



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 10/12
Kentenha (Oct.)

ORI:WASE (News)

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



The Tyendinaga Block Parent® Program proudly presents the 6th Annual

Haunted Hayride &

Movie Night

Saturday, October 27th, 2012

6:30 pm ~ 8:30 pm

Bayshore Road Park

Games
Crafts
Treats
Prizes

An age appropriate hayride for children ages 0-13 followed by games, crafts and a family friendly Halloween movie, (*Casper Meets Wendy*)!

Childcare provided by Healthy Babies, Healthy Children and Maternal Child Health programs.

For more information or to volunteer,
please contact:

Ainsley Leween 613-396-3897

Immediately following the Haunted Hayride,
volunteers (**ONLY**) ages 14-18 will have the
option to stay and watch a movie guaranteed
to give you nightmares! Come if you dare...

Donations to the Tyendinaga Food Bank would be greatly appreciated!



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANIENKEHA

TYENDINAGA MOHAWK COUNCIL, 13 Old York Rd., Tyendinaga Mohawk Territory, ON K0K 1X0
Phone 613-396-3424 Fax 613-396-3627

October 2012

RE: VIA RAIL GOODWILL AGREEMENT

To All Members of the Mohawks of the Bay of Quinte

In February 2011, an agreement was signed between the Mohawks of the Bay of Quinte and VIA Rail Canada regarding the Salmon River Bridge Expansion to accommodate a third rail line on the Marysville track. The objective of the agreement was to establish a "harmonious and mutually respectful relationship." The agreement between VIA Rail and the Mohawks of the Bay of Quinte is not intended to settle any land claims nor does it in any way prejudice the land rights, interests and claims of the Mohawks of the Bay of Quinte.

The VIA Rail goodwill agreement provides \$500,000 over a 5 year period that Tyendinaga Mohawk Council (TMC) has designated for the construction of three (3) new homes, library renovations, and the reconstruction of Airport Road. In addition, the VIA Rail goodwill agreement also provides passenger train tickets in the amount of \$30,000 per year over a five year period ending on December 31, 2015. The agreement outlines the process for accessing the tickets but allows for TMC to determine how the tickets may be issued. TMC wants to ensure that the tickets are enjoyed by registered members of the Mohawks of the Bay of Quinte with travel in one of the following categories:

1. Education
2. Health
3. Community Development
4. Economic Development

The process outlined in the agreement stipulates that:

- Trips need to be planned in advance, meaning emergency situations cannot be handled through this process.
- Passengers must present their Certificate of Indian Status when submitting their application and when picking up the ticket.
- There is a fixed annual amount for this service.
- Annual carryover of any unused amounts is allowable but not beyond December 31, 2015. There will not be any financial compensation for any unused amounts at December 31, 2015.

If you have any questions, please contact Bonny Maracle at 613.967.3616 or via e-mail at bonnym@mbq-tmt.org.

Nyawen,

Chief R. Donald Maracle

HIGHLIGHTS FROM POLICY FOR ISSUANCE OF VIA RAIL PASSENGER SERVICE VOUCHERS

TO BE ELIGIBLE FOR A VIA RAIL TICKET VOUCHER:

1. Applicant(s) must be registered members of the Mohawks of the Bay of Quinte (MBQ) and ***any*** Applicant(s) under the age of eighteen (18) years must be accompanied by at least one passenger over the age of eighteen (18) years.
2. Travel must fall within the following four (4) categories:
 - i. Education
 - ii. Health
 - iii. Community Development
 - iv. Economic Development
3. Travel has to be pre-planned to allow time for obtaining a reservation number and if necessary, for mailing the VIA Rail Ticket Voucher to the Applicant(s).
4. Applications will be accepted and processed throughout the calendar year on a first come, first served basis until the maximum annual amount in the MBQ VIA account is depleted.

HERE IS HOW TO ACCESS A VIA RAIL TICKET VOUCHER:

1. Applicant(s) must complete the VIA Rail Ticket Application Form and submit it to the MBQ VIA Rail Voucher Officer at the Community Services Office located at 1658 York Road.
2. All Applicant(s) must present their Certificate of Indian Status (status card) at the time of submitting their application(s).
3. The MBQ VIA Rail Voucher Officer will obtain a reservation number for the Applicant(s) based on the information provided in the VIA Rail Ticket Application Form.
 - a. If possible, the Applicant(s) will pick up the VIA Rail Ticket Voucher from the MBQ Community Services Office (Formerly Nation Building). Otherwise, the VIA Rail Ticket Voucher will be sent to the Applicant(s) using a Canada Post traceable mail service (3-5 business days).
4. The Applicant(s) will redeem the VIA Rail Ticket Voucher at VIA to obtain their ticket for travel.
 - a. Applicant(s) will be required to present their Certificate of Indian Status to the VIA Rail Ticket Agent to obtain the appropriate fare amount.
5. Applicant(s) are encouraged to submit the application form a minimum of two (2) weeks in advance of their planned trip to ensure time for booking and obtaining an authorizing signature.

For inquiries or applications, please contact Bonny Maracle at the MBQ Community Services Office at 613-967-3616 or via e-mail at bonnym@mbq-tmt.org.



VIA Rail Ticket Application

Contact Information

*Name:	
*Status Card Presented:	Yes <input type="checkbox"/> No <input type="checkbox"/>
*Date of Birth(mm/dd/yy):	
**Passengers under the age of 18 years must be accompanied by at least one (1) adult passenger.	
*Home Phone:	
Work Phone:	
Mailing Address:	

Travel Information

Reason for Travel:	<input type="checkbox"/> Education <input type="checkbox"/> Health <input type="checkbox"/> Community Development <input type="checkbox"/> Economic Development
Travel From:	
Date:	
Travel To:	
Date:	

What time of day would you prefer to travel? (Please check all that apply to your travel schedule.)

- | | |
|---|---|
| <input type="checkbox"/> Weekday mornings | <input type="checkbox"/> Weekend mornings |
| <input type="checkbox"/> Weekday afternoons | <input type="checkbox"/> Weekend afternoons |
| <input type="checkbox"/> Weekday evenings | <input type="checkbox"/> Weekend evenings |

Do you have special needs? (If yes, please specify.)

- Yes No

Agreement and Signature

I understand, if my application is approved, that it is strictly forbidden to sell, assign, trade or transfer this voucher in any manner whatsoever. If a violation of this agreement occurs, I agree to pay the entire value of this voucher to the Mohawks of the Bay of Quinte.

Name (printed)	
Signature	
Date	



The
MBQ Fibre
Program
Wants

NAME OUR COMPANY
&
DESIGN OUR LOGO

It's easy! Send us your name and logo ideas by 4:30 on October 15 2012 to be eligible for selection.

One talented winner will receive:

- A connection to the MBQ Fibre internet before all of your friends; and
- FREE internet service for **ONE WHOLE YEAR!** *

Need some Ideas?

The MBQ fibre program is looking for a name and logo that stands out and shows the community that our internet is the fastest, most powerful, and most reliable internet service in the area.

What is Fibre?

Fibre Optics is the next generation of communications technology where **HUGE** amounts of information is sent through **TINY** glass lines *AT THE SPEED OF LIGHT.*

What Are You Waiting For!

Send your idea to: brycem@mbq-tmt.org

OR

In person: 13 Old York Rd
Tyendinaga Mohawk Territory

Don't forget to add your name, address, phone number, and mark it:

MBQ Fibre Logo Contest

*Contest ends October 15th, 2012 at 4:30pm, all entries will be reviewed and the winner will be notified on October 19th 2012. The winner will be given the first connection to their primary residence when the network becomes available to the public. The contest winner will be given a one year "Medium" level subscription for internet service. **Installation fee and any data overages will be the responsibility of the home owner.** To be eligible, the winner's primary residence must be located on one of the existing fibre optic network routes. This prize has no cash value or equivalent. MBQ reserves the right to reject any or all entries without notice.



ACCREDITATION CANADA AGRÉMENT CANADA

*Driving Quality Health Services
Force motrice de la qualité des services de santé*

WHAT IS ACCREDITATION?

Accreditation is one of the most effective ways for health services organizations to regularly and consistently examine and improve the quality of their services.

Health care organizations that participate in Accreditation Canada's accreditation programs are evaluating their performance against national standards of excellence. These standards examine all aspects of health care, from client safety and ethics, to staff training and partnering with the community. Health care staff devote time and resources to learn how to improve what they are doing so they can provide the best possible care and service to their clients.

HOW DOES IT AFFECT OUR CLIENTS?

The accreditation process is a way of identifying conditions of unsafe practice and supporting health care organizations to promote safe care. In particular, it is a means of reducing risk and fostering attention to continuous quality improvement.

Accreditation Canada's accreditation program has made client safety an essential element. By complying with Accreditation Canada standards, the potential for adverse events occurring within health care and service organizations is reduced.

In addition to standards that address client safety challenges, Accreditation Canada has developed Patient Safety Goals and Required Organizational Practices (ROPs) that are an integral part of the accreditation program.

Look for an Accreditation Canada certificate on the walls of the health care organization you visit or an outside banner. The Accreditation Canada certificate shows the organization cares about client safety and providing quality service. It means the organization was assessed by its peers, met or exceeded national standards of excellence, and continues to strive for high quality health care.

For more information, please contact:

Ainsley Leween, Accreditation Coordinator
Community Wellbeing Centre
50 Meadow Drive
Deseronto, ON K0K 1X0
613.967.0122 Ext. 103

ainsleyl@mbq-tmt.org



Community Wellbeing programs of the Mohawks of the Bay of Quinte that are currently Accredited include:

Community Health

Good Minds (Enyonkwa'nikonhriyohake')

Home & Community Care

Home Support

Mohawk Family Services

Red Cedars Shelter

Programs and services listed along with Senior Management and the Tyendinaga Mohawk Council of the Mohawks of the Bay of Quinte, recently underwent intense scrutiny to ensure that Accreditation Canada Standards were met or surpassed in order to obtain Accreditation status for an additional three (3) years. In order to maintain Accreditation status, policies and procedures will be reviewed and revisited on an ongoing basis.



Community Wellbeing Centre
50 Meadow Drive
Tyendinaga Mohawk Territory
Deseronto, ON K0K 1X0
613.967.0122
mbq-tmt.org



Mohawks of the Bay of Quinte
Administration Office
13 Old York Road
Tyendinaga Mohawk Territory
Deseronto, ON K0K 1X0
613.396.3424
mbq-tmt.org



MOHAWKS OF THE BAY OF QUINTE
ECONOMIC DEVELOPMENT AND EMPLOYMENT OFFICE
PRESENT:

October 2012

Business of the Month



71 Industrial Park Road, Tyendinaga Mohawk Territory

888-566-4398

TAB Mechanical Inc. is the October Business of the Month!

TAB Mechanical Inc. is owned by Michael Tiffe and is presently being ran from their temporary office space on the Territory. Powered by solar, the office space is off-grid and showcases the Schneider solar line-up. TAB Mechanical Inc., in the future, will be developing a permanent structure on the Territory at it's location in the Industrial Park. The new space will be solar and wind powered plus also feature rain water harvesting technologies along with high efficiency heating and cooling systems.

TAB Mechanical Inc. offers product supply in the solar (PV, Hot Water, and Hot Air), rainwater harvesting, small wind, graywater harvesting, heating and air conditioning and wood stoves (outside boilers and woodstoves). Services include building design in heating/AC, on-site sewage, plumbing and small buildings including houses. Additional services provided are energy auditing, thermal imaging and educational sessions.

For more information, please visit the website!

info@tabmech.com

www.tabmech.com

Support Local Business

Don't forget Economic Development now has a variety of books to help anyone interested in starting, growing or marketing a business!

Stop in and check them out!

October's Tip

For retailers, shopping is the art of persuasion. Though there are many factors that influence how and what consumers buy. However, a great deal is decided by visual cues, the strongest and most persuasive being colour.

When marketing new products it is crucial to consider that consumers place visual appearance and colour (93%) above other factors (6% texture and 1% sound/smell) when shopping.

85% of shoppers place colour as a primary reason for why they buy a particular product.

For information regarding the employment and training program, please contact:

Sandy Sero

Employment and Training Coordinator

Email: sandys@mbq-tmt.org

Phone: 613.967.3603 Fax: 613.967.3816

Or visit us on our website at www.mbq-tmt.org

"Success is liking yourself, liking what you do, and liking how you do it."

- Maya Angelou

Social Media is a great tool to help your business stay connected to current clients and assist in reaching untapped potential clients. Share and learn from others by attending our upcoming workshops.

October 16—Using Facebook Pages

October 23—Facebook Applications

October 30—LinkedIn Profiles

November 6—LinkedIn Applications and Companies

November 13—Setting Up Twitter

November 20—Using Twitter

Where: Kanhiote Library

Time: 12pm to 1pm (Sandwiches provided)

To register, please contact:

Email: events@smallbusinessctr.com

Phone: 613-961-0590

Fax: 613-961-7998

Websites are a powerful marketing and selling tool for any business. A small business can be as attractive as a large business thanks to tools that are cost effective and easy to use to build your own website.

The course is a hands-on workshop where participants will go through all 15 steps and will create an effective WordPress website ready to launch.

Date: November 22 & 29, 2012

Time: 9am to 3pm (Lunch will be provided)

Location: Kanhiote Library

To register, please contact:

Email: events@smallbusinessctr.com

Phone: 613-961-0590

Fax: 613-961-7998

Small Business Centre

Belleville

Prince Edward County

Hastings County

Quinte West

Social media is a great tool to help your business stay connected to current clients and assist in reaching untapped potential clients. Share and learn from others by attending our upcoming workshops.



SOCIAL MEDIA SEMINARS



Oct. 16th
USING FACEBOOK PAGES

Oct. 23rd
FACEBOOK APPLICATIONS

Oct. 30th
LINKEDIN PROFILES

Nov. 6th
LINKEDIN APPLICATIONS AND COMPANIES

Nov. 13th
SETTING UP TWITTER

Nov. 20th
USING TWITTER

Cost: **NO CHARGE**
Where: **Kanhiote Tyendinaga Territory Public Library**
1658 York Rd.
Tyendinaga Mohawk Territory
Time: **Noon - 1:00 PM**
FREE Sandwiches & Coffee

To register for a workshop, please contact
• Email: events@smallbusinessctr.com
• Call: **613 961 0590** or **1 877 961 0590**
• Fax: **613 961 7998**

Select Seminar(s): Oct 16th Oct. 23rd Oct. 30th Nov. 6th Nov. 13th Nov.20th

Date: _____
Name: _____
Email: _____

Company: _____
Address: _____
Phone Number: _____



Small Business Centre

Belleville

Prince Edward County

Hastings County

Quinte West

E-BUSINESS WORKSHOP



Design, Build
and Launch your
Business Website
with Wordpress



Items required for the two day seminar:

1. Laptop with Wi-Fi capabilities window XP or latest
2. Your company logo as a PDF or JPEG
3. Photos to be used for your website as PDF or JPEG in medium to high resolutions
4. Any prepared writing that could appear in your website in a word document
5. A web site name that is available (i.e. www.mynameisok.com / Fee to Register)
6. Access to a web hosting site or one can be suggested at the seminar. (Fee for Hosting)

Time: Nov. 22nd 9:00 am - 3:00 pm, Nov. 29th 9:00 am - 3:00 pm

Cost: **NO CHARGE**

Where: **Kanhiote Tyendingaga Territory
Public Library**
1658 York Rd.
Tyendingaga Mohawk Territory

Snack & Lunch Provided

To register for a workshop, please contact :

- Email: events@smallbusinessctr.com
- Phone: 613-961-0590 or 1-877-961-0590
- Fax: 613-961-7998

Date: _____

Name: _____

Email: _____

Company: _____

Address: _____

Phone Number: _____



COMMUNITY GARDEN DONATIONS & VOLUNTEERS

We would like to thank the following businesses who donated towards the building of a community garden at the Old Shannonville Fair Grounds. Also, I would like to thank **Stan & Patsy Kring, Kevin Maracle, and Andrew Kring**— **Bay of Quinte Property Service** for all your hard work in building the boxes and planting!



Trevor Lewis
Owner

5717 Old Highway # 2,
Shannonville, ON K0K 3A0
*In the Village of Shannonville
on the Tyendinaga Mohawk Territory*

Phone: 613-967-7920
E-mail: trevor_lewis@sympatico.ca

Trevor Lewis
Owner

Royer • Terra • Cat
Timberland • JB Goodhue
Tough Duck • Work King
High Visibility
Watson Gloves



5717 Old Highway # 2, Shannonville, ON K0K 3A0
In the Village of Shannonville on the Tyendinaga Mohawk Territory

Phone: 613-967-7951 • Fax: 613-967-7941
E-mail: trevor_lewis@sympatico.ca



5717 Old Highway # 2, Shannonville, ON K0K 3A0
In the Village of Shannonville on the Tyendinaga Mohawk Territory

Phone: 613-969-8938 • Fax: 613-967-7941
E-mail: trevor_lewis@sympatico.ca

Trevor Lewis
Owner

C-Store
Lotto - Grocery - Confectionary
Gasoline - Diesel
Propane

Bowden Contracting
Licensed Carpenter

Home Renovations
New Construction
Free Estimates

Ron Bowden
Cell - 613-848-5331



613-962-0082

Build All

CONTRACTORS

5427 Hwy #2,
Shannonville, Ontario
K0K 3A0

Phone: (613) 969-1315
Fax: (613) 969-9806
E-Mail: buildall@bellnet.ca



Free Flow Petroleum
PH: 613-968-5344
FAX: 613-966-4678

Trustee Report for September 2012

The 2012 – 2013 school year is almost one month underway and the Hasting Prince Edward District School Board continues to work on a number of issues facing the Board including staff and teacher negotiation, building and renovating some schools to address the Early Learning program, declining student enrollment and an aging infrastructure. Declining enrollment will be evident in the elementary panel for the next two years and in the secondary panel for perhaps five years.

The following message is to offer information about the current situation with regard to teachers and support staff contractual agreements involving the Ontario government and the Hasting Prince Edward District School Board – On September 11, 2012 the Ontario Government passed the *Putting Students First Act, 2012*. Information can be found on the Ministry of Education website at <http://news.ontario.ca/edu/en/2012/09/ontario-putting-students-and-families-first.html>.

At Hasting Prince Edward District School Board, employees remain focused on insuring student safety, and providing quality instruction and learning experiences for students. Outside the school day, staff leadership of extra curricular activities and events is voluntary.

Officials at Hasting Prince Edward District School Board know this is an uncertain time for students and families. Please be assured that their focus remains on student safety, well-being and achievement. The relationship between the Board and its employees continues to be respectful. Parents/guardians are encouraged to contact the school principal with any questions.

On the local front, the HOPE program (alternative education) has found a new home and is up and running at the Business Centre in Shannonville. The new location being on the Territory was an effort that was supported by both Band and Board of Education.

We are in the process of hiring a Mohawk Language teacher to replace Dorothy Lazore who retired at the end of June. This position will be at the secondary school level and will be filled hopefully very soon.

For more detailed information of Board and Committee Minutes, please go to HPEDSB.on.ca>Board and Committee meetings.

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

Respectfully submitted

Mike Brant, Trustee HPEDSB, representing Tyendinaga First Nations



WHERE

Loyalist College
Room 3H9



Cultural Awareness Workshop

Will be held every Thursday for 8 weeks at Loyalist College
Aboriginal Resource Centre
Starting Thursday, October 4th, 2012
Ending Thursday, November 29th, 2012
Facilitated by: Betty Maracle & Suzanna Brant



DATE

Thursday Nights



TIME

6:00pm-9:00pm



RSVP

Tania Ardley: tardley@loyalistic.on.ca

OR (613)969-1913 ext. 2250



Tsi Tyonnheht Onkwawenna Language and Cultural Centre, with financial support from the United Church of Canada's Healing Fund is excited to present a new community program:

Tsi niyo'kwariho:tens (Our Culture)

This unique program consists of two parts:

- A weekly children's educational program based on the Haudenosaunee worldview and the Cycle of Ceremonies (2 hrs/wk outside of school hrs)
- An adult program that will include five (5) informational sessions throughout the year with the objective of providing in-depth discussions on five Ceremonies included in the Spiritual calendar of the Haudenosaunee

When: Monday, October 8th, 12pm - 2pm

Session #1 (Adult)

- Discussion centered on but not limited to Harvest Ceremony
- Discussion on best time/date for children's program

Moderator: Kanonhsyonni Jan Hill

Where: Tsi Kanonhseshne (At the Longhouse, Ridge Rd., Tyendinaga)

Please call for more information: (613) 396-3100 x 227, x259

The 17th Annual Festival of Native Arts

Performances – Workshops – Traditional Foods – Arts and Crafts

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

Saturday, November 3rd, 2012

10:00 am – 4:00 pm

**Free Vendor Registration and
Free Admittance**

**For more information or to register a booth contact the ARC :
(613) 969-1913 Ext. 2250 – tardley@loyalistc.on.ca**



News from the Ohahase Education Centre

Happy Fall! Another school year is well underway, and we are happy to report that we are comfortably settled into our new home at the FNTI Main Campus on Old York Road.

Welcome to our two newest staff members! **Justin Caldwell** is the Math/Science teacher, and **Amanda McCambridge** is the English/Humanities/Social Sciences teacher. **Andrew Brant** has rejoined us as the Mohawk Language and Culture teacher; **Tanya Bardy** remains our Educational Assistant and **Janet Kring** our Program Assistant. **Sandy Brant** continues as Principal. We are all looking forward to another terrific year!

We currently have **15** students registered in our Grade 9/10 program, and **32** in our Adult Ed. program. There is still time to register for either program!

New this year are **evening classes** for Adult Ed. students. Every Wednesday from 6 - 9 pm, Justin and Amanda will be here to conduct subject-specific workshops, provide tutoring services, and generally be available to help our adult learners be successful in their studies. Please call to arrange transportation if needed. We are here to help you achieve your goals!

We are pleased to announce that **nine** of our adult learners graduated with their Ontario Secondary School Diploma this past year! Congratulations and best of luck as you embark on the next leg of your educational journey.

The final intake of the **Tyendinaga Youth Program** began in July and runs until November 9th. The participants are currently involved in their 10-week placement, and are in a variety of locales: Rez Boyz, Darren Green Construction, QMS, and the Quinte Humane Society, to name a few. We are working on getting another intake started in the New Year, so watch these pages for an announcement!

Our **Garden Project**, which started in May, is entering into its last few weeks. The students have been preserving food, and some of it was entered into the Fair, where we won four prizes! We are now getting ready for Harvest Ceremony.

The first interim reports for the 9/10 students will go home on October 3rd.

Ohahase Education Centre
3 Old York Road
613-396-2122



Sharing and Learning



Tyendinaga Justice Circle
To rita kaiérin e
(it has become right a gain)

6th Annual Restorative Justice Symposium October 15, 2012

930am-430pm

Tyendinaga Community Centre

1807 York Rd, Tyendinaga Mohawk Territory

Presenting keynote speaker:

Cindy Blackstock



&

Restorative Justice Panel
from Akwesasne Justice Circle



In lieu of registration a donation
to the Tyendinaga Food Bank is requested

For more information or to register please contact Mark Brinklow at 613-396-2122 ext 125 or markb@fnti.net

Paula Stainton

March 20-1999-Sept. 21, 2012

Her Journey has just begun.

*Don't think of her as gone away
her journeys just begun,
life holds so many facets
this earth is only one.*

*Just think of her as resting
from the sorrows and the tears
in a place of warmth and comfort
where there are no days or years.*

*Think how she must be wishing
that we could know today
how nothing but our sadness
can really pass away.*

*And think of her as living
in the hearts of those she touched
for nothing loved is ever lost
and she was loved so much.*

*We wish you a safe and happy journey and for
you and Nana to be well. Paula you have made
us all very proud and made us a stronger family
and we love and will
always love you very much. I have kept my
promise to you and I am finally bringing you
home!
Love you infinity and beyond.*

*Love,
Mama, Russ (Dad), Nadean, Madi, Katelyn and
Hailey,*

Mohawk Fair!

the Winner of the Karaoke machine
Ashley Denesha from Bowmanville

Karaoke Machine was donated by
ML Beyond the Stars Karaoke & DJ Service
613-396-2470

Nya:wen

*It is at times of loss when we realize the
importance and love of community and
friends. The outpouring of concern and
thoughtfulness towards our family during
the sudden passing of my Dad, Grandfather
and Great Grandfather will always be
cherished.*

*Our gratefulness cannot be expressed in
words, but it is our desire for it to be
returned with the same unconditional love
that our community has shown to us during
this time.*

*Bryan & Rachel Volkmann
Trevor & Evelyn
Matt & Kaity, Farrah & Wayde
Maverick
Chase*

*P.S. We would make a list of names of all
the great people that have helped so much,
but we feel the list would include more of
the community than we know, so...Nyawen
Tyendinaga*





Happy Halloween

From

Mohawk Family Services

**We hope all the little ghosts and
goblins stay safe this Halloween
season!**

Also:

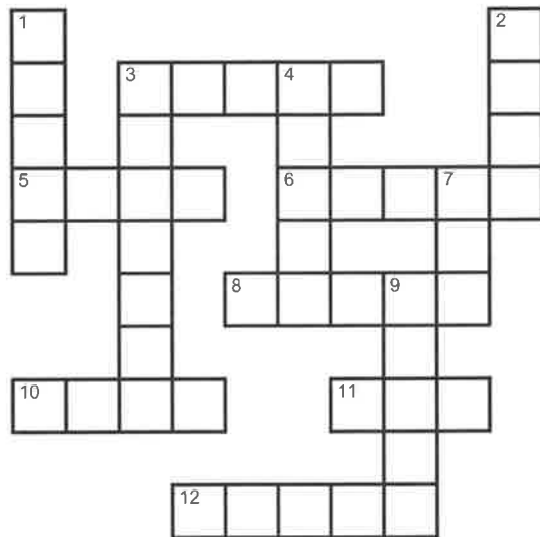
Congratulations Mitchell Weese!

**Mitchell is the winner of the \$75 gift
certificate from our free draw at the
Mohawk Fair!**



TAHATIKONHSOTONTIE HEAD START FAMILY PAGE

Happy Halloween!



Across

3. A funny costume.
5. What do you wear on your face?
6. ____-or-treat!
8. Scary thing that says boo.
10. Roasted pumpkin ____.
11. Small black animal that can fly.
12. Kids get lots of this.

Down

1. A monster with many bandages.
2. ____-o'-lantern
3. What do you wear on Halloween?
4. A woman with a pointy black hat.
7. A witch's pet.
9. spooky



Fun Halloween Activities - Ideas for Families

Autumn and the Halloween season offer so many options for families to spend quality time together. Here are just a few ideas.

Visit A Local Pumpkin Farm. During the month of October, pumpkin farms usually have attractions like live music, hayrides, and crafts, not to mention the opportunity to hand select your very own pumpkin right off the vine.

Write A Halloween Story Together. This is a great activity to make an annual family tradition. The entire family gets to choose the characters, sometimes making inanimate objects like pumpkins and candy corn come alive. Once you create the characters, the setting and the story line, you'll be surprised how much each family member wants to contribute to the story.

Save each year's story in a scrapbook and read the stories from past seasons. It's a great memory maker.

Watch Halloween Movies Together. Share an annual movie night together by renting "It's The Great Pumpkin, Charlie Brown," "Bednobs & Broomsticks," "Monsters Inc.," or "Nightmare Before Christmas." Make some popcorn with orange popcorn salt. Serve it with an orange drink. You could even put orange or black light bulbs in the lamps just for the special occasion.

Go On A Nature Walk. Take a walk together through a hiking trail or park. As you walk, collect leaves, rocks, pinecones and other bits of nature to bring home and display in a large glass bowl. It makes a gorgeous and memorable centerpiece.

Have A Monster Mash Dance Party. There are many Halloween-themed CDs available during this time of year. Have an all-family Halloween Dance Party and dance to all the popular Halloween songs. Your kids will watch you dance and think they have crazy parents, but maybe without admitting it, they'll also have the time of their lives.

Play "Clue". Since Halloween is all about mystery, playing the game of Clue will reinforce the season and provide a lot of family fun at the same time.

Paint Pumpkins. Pumpkin Painting is the newest range in Halloween crafts. Carving jack-o-lanterns is a Halloween tradition, but the process is messy, dangerous and the jack-o-lanterns only last a few days after Halloween night. Painting Pumpkins is an activity everyone in the family can enjoy, even the littlest goblins.

By having each family member paint their own pumpkin, you will have a fun and memorable family of pumpkins to proudly display in your home or on your front porch.

Boo-Nanners

- Help your kids celebrate Halloween with a delicious frozen ghost called Boo-nanners, from the site goneraw.com. Start by slicing a banana in half and dipping one half in a bowl or glass of orange juice. Then, roll the banana slice in some dried coconut pieces. Finally, give your banana ghost eyes. You can push currants, raisins, candy corns or any other small, pointy treat in near the tapered end of the banana to give it a pair of peepers. Repeat with the other banana half, then stick popsicle sticks in both ends and freeze them.

Read more: [Halloween Recipes for Children | eHow.com](http://www.ehow.com/way_5380528_halloween-recipes-children.html#ixzz26TXTM7Y4)

http://www.ehow.com/way_5380528_halloween-recipes-children.html#ixzz26TXTM7Y4

WOULD YOU LIKE TO BRIGHTEN THE LIFE OF A CHILD?

**For many children, a loving and secure
home environment
would make a huge difference in their lives.**

**Fostering is a meaningful experience for both the
parent and the child.**

**Talk to us about how you can brighten the
life of a child in need.**

**Financial assistance may be provided,
in partnership with Highland Shores CAS.**

Contact Lacey Maracle at Mohawk Family Services

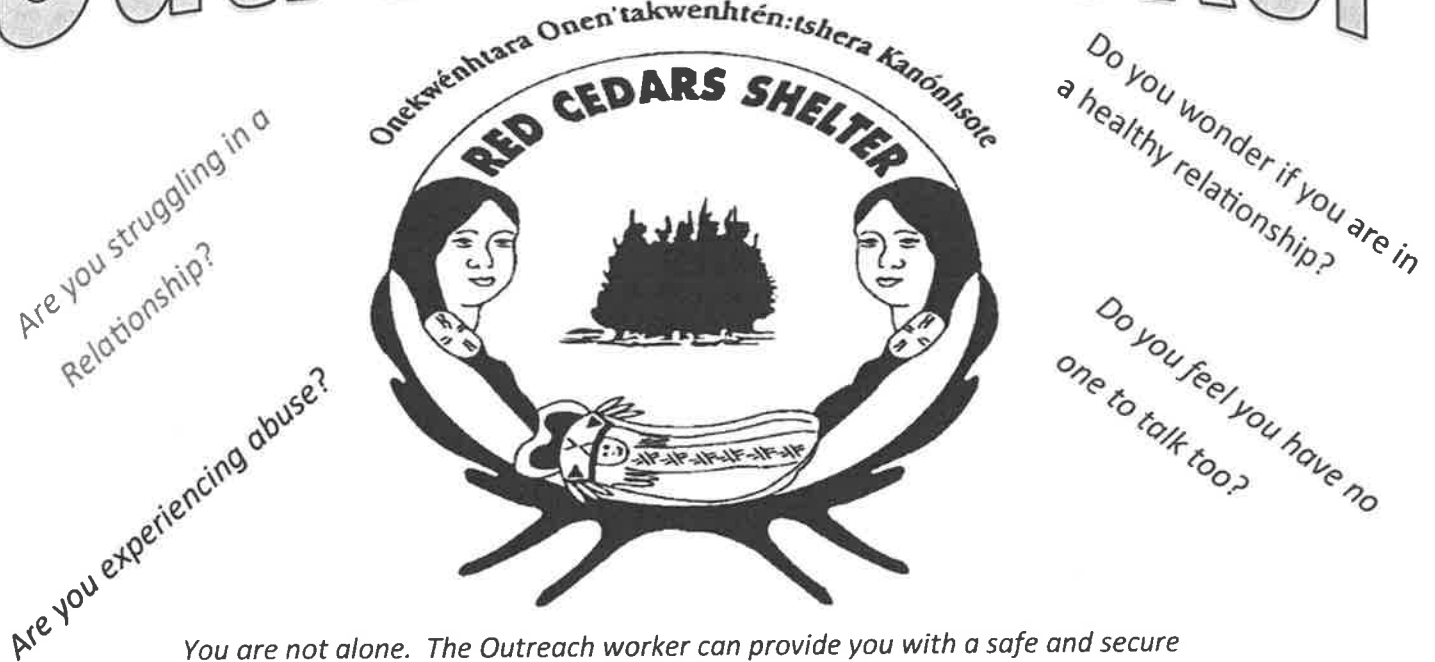
for more information

at 613-967-0122 ext. 145



New Program at Red Cedars Shelter

Outreach Worker



You are not alone. The Outreach worker can provide you with a safe and secure environment to receive support and wholistic healing around Family Violence, with respect to confidentiality.

**Wholistic healing approach, working with your
EMOTIONAL PHYSICAL MENTAL SPIRITUAL
Wellbeing.**

- ♦ Residential/Non-Residential Counsellor
- ♦ This program offers counselling support to men or women
- ♦ Advocacy
- ♦ Court support
- ♦ Referrals

Contact Sheila Stacey at 613-967-5877



Monday to Friday 8:30am—4:30pm

If you are in crisis please call #613-967-8212 or 1-800-672-9515

Tyendinaga Home Support Program
 Community Wellbeing Centre
 50 Meadow Drive, Deseronto ON K0K 1X0
 613-967-0122

October 2012

All Home Support programs are for seniors 55+ or 18+ with physical challenges.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Meals on Wheels Aqua Fit Library	3 Diners Club Deseronto	4 Meals on Wheels Blvl Shopping	5 Meals on Wheels Handivan Des Friendly Visiting	6
7	8 Office Closed	9 Meals on Wheels Aqua Fit Library	10 Diners Club HOME SUPPORT Euchre Night	11 Meals on Wheels Birthday Tea 5-Pin Bowling	12 Meals on Wheels Handivan Des Scrapbooking	13
14	15 Breakfast Club Chair Exercise Pen & Ink Wii Bowling	16 Meals on Wheels Aqua Fit Library	17 BINGO	18 Meals on Wheels 5-Pin Bowling	19 Meals on Wheels Handivan Des Friendly Visiting	20
21	22 Chair Exercise Pen & Ink	23 Meals on Wheels Aqua Fit Library	24 Diners Club HOME SUPPORT Euchre Night	25 Meals on Wheels CASINO TRIP	26 Meals on Wheels Handivan Des Scrapbooking	27
28	29 Chair Exercise Pen & Ink Wii Bowling	30 Meals on Wheels Aqua Fit Library	31 Diners Club HOME SUPPORT BINGO 			

**TAHATIKONHSOTONTIE HEAD START
CHILDREN'S BOOK CLUB**



**Caregivers sign your child up for the Book Club
and have fun listening to stories and making
crafts together!**

Where: Kanhiote Library

When: Tuesday nights

Time: 6 - 7 pm

Weeks: November 6th to December 11th

Age: 3 to 5

(Free book of the night for the children and no cost to join up)

**If you are interested call MJ Loft at 396-6716
to sign your child up**

Funded by NCB dollars

Save The Date
November 24, 2012
10:00 to 1:00
Community Centre

Families with children 0– 6 years of age are invited to our Community Event which will be a fun-filled day of many events/activities!

Older siblings are welcome.



Resource professionals & tools available to learn about your child's growth and learning.

ABC Early Childhood Checks

(Accessing & Building Connections)

Dental	Nipissing Checklist
Hearing	Ages & Stages
Vision	Speech & Language
Child I.D. kits	Nutrition information
Car seat information	

Gently used clothing and toys will be available for sale during the event.

If you are interested in being a vendor for this, please call to put your name on the list, as space is limited. Call Tracey at 613-396-6716

Opportunity to learn about Community Programs & speak with Service Providers

Lunch provided

Giveaways

Door prizes!!

Literacy activities and more!!

Brought to you by Tahatikonhsotontie Head Start, Eksa o' kon:'a Childcare Centre, Healthy Babies/Healthy Children, Early Childhood Development/Maternal Child Health Programs, Red Cedars, Family Space Quinte, HPE Children and Youth Services Network, with the support of other Community and Non-Community services.

COMMUNITY CIRCLE



AT THE COMMUNITY WELLBEING CENTRE (TEACHING LODGE ENTRANCE)

October 22nd, 2012 @ 6:00PM – 8:00PM

*****THE CIRCLES FOCUS WILL BE ON COOKING WITH LOVE*****

"The Circle has healing power. In the Circle, we are all equal. When in the Circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The Sacred Circle is designed to create unity. The Hoop of Life is also a circle. On this hoop there is a place for every species, every race, every tree and every plant. It is this completeness of Life that must be respected in order to bring about health on this planet."

FOR MORE INFORMATION PLEASE CALL JULIE BRANT

613 967 3603 EXT 149.

THE CIRCLE IS OPEN TO ADULTS 18YRS AND OLDER.





As Native women and mothers, we know we are faced with great responsibility for our next generations.

"People's of Tradition"

10 week Circle,

will help mothers/individuals by giving them tools to help themselves, so that they will be able to give those first teachings in a good way to our children, and help turn around the cycles of un-healthiness that were created during the time of the attempted genocides and the boarding school era traumas.

Start date to be determined upon registration.

Ancient Healing Centre

TMT

Cost to attend- \$225.00 (10 week session)

To register please email denisel@mbq-tmt.org

NOTE- This cultural teaching program is open to anyone interested, male/female, the teachings presented are relative to both.



Gastric Bypass Support Group

Next meeting- Oct 2/12

6:30 pm

Community Wellbeing Centre

50 Meadow Dr.

TMT

For info call- 613-967-3603

An Afternoon for your health

Events Include

Introduction to alternative therapies

Chiropractic Care

Seer

Dinner

Snacks

Plus much more

Tuesday Nov,

13/12

Beginning

1pm

Dinner @ 5:30

Mohawk

Community Centre

Community Health programs invite you to attend an afternoon for your health. This afternoon offers you current, relevant information on living well with diabetes.

Open to everyone.

Please pre-register for this event by calling

613-967-3603

by Nov 7/12

Open to the first 50 registered participants, please register early to avoid disappointment.





MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANIENKEHA

PROGRAM - COMMUNITY WELLBEING CENTRE
50 Meadow Drive, Tyendinaga Mohawk Territory, ON K0K 1X0
Phone 613-967-3603 Fax 613-962-4210

2012 Seasonal Influenza Clinic Schedule

The influenza vaccine is available at no cost to all persons over 6 months of age who live work or attend school in Ontario. The above clinics do not require an appointment.

Location	Date	Time
Community Wellbeing Centre 50 Meadow Drive	Thursday October 18/12	1:00PM - 4:00 PM
Community Wellbeing Centre 50 Meadow Drive	Thursday October 25/12	1:00PM - 4:00 PM
Community Centre (Diners Club) 1807 York Rd	Wednesday October 31/12	10:00AM - Noon
Community Wellbeing Centre 50 Meadow Drive	Tuesday November 6/12	4:00 PM - 8:00 PM
Administration Office 13 Old York Rd	Thursday November 15/12	10:00AM - Noon
F.N.T.I. 1807 York Rd	Thursday November 15/12	2:00PM – 4:00PM
Community Wellbeing Centre 50 Meadow Drive	Tuesday November 20/12	1:00PM - 4:00 PM
Community Wellbeing Centre 50 Meadow Drive	Tuesday November 29/12	4:00 PM - 8:00 PM



Moon Ceremony

*Women are invited to join us to honour and seek guidance from
Grandmother Moon on Oct 29 / 2012 at Dusk (Approx. 7.30 pm)*

What to bring:

Tobacco for offering (if you have it)

A skirt to wear

A bottle of water

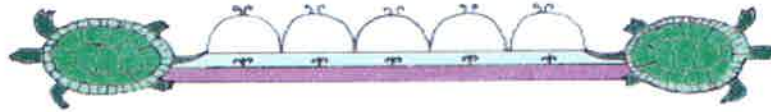
A lawn /camp chair

Pot Luck Stem

*(If you are unable to bring any of the following please give us a call,
we keep a limited supply on hand.)*

*The Ceremony will be held behind the Community Wellbeing Centre
and will be followed by a pot luck feast.*

Questions can be directed to Diana at (613) 967-0122 Ext. 133



~~SOUP FOR COMFORT~~
COMMUNITY WELLBEING CENTRE
WOULD LIKE TO GIVE BACK TO THE COMMUNITY DURING
TIMES OF SORROW!!! We know what it is like to lose a
loved one and we would like to help.



A WARM BOWL OF SOUP CAN SEND A MESSAGE OF COMFORT. IT WARMS US UP.

PLEASE REQUEST:

FRIENDS AND/OR FAMILY MEMBERS CAN CALL. Please let us know
and we will be happy to help.

CALL CWB AT (613) 967-0122.

Let the receptionist, Seaira know that you would like a pot of soup.
Give her the details and we can deliver the soup to the venue or you
can pick it up.

SOUP BECAUSE WE CARE.

Sponsored by:
CWB PROGRAMS

Go Ihsten'a

(mom in Mohawk)

Introduce your baby to the joy of music and dance while you have fun and workout!

Learn Traditional Mohawk Social Dances and basic steps of other types of dance, with the best little partner of all — your baby

Special Funding from

"Mother's In Motion"

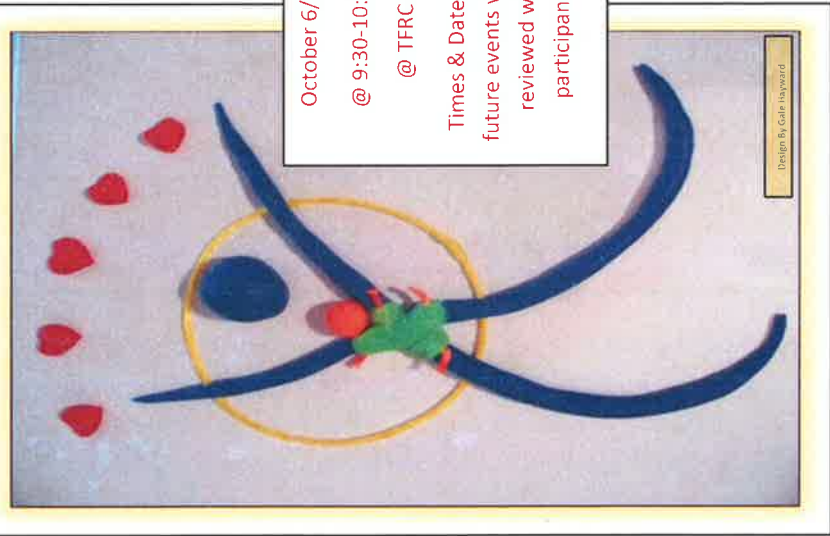
2 months of the following:

- *Dancing with baby
- *Urban Pole walking
- *Stroller Fitness
- *Social Time & learning
- *Social fitness
- *FREE Chitcare

FREE & SPECIAL PRIZES

FOR PARTICIPANTS

Bus Tickets Available



October 6/12
@ 9:30-10:15
@ TERC

Times & Dates For future events will be reviewed with participants

With the Healthy Moms Healthy Babies Research Project, Tyendinaga Fitness Resource Centre is partnering to offer these Healthy Events at NO COST to participants.

Beginning on October 6 @ 9:30 – 10:15am. Babies must be @ least 6 weeks old. Wraps available at class on loan. Please call for more information and to register: 613-967-3603 ext 166 or TERC (613) 962-2822 Dads and siblings welcome!

Yoga



Mothers and children participate in yoga exercises with nature and animal themes that are fun for all ages!



PLEASE BRING A YOGA MAT IF YOU HAVE ONE!



7 Week Session

Mondays,

Oct 15th — Nov 26th

6:00 - 7:00 pm



for more info & to register call

613-967-3603 ext 166

or email chp_cwb@mbq-tmt.org

QMS GYM

Presented by: Healthy Moms, Healthy Babies Project



Let's Walk & Beat Diabetes Together!



October 2012

Upcoming Events for October

Wed. Oct 3rd: **'Prenatal Classes'** continue at CWB 7-9pm every Wed evening until October 17th

Sat. Oct. 6th: **'Go Istenha'** -  at TFRC 9:30-10:15am *Please register early!!*

Mon. Oct 15th: **YOGA** for the Family-starts Mon Oct 15th from 6-7pm at the QMS Gym - Please register!!

Thurs. Oct. 25th: **Make Your Own Baby Food Workshop** at CWB from 7-9pm. *Please register early!!*

Community Walking Program

Tues. Morning Gentle Walk @ 9:30am: A gentle paced walk, that may be divided by rest breaks as needed. Suitable for families with babies or toddlers along, and anyone who desires a more relaxed walk. Approx 30 min. Come prepared as above. Meet @ CWB Health Services west door or waiting room.

Thurs. Evening Walking Group @ 6pm: Walk at your own pace, weather permitting. Approx 30-minute walk. Quinte Mohawk School Track, please use *Sadie's Lane entrance*

'Go Istenha' Community Healthy Lifestyle Events in October 2012!

Tyendinaga Fitness Resource Centre is partnering with UWO's Healthy Mom's, Healthy Babies Project to provide these healthy events at **NO COST** to participants.

Free childcare is provided:

Mom & BB Dancersize * Urban Pole Walking *Stroller Fitness

For more information and to Register Early please contact Dorothy or Gale at 613-967-3603 ext 166!!!

Yonata kari:te Konwati' nihstenha,
Yonata' kari:te Rotiwirá:a'

Dorothy Green & Gale Hayward
Healthy Moms, Healthy Babies
Community Healthcare Professionals
Community Wellbeing Centre
50 Meadow Drive
Tyendinaga Mohawk Territory, ON K0K 1X0

Phone: 613-967-3603 Extension 166 Email: chp_cwb@mbq-tmt.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

'Sisters In Spirit Vigil'
MacDonald Park
Kingston
4-6pm

PN CLASS"
7:00-9:00pm
@ CWB

Evening Walk
@ 6pm
QMS track

Gentle Walk
@ 9:30am
CWB

Thanksgiving Day

Evening Walk
@ 6pm
QMS track

"PN CLASS"
7:00-9:00pm
@ CWB

Gentle Walk
@ 9:30am
CWB

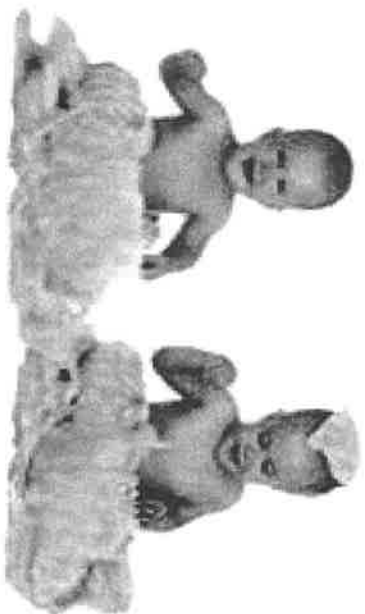
YOGA @
QMS Gym
6-7pm
● New Moon

'Make Your Own Baby Food'
Workshop
7:00-9:00pm
@ CWB

"Women's Day"
Bust Trip to Toronto
7am-7pm
@ CWB

YOGA @
QMS Gym
6-7pm
○ Full Moon

Gentle Walk
@ 9:30am
CWB



**Make Your Own
Baby Food
Workshop**

**Thursday, October
25, 2012
7:00 p.m. - 9:00 p.m.
@ Community
Wellbeing Centre
Teaching Lodge**



**Presentation by
Jodi John ~ Registered Dietitian
Experiment making your own baby food
All supplies provided
To register call
613-967-3603
Take home a free gift**

This workshop welcomes all new parents and their families



BEARS & CUBS

OCTOBER 18TH 2012

WE ARE EXCITED TO INVITE YOU TO OUR CAMO PARTY!!!

COME ON OUT DRESSED IN YOUR BEST CAMO CLOTHES. THERE WILL BE LOTS OF GAMES AND CRAFTS INCLUDING A GUEST SPEAKER THAT WILL ANSWER OUR QUESTIONS ABOUT HUNTING AND GUN SAFETY.

SUPPER WILL BE PROVIDED TO ALL PARTICIPANTS

(PLEASE INFORM US IF THERE ARE ANY ALLERGIES WHEN YOU REGISTER YOUR BEAR & CUB)

ALL BEARS & CUBS MUST REGISTER TO PARTICIPATE!!

CONTACT INFORMATION IS BELOW!



PLEASE CALL JULIE BRANT OR JOHANNA GOOFELLOW TO REGISTER !!

COMMUNITY WELLBEING CENTRE PHONE #: 613 967 3603 EXT. 149/143

EMAIL: julieannb@mbq-tmt.org / johannag@mbq-tmt.org

**BEARS & CUBS TAKES PLACE AT THE COMMUNITY WELLBEING CENTRE
LOCATED AT 50 MEADOW DRIVE, TYENDINAGA MOHAWK TERRITORY.**

******REMINDER**** Bears & Cubs program is for men in the community who would like to participate in an interactive evening with their children. Boys and Girls are welcome !!!**



Enyonkwa'nikonhriyohake' (Good Minds) Program

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

All events are FREE

OCTOBER 2012



↓ Tuesday: AGES 6-10	↓ Wednesday: AGES 11-14
<p>2nd</p>  <p>GAMES & CRAFTS</p>	<p>3rd</p>  <p>CRAFTS & GAMES</p>
<p>9th</p> <p>GAMES & CRAFTS</p> 	<p>10th</p> <p>CRAFTS & GAMES</p> 
<p>16th</p>  <p>GAMES & CRAFTS</p>	<p>17th</p>  <p>GAMES & CRAFTS</p>
<p>23rd</p> <p>CRAFTS & GAMES</p> 	<p>24th</p> <p>GAMES & CRAFTS</p> 
<p>30th</p>  <p>HALLOWEEN FUN! Costumes Welcome!</p>	<p>31st</p>  <p>Trick or Treating @ the Haunted Canteen, 6-8pm! All children welcome!</p>



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

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

October 2012

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- 2:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

We Are Open to

The Public

Staff

Darlene Loft /
 Recreation Manager

Sonya Maracle /

Fitness Staff & P.T

Part -Time Staff

Mahaley Brant

Talyor Lefort C.

Theresa Brant

What Does 'Toning' Really Mean?

The word 'toning' has nothing to do with the size of a muscle. It refers to making a muscle lean by burning intramuscular fat, and conditioning the muscle for better performance.

To tone your muscles you should weight train four days a week, working each muscle group twice a week. After you work a particular muscle group, you should give it two days rest before you focus on it again.

Remember you have to give your body adequate recovery time to heal itself and grow stronger. If you work out too often without resting you will just break your muscle down.

New TFRC Staff

Theresa Brant - She:kon! My name is Theresa Brant and excited to be a part of the TFRC team! I have been home in Tyendinaga now for 13 years and started working on my own healthier lifestyle 2 years ago. I really appreciate having the fitness centre right here on the reserve! I am looking forward to meeting all of our members and assist them to achieve their fitness goals as I move closer to my own.

Mahaley Brant - Hey! My name is Mahaley Brant. I am a Loyalist College student studying Community & Justice Studies . Can't wait to meet everyone at TFRC & help you achieve your goals !

Taylor Lefort Cummings - Hey my name is Taylor LeFort. I'm 20 years old and I'm a part time teacher at kawenna"onwe. I'm looking forward to working at the TRFC see you soon.!

Thank you to everyone who came out to help us celebrate our 5th

Anniversary on **September 29th**. It was a great day with lots of fun.

Winners of the doors prizes in the next paper. **Thank You** for your

time Myles Green it was great having you here. It was great to hear

you sing & play the guitar , while riding the bike, anything is possible !

TFRC now has WIFI ...Great for Ebooks !

YOGA starting In January - NEW Instructor

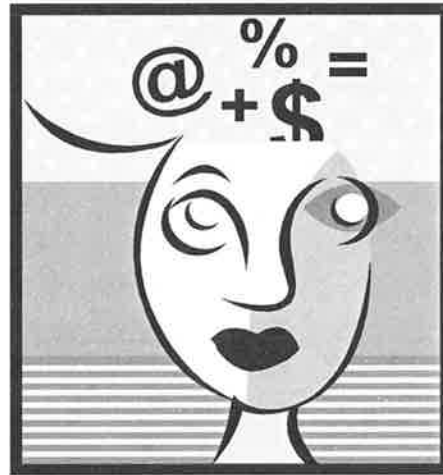
1/2-Day Advanced Brain Gym® Tips & Tools

By

Paul Hyman

Creator of the Award-winning Brain Gym® & MORE Program

Intended Audience: Teachers, Parents,
TA's, Daycare Workers, Recreation
Professionals, Coaches, Nurses, OT's,
PT's & PTA's,
Social Workers, PSW's,
Caregivers



New Insights from Neuroscience into Real-Life Applications

SPECIAL

Only \$45.00
\$5.00 towards TFRC

Includes:

- Experiential learning, with lots of hands-on practice
- Tracking sheets to assess and monitor outcomes & photocopy ready

handouts to use immediately

- Tips, techniques and application strategies to integrate into modified programs Cognitive Impaired, Stroke, ADD/ADHD
- Included in the course instruction, will be strategies for classroom application and the development of student self-management

Brain Fitness creates special programs using the synergy of mind/body modalities and integration of research from neuroscience. The whole is greater than the parts.

Date: Saturday, October 27, 2012

Location: 59'ers Club– Old Highway #2 – 8011 (911 #)

Time: 1:00 – 4:00 p.m.

This Event is Sponsored by Tyendinaga Fitness Resource Centre

Please send form and check payable to: Brain Fitness, mail to 201-898 Eglinton Ave. E., Toronto, ON, M4G 2L2 - **Deadline Sept.28/12**

For More Information Please Call: 613.962.2822



SPECIAL 1-Day Introduction



brainfitness

A Wellness Approach - Alzheimer, Stroke, Acquired Brain Injury

Opening the Sensory World to Adults with Complex Disabilities

By
Paul

Hyman

*Creator of the Award-
winning Brain Gym[®] &
MORE Program*

SPECIAL

Only \$90.00

\$10.00 towards TFRC

Intended Audience: Nurses, OT's, PT's & PTA's, Social Workers
Recreation Professionals, Personal Support Workers, Caregivers

Benefits - improved functional ability may prevent and/or manage:

- confusion
- depression
- lethargy - lack of motivation
- low self esteem
- lack of concentration - poor recall
- emotional reactions - aggression
- limited thinking patterns
- balance to reduce falls
- inability to learn new material even in those who have shown some signs of deterioration
- Personal coping strategies for caregivers

Participants learn techniques from:

- **Brain Gym[®]**
- **Trager[®] Movement Re-Education**
- **Hendricks Approach[®]**
- **Touch For Health**
- **Stress Management**
- **Therapeutic Recreation**
- **Bal-A-Vis-X[®]**

Date: Sunday October 28, 2012

Location: 59'ers Club- Old Highway #2 - 8011 (911 #)

Time: 9:00 - 4:00 p.m.

This Event is Sponsored by Tyendinaga Fitness Resource Centre

Please send form and check payable to: Brain Fitness, mail to 201-898 Eglinton Ave. E., Toronto, ON,
M4G 2L2 - **Deadline Sept.28/12**

For More Information Please Call: 613.962.2822

INFO@BRAINFITNESSINTERNATIONAL.COM WWW.BRAINFITNESSINTERNATIONAL.COM

TORONTO: 416.467.0240

Super Senior Fit



Every Tuesday in October!

Starting October 2nd

9:30am-10:30am

14 York Road, Unit#1, Tyendinaga

\$10.00 Per Class / Instructor : Wendy Meraw



Morning Program

Exercise to Tone & become Stronger

In order for the program to be successful

At least 10 participants

DEADLINE to sign up & pay

September 28/12

Questions about program email:

Contact : *Tyendinaga Fitness Resource Centre*

To Sign Up Today

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

Supper Sessions

By

Tyendinaga Fitness Resource Centre

(613) 962-2822

3 weeks of Healthy Sharing

Tuesday Oct. 16,23,30

6pm - 7pm

At: Steve's York Road Restaurant

266 York Rd , Shannonville (613)967-1028

Tues.Oct.16 - Blood Sugar: The Balancing Act

Presenter: Michelle Meilleur/Living Well Coach

Tues. Oct. 23 - Hands on Healthcare "Natural Approach"

Presenter : Dr. Jason Young Maracle

Tues. Oct. 30 - Navigating to a Healthy Relationship

Presenter: Greg & Darlene Loft (a comedy session)

COST : \$5.00 a person / Supper a separate cost

Email : tyfitnessres@mbq-tmt.org **Limit to 35 people / Deadline Oct. 12**

PILATES

Pilates is a method of core conditioning which can help increase your muscular strength, flexibility and endurance without building bulk or stressing your joints. This class will cover mat work exercises that will leave you feeling revitalized.

**Starts: October 3rd, 2012 & will continue on every
Wednesday following**

Time: 5:50pm to 6:50pm

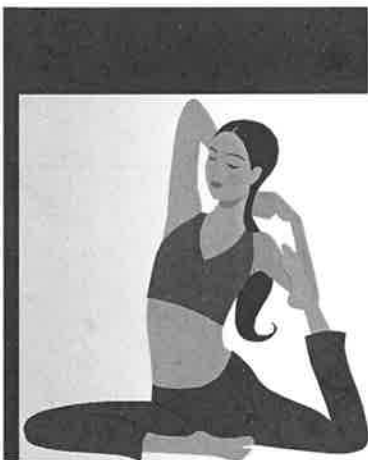
\$10.00 a night - limit of 10 Participants

The Fitness Instructor has 30 years experience with Pilates — Wendy Meraw
(Drop-In's are welcome but please let us know the day before)

Drop - In Welcome

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

Any questions on Pilates please e-mail: wmeraw45@gmail.com



Do you **KNOW** Someone who could use our help?



Peter with neck pain



Addison with chronic ear infections



Rachel with carpal tunnel syndrome



Betty with Fibromyalgia



Eric with Migraines



Liz with knee problems



Steve with whiplash



Tammy with IBS



Rehee with a low immune system



Tom with back pain



Maracle Chiropractic

Hands-on care everyone can afford. Call us we can help.

613.876.5855

See what we do on YouTube.
<http://youtu.be/nQ9JxSvMsln>
or search *foreveryoung chiropractic*

Ask the Doctor:

I constantly deal with seasonal allergies and sinus infections. Is there anything I can do that will help alleviate the symptoms?

- Ashly

Hi Ashly,

If you are suffering from seasonal allergies related to ragweed, dander and some of the more common allergens then one recommendation would be a Neti Pot which allows you to flush out the sinus cavity with a saline solution. Helps to reduce the bacterial, and viral build up. Neti Pots can be found at most pharmacy's and some super markets. A technique we use as chiropractors is a tuning fork. We use the vibration along specific points on the skull to open and drain the sinus cavities. It is a simple yet highly effective treatment.

Naturopathic treatments that I would recommend are both through a company called Heel Inc. They are both safe and natural products. Luffeel is used for wide spectrum allergens like ragweed, dander, etc.. You can get it in either a tablet form or nasal spray. The other one is Euphorbium comp which is designed to treat against viruses, bacteria and other allergens causing acute or chronic sinus infections. That comes in a nasal spray or oral drops.

Several options for you to consider. Have a great day!



Dr. Jason Maracle Young DC, CSCS
Maracle Chiropractic

If you have questions regarding health and wellness please feel free to ask at maraclechiropractic@gmail.com or mail Maracle Chiropractic Box 1216, Shannonville, ON K0K 3A0.



Storytime

for Babies and Toddlers

Wednesday Oct 24 to Dec 12

Babies from 0 to 11 months 9:45 to 10:45

Toddlers 12 to 24 months 10:15 to 11:45

Please call 613-967-6264 to register

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

Thanks for your support of our
Silent Auction at the Mohawk Fair. We raised \$296.00

Knitting

begins Oct. 16 at 7 p.m. and goes every Tuesday to Nov.27

- making fingerless mitts.

\$20/person for instruction fee. Call the library for material list.

Digital Christmas Gift

series with Yvonne Comeau Wednesdays from 10:30 to 12:30 tentative dates Oct. 10, Oct. 24, Nov.7, Nov. 21
Cost \$15/week or \$40 for all four. **You will need SBC4.0 to complete projects. If you do not have it but are curious or interested call Yvonne 613-966-9138 to work something out**

Please note the email address change,

kanhiote@gmail.com, please add this to your address book





October Schedule

Fri., Oct. 5 @ Home vs Amherstview

Sat., Oct. 6 @ Campbellford

Fri., Oct. 12 @ Home vs Napanee

Sun., Oct. 14 @ Amherstview

Tues., Oct. 16 @ Napanee

Fri., Oct. 19 @ Home vs Amherstview

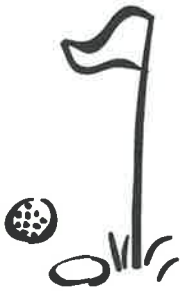
Fri., Oct. 26 @ Home vs Port Hope

~ All HOME games have an 8:30 start ~

~ Away games have a 7:30 start ~

Join us Sat., Oct. 13
for a
Pancake Breakfast (8-12)
and
Yard Sale (8-2) at the
Deseronto Arena

For more information and all the latest updates, please go to www.deserontostorm.net



Sedge Memorial 9th Annual Skins Game

October 6, 2012

Briar Fox Golf & Country Club
\$100/Player

Includes; 18 Holes of Golf, Cart, Skins
& Roast Beef Dinner

Four Man Scramble Skins Game
Value of Skins is Based on Number of
Participants

To Register Your Team Call
Mice Maracle 613 243 6023
Cliff Brant 613 396 3104
Cheryle Buck 613 391 4183





It's The Ultimate Girl's Day Out!

THE NATIONAL WOMEN'S SHOW



SOLD OUT

Shop 'til you drop... 450
exhibits and... from
food and w... fashion
show... guests, free
makeovers, health, wellness &
beauty secrets, cooking demos,
home renovation advice and

Make a day of it!

Bring your friends, sister, daughter or mom and be entertained doing everything you love. Enjoy great deals and show specials, shop for well-known brands or find a unique piece of clothing or jewellery at one of the many boutique exhibits. Experiment with a new look, ask the experts for advice about hairstyles, make-up and fitness and see fashion shows for the latest style trends for night, day, work or

All participants must be 18 years of age and older.

The cost of our 2nd National Women's Show Bus Trip being held on October 20th, 2012 is \$20.00 per person.

Tickets must be paid in full to reserve seats. Payment can be made to reception at the Community Wellbeing Centre. A confirmation ticket will be given and must be presented the morning of the trip. Tickets are non refundable.

The buses will depart from the CWC @ 7AM sharp. There will be a pick up at Wal-Mart in Belleville @ 7:30AM. We will be riding in coach buses which means we can accommodate 106 participants this year.

There will be a Tim Horton's stop on route to Toronto, with expected arrival at Metro Convention Centre for 9:30AM.

Upon returning home we will be stopping at the Mandarin for supper. Dinner is at your own expense. There is a Tim Horton's beside the Mandarin for those who do not wish to eat dinner.

Approximate return time to the CWC is 7:00pm

*****Note: Seats sell out fast! Buses were filled in two weeks of advertising*****

Please contact Julie Brant at the Community Wellbeing Centre if you have any questions— 613 967 3603 Ext. 149





DESERONTO LEGION

Coming events...

Saturday, Oct. 13,
Linzi Couch (fiddler) and Wrought Iron Roots,
play from 3 to 6 pm.

Saturday, Oct. 27,
A-1 Karaoke,
from 8 to 12 pm for a Hallowe'en costume party/
dance night.

Monday, October 22 - General Meeting 7 pm.
Bingo - ongoing every Tuesday night.
Doors open at 5:30, games begin at 7:00

Corn Soup Supper

Oct. 25

5-7 p.m.

59'ers Hall

#811 Old Hwy 2

Adults: \$8.00

Children: 5-12 \$4.00

MENU

Lyed or Dried Corn
Soup

Buns or Bread

Beverages

Pies for dessert





SAVE THE DATE!

DECEMBER 2 2012

Mohawk Family Services

6th Annual Christmas Merchandise Bingo

\$2 Admission Fee

Mohawk Community Centre

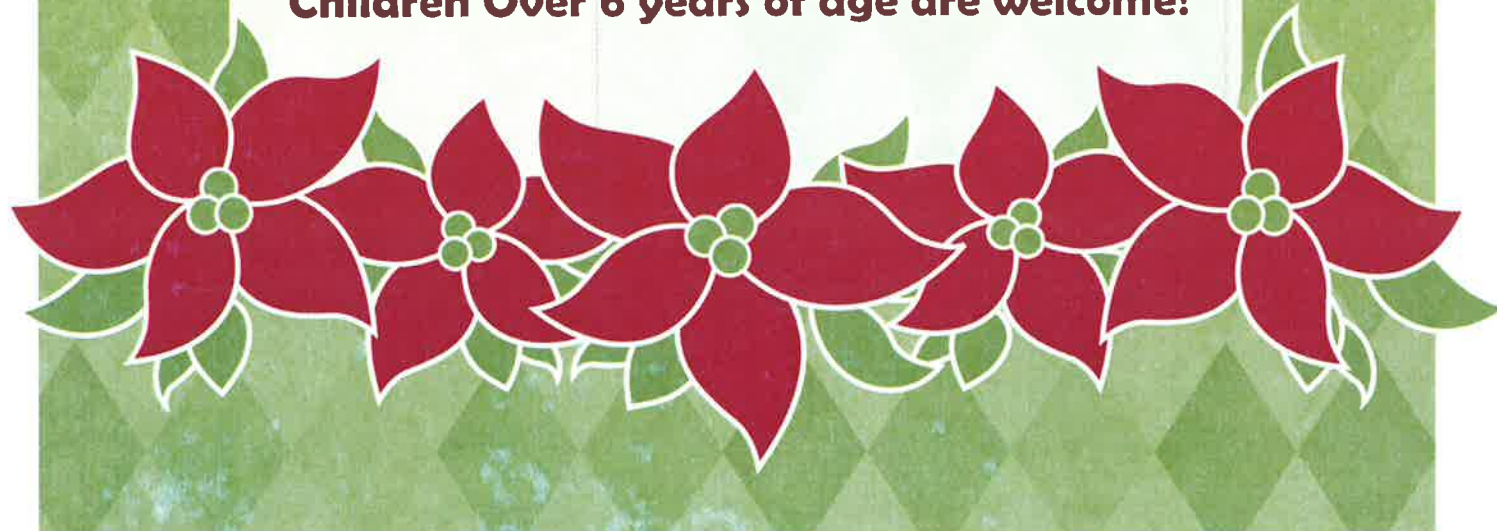
Admission tickets go on sale at 11am-

Limit 2 admission tickets per person

Doors open at 12pm

Bingo starts at 1pm

Children Over 6 years of age are welcome!



Mohawk Family Services

NEEDS YOUR DONATIONS!

Children's Shopping Day 2012 – Every year over 250 children at Quinte Mohawk School enjoy shopping for loved ones during the Children's Shopping Day at QMS. The items they purchase are largely comprised of community donated items.

We are looking for new or gently used, clean donations again this year. Please make sure all donations are in working order and have been thoroughly cleaned. Of particular interest are donations that would make great presents for Men.

Donations can be dropped off at:

COMMUNITY WELLBEING CENTRE (Social Side)

ANYTIME between 8:30 am and 4:30 pm Monday to Friday

OR at the Tyendinaga Fitness Resource Centre during Gym hours.

Drop off on a weekend can be arranged ahead of time by

contacting **Mohawk Family Services at 613 967 0122**

during business hours.

We can also help by picking up donations if you are not able to lift them or have transportation issues.

DONATION deadline is December 14, 2012





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

KERISTOS NE KORAH:KOWA

CHRIST THE KING

Under the Patronage of Blessed Kateri Tekakwitha

A Catholic Anglican-Use Parish

Tyendinaga, M. T.



Morning Prayer with

Communion from the Reserved Sacrament

10:00 AM → 1st, 3rd, 4th, 5th Sundays



Holy Eucharist (Complete Mass):

11:15 AM → 2nd Sunday of the Month

Services are held at: The Elders' Lodge Common Room

For additional parish information, please call:

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

OR

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

OR

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



The Cross represents our *Christ-Centred Faith* adorned with the colours of the "*Four Sacred Directions*" which indicate the redeeming power and truth of the Gospel of Jesus Christ for all places, times, and nations. The four eagle feathers represent the four Gospels of Saints Matthew, Mark, Luke, and John. They remind us of the *good news* of salvation in Christ given for the whole world. The wolf, turtle, and bear explicitly represent our Mohawk clans, blessed by the light of the Gospel and called to faith in Jesus Christ. The eagle, which flies the closest to Heaven, symbolises the grace and power of God in receiving and answering our prayers.



"For the word of the cross, to them indeed that perish, is foolishness; but to them that are saved, that is, to us, it is the power of God." (1 Corinthians 1:18)



TYENDINAGA MOHAWK TERRITORY

1984 YORK ROAD

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PARSONAGE · 613 · 396 · 5325

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 13 · Full roast beef dinner and southern gospel concert featuring "The Masters" at 5:30pm being held at the Native newlife centre on Hwy 49. call 613-396-5329 for tickets or more information. All proceeds and donations going to new Church building.

A drop box for used clean clothing and footwear is available see details posted outside of shed. Proceeds to Church fund raising project



THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest

The Venerable Brad Smith
962-2787

Our worship uses a mixture of traditional and contemporary language and music, including Mohawk. All people are welcome to worship and participate in fellowship and parish life. We don't think we have all the answers—if you have questions, please join us on a journey of discovering the sacred One.

SUNDAY CELEBRATIONS

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

Christ Church (Lower Church)
52 South Church Ln
10:30 a.m.

*From Sunday 21 October to Sunday 25 November,
the parish will worship together at
All Saints' Church at 9:30 a.m.
Regular times as above resume Sunday 5 December.*

Harvest Thanksgiving
Sun 7 Oct

Join us as we give thanks for the Creator's abundant
generosity in the harvest and in our lives.

UPCOMING EVENTS

Parish Fun Night
Wed 16 Oct, 7 p.m.
Queen Anne Parish Centre
Bring a game, a friend, and a snack!

Men's Breakfast
Sat 27 Oct, 8 a.m.
Small Town Cafe, Deseronto
The men of the Parish (and friends) gather once a
month for breakfast and fellowship.

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

“AA OPEN MEETINGS”

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

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

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

Losers Unite, Join Us!

Thursday Evenings

5:00 - 6:00 p.m. - Weigh In
6:00 - 7:00 p.m. - Meeting
Elders Lodge
(Bayshore Rd)

TOPS is a weigh loss meeting and support group
established in 1948 as a nonprofit organization.
Our goal is to help each other lose weight for better
health and appearance.

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

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

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

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

CLASSIFIED

APT. FOR RENT

- 2 bedroom apartment for rent
- 251 York Road
- \$750.00 month utilities included, frig and stove
- Adults only, no pets

Please call: 613-962-9187

FOR SALE

- BALES OF STRAW
- 4 x 4 round
 - small square bales

Call: William J. Brant
613-967-1129

HOUSE FOR SALE

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

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

- BUILDING FOR SALE
- negotiable with terms

Call: Calvin
613-827-4338

For Sale

- 4 BEDROOM HOME
(approx 3/4 acre)
- large eat-in kitchen
 - dishwasher, fridge, stove
 - large bedrooms
 - Updated 4 pc bathroom (ceramic floor)
 - 3 pc bath w/shower
 - large family room with updated woodstove (WETT certified)
 - walkout basement
 - lots of storage
 - upgraded well with holding tank
 - new roof and deck
 - shed
- PRICE RECENTLY REDUCED
(Serious offers will be considered)

Please contact:
tyendinaga11@yahoo.com OR
416-938-4157 or 613-396-2151

FOR SALE

- INCOME PROPERTY FOR SALE
- 12 acres
 - 3 Apartment Rentals- new cedar shake roof and windows
 - Excellent Business location -
 - Hobby Farm with 2 barns with

- water & chicken house
- 3000 sq ft. 5 bedroom brick house, wood pellet stove, fireplace, new water softener & UV light, lots of water with trickle system
- inground pool, some new windows, 4 bay metal drive shed & paved driveway,
- 251 York Road, Shannonville

Call: 613-962-9187

FOR SALE

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

Please call Bill: 613-966-1092

FOR SALE

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

Serious inquiries only
Call: 613-396-5879

FOR SALE

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

Please call Bill: 613-966-1092

Babysitter Available

Are you looking for a full-time reliable babysitter? If so please give Sandy a call at 613-967-0091

Child Care Available

- Hello My name is Donna Glass
- mother of one & starting childcare in my home
 - experience at day cares, day camps, before & after school programs
 - accepting ages up to 10
 - spots available for before & after school
 - healthy lunch, snacks, crafts
 - walks, nap time if needed & more

For more information
Call: 613-309-9272 or leave a message. I will gladly get back to you & look forward to looking after your children.

We are
on
the web
Check it
out!

www.mbq-tmt.org

For Rent

- 2 Bedroom - 2 Bathroom Duplex
- Newly renovated, clean, modern
- \$775.00 per month includes heat and hydro
- Suitable for adults only or adults with older child
- 1 bedroom on main level, 1 bedroom on lower level.
- Available immediately
207 Bayshore Rd.
Tyendinaga Territory

For Viewing please
call: Kelly 613-929-7355

BUSINESS FOR SALE

Well established eatery
for sale
Regular customers
Clean establishment
Great location
Great menu
Great sales

For information contact
maraclechris@yahoo.com

FOR SALE

- 26 ACRES, 2 HOUSES
- includes apartments for extra income
 - ponds, ATV trails, quiet rural location near Deseronto.
 - Owner will hold mortgage for qualified buyer.
 - Make a reasonable offer. Owner is Retiring.

Call 613-847-9761

FOR SALE

- LAND approx. 23.89 acres
- surveyed
 - York Rd. frontage and backing onto the Slash Rd.
 - creek, good land
 - well & roadway

Best reasonable offer

Call: 613-967-8935

*To the
Dirt Bags
who stole the
2 Big Bags
of Miracle Grow Dirt
from my yard.*

*Remember you
will be a
Senior
one day!*

HOUSE FOR SALE

- 840 # 49 Hwy Tyendinaga Territory
- lot 150' X 200'
- House, Garage, Store front, Utility shed
- 1735 sq. ft. main floor
- full basement
- 4 bedroom, 2 bathroom on suite has jacuzzi tub
- above ground pool
- large deck
- 5 X 10 pool table included
- appliance included/and some home decor
- sunroom - leads from master bedroom to pool area

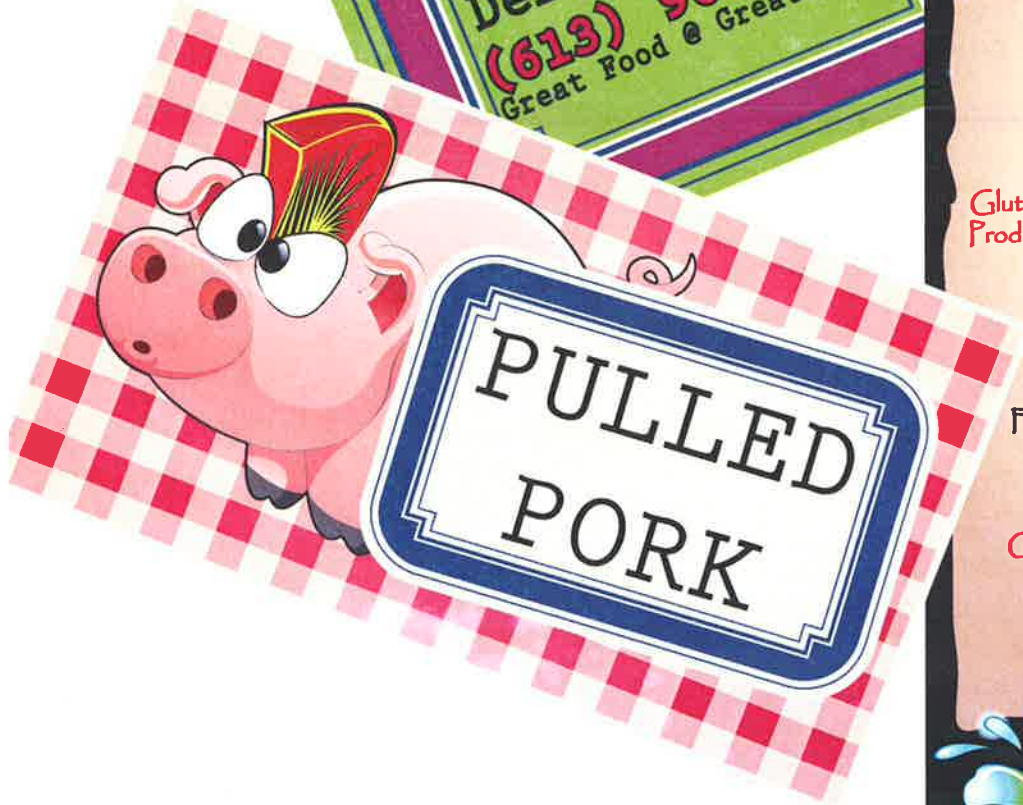
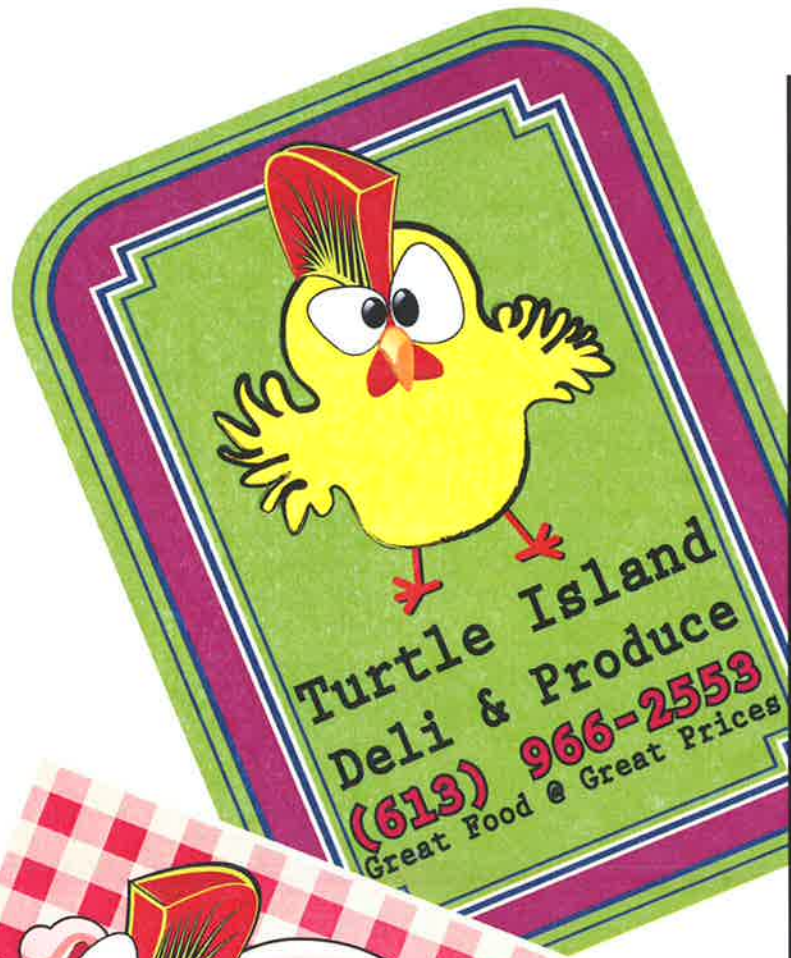
Details call: Rick 613-827-2988
Jackie 613-849-4559

HOUSE FOR SALE

- 3 BEDROOM RANCH
- full basement
 - garage, 20 X 20 deck
 - lot 200 X 300
 - all plywood construction
 - brick house, good well
 - rod & rebar in basement walls
 - 2 bathrooms
 - electric heat & central air
 - Anderson windows & wooden interior doors
 - located at 821 York Rd.

Call 613-577- 4770 and leave a message

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



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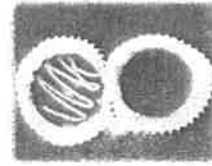
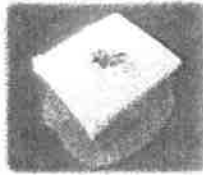
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