011 9:00am-4:00pm Community Wellbeing Centre

Light refreshments will be provided!

If you would like to attend, please call to reserve your spot 613-967-3603





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

# OCTOBER 2011

| SUN | MON   | TUE     | WED  | THU                                 | FRI   | SAT  |
|-----|---|---------|--|-------------------------------------|-------|--|
|     |   |         |  |                                     |       | 1<br>Breastfeeding<br>Challenge  |
| 2   | 3   | 4       | 5  | 6                                   | 7     | 8  |
| 9   | Thanksgiving Office Closed                          | 11      | 12   | Museum of<br>Nature Trip<br>8am-6pm | 14    | Apple Picking<br>Campbell's<br>Orchard<br>9am-1pm<br>Scrapbooking<br>9am-4pm |
| 16  | Play Group<br>9:30-11:30am<br>Baking Apple<br>bread | 18      | 19   | 20                                  | 21    | 22<br>Creativ Festival<br>Trip<br>7am-8pm                                    |
| 23  | 24  | 25      | 26   | 27                                  | 28    | Drop In<br>9:30-11:30am<br>Halloween<br>Theme                                |
| 30  | 31<br>Halloween                                     | Novembe | g Events:<br>er 5th & 26th D<br>er 12th Women<br>er 15th Pizza & | 's Day Show Tor                     | ronto |  |



8011 Old Highway #2

When: Thursday, October 27/2011

Time: 5-7pm

Cost: Adults - \$8.00,

Children 5-11 - \$4.00



Dinner includes: Two bowls of corn soup (your

choice of dried corn or lyed corn), fresh bread and buns, homemade pie,



iuice, tea, and coffee



# Mohawk Family Services/Hastings Children's Aid Society Youth Leadership Challenge 2011

Nia:wen to the families of Tyendinaga that allowed their youth to participate in this years' challenge! Thank you to Darlene Loft and Dale Hill, who volunteered as additional Chaperones for the weekend.

On September 23-25, we enjoyed spending time with 12 youth from our community on a weekend-long adventure camp that incorporated trust building, developing leadership skills and increasing cultural awareness. Every youth that attended did an amazing job at representing Tyendinaga! "Yeah, Buddy!"

We were very impressed with the courage, acceptance, leadership, and respect that you all so amazingly displayed. Your great behaviour is recognized and appreciated. We are proud of all of you who went and faced your fears while still managing to have fun!

Camp Medeba will never be the same, as each year our youth continue to leave their footprints behind.

Be proud of who you are, you ROCK!
-The Mohawk Family Services Team



Ceramics Happy Hallowe'en

# ctober 2011

|   |   |  |  | -  | 6   | E S |
|---|---|--|--|--|---|-----|
| Sun   | Mon   | Tue  | Wed  | Thu  | Fri   | Sat |
| Diners Club—12<br>Handivan Depart<br>Meals on Wheels<br>11:30 a.m. to 12: | -8:00 to 9:30 a.m.<br>1:00 to 1:00 p.m.<br>ture—10:00 a.m.<br>1:00 delivered between:<br>1:00 p.m.<br>1:00 to 3:00 p.m. | Birthday Tea—2: Bingo/Lunch—12 Wii Bowling—7: Euchre —6:30 to Scrapbooking—1 Ceramics—1:00 t | 2:00 to 3:00 p.m.<br>00 to 9:00 p.m.<br>8:30 p.m.<br>0:00 a.m. to 3:00 p.m | Fitness—9:00 t   | o 10:00 a.m.  | 1   |
| 2   | 3 Breakfast Club (Full) Ceramics Wii Bowling  | Breakfast Club (Continental) Fitness Registration Meals on Wheels CPP @ 6:00 p.m.            | Breakfast Club (Continental) Diners Club Deseronto                         | 6 Breakfast Club (Full) Meals on Wheels Blvl Shopping      | Preakfast Club<br>(Continental)<br>Meals on Wheels<br>Handivan Des<br>Friendly Visiting | 8   |
| 9 Happy Thanksgiving  | 10 OFFICE CLOSED  | Breakfast Club (Continental) Fitness Meals on Wheels   | 12 Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night      | 13 Breakfast Club (Full) Meals on Wheels Birthday Tea      | 14 Breakfast Club (Continental) Meals on Wheels Handivan Des Scrapbooking               | 15  |
| 16  | 17 Breakfast Club (Full) Ceramics Wii Bowling   | 18 Breakfast Club (Continental) Fitness Meals on Wheels                                      | 19 Breakfast Club (Continental) BINGO                                      | 20<br>Breakfast Club<br>(Full)<br>Meals on Wheels          | 21 Breakfast Club (Continental) Meals on Wheels Handivan Des Friendly Visiting          | 22  |
| 23  | 24 Breakfast Club (Full) Ceramics Wii Bowling   | 25 Breakfast Club (Continental) Fitness Meals on Wheels                                      | 26 Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night      | 27 Breakfast Club (Full) Meals on Wheels Diefenbunker Trip | 28 Breakfast Club (Continental) Meals on Wheels Handivan Des Scrapbooking               | 29  |
| 30  | 31 Breakfast Club (Full) Wii Bowling  |  |  |  |   | S   |





# Be a part of Rick Hansen's journey.

Cheer on the people who are making a difference in your community.



#### Visit RickHansenRelay.com For information

## Tyendinaga Mohawk Territory, Ontario

Monday Oct, 31<sup>st</sup>, 2011 • 2:55 p.m. Mohawk Community Centre END OF DAY CELEBRATION: Quinte Sports and Wellness Centre, Belleville 5:00 p.m.



#### Royal Canadian Legion Earle J. Brant Memorial Branch 280 Deseronto, ON

#### OCTOBER 2011

Coming events ...

Thursday, October 6th

7:30pm

Legion Dart League registration

Saturday, October 15th

2 - 6pm

"THE REASONS" Old time Rock n Roll

Monday, October 24th

7:30pm in upstairs hall

Legion General Meeting

Saturday, October 29th w/ costumes and prizes!

8:00 - 1:00am

HALLOWEEN KARAOKE DANCE

#### TYENDINAGA NATIVE WOMEN'S ASSOCIATION

Purpose: To provide a forum for the members of the Association to discuss and advocate Native Women's issues that may affect them and their families.

Meeting: First Tuesday every month

Time: 7:00 p.m.

Place: Aboriginal Bible Academy

Cost: \$3.00/yr. and \$1.00/month Elections for Executive in November Will assist you in funeral luncheon arrangements

Membership Rep:

Joy Brant 1-888-3475-2728

Hospitality Rep:

Barb Howard 613-969-2136

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

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

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

NEW: Please Call to Check Location(s)

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

October 2011

Moms - In - Waiting

Canadian Prenatal Nutrition

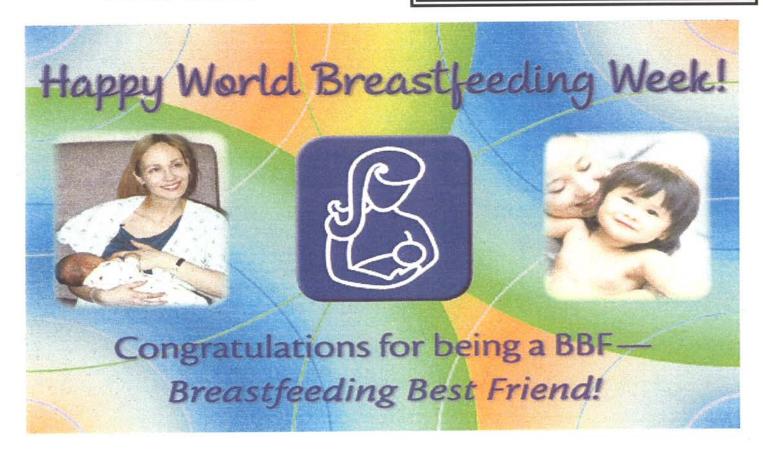
Program (CPNP)

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 Heath Nurse



# Diabetes Wellness Circle 2011-2012

Year at a Glance

#### ALL WELCOME

Tuesday, September 13/11- Welcome back
Tuesday, October 11/11- Alternative Therapies
Tuesday, November 8/11- "I think it's Stress".

Tuesday, December 13/11- Cooking with Sweeteners- Holiday Treats
Tuesday, January 10/12- Jump Start to the New Year.

Tuesday, February 14/12- Healthy Heart Cooking
Tuesday, March 13/12- Gardening Basics
Tuesday, April 10/12- Feet First
Tuesday, May 15/12- Keep the Blood Flowing
Tuesday, June 12/12- Blood Sugars, Alcohol & Other Substances.

Monthly meetings to be held at 7:00 pm
Teaching Lodge
Community Wellbeing Building
50 Meadow Drive
TMT

For more information please call Denise Leafe 613-967-3603 ext 128

### Diabetes Wellness Circle

October 11/11

チp.m.

"welcome Back"

Community Wellbeing Building

50 Meadow Drive

T.M.T.

ALL WELCOME



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<sup>rd</sup>, 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 25<sup>th</sup>, 2011
Application Deadline for Christmas Food Hampers is December 16<sup>th</sup>,
2011

#### Hypertension (High Blood Pressure) - The Silent Killer

#### Written by: Azin Jamali, Registered Dietitian for Mohawks of the Bay of Quinte

Hypertension is known as high blood pressure (BP greater than 140/90) can be damaging to your blood vessels. Narrow blood vessels does not allow for good blood flow- if a clot forms and burst it can lead to a heart attack and eventually heart failure. There are many **controllable** lifestyle factors that help lower your blood pressure:

- Maintain a healthy body weight
- Regular physical activity- up to 30 minutes day
- Avoid Alcohol
- Do not smoke
- Reduce your stress
- Limit your salt intake

While it is important **not to use the salt shaker**, most of the salt you eat is likely from packaged, processed, convenience and restaurant foods. Limit salty tasting foods including pickles, olives, smoked and processed meats such as bacon or ham, potato chips, nachos, pretzels, instant rice or noodles, canned or packaged soup, and flavourings such as garlic salt, celery salt, fish sauces and soy sauce.

#### Cooking with Herbs & Spices

Buy fresh foods and flavour them home. Use these flavour enhancers to help by adding them to your meat and vegetable dish.

| Meat & Alternatives                                 |  |  |
|---|--|--|
| FISH  | Basil, curry powder, dill, mustard, garlic, lemon or lime juice, marjoram, paprika, parsley, tarragon, thyme   |  |
| POULTRY   | Basil, cranberry sauce, ginger, paprika, parsley, sage, thyme<br>lemon juice, poultry seasoning  |  |
| BEEF  | Mustard, horseradish, garlic, green and black peppercorns, pepper, sage, thyme   |  |
| PORK  | Apple juice, applesauce, garlic, marjoram, sage, onion, paprika  |  |
| TOFU  | Garlic, curry, fruit juices, ginger, pepper, Hoisin sauce, soy sauce   |  |
| Vegetables  | Giran hail asias gadis lamanaras manla curus singaman  |  |
| Vegetables<br>SQUASH                                | Ginger, basil, onion, garlic, lemongrass, maple syrup, cinnamon  |  |
| SQUASH  | Ginger, basil, onion, garlic, lemongrass, maple syrup, cinnamon<br>Lemon juice, pepper, sesame seeds   |  |
|   | Ginger, basil, onion, garlic, lemongrass, maple syrup, cinnamon<br>Lemon juice, pepper, sesame seeds<br>Lemon juice or zest, nutmeg, marjoram, onion, chives, garlic,<br>soy sauce, balsamic vinegar |  |
| SQUASH<br>BROCCOLI                                  | Lemon juice, pepper, sesame seeds  Lemon juice or zest, nutmeg, marjoram, onion, chives, garlic,   |  |
| SQUASH<br>BROCCOLI<br>GREEN BEANS                   | Lemon juice, pepper, sesame seeds  Lemon juice or zest, nutmeg, marjoram, onion, chives, garlic, soy sauce, balsamic vinegar   |  |
| SQUASH<br>BROCCOLI<br>GREEN BEANS<br>RED CABBAGE    | Lemon juice, pepper, sesame seeds  Lemon juice or zest, nutmeg, marjoram, onion, chives, garlic, soy sauce, balsamic vinegar  Apple, cider vinegar, caraway seeds, honey                             |  |
| SQUASH BROCCOLI GREEN BEANS RED CABBAGE CAULIFLOWER | Lemon juice, pepper, sesame seeds  Lemon juice or zest, nutmeg, marjoram, onion, chives, garlic, soy sauce, balsamic vinegar  Apple, cider vinegar, caraway seeds, honey  Nutmeg, onion, garlic      |  |

#### Homemade Mrs. Dash Seasoning

- 1 teaspoon dried basil
- 1 tablespoon dry mustard
- 1 teaspoon pepper
- 1 teaspoon dried thyme
- 1 tablespoon onion powder
- Sprinkle of celery seed
- 1 tablespoon garlic powder
- 1/2 teaspoon dried rosemary
- 1 teaspoon paprika

Mix all ingredients and add to an empty shaker with a few pieces of rice to allow for easy flow.

If you would like to learn more information about spices and herbs or how healthy eating can help your health please call Community Wellbeing Mohawks of Bay of Quinte centre to book an appointment phone: 613- 967-3603 with the dietitian.

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

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

October 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

#### <u>Fees</u>

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 Barnhardt / Part Time Youth

We are looking for another Casual Worker, watch for the advertisement.

#### Correct Workout Order

When working out it is best to train the larger muscles first and the smaller muscles last. Training the large muscle groups (legs, back, chest) will take most of your energy, therefore you need to train these larger muscle groups when you are at your strongest.

Smaller muscle groups (biceps, triceps and forearms) should be trained after the larger muscles because they don't require as much energy to train. If you train the smaller muscles first then you won't have enough energy left over to train the larger muscles.

For example if you trained your biceps first your arms will not have enough strength to assist in training your back muscles.

#### **New Staff Member**

Hello! My name is Adam Branchaud and I'll be working at the TFRC until late October. I graduated from Brock University's Physical Education/Kinesiology program in 2008 where I took many courses on general health/fitness and psychology of exercise and physical activity. For the past two years I have been a phys. Ed. Teacher on Morley Reserve, Alberta. I look forward to working with everyone and helping them achieve their fitness goals.

#### Congratulations

Victoria Baker was the winner of the KOBO e-reader for participating in the running program this past summer

Abbey Huffman was the winner of a gym bag filled with prizes

#### **TFRC Updates**

We celebrated 4 years of Business at the end of September. The memberships has been growing every year, and we are in the process of reviewing funding ideas for new equipment. Our membership moves up and down from 200 clients and on a slow day we have around 50 clients daily at the Centre. We have several workshops and Fitness programs through out the year. We welcome volunteers and we are open to the Public. We are reviewing the idea of having a focus meeting for TFRC in November, prizes awarded for attending., so save the date

Wednesday Nov. 23 at 6pm at TFRC

# Tyendinaga Fitness Resource Centre Phone: 613-962-2822 tyfitnessres@mbq-tmt.org Calendar of Events October. 2011

| Sunday                                     | Monday  | Tuesday                   | Wednesday          | Thursday                  | Friday Saturday                   |
|--|---|---------------------------|--------------------|---------------------------|-----------------------------------|
|  | Call for an appointment (613) 876-5855  | Maracle<br>Chiropractic   |                    | Maracle<br>Chiropractic   |                                   |
| Yoga<br>10-11<br>Chair Yoga<br>11:15-12:15 | Cardio Circuit<br>6:15-7:15   | Self Defense<br>6:00-7:30 | 5                  | Self Defense<br>6:00-7:30 | Ladies night Out Zumba 5pm to 6pm |
| 9  | CLOSED THANKSGIVING   | Self Defense<br>6:00-7:30 | Pilates<br>6pm-7pm | Self Defense<br>6:00-7:30 | 14                                |
| 16   | Immunity! Have a Healthier Winter Workshop 5:30-6:15 Cardio Circuit 6:15-7:15 | Self Defense<br>6:00-7:30 | Pilates<br>6pm-7pm | Self Defense<br>6:00-7:30 | 21 22                             |
| 23/30                                      | 24/31   | Self Defense<br>6:00-7:30 | Pilates<br>6pm-7pm | Self Defense<br>6:00-7:30 |                                   |



#### Personal Trainers at TFRC :

Sonya Maracle - 962-2822 Hollie Lloyd - (613) 396-6780 Mandi Tisdale - (613) 396-1651 Michelle - Living Well Coach -

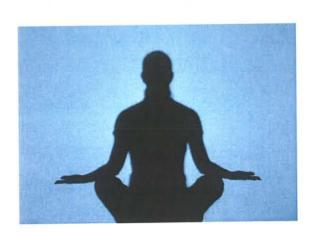


Childcare - Monday to Thursday / 9:30am to 10:30am

# 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!

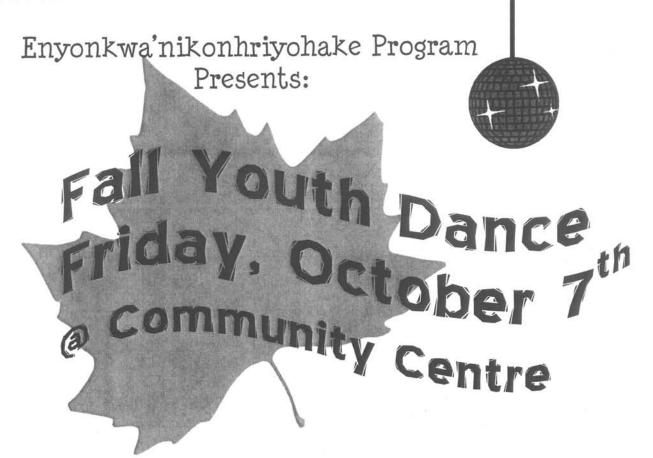
STARTING OCTOBER 7, 2011
\$30.00 FOR 4 CLASSES

TYENDINAGA FITNESS RESOURCE
CENTRE (613) 962-2822

CALL 613.243.9942 FOR DETAILS



INSTRUCTOR: CHEYENNE ROCCHETTI



AGES 6-10 Welcome from 6-8 pm AGES 11-18 Welcome from 8-10 pm

> \* A Parent or Guardian MUST sign child in & out







Presents...

Wed., Oct. 26 & Thurs., Oct. 27

#### "An Indigenous Look at Social Justice"

# 5th Annual Restorative Justice Symposium

Time: 9:00 am-4:00 pm

Where: Tyendinaga Community Centre

1807 York Road



Kevin Ka'nahsohon Deer

Ka'nahsohon is actively involved in the maintenance of the Mohawk language and presently works as the principal of the Kahnawake Mohawk Immersion School. He has been a Faithkeeper for over 26 years, sits as an Elder for the Ennaghtig Healing Lodge and Learning Center, as well as the Kahnawake police commission. He hopes to one day have a nation where all of the effects of colonization are resolved and healed.

#### Also ...

- John Rudin from the Aboriginal Legal Services of Toronto: "Trying to Achieve Social Justice – in and out of the courts"
- Andrée Cazabon will be showing her documentary "3rd World Canada"



Tyendinaga Justice Circle

Tontakaiêrine
(It has become right again)

To register, please contact:

Shannon Butcher, Program Coordinator

613-396-2122 ext. 166

Email: Shannonb@fnti.net

Mark Brinklow, Youth Justice Worker

613-396-2122 ext. 125

Email: Markb@fnti.net

#### NO CHARGE.

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

> Everyone welcome! Lunch Included.

THE ABORIGINAL RESOURCE CENTRE AT LOYALIST COLLEGE IS PROUD TO PRESENT:

THE 15TH ANNUAL FESTIVAL OF

## NATIVE ARTS

#### ATTENTION:

Arts/Craft/Food Vendors and Performing Artists

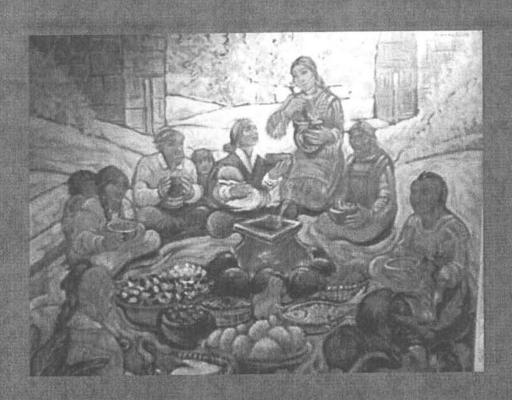
The Aboriginal Resource Centre at Loyalist College will be hosting their Annual Festival of Native Arts on

> SATURDAY, NOVEMBER 5<sup>™</sup> 2011 10:00 AM - 4:00 PM

Free Vendor Registration and Free Admittance

For more information on how you can participate, call or e-mail Paul Latchford at: (613) 969 - 1913 ext. 2250

## Cultural Awareness Workshops



Will be held every Thursday for 8 weeks at
Loyalist College Aboriginal Resource Centre
Starting Thursday, Oct 6th, 2011
6:00 p.m. - 9:00 p.m. Room3H9
Facilitated by: Betty Maracle & Suzanne Brant
For more information contact Tania Ardley
tardley@loyalistc.on.ca
(613) 969 - 1913 Ext. 2250 to register.
Everyone Welcome!

#### **De-Bunking Chiropractic Myths!**

Chiropractic is for those with neck or back pain.

False: Chiropractic is for anyone who is seeking a greater level of health, with less illness and pain throughout life.

I don't have any pain or symptoms, so I don't need a chiropractor.

False. Symptoms are your body's last resort that something is truly wrong. Do you wait to brush your teeth until they rot out, or wait for the heart-attack to start exercising and eating right. How many people do you know who have had back pain that has crippled them for an extended period of time. Why wait for it to happen?

I am too old, its too late?

False. Its never too late to instill change. Aches and pains are never normal, aging is not the cause of that. Don't let life slow you down. Seniors can experience significant improvements in range of motion, less aches and pains and less illness under chiropractic care. What are you waiting for?

Children don't need chiropractic care.

False. The birth process is one of the most traumatic experiences we can go through in life. We fall, slip, suffer work and sport accidents that the body can only adapt to for so long. Chiropractic helps with colic, torticollis, mental focus, energy and decrease illness and injury. Help your children excel.

Chiropractic is not safe.

False. Chiropractic is one of the safest forms of healthcare. It is in fact much safer then taking drugs, undergoing surgery, or doing nothing at all. I offer several chiropractic techniques that are extremely comfortable and effective. If chiropractic was not safe and effective I would not have adjusted my daughter the minute she was born and continue to do so as well as my grandmother whose now 95 years old, not to mention everyone in between.

If I start chiropractic, I have to go for life.

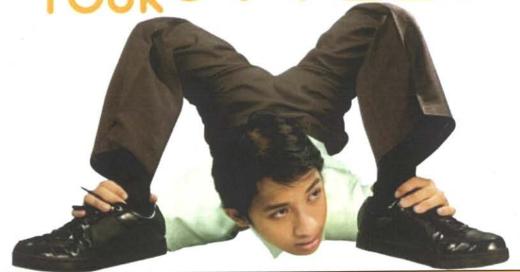
False. Its always an informed choice. People choose to seek chiropractic care for life because they know the difference it makes in their life with less aches, pains and illness for them and their families.

Chiropractic is too expensive.

False. Chiropractic is one of the most affordable healthcare options. It can even reduce other healthcare costs due to less sick days from school or work. Everyone can afford chiropractic care no matter their situation.

If you are **Sick** and **Tired** of being **Sick** and **Tired** call to schedule your initial appointment - **613-876-5855**.

## STRESS CRAMPING YOURSTYLE?







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\$35 Health Investment

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#### THE ANGLICAN PARISH OF TYENDINAGA

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 16 October at 8:30 at All Saints' Church

#### **UPCOMING EVENTS**

Harvest Thanksgiving Sunday 9 October 8:30 and 10:30 a.m.

Come give thanks for the harvest and celebrate the Creator's abundant generosity!

Parish Fun Night
Wednesday 19 October, 7-9 p.m.
Queen Anne Parish Centre
Bring a game, a friend, and a snack!

#### A PRAYER FOR THE HARVEST

Creator God, when we sow you bless us with sunshine and rain. As we reap the harvest, we thank you for the great abundance of our land. Give us such grateful hearts that we may be generous in our turn, sharing the fruits of the earth with those who are in want. Help us to see each other as part of your one human family. Amen.

#### A NOTE ABOUT THE MOHAWK FAIR

Thank you to everyone who made the Mohawk Fair such an enjoyable experience for those who attended. Congratulations to everyone who used their skill and creativity to make or grow all of the wonderful exhibits. It was a great community event!

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: Bey 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:kon! Skennen:kowa! Great Peace be with you!



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

#### Holy Communion

Fr. Gérard Trinque, OHI, SSM, Officiating Every Sunday—10:00 a.m.

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:

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

Food Bank Day: Third Sunday of each Month



"This is the Day the Lord hath made!"



#### TYENDINAGA MOHAWK TERRITORY 1984 YORK ROAD

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#### 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

#### Coming Events

Oct 22 & 23 Josh McDowell will be speaking at NDSS · Napanee. Saturday AM and PM and again Sunday afternoon. for more info contact 613-396-5329

Oct 30th Lighthouse Ministry in music with Roger & Shirley Pavey · AM and PM

#### 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
- living room has vaulted ceiling and view of Bay of Quinte on (TMT) 613-827-1513

#### 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

- 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



Location: 19 Bayshore Road Selling Price: \$225,000.00

Property Descriptions: 60 feet x 40 feet Cement Block

Central Air

Age of Property: 6 years

Water and Hydro Source: Water and Sewage Town of Deseronto Hydro One (Ontario Hydro)

Included in Sale: (Square Lot Negotiable)

Contact: Lil Lefort 613-396-3378 Requirements: Cash

> # of Rooms 3 rooms plus Large Stock Room

Other: Building Only Not Business



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Intel i5 2.66GHz 250GB, 4GB DDR3 DVD-RW. 14" LED 10/1000, 802.11bgn Web Cam, Bluetooth, Windows 7 Professional ... Includes:

McAfee AntiVirus '11 4GB Memory Key & CRAVE Backpack



4GB NASCAR USB Flash Drive





#### Tarqus

#### CRAVE

water & stain resistant scratch resistant microfiber zippered outside pockets inside accessory pockets lightweight (1.6lb)



#### Fujitsu Lifebook!

3 Year Warranty **Limited Time** 

Includes:

MS Office Starter McAfee AntiVirus '11 & Carrying Case Great for the Office

Intel Core i5 2.3GHz, 3 USB, HDMI Out, 15.6" Crystal View, Blu-ray/DVD-RW 500GB, Built In Webcam, 4GB, 10/1000 802.11b/g/n Wireless, 4 in 1 Card Reader & Windows 7 Premium (64bit)...



2 Year Warranty 1st Yr. Accidental Includes:

MS Office Starter McAfee AntiVirus '11 & Carrying Case

AMD E350 1.6GHz, 3 USB, HDMI Out, 15.6" (1366X768)LED, Dual DVD+/-RW 500GB, Built In Webcam, 4GB, 10/1000 802.11b/g/n Wireless, 3 in 1 Card Reader & Windows 7 Premium (64bit)...

#### Fujitsu Lifebook

1 Year Warranty Includes:

MS Office Starter McAfee AntiVirus '11 & Carrying Case

Perfect for Students/Travellers

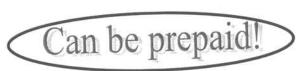
Intel Dual Core 2GHz, 3 USB, HDMI Out, 14" Crystal View, Dual DVD+/-RW 320GB, Built In Webcam, 4GB, 10/1000 802.11b/g/n, Bluetooth, Spill Resistant KB & Windows 7 Premium ...

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FRUIT, APPLE OR ORANGE, AND A MUFFIN OR COOKIE

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

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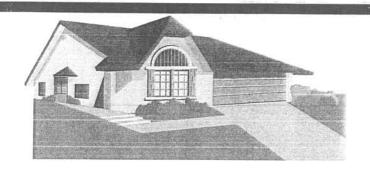
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613-661-2209

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Rbeana Maracle Photography 613-967-4722 Shannonville, On. Cell: 613-921-2241





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e-mail: bonnie@pelletierlawfirm.com