



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 10/13
KENTENHA (Oct.)

ORI:WASE (NEWS)

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



The Tyendingaga Block Parent® Program proudly presents the 7th Annual

Haunted Hayride &

Movie Night

Saturday, October 26th, 2013

RAIN DATE: Sunday, October 27th

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.

Childcare provided by MBQ's Family Health & Child Development program.

For more information or to volunteer (Community Service hours awarded), or to make a donation, please contact:

Ainsley Leween 613-885-2751

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 Tyendingaga Food Bank would be greatly appreciated!

UNITED NATIONS SPECIAL RAPPOREUR JAMES ANAYA TO VISIT CANADA

The United Nations Special Rapporteur on the Rights of Indigenous Peoples, Professor James Anaya, will conduct an official visit to Canada from October 7-15, 2013. The purpose of the Special Rapporteur's visit to Canada is to examine the human rights situation of the Indigenous Peoples of Canada. During his visit, the Special Rapporteur will meet with various Indigenous Nations, government officials and their representatives in different locations throughout the country.

The agenda for the Special Rapporteur's visit is still being developed and he will make stops at various locations throughout Canada. Further information and updates about the agenda of the Special Rapporteur, including opportunities to participate in consultations, will be made public on the website of the Special Rapporteur as it becomes available:
www.unsr.jamesanaya.org.

The Special Rapporteur's will document his findings in a preliminary report that will be submitted to Canada for comments and consideration. A final version of the report will be circulated publicly and presented to the United Nations Human Rights Council. The report will contain recommendations to the Canadian government, Indigenous governing bodies and, possibly, other interested parties on how to address issues of ongoing concern to Indigenous Peoples.

The Iroquois Caucus has sent an invitation to Mr. Anaya requesting to meet with him to discuss human rights violations by the Canadian government.

The Iroquois Caucus represents the elected governments of seven communities in Ontario and Quebec. Iroquois Caucus member communities are: Kahnawa:ke, Kanehsata:ke, Akwesahsne, Tyendinaga, Wahta, Six Nations of the Grand River and Oneidas of the Thames.

To see the text of the United Nations Declaration on the Rights of Indigenous Peoples, please visit the following website:

http://www.un.org/esa/socdev/unpfii/documents/DRIPS_en.pdf



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYEN'KEHÀ:KA

HOUSING

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

SNOWPLOWING/SHOVELING/SANDING 2013/14

The Snowplowing/Shoveling/Sanding tender deadline for Contract #1 & Contract #2 for Band Properties is **Friday October 25, 2013 at 2:00 p.m.** They are to be submitted to the Administration Office in sealed envelopes and clearly marked no later than the deadline.

Please contact Lori Maracle (613-396-3424 ext. 104) at the Housing Office to pick up a complete package.

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

CONTRACT #1

- Administration Office/F.N.T.I. (shoveling)
- BPM Office 82 Depot Road (shoveling)
- Fire Hydrants in Huron Brant Drive North
- Huron Brant Drive North Nature Park Parking Lot
- 4-Plex 11 Deserontyon Drive
- 4-plex 28 Deserontyon Drive
- Triplex 25 Deserontyon Drive
- 4-Plex 134 Huron Brant Drive North
- Bayshore Road Park Parking Lot and driveway to water tap
- Tyendinaga Elders Lodge, 301 Bayshore Road (shoveling)
- 59er's Seniors Building, 8011 Old Hwy. #2 (shoveling)
- 6-Plex 12 Huron Brant Drive North
- 6-Plex 140 Huron Brant Drive North
- 6-Plex 146 Huron Brant Drive North
- Aboriginal Head Start, 9 Deserontyon Drive (shoveling)
- Recreation Complex parking lot and driveway to propane tanks and BPM building
- Lacrosse Box driveway (only when called)
- Waste Depot
- 1794 York Road (shoveling)
- 3 mail boxes (HBD, HBDN & Wellness Drive) (shoveling)
- 8044 Old Hwy. #2 Bulk water station
- Bayshore Pumping Station
- Huron Brant Drive Pumping Station

.../2

CONTRACT #2

- Community Services Building, 1658 York Road (shoveling)
 - 1644 York Road (shoveling)
 - Community Wellbeing Building (parking lot only) (shoveling)
 - Police Station, 6 Meadow Lane (shoveling)
 - Community Centre, 1807 York Road (shoveling)
 - Orange Lodge
 - Red Cedars
 - Quinte Mohawk School
 - Tyendinaga Daycare (Shoveling)
 - Kagita Mikam Office, Shannonville
 - Triplex, 538 Norway Road
 - 722 York Road (shoveling)
 - 5 Granny Homes in Shannonville, (7 Queen St., 3, 5, 11 & 13 Atsia Court) (shoveling)
 - Business Centre, 14 York Road (shoveling)
 - 104 Young St. Shannonville (shoveling)
 - Shannonville Bridge sidewalks
 - Peatland (Ridge Road)
- The contractor is expected to maintain own equipment and have all areas accessible for buses, personnel and public before commencement of each day.
 - The contractor shall provide proof of insurance and W.C.B. coverage if applicable and a complete listing of equipment available to complete the work.
 - Bids submitted will be on each contract with the contract number clearly identified on the sealed envelope.
 - Please provide hourly rates for additional equipment when required to load and remove high snow banks.

PLEASE SUBMIT YOUR PROPOSAL IN A SEALED ENVELOPE CLEARLY MARKED BY THE "CONTRACT # SNOWPLOWING" BY 2:00 P.M. OCTOBER 18, 2013 TO THE RECEPTIONIST AT THE ADMINISTRATION OFFICE.

NOTE: BESIDES SNOWPLOWING AND SANDING SHOVELING OF SIDEWALKS TO ENTRANCES IS ALSO REQUIRED AT SOME OF THE BUILDINGS

The lowest or any tender will not necessarily be accepted.

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.



FACT SHEET: POWER OUTAGES

POWER OUTAGES

Power outages can last for minutes, hours or days. Power outages are often caused by freezing rain, sleet storms and/or high winds that damage power lines and equipment. Also, cold snaps or heat waves can place a high demand on the electricity grid. During a power outage, you may be left without heating or air conditioning, lighting, hot water, or even running water.

Know What to Do:

Before a Power Outage:

- ◆ If you have a wood-burning fireplace, make sure you have the chimney cleaned every fall to eliminate creosote build-up which could ignite and cause a chimney fire.
- ◆ Keep a flashlight and batteries in an easy to reach place and make sure everyone knows where to find it.
- ◆ Make sure your carbon monoxide detector has a battery-powered back-up.

During a Power Outage:

- ◆ Turn off all lights, except one inside and one outside, so that both you and hydro crews outside know that power has been restored.
- ◆ Do not open your freezer or fridge unless it's absolutely necessary.
- ◆ Use proper candle holders. Never leave lit candles unattended and keep out of reach of children. Always extinguish candles before going to bed.

After a Power Outage:

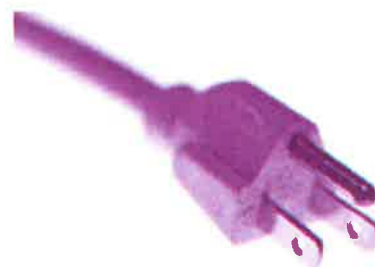
- ◆ Do not enter a flooded basement unless you are certain that the power is disconnected.
- ◆ Do not use flooded appliances or electrical outlets unless they have been checked by an electrician.
- ◆ Check your food supplies in fridges, freezers and cupboards for spoilage. If food in freezer is thawed, it should be cooked right away.

Be informed:

- ◆ Listen to your battery powered radio for information about the power outage and for notices from the hydro company.
- ◆ A freezer full of food will keep food frozen for 24 to 36 hours, if the door remains closed.
- ◆ If your house uses a sump pump as protection from ground water, clear valuables from the basement floor in case of flooding.

Prepare Now

- ◆ Planning for a backup power supply for essential medical equipment.
- ◆ Connect computer equipment, televisions and other sensitive electronics to surge-protecting power bars.
- ◆ Make your seventy-two (72) hour emergency kit and be prepared for unexpected power outages.



Sources:

Get Prepared Website (Government of Canada):
<http://www.getprepared.gc.ca/cnt/hzd/pwrtgs-eng.aspx>

Red Cross Website:
<http://www.redcross.ca/what-we-do/emergencies-and-disasters-in-canada/for-home-and-family/make-a-plan/planning-for-power-outages>

Trustee Report for September 2013

The new school year is still underway with enrollment figures continuing to show a decline at both the Elementary and Secondary levels. This decline is forecast to level out in perhaps the next three years.

The Achievement in Motion for Student Success System Plan 2013 – 2014 was passed at the September Board Meeting. This had been available to employee and community groups, federations, unions and Trustees for review and feedback as well as posted on the Hasting Prince Edward District School Board website for public access. Feedback was collected and considered in making the final revisions to the draft plan. The Goals and Priorities of the AIM - Achievement in Motion for Student Success System Plan can be viewed on the Hasting Prince Edward District School Board website.

Through capital projects updates, administration continues to monitor new schools and additions at Harmony Public School and Harry J Clark Public School.

For more detailed information on Board or Committee minutes, please go to HPEDSB.on.ca >Board and Committee minutes.

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

Respectfully submitted

Mike Brant, Trustee HPEDSB representing Tyendinaga First Nations

Does your child need help with math?



Homework Help is run by TVO's Independent Learning Centre with support from the Ontario government.

FREE online math tutoring is available for students in grades 7-10.

Teachers are standing by:

- Every Sunday to Thursday
- 5:30 pm to 9:30 pm ET

Register at ontario.ca/HomeworkHelp

You can help your child with math.

Register at ontario.ca/HomeworkHelp

Parents can sign up for a free guest account.

Get resources and tools 24/7:

- math videos
- interactive exercises & activities
- scientific calculator ... and more!



@MathHWH



fb.com/MathHWH





Community Mohawk Language Survey

*“Language is the birth blanket of our knowledge”
New Zealand language activist*

Over the next year I will be conducting a community language survey. This is in partial fulfillment of my Master’s in Indigenous Language Revitalization through UVic. For me, it is much more than fulfilling my obligation to my education. This survey has the potential to identify the issues around our language loss so we can nourish, protect and rebuild Kanyenke’ha in Kenhteke.

I would like to invite you to join me in a discussion about different survey formats, questions, audiences, etc. My goal is, with your help, to complete the survey tool(s) by **October 25th**.

I will like to offer the following dates and times to meet:

Tuesday October 8th, 6:30pm - 8pm
Tuesday, October 15th, 6:30 - 8pm
Tuesday, October 22nd, 6:30 - 8pm

Please feel free to come to one or all meetings. If you have any questions, suggestions or input to offer I would be most grateful to hear from you.

Community involvement is vital to community research - I am inviting you to become my co-researchers so that our language revitalization efforts continue to show positive results in our community.

Nyawen
Callie Hill
(613) 771-9732

*“...when the researched become the researchers, research will be transformed...”
L. Smith, Decolonizing Methodologies*

ABORIGINAL ENTREPRENEURSHIP TRAINING PROGRAM

Coming to Tyendinaga
Mohawk Territory:

OCT. 15TH - OCT. 25TH

Learn how to start your own small business and access funding.

Canada's largest and most successful Aboriginal Entrepreneurship Training Program.

Over 1,300 graduates in 90 communities over the past 9 years.

WHERE:

First Nations Technical Institute
3, Old York Rd.

REGISTER NOW!

Contact Ken Sparks at:
kens@fnti.net
613-396-2122 ext. 134
Cell: 613-827-2562

WHEN:

Oct. 15th - Oct. 25th



MOHAWKS OF THE BAY OF QUINTE
KENHTEKE KANIENKEHA



Tahatikonhsotóntie Head Start Program

We hope everyone had a great summer! We are looking forward to seeing the children and families from our community. Our regular programs will start Monday September 9th, 2013!

Drop-In Program: Tuesday and Friday from 9:00-11:00am

Junior Program: Monday and Thursdays from 9:00am-11:00am

Afternoon Program: Monday to Friday from 1:00pm-4:00pm

If you would like more information about our programs or if you would like to put your child on the waiting list please call

613-396-6716

DO YOU WANT TO EARN EXTRA MONEY?

ARE YOU ATTENDING HIGH SCHOOL?

ARE YOU BETWEEN THE AGES OF

14-19?

**YOU COULD EARN \$200 A YEAR JUST BY
ATTENDING YOUR CLASSES!**

FOR MORE INFORMATION CONTACT:

KRISTEN BIRD 613-885-7750

OR

MATT SAGER 613-885-4454

QMS TO KENYA

We are a group of 16 youth members of the community who have been inspired to give our time and energy to help others on a global scale! We are past Quinte Mohawk School students who will be travelling to Kenya Africa in July of 2014, on a mission trip through the Free the Children Foundation. The experience and leadership skills that we develop will benefit us and our community. We will be fundraising all year to make sure that we all get to Kenya, and we hope you will help us get there! Watch for our "QMS to Kenya" coming events and join us.

"QMS to Kenya" students would like to thank the community and some of our local businesses for supporting our summer fundraising activities.

Nya:wen Ko:wa to:

- our trip organizer/ leaders
- our parents and family members
- Quinte Mohawk School
- The Tyendinaga Development Fund
- Tyendinaga Computers
- Speedway Gas
- L & M Enterprises
- Turtle Island Deli

Thank you so much for your generosity!
Sincerely, QMS to Kenya Group

QMS to Kenya

Please come out and support our fundraiser!



Kreations for Kenya
Craft & Bake Sale



At Queen Anne's Hall
All Saint's Church
9am to 5pm Saturday November 9

VENDER'S WANTED!

Please contact:

Bonnie Watson: (613) 969-1072

Or

Elvin Green: (613) 967-8453

For more information.

Another upcoming event is our QMS to Kenya

19 years + Dance

November 16th, 2013



Thank You

To everyone who braved the weather on
Saturday at the Mohawk Fair and
supported the Parish of Tyendinaga booth!

*Carla & Sam Barnhardt, Lynn & Dave Wilson
and Families*



COLLECTION JARS

We, the food Bank Jar Ladies are related to the late Ron Green who started this collection system about 20 years ago. This money is used to assist the Christmas Food Box program.

We would like to thank the following MBQ businesses for their support in giving prominent counter space to our jars:

Freeflow Gas Station

Village Variety

Turtle Is. Deli

Native Renaissance II

Belleville Bakery

L&M Enterprises Store & Gas Bar

Smoking Speedway Store & Gas Bar

49 Quick Stop Store & Gas Bar

Roxanne's Restaurant

Tyendinaga Computers

Wards Gas Bar

Little Turtles Restaurant

Gas N Go Station

Any Business that would like to assist by having a jar, Please call:

JEAN 613-962-7796

CARROL 613-962-1451

PATRICIA 613-967-8129

Happy Birthday!



Happy 80th Birthday!
Mom, Dolly Spencer
Oct. 1
Love your
Children, Grandchildren & Great Grandchildren

October 2, 2013
Happy 7th Birthday to Ry Guy
Have a great day!
Hugs, kisses and lots of love,
Nana Katie and Popa Tony

October 9, 2013
Happy Birthday, Jay
Hope it's a good one!
Love, Kath & Tony

October 15, 2013
Happy Birthday to Shannon
Love, Mom and Tony

October 17, 2013
Happy 13th Birthday to Kennedy
Have an awesome day!
Lots of love,
Nana Katie and Popa Tony

October 18, 2013
Happy Birthday, Bonnie
Enjoy the day!
Love, Kathy & Tony

Happy Birthday
Tara - October 1st
Love Aunt Marilyn, Uncle Rick, Sam, Emmett, Phill & Hayden

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

Happy Birthday
Jolie - October 5th
Love Aunt Marilyn, Uncle Rick, Sam, Emmett, Phill & Hayden

Happy Birthday
Rick - October 8th
Love Marilyn

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

Happy Birthday
Brad - October 8th
Love Mom & Dad

Happy Birthday
Bro (Uncle) - October 8th Love Sam, Emmett, Phill & Hayden

Happy 17th Birthday
Cooper - October 13th Love Aunt Marilyn, Uncle Rick, Sam,
Emmett, Phill & Hayden

Happy 10th Birthday
Skyler - October 21st Love Marilyn, Rick, Sam, Emmett, Phill
& Hayden

Happy 23rd Birthday
Kayla - October 24th Love Aunt Marilyn, Uncle Rick, Sam,
Emmett, Phill & Hayden

Happy 16th Birthday
Cheyenne - October 28th Love Aunt Marilyn, Uncle Rick, Sam,
Emmett, Phill & Hayden

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

Happy 35th Anniversary
Bill & Nancy - October 7th Love Marilyn, Rick, Sam, Emmett,
Phill & Hayden

Happy Anniversary
Jeff & Ashley - October 31st Love Aunt Marilyn, Uncle Rick,
Sam, Emmett, Phill & Hayden



Happy 15th Birthday, Sadie Hill-Maracle!

October 28th 2013
You can dance your way into anyone's heart.
We hope you stay young forever.

Happy Birthday Sasey! We Love you!
Love Daddy, Brandi, William and Elijah. xoxo



Tipi Moza (Iron Homes)
Box 205
993 Princess Street
Kingston, ON
K7L 1H3

She:kon,

Tipi Moza provides affordable, culturally appropriate, **geared-to-rent** housing and any related support services for First Nations, Métis and Inuit people. Our homes consist of 2, 3 and 4 bedrooms.

We are currently accepting applications for bachelor, 1 and 2 bedroom apartments. They **aren't** subsidized, but they are reasonably priced units. The monthly rent will be between \$528 and \$804 and include heat, hydro, fridge and stove.

The houses and/or apartments are located in the Kingston area only.

If you are interested in having your name put on the waiting list for housing, please contact me at 613-547-1135, or go to www.tipimoza.com for a housing application.

Nya:wen,

Carol Loft
Housing Outreach Worker

**** Library Board Member needed. ****

Do you want to help plan library service and volunteer at fundraising events? Apply at Kanhiote Library with your name and contact number.



**KANHIOTE
LIBRARY**

613-967-6264

Monday, Tuesday
and Wednesday
10:30 to 5:30

Thursday 12 to 7

FUNDRAISING

Nyawen, nyawen

Thanks everyone for your support at bingo at Mohawk Fair. Kanhiote Library and Tsi Tyonnheht Onkwawenna Language and Cultural Centre share the proceeds - \$438.00 each.

Thank you Home Support Program for making this possible by the loan of your bingo equipment.

Annual Cookie Sale - Dec. 13

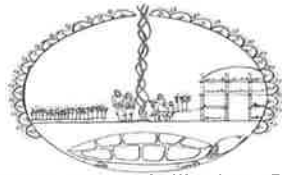
PROGRAMMING

Knitting starts Tuesday Oct. 1 from 7 to 9pm - Make our scarf project or work on your own project \$20 instruction fee

Oct. 30 - Haunted Places and Spaces - Trish will be here to tell us a few stories - Share your scary stories of spooky happenings - something that you saw or experienced or family stories.

Community Kitchen - at Community Wellbeing Centre - Nov. 15, Dec. 13, Jan. 17.

Senior's Craft Day - Oct. 15 - Make an ice cream sundae pincushion



Community Wellbeing Centre
 50 Meadow Drive
 Tyendinaga Mohawk Territory
 K0K 1X0
 613-967-3603

2013 Seasonal Influenza Clinic Schedule

Location	Date	Time
Community Wellbeing Centre 50 Meadow Drive	Thursday October 10/13	1:00PM - 4:00 PM
Elders Lodge Bayshore Rd	Tuesday October 22/13	10:00AM – Noon
Community Wellbeing Centre 50 Meadow Drive	Thursday October 24/13	4:00 PM - 8:00 PM
Diners Club Community Centre 1807 York Rd	Wednesday October 30/13	10:00AM – Noon
Administration Office 13 old York Rd	Tuesday November 5/13	10:00AM - Noon
FNTI Building 1807 York Rd	Tuesday November 5/13	2:00PM – 4:00PM
Tyendinaga Fitness Resource Centre 14 York Rd	Thursday November 14/13	1:00PM - 4:00 PM
Community Wellbeing Centre 50 Meadow Drive	Thursday November 21/13	4:00 PM - 8:00PM
Community Wellbeing Centre 50 Meadow Drive	Tuesday November 28/13	1:00 PM - 4:00PM

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



The Great War, 1914-1918. Bill will tell the stories of Hastings County men and women who served in that conflict. Hear about their home lives and frontline experiences, as documented in letters, army records, newspapers, family histories and photographs. (the story of David Green also included in the presentation)

William Kennedy
from the Hastings
Historical Society

When: Tuesday
November 12th

Location: Home
Support Activity
Centre

Time: 7:00 pm-
8:30 pm

Light refreshments
provided. No Cost



Please call Patty Sager at 613-967-0122 ext 141 to sign up

Transportation may be available upon request (for Home Support client) Deadline to sign up is Friday Nov. 8th



Moon Ceremony

Women / girls are invited to join us to honour and seek guidance from Grandmother Moon on October 18 / 2013 at Dusk (Approx. 7:00 pm). Women / girls are encouraged to bring:

Tobacco for offering (if they would like to use their own)

A bottle of water

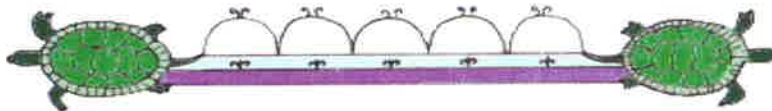
A lawn /camp chair

A small pot Luck Item

And to wear a skirt.

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 or Betty Ext. 102.



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 King at Mohawk Family Services

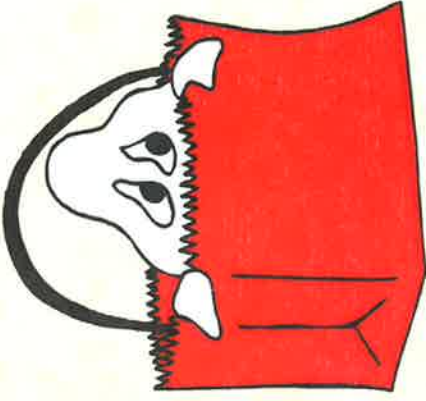
for more information

at 613-967-0122 ext. 145





October 2013



COMMUNITY HEALTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Aquatic Fit	2	3	4	5
6	7	8 Aquatic Fit Diabetes Social Circle 6-8pm CWC Building	9	10	11	12
13	14	15 Aquatic Fit Gastric Bypass Group 6:30 pm at CWC	16	17	18	19
20	21	22 Aquatic Fit	23	24 <i>Make your own Baby Food Workshop 6-8pm CWC</i>	25	26
27	28	29 Aquatic Fit	30	31		

To register for Aquatic Fit
call Denise or Cindy 613-
967-3603

Dates for the Up Coming Sea-
sonal Flu Clinic will be Adver-
tised on Mohawks Bay of
Quinte Website

www.mohawks bay of
quinte .org



GOOD BABY FOOD BOX

The Good Baby Box helps families residing in Mohawk Territory to stretch their food dollar, reduce cost, and meet nutritional cost food needs of their infants and toddlers. Please contact Vanessa @613-967-3603

Price List:

Infant:-\$6.00

- 20 pack of diapers
- 1 chosen speciality item

Over 6 Months-\$10.00

- 20 pack of diapers
- 6 small or 4 large jars of baby food
- 1 choice of cereal, cookies or juice

Toddlers:-\$6.50

- 20 pack of diapers
- 1 chosen speciality item

Speciality Items are:

- Wipes
- Shampoo
- Kleenex
- Vaseline
- Lotion
- Soap
- Other items as available

Formulas:

Good Start
Enfamil lower iron
Enfamil with iron
Parent's Choice with iron
Parent's Choice lower iron
Powder: \$16.00 per can
Concrete: \$2.25 per can or 8 cans
for \$17.00



Make Your Own Baby Food Workshop

Thursday October 24, 2013

6:00 p.m. - 8:00 p.m.

**@ Community Wellbeing Centre
Teaching Lodge**

Experiment making your own baby food

This workshop welcomes all new parents and their
families

All supplies provided

To register call 613-967-3603

Take home a free gift

Good Food Box




DATES TO PAY BY	ORDER GOES IN	ORDER ARRIVES
September 10, 2013	September 11, 2013	September 18, 2013
October 8, 2013	October 9, 2013	October 16, 2013
November 12, 2013	November 13, 2013	November 20, 2013
December 10, 2013	December 11, 2013	December 18, 2013

Large Food Box \$15.00

Singles Box \$10.00

Fruit Bag \$5.00

The Good Food Box is offered by the Community. It is a program that aims to lower your grocery bill by buying bulk fresh fruits and vegetables. Each box contains a variety of high quality, fresh, nutritious fruits and vegetables. Stock depends on which are in season or available at the best value.



For more info, or
to place your
order, call
Vanessa, at CWC

COMMUNITY HEALTH



SPICE GUIDE-Keep spices tightly covered in containers & store in cool dry place. After about a year, spices tend to lose flavor so more may be needed to season. Spices should enhance the flavor not over power the food. Always use moderation and taste foods before adding more. Over heating can cause spices to become bitter. During lengthy cooking add spice during last half hour of cooking. Usually 1 teaspoon dried herb equals 1 tablespoon of fresh.

All spice— a blend of cinnamon, cloves & nutmeg. Used in meat dishes, egg dishes, fish, gravies, pickles, relishes, tomato sauce, fruit preserves, cakes, cookies, & pastries.

Basil— pungent, sweet aroma. Used in broiled & roasted meats & poultry, fish, egg dishes, soups, vegetables, tomato dishes, pasta, vegetable, tomato dishes, pasta, dressing, stuffing & sauces.

Bay Leaf— strong flavour. Used in stews, soups, vegetables, pickles, gravies, sauces & marinades.

Cayenne— red pepper, very hot. Used with meats, seafood, egg & cheese dishes, soups, sauces, dips, spreads.

Celery salt or Seed— Tangy celery taste. Used with meat, fish, stews, egg or cheese dishes, sauces, spreads, dressings, stuffings

Chilli Powder— hot, peppery blend of herbs & spices. Used in Spanish or Mexican dishes, bean & rice dishes, BBQ & cocktail sauces, spreads, dressings, dips, egg dishes, vegetables.

Cinnamon-Sweet, spicy aroma. Used in breads, cookies, cakes, desserts, pas-

Cloves— strong, spicy-sweet aroma. Used with pork & lamb dishes, BBQ sauce, pickles, relishes, fruits, breads, cakes, cookies & desserts.

Cumin— Strong, slightly bitter, lemon flavour. Used in Spanish, Mexican & Eastern dishes, stews, pickles & tomato dishes.

Curry Powder— A blend of many spices, warm & sharp to hot & spicy. Used with meat, poultry, seafood, egg & cheese dishes, soups, sauces, seafood, salads, dips, cheese spread, rice dishes.

Ginger— Pleasant odour, pungent taste. Used in Oriental dishes, meats, poultry, vegetables, fruits, salad dressings, pickles, jams, marinades, breads, cookies, pies, cakes & desserts.

Marjoram— Spicy, sweet aroma. Used in roasted meats & poultry, fish, seafood, egg dishes, stews, & casseroles, soups, vegetables, salads, gravies &

Nutmeg— Warm, sweet, spicy flavour. Used in vegetables, eggs dishes, beverages, breads, cookies, cakes, desserts & sauces.

Oregano— Strong & aromatic. Used in Italian dishes, pizza & pasta, broiled & roasted meats, poultry, fish & seafood, stews, & casseroles, egg dishes, tomato sauces, soups, vegetables, salads & salad dressing

Paprika— Varies from mild, slightly sweet to hot.. Adds colour to many dishes. Use with poultry, salad dressings, dips, vegetables, soups & salads.

Parsley— Mild flavour. Popular as a garnish.

Poultry Seasoning— Like sage but milder. Used with poultry, stuffings & biscuits

Rosemary— Sweet, spicy, pine like fragrance. Used with roasted meat & poultry, fish, stews, casseroles, stuffing, salads, breads & egg dishes.

Sage— Strong, slightly bitter. Used with roasted meats, poultry, fish, stuffing, vegetables, cheese dishes, salads, gravies & sauces.

Savory— Pleasant peppery aroma. Used with meat, poultry, egg dishes, fish, stuffing, salads, soups, gravies, sauces.

Tarragon— Mild, licorice like flavour. Used with roasted or broiled meats, & poultry, fish, stews vegetables, salads & sauces.

Thyme— strong, pungent flavour. Used with roasted meats, poultry, fish, stews, vegetables, salads &

Cut out and post to fridge as a quick reference guide!

FAMILY FUN NIGHT

Have you ever wondered how you get diabetes?
Would you like more information about diabetes?
Would you be willing to sit at your kitchen table and discuss diabetes?


If so, Community Health Programs offer you, in your home, an evening of information about diabetes but made fun for everyone.

You provide the home, family & friends and we will do the rest.

We bring the education, information and snacks and come to you!

To schedule your in home family fun night please call Denise @ 613-967-3603 ext 128





Grab your fall jackets and family and friends then head over for a fun filled visit. Enjoy the entertainment, children's activities, games, snacks, and giveaways.

Rain or Shine!

Family Fun Day

Saturday, October 19
11am to 2pm



Red Cedars Shelter

An Aboriginal Healing and Wellness Initiative



All programs held at the
Home Support Activity Centre
 1794 York Rd
 Unless otherwise stated

October 2013

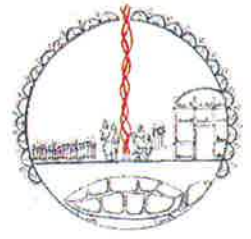
All Home Support programs are for seniors 55+ or 18+ with physical challenges.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> Meals on Wheels Library Aqua Fit	<i>2</i> Diners Club Deseronto Apple Picking (Campbells Orchard)	<i>3</i> Meals on Wheels Napanee Shopping	<i>4</i> Meals on Wheels Handivan Des	<i>5</i>
<i>6</i>	<i>7</i> Chair Exercise Ceramics Wii Bowling	<i>8</i> Meals on Wheels Library Aqua Fit	<i>9</i> Diners Club & Bingo HOME SUPPORT @ Community Centre Euchre	<i>10</i> Meals on Wheels Birthday Tea	<i>11</i> Meals on Wheels Handivan Des Scrapbooking	<i>12</i>
<i>13</i>	<i>14</i> Office Closed	<i>15</i> Meals on Wheels Library Aqua Fit	<i>16</i>	<i>17</i> Meals on Wheels Trenton Shopping	<i>18</i> Meals on Wheels Handivan Des Friendly Visiting	<i>19</i>
<i>20</i>	<i>21</i> Breakfast Club Ceramics Chair Exercise Wii Bowling	<i>22</i> Meals on Wheels Library Aqua Fit	<i>23</i> Diners Club & Bingo HOME SUPPORT @ Community Centre Euchre	<i>24</i> Meals on Wheels Casino Trip (Great Blue Heron)	<i>25</i> Meals on Wheels Handivan Des Scrapbooking	<i>26</i>
<i>27</i>	<i>28</i> Chair Exercise Pen & Ink Wii Bowling	<i>29</i> Meals on Wheels Library Aqua Fit	<i>30</i> Diners Club HOME SUPPORT @ Community Centre	<i>31</i> Meals on Wheels		



MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANYEN'KEHÀ:KA

ONTARIO WORKS, 50 Meadow Drive,
Tyendinaga Mohawk Territory, ON K0K 1X0
Phone 613-967-0122 Fax 613-967-3618



Angel Tree Program Policy

The Angel Tree Program has been developed on the Tyendinaga Mohawk Territory to assist territory families in financial need to provide warm winter clothing to their children. The Angel Tree Program focuses on children 12 years of age and younger, although children 16 years of age and younger with a demonstrated disability or need may be considered for assistance.

The Angel Tree Program focuses on providing warm outer wear, boots, hats and mitts.

Referrals will be taken from October 1, 2013 to November 1, 2013.

Parcel pickup will be November 29, 2013.

In addition, the Angel Tree Program partners with the Tyendinaga Food Bank to provide Christmas Food Hampers by collecting names and forwarding them to the Tyendinaga Food Bank. This is done at the time of application for the Angel Tree Program.

Parents must apply to the Angel Tree Program and provide all necessary information pertaining to the child/children. In the event that the child/children's parents are separated, the parent who may apply to the Angel Tree Program is the parent who has custody of the child/children. This is required to be verified by the current custody order. Both parents may not apply for the same child/children.

Children may be referred to the Angel Tree Program by any other agency i.e., Mohawk Family Services, Maternal Child Health, Healthy Babies/Healthy Children. If referrals are made, it is a requirement that the parent complete the application with a representative of the Angel Tree Program. Self referrals are also accepted.

The Angel Tree Program must have written documentation verifying the parent's income. A copy of their previous year's income tax return is encouraged as well as their current employment pay stubs are required. In the event that the child/children have been referred by Ontario Works, no income verification is required as the Ontario Works rates are within the eligible income levels.

For families that have employment income and wish to apply to the Angel Tree Program, the committee has considered income levels based on minimum wage at 40 hours per week.

The qualifying income level for a sole support parent is: **\$21,320 per year or less**

The qualifying income level for a couple is: **\$30,000 per year or less**

The income levels have been significantly increased from prior years and to consider the interest of streamlining and simplifying the qualification process, family size is no longer considered.

Diabetes Social Circle

Welcoming anyone interested in learning about diabetes

Next circle- October 8/13

6 - 8 P.M.

**Community Wellbeing Centre
50 Meadow Dr. T.M.T.**

ANGEL TREE PROGRAM

2013



If you are wishing to access the Angel Tree Program this year, please call early to have child(ren) placed on Angel Tree.

Please see the 2013 Angel Tree Policy.

DATES TO REMEMBER:

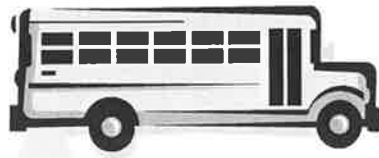
APPLICATIONS WILL BEGIN ON OCTOBER 1, 2013

DEADLINE FOR APPLICATIONS IS NOVEMBER 1, 2013

PARCEL PICKUP WILL BE ON NOVEMBER 30, 2013

We appreciate all the support that our community has offered in years past and look forward to helping even more children this year.

PLEASE CONTACT LESLEY MARACLE TO REGISTER OR FOR MORE INFORMATION AT 613-967-0122 EXT. 140



Has your child's SCIS band card expired this year?

If you received a new Secure Certificate of Indian Status when AANDC came to Tyendinaga in 2010, and your children received their new cards, they have likely expired in 2013.

There will be a **FREE bus trip to the AANDC membership office** for you to **renew** your child's band card on **OCTOBER 28TH 2013**. This trip is only for renewals.

Please call to reserve your seat on the bus. It's first come, first served. The trip is for **ADULTS only**. Children and youth do not need to attend if they are **UNDER 16** years of age.

When: October 28th 2013– Bus leaves at 7:30am and will return between 3:30 and 5:30pm. (depending on traffic)

Where: Bus leaves from the Community Wellbeing Building

How to reserve your seat: Please call 613 967 0122 and speak to Jan Maracle at ext 115.

What to bring with you on the day of the trip:

- **2 valid/dated passport photos of each child**
- **A long form birth certificate for each child**
- **Their current or last expired band card**
- **Any documentation that you have pertaining to your marital status, custody orders or any name change for you or the child.**
IE your marriage license.

Without these documents, your child's application will not be processed.

NEEDED!!!

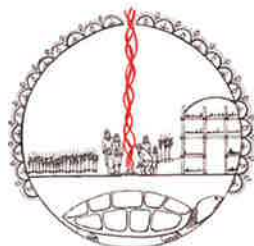
Volunteer Medical Transportation Drivers



**Do you have
some free time
to Volunteer?**

**Are you looking to
Supplement your
Income?**

If your interested in helping out,
please contact the
Community Wellbeing Centre
613-967-3603



MBQ Medical Transportation Program

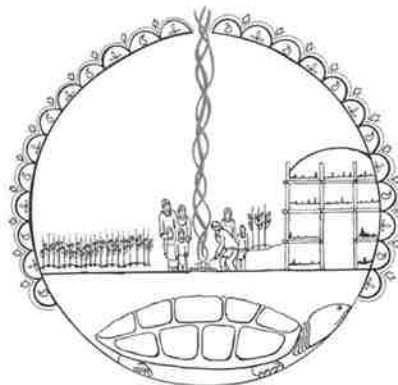
Medical transportation services are part of our First Nations federal health benefits program. They are covered in accordance with policies set out in Health Canada's Non-Insured Health Benefits (NIHB) Medical Transportation Policy Framework. This framework assists eligible recipients to access medically required health services that cannot be obtained at the First Nation or in their community of residence due to a simple lack of transportation.

At this time, the program needs to make our community aware that, our Medical Transportation Program is delivered by one Patient Transportation/Health Clerk and several volunteer drivers, all of whom are seniors. So although the program itself is not a large operation, it is subject to providing safe transportation service to a large number of community members, often at one time. Although the program does its best to provide the necessary driver, at times this large request volume proves to be difficult to accommodate. This is when the program needs the assistance of the client's family members, family friends and neighbours, etc. to step in and provide the medically-essential transportation service.

The program definitely encourages that, if a family member is available to complete a Medical Transportation trip they will do so and can receive a travel payment when a Medical Transportation Sheet (Confirmation of Attendance) is completed and handed into the Patient Transportation/Health Clerk at the Community Wellbeing Centre.

The program will always do its best to provide quality transportation servicing to all members of our community but, there are days when we just do not have enough drivers, so we do need the support of the community to do its part as well. So, on these days, if you're able to get your Granny, Uncle, cousin, neighbour or a loved one, to their medical appointment, it is greatly appreciated and certainly helps with the program's request volume from time to time.

For more details or if you are interested in helping out by becoming a volunteer driver, please contact the Community Wellbeing Centre at 613-967-3603.



Some memories give you a nice warm feeling.

Together we can help ease the pain.

The employees at the Community Wellbeing Centre understand the heartache and despair one suffers when they lose a loved one and we want to give you a piece of comfort during your time of sorrow.

If you or someone you know has recently lost a family member, please contact our office at the number below and we will prepare a homemade pot of soup for the family which we can deliver or have ready for pick up.

For more information, please contact:

Seaira Maracle

613-967-0122 Ext. 100



Aquafit



Community Wellbeing Health Programs in partnership with Home Support Program are offering Aquafit classes.

Classes begin October 1/13

Y.M.C.A. Belleville

Cost to participate- \$5 per week

Pre-registration required

To register or for more information please call 613-967-3603

Volunteers Needed!



- ✓ Are you 15-19 years of age & need volunteer hours for high school?
- ✓ Are you an adult who would like to volunteer in the community?
- ✓ Do you like working with children & youth?
- ✓ Are you available from 6-8 pm on Tuesdays or Thursdays?
- ✓ Can you provide a clear Vulnerable Sector Check?

Interested to learn more? Call Tracy Hill from the Enyonkwa'nikonhriyohake' Program at the CWC at 613-967-0122.





EYE EXAMS & GLASSES FOR THE ENTIRE FAMILY



OCTOBER 11TH, 10AM - 5PM
TYENDINAGA MOHAWK TERRITORY

COMMUNITY WELLBEING CENTRE PARKING LOT
50 MEADOW DR., DESERONTO, ON



TO BOOK AN EYE EXAM CALL TOLL FREE

1-866-920-6480

COMPREHENSIVE OPTOMETRIST EYE EXAM

WE DO DIRECT INSURANCE CLAIMS

BOOK EARLY, SPACES FILL FAST

OUR MOBILE UNIT WILL BE PARKED AT THE
COMMUNITY WELLBEING CENTRE





It's The Ultimate Girl's Day Out!

THE NATIONAL WOMEN'S SHOW



Shop 'til you drop at over 450 exhibits and find everything from food and wine sampling, fashion shows, celebrity guests, free makeovers, health, wellness & beauty secrets, cooking demos, home renovation advice and travel ideas!

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 play!
Experience all the fun!!!

All participants must be 18 years of age and older.

It's that time again!!! Our 3rd National Women's Show bus trip is being held on Saturday November 2nd 2013.

Tickets are \$20.00 per person and must be paid for in advance to hold your seat!!!!

Payment can be made to the health reception at the Community Wellbeing Centre. A confirmation ticket will be given and must be presented the morning of the trip to board the bus.

Ticket monies are non refundable.

The buses will depart from the **CWC @ 6:45am sharp**. There will be a pick up at **Wal-Mart in Belleville @ 7:15AM**. We will be riding in coach buses which means we can accommodate 100 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 in Centertown Whitby for supper there is a wide variety of restaurants for you to choose from. Dinner is at your own expense.

Approximate return time to the CWC is 7:00pm

*****Note: Seats sell out fast! Last year 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



ENYONKWA'NIKONHRIYOHAKÉ' PROGRAM PRESENTS:

YOUTH GROUP!

**ALL ACTIVITIES ARE FREE
OCTOBER 2013**



NOTES FOR OCTOBER:

- MANDATORY registration for all ages (must be completed on 1st visit)
- Limited attendance (to be determined)
- No Youth Group on Thursday, October 31st
- Come Trick or Treating @ Haunted Canteen from 7-9pm on 31st!
- Questions? Please call Tracy Hill at CWC @ 613-967-0122 x 146

TUESDAYS

Ages: 6-8

Time: 6-8pm



Ages: 13-18

Time: 6-8pm

WEDNESDAYS

THURSDAYS

Ages: 9-12

Time: 6-8pm





Are you...

Struggling with addictions?
Affected by grief?

Experiencing a loss?
Unsure of where to turn?

We Can Help

We now provide Non-residential Outreach Services

Certified in Red Path Addictions Counseling & Grief Edu-Therapy,
Red Cedars Shelter provides help for those struggling with
addictions, grief and loss.

What We Offer

- Safe Environment
- Confidentiality
- Flexible Hours
- 24/7 Support

Let's work together for healthier lives, relationships and community

For more information on how you can start your healing call

(613)-967-2003

or

24/7 Crisis Line: 1-800-672-9515


**Elder Abuse.... Let's Talk
We Can HELP!**



**Elder Abuse Prevention Support Line
Toll-Free 1-855-542-1336**

COMPLETELY CONFIDENTIAL





14 York Road, Unit #1 & 2B
Shannonville, Ontario
KOK 3A0

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

October 2013

Discover the Balance

We have Gift Certificates

Fitness Apps

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

Sonya Lueth

Mahaley Brant

Damon Brant

Shanleigh Maracle

Co-op Welcome

Nike Training Club - get your own personal trainer, anytime, anywhere. More than 100 custom workouts.

Runtastic - tracks your cardio workout progress to help you reach your training goals.

Lose It - designed to help you lose weight in a healthy way. Simple easy to use program that allows you to stay in your calorie budget.

NEW STAFF AT TFRC

Hello, my name is **Sonya Lueth** and I am the part time worker here at the TFRC. I have been living in the community for 18 years and am now raising my two young children here. I am also a student of the Indigenous Social Service Worker program with FNTI, I tie these two endeavors together based on the balance we all need for holistic health. I am looking forward to meeting and getting to know all of you new and existing members.

Hi everyone. My name is **Casey Doggett**. I am a grade 12 student at Moira Secondary School. For the next few months I will be spending my weekday afternoons here at TFRC as a co-op student. While at the TFRC I hope to meet and get to know everyone who visits the fitness centre.

She:kon, My name is **Jayna Leland**. I am originally from Kahna-wa:ke but have lived in the area for the past 10 years. Some of you may recognize me from previously working at Eska O'kon:a Child-care Centre. I am a loving mother to two beautiful children. I am a firm believer in being a positive role model for my children. I am excited to be a part of the TRFC team and look forward to achieving more of my fitness goals. High Five to fitness!!!



Thank You



TFRC has had a very busy summer with the renovations and moving equipment around to get ready for the NEW fitness equipment. We could not have done it without all the volunteers.

TFRC staff appreciates the time of all the following volunteers :

Jack Skidd thank you for the great job you've done on the window signs!

Jason Young Maracle and his mom Joanne * Justin Vos * Sonya Lueth
Greg Loft * Darlene Loft * Sonya Maracle * Marina Wager * Mahaley
Brant * Isaiah Loft * Madison Loft * Bobby Breadman * Andy Nugent
Matt Sager * Brandon Turner * Stephen Dew * Jaylee Thompson
Shanleigh Maracle * Austin Maracle * Ed Maracle * Dave Young

Thank you all for helping us get ready for our Grand Opening on Friday
September 27th.

TFRC would also like to wish everyone a
Happy Thanksgiving

Healthy Balance comes from working not
only *Body* but *Mind, Heart* and *Spirit*

**Remember Harvest Ceremony at
Sadies Lane October 11th -14th**



Please note; Our amenities have improved! Therefore, as of
November 1st 2013 our **fees will be raised** by \$5.00 per
month. A Special last chance for you to purchase a 6 month or
a 1 year membership at the previous cost will apply through-
out the month of October.



Coming to TFRC

October 9, 9 a.m. to 3 p.m.

Bring about mind, body, spirit balance

Reduce stress, pain and inflammation

Improve circulation and digestion

Reduce symptoms of menopause

Manage symptoms of Diabetes, Arthritis

Experience a ½ hour Reflexology Treatment

Cost: \$30.00

Call 613-962 2822 and Book your treatment today



Tyendinaga Fitness Resource Centre Welcomes...

YOUR CHILDREN !!

Childcare hours: Mon-Thurs. 9:30am - 12pm & 4pm - 6pm

Child Directed Play

Active Games & Crafts for All Ages

Certified E.C.E on site, as well as experienced care givers.

Special for the month of October:

Families who come in to exercise and utilize our childcare opportunity **a total of 4 times** throughout the month will receive a free Fall/Halloween Photo Shoot! Take home your favorite picture.

SPECIAL DRAW

First 20 families to sign up will have their names put in a draw for a **gift bag worth \$50!** Includes a gift card for Walmart and a one month membership at the Tyendinaga Fitness Resource Centre!

New Members

New members to join in October use the "Code Word" ~BALANCE~ to receive \$5 off monthly childcare cost

Childcare Workers

TFRC welcomes other Childcare providers, let us give you a break, so you get more energy for your day.

Stop in during Halloween Eve for your Trick or Treat

WOULD YOU KNOW WHAT TO DO?

Whether it's for

EMERGENCY PREPAREDNESS or **DOOMSDAY PREPPING...**

When the crap hits the fan how you respond could be the most important decision of your life, and how you prepare could be what saves the lives of you and your loved ones.

As a new resident of Tyendinaga, Dave Young, would like to offer the community a unique learning opportunity – **ENTRY IS BY DONATION** – with money collected being given to the gym.



TOPICS OF DISCUSSION MAY INCLUDE:

- Bug-out Bags and Survival/Emergency/Medical Equipment
- Water; Finding, Collecting, Storing and Treating
- Food; Finding, Gathering and Storing
- Shelter, Security, and Privacy
- Recognizing and Dealing with Stress/Stressors
- Dealing with Health and Hygiene Concerns
- Modern, Military, Traditional and Ancient Skills/Methods
- Making my plan....where do I start....what should I consider?
- Weapons, what's the best...or do I need one at all?
- How to **HOPE** for the best while preparing for the worst
-as well as answering any questions you may have.

This seminar will be facilitated by Dave and include opportunities to learn both from him and each other. Topics discussed will be determined by the people present so bring your questions or concerns. Also, feel free to bring your own Bug-Out Bag, or that special piece of equipment you love - if you have one.

WHEN: NOVEMBER 19th at 6:30 pm / Donation appreciated

WHERE: Tyendinaga Fitness Resource Centre / Fitness Studio

at 14 York Rd, Unit #2B, in Tyendinaga Mohawk Territory

MEET THE INSTRUCTOR:



Dave Young is Saami-Anishinabe, and has over 25 years experience working in the survival and emergency preparedness field.

His formal training includes Wilderness Search and Rescue, High Angle Rescue, Wilderness Survival, Wilderness Emergency First Responder, Lost Person Tracking, Homesteading Skills, and Primitive Arts and Living Skills.

Dave has also worked as a wilderness guide and wilderness growth facilitator for internationally recognized organizations like Outward Bound and the Pilgrimage.

As a respected Saami Culture Educator, his heart is for the return of our cultures and languages.



Tompkins Martial Arts

Start Date: Thursday, October 3, 2013 - Registration & Demos

Time: Monday: 6:30pm -7:45pm

Thursday: 6:30pm -7:45pm

Saturdays 10 am - 11 am youth classes,
parents welcome

Cost: \$50 per month or **\$10 a night**

25% **discount** for 2nd family member

(**only** on monthly and 3 month memberships)

Introductory special: 3 months membership,

plus discounted Uniform (jacket, pants and white belt) **\$175.00**



The Instructor Shihan Denny Tompkins
is a:

-6th Dan Black Belt

-Kempo 5th Dan

-Goju-Ryu

-5th Dan Aiki-Justu

-2nd Dan Wado-Ryu

-Kick-boxer



Email for more information :

tompkinsmartialarts@hotmail.com

Phone: 613-962-2822

NOTE: Program will continue if successful

Tyendinaga Fitness Resource Centre

(613) 962-2822

**NEW
SPACE**

PILATES

Tyendingaga Fitness Resource Centre

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.

Starting date- Monday, October 7, 2013

Mon.- 9:30am-10:30am

Wed.- 5:50pm-6:50pm

**In order for this event to be Successful & Active, 10 people
need to be signed up and prepaid**

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

Deadline to signup - September 30/13

(613) 962-2822

or email tyfitnessres@mbq-tmt.org

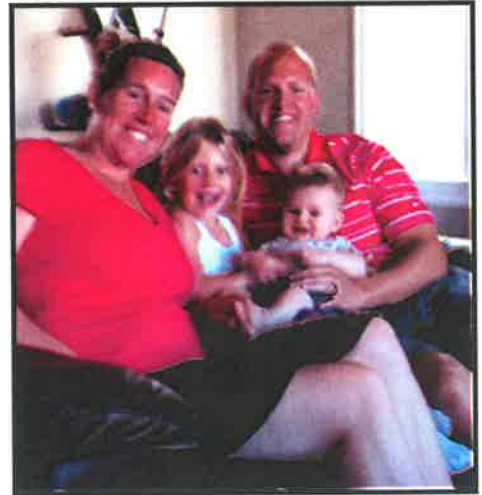
Any questions on Pilates please e-mail:
wmeraw45@gmail.com





www.MaracleChiropractic.ca

ph: 613-876-5855



New Clinic Space

New Services Available

Massage Therapy
Naturopathy
Homeopathy
Nutritional Aids

**New Reduced Fees For
All Band Members**



BREAKING NEWS

**New Clinic Space, New Services Available and New
Reduced Fees for All Band Members.**

Come out and see what all the excitement is about!

FREE New Patient Exams for the Month of October!!!

Address: 14 York Rd Unit #2 TMT, ON K0K 3A0



DESERONTO LEGION

UPCOMING EVENTS FOR October

DARTS

Practice begins Thursday, September 26th. Play begins Thursday, October 3rd.
Players **MUST** be signed up by the 3rd.

ENTERTAINMENT

Picket Fences returns to play from 4-7pm on Saturday, October 5th. Please join us to welcome them back!

Halloween Costume Party and Dance on Saturday, October 26th 8pm-12am. Karaoke, snacks and prizes!

MEMBERSHIP

Early bird membership renewal begins October 1st for 2014. Early birds get \$5 off their yearly membership fee. 1 lucky early bird will receive their membership for free!

BINGO

Bingo continues every Tuesday night. Doors open at 5:30. Play begins at 7pm.



Christmas Craft Show

The Annual Christmas Craft Show
Has been scheduled for Saturday
December 7, 2013.

Details on booking and times will be
distributed at a later date.

Great gifts for Christmas!!!!



The Land that Supports our Feet

A one-day symposium exploring common ground
between First Nations and Settlers in Eastern Ontario

Organized by the **Deseronto Archives Board** and
Community Archives of Belleville and Hastings County,
with the support of:



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYENK'EHA:KA



Find out more and register: snipurl.com/landsymposium
or call 613-242-0106

**Quinte Sports & Wellness Centre, Belleville
Multipurpose Room
Saturday October 26th, 2013, 9am – 4pm**



Release of Draft Environmental Review Report for Review and Public Open House Napanee Generating Station

TransCanada has completed a draft Environmental Review Report (ERR) for the Napanee Generating Station project (NGS). The report will be made available for public review from October 1st to November 30th, 2013. Copies of the report and supporting documents will be available electronically at www.NapaneeGS.com and can also be viewed at the following locations:

Town Hall – Town of Greater Napanee 124 John Street Napanee, ON K7R 3L4	Administration Office – Mohawks of the Bay of Quinte 13 Old York Road Tyendinaga Mohawk Territory, ON K0K 1X0
Lennox and Addington Public Library – Napanee Branch 25 River Road Napanee, ON K7R 3S6	Land Code Coordinator's Office – Alderville First Nation 11696 2 nd Line Road Alderville, ON K0K 2X0
TransCanada's Napanee Generating Station Project Office 113 Richmond Blvd. – Unit 4 Napanee, ON K7R 3Z8	

Napanee Generating Station Open House #2

TransCanada invites the community to an informational open house to provide details of the draft ERR, including draft study results related to air quality, human and ecological health, traffic, socio-economics, terrestrial and aquatic environment, and noise. There will be informational displays and TransCanada experts in attendance to answer questions.

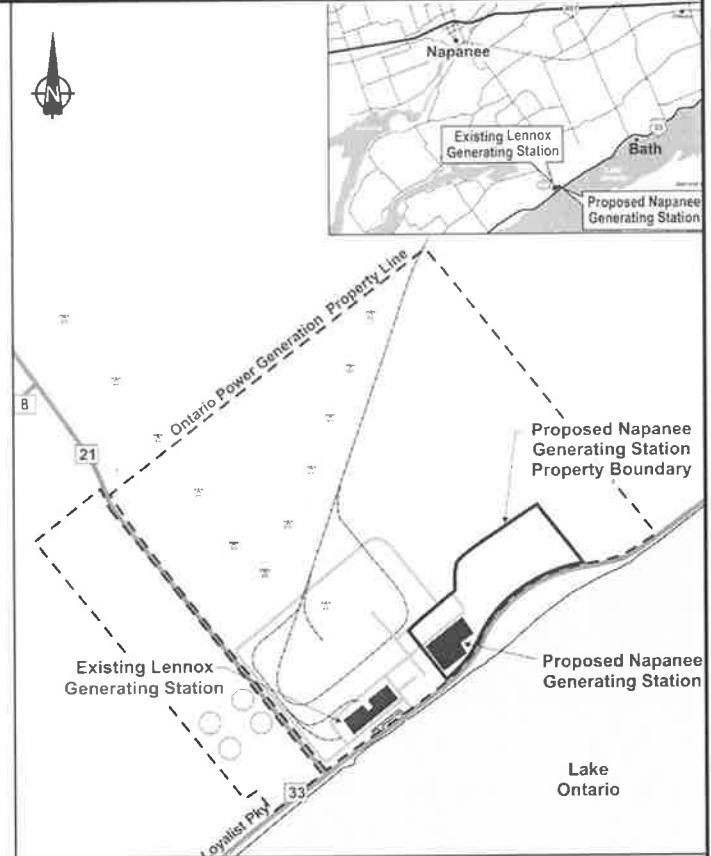
If you cannot attend the event but would like to learn more, please contact us at 1.855.920.1910 or by emailing us at NGS@transcanada.com. Following the open house, informational materials including the open house posters will be posted on our project website: www.NapaneeGS.com.

TransCanada looks forward to receiving any comments you may have on the draft Environmental Review Report during this review period. Please send all comments to:

Christine Cinnamon
TransCanada Napanee Generating Station
Royal Bank Plaza
24th Floor, South Tower
200 Bay Street
Toronto, ON M5J 2J1

E-mail: NGS@transcanada.com

October 23rd, 2013
4:00 p.m. – 8:00 p.m.
South Fredericksburgh Hall
2478 County Road 8
Napanee, ON K7R 3K7



TransCanada is committed to engaging with area residents, community organizations, and interested parties throughout the development of this project. Results of stakeholder feedback and comments on the draft Environmental Review Report will become a key part of the Final Environmental Review Report and are integral to the approval process.

The Final Environmental Review Report will be released in the coming months and will be available for public review and comment for a 30-day period. We will inform you of its availability when it is released.





TYENDINAGA
NATIVE WOMEN'S ASSOCIATION

30TH ANNIVERSARY CELEBRATION

OCTOBER 26TH, 2013

MOHAWK COMMUNITY CENTER
YORK RD

**11:00 a.m. – 4:00 p.m. Craft Sale, Displays
Historical Exhibits
6:00 p.m. Dinner**

Tickets \$10.00 each (dinner only)
Available from
Carol LaVecque, Donna Crouse,
Delores Maracle-Whalen, Carol Potts

For info contact
Carol Potts at 613-966-8106
or
Christine Claus at 613-396-3991

Congratulations and Greetings from Special Guests

Stop by and enjoy a piece of our anniversary cake!



TYENDINAGA NATIVE WOMEN'S
ASSOCIATION



Thanksgiving Purse Auction

12 October, 2013

10:00 am

59er's Club

ALL PROCEEDS TO THE NWA BUILDING
FUND



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

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

REQUEST FOR VENDORS

FESTIVAL *of* NATIVE ARTS



The Aboriginal Resource Centre at Loyalist College will be hosting

18th Annual Festival of Native Arts
Saturday, November 2, 2013 *from* 10:00 am - 4:00 pm

ARTS AND CRAFTS • WORKSHOPS • TRADITIONAL FOODS • PERFORMANCES

All Welcome • Free Admission

For more information or to reserve a booth for the Festival,
contact the Aboriginal Resource Centre at 613-969-1913 ext. 2250
1-888-LOYALIST, ext. 2250 • T.T.Y: 613-962-0633 • email: dgonyea@loyalistc.on.ca



Come Help Us Celebrate

Please join us for an Open House to celebrate

Janice "Sam" Reid & Clint "Buzzy" Green's
70th Birthday's

WHEN: October 19, 2013

TIME: 1:00 p.m. – 4:00 p.m.

LOCATION: 24 Young Street, Shannonville

Best Wishes Only Please
Light Refreshments will be served



Simply Church

Kid focused, family friendly, Church in a house.

Join in for Bible Lessons, crafts, and snacks.

10:30 to 12 Sundays

1330 Upper Slash Rd

For info call Murray @ 613-969-6034

FRIDAY NIGHT LIGHTS

YOUTH NIGHT

Fridays 6:30 to 8 p.m. Mohawk Pentecostal Church

It's back!

Ages 8 to 12

Games Crafts Faith Fun

October 5-12-19-26

On November 24, 2013

Mohawk Family Services is hosting the
7th Annual Christmas Merchandise Bingo

\$2 Admission Fee

Location: Mohawk Community Centre

Doors open at 12pm

Bingo starts at 1pm

Children Over 6 years of age are welcome!

Tickets go on sale at CWC Social reception:

Friday November 22, 2013 9:00 am—4:00 pm

Each adult will only be permitted to purchase 2 adult tickets
and up to 6 kid tickets. (Tickets will be a different colour)

**Any remaining unsold tickets will be for sale on
November 24, 2013 at 10:00 am at the Community Centre.
First come, first served. Only 200 tickets will be printed.**



New Years Eve Dance

music by

**Jennifer Brant
& Mustang**

Country music with some 50's & 60's Rock

December 31, 2013

8pm – 12:30 am

Light Luncheon Included

Orange Lodge Hall
York Road, Tyendinaga Territory

\$20.00 per person
Tickets can be purchased in advance: Pat 613-396-2132
Jennifer 613-396-3308
Lenore 613-476-7632





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

Christ Church (Lower Church)
52 South Church Ln
9:30 a.m.

*Worship Schedule - 9:30 a.m.
Christ Church - May to October
All Saints' - November to April*

UPCOMING EVENTS

Fall Study - "Reimagining Church"
Every Wed in Oct, 6-8:30 p.m., QAPC

We will study a five-part program which is designed to get us thinking about being missional (going into the community to help people rather than just hoping they'll come to church). The study starts with a light potluck supper.

Men's Breakfast

Sat 26 Oct, 8:00 a.m., Small Town Café, Deseronto
A time of fellowship and food for Christian men.

Harvest Thanksgiving Celebration
Sun 13 Oct, 9:30 a.m., Christ Church

We give thanks to God the Creator for the fruits of the earth that sustain and nourish the people.

Note: we start worshipping at All Saints' on Sun 3 Nov.

Although most of the harvest has already been reaped, this is the month when we celebrate Thanksgiving. We are grateful to a Creator who blesses us with such abundance. What do you have to give thanks for this month?

FOR THE MOST UP-TO-DATE INFORMATION,
VISIT WWW.PARISHOFTYENDINAGA.ORG
OR WWW.FACEBOOK.COM/TYENDINAGAANGLICAN

"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!

WINTER HOURS

Thursdays

5 - 6 = Weight in

6 - 7 = 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 - 613-885-0506
Tree Good altree94@gmail.com



She:kan! 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

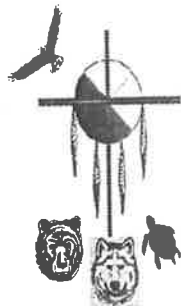
Services are held at: The Elders' Lodge Common Room

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

CHURCH · 613 · 396 · 5329

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

Communion

second Sunday of each month

Coming Events

**Dec 14th Christmas dinner tickets
for sale coming soon**

Oct 4th revival service at 7 pm

**Dont be afraid to stand for what
you believe in, even if that means
standing alone...**

Unknown



AMAZING NEW FITNESS CLASS

TOTAL BODY SCULPT!!

✦ **well defined chest & back**

✦ **strong arms & shoulders**



✦ **do you want your core to ROCK??**

✦ **it's time to loose the muffin top!!**

✦ **using free weights & machines**

✦ **Your transformation awaits!!**

This dynamic 10 week class will help sculpt your body and bring out your best qualities. There is nothing better than feeling the energy of others in the class that have the same desire to be well sculpted!!!



STARTS: Sept 30 to December 7. **PRICE:** \$ 150.00 (5 people minimum)

Monday & Wednesday at 6:00 - 7:00 pm

Joe's Personal Training & Fitness 5980 Old Hwy 2 Shannonville On

Web: www.joesfitness.ca **E:** joe@joesfitness.ca **Ph:** 613 885 5538

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HOUSE FOR SALE

41 UPPER SLASH RD
613-967-8230
Call to View

FOR SALE

FIREPLACE WITH CONSOLE
- with remote control & shelves for a disk player
- to view located 458 York Rd
- brand new, never used

Call: 613-967-3345

FOR SALE

4 BEDROOM 1800 sq. Ft
BUNGALOW
- on 1 full acre
- master bedroom is 15ft X 15ft, has a walk-in closet, drywall & pine, carpeted, 2 bedrooms are 12 ft X 11ft
- 1 bedroom is 15ft X 11ft
- living room is 25ft X 16ft, all pine walls & open concept with kitchen
- kitchen is 15ft X 16ft, oak cupboards, brick & drywall
- bathroom is 8ft X 10ft, completely renovated 2 yrs ago, 1/2 wood walls & drywall with crown molding, claw foot bathtub, all new fixtures
- central air, insulated full basement, electric furnace, 2000 gallon holding tank
- new windows last fall, new flooring throughout 3 yrs ago, metal roof
- double wide driveway, wheelchair ramp
- large shed
- includes fridge, stove, washer & dryer
- located at 554 Norways Rd
- \$135,000.00 (negotiable)

Please call for a viewing appointment
(613) 962-3748 or (613) 968-6626

HOUSE FOR SALE

- 840 # 49 Hwy Tyendingaga 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

FOR SALE

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

Call: William J. Brant
613-967-1129

WATERFRONT LOTS FOR SALE

- located on Snookies Rd
- with road frontage on Toms Rd.
- Lots 3C-6, Lot 3C-7, and Lot 3C-8 Con. 2
- 140 ft of waterfront with total acreage of 7.23 acres

For further information, please call: Scott Maracle 613-396-1327

FOR SALE

2 DRESSERS & A CHEST OF DRAWERS- light oak colour
- ASSORTED TOOLS
- OTHER HOUSEHOLD ITEMS

Call: 613-967-6397

FOR SALE

4 BEDROOM HOME
- 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
- lot size 3/4 acre (approx)

PRICE RECENTLY REDUCED
(Serious offers will be considered)

Please contact:
tyendinga11@yahoo.com OR
416-938-4157 or 613-396-2151

2 HOUSES 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 with down payment
- Make a reasonable offer.
- Owner is retiring

Call: 613-847-9761

FOR SALE

A pair of 7" high speakers from previous computer - \$5.00

A Koss free standing mike - \$2.50

A 10" x 14" flat screen monitor for a computer - \$50.00

A "Traveler Native American Flute", PF Series - \$10.00

An Analog Pass-Through DTV Converter Box - \$20.00

A set of RCA "rabbit ears" - \$2.50

2 hand sets for the changing of TV stations, one is a Toshiba CT-859 and the other is a no name brand. - \$5.00 each.

A Bell6400 HDTV - digital, black satellite box and Bell Universal Remote Control. - \$50.00

If seriously interested Call Narda 613-396-3863

HOUSE FOR SALE

4 BEDROOM

- 2 full baths, split level house on Beach Rd.

- 2 car garage, propane furnace, - hot water tank and cooking pellet stove secondary heat source

- partially completed basement which could host another bedroom

-large master bedroom, living room and full bath (Jacuzzi tub) above the garage

-main part of the house has a large dining room, kitchen and 3 bedrooms and a full bath

-all laminate flooring throughout
-large yard with a 27 ft. above ground pool

-\$160,000.00 firm

If interested serious "inquiries only" please call and leave a message with your name and number to Wendy & Bill 1-587-276-1092

* LOOKING *

For Deer Antlers

Any size

613-967-8135 or leave a message

FOR SALE

WATERFRONT COTTAGE

- with large 2 car garage & sun Porch

- located east of Ferry Lane (Private road) cottage is at the west end of the road

- large spacious 3 bedroom approx 1200 sq. Ft

- renovated and winterized with electric heat source

- hardwood floors

For further information, please call 613-544-7019



FOR SALE

2001 DODGE DAKOTA SPORT

-boat with trailer & motor
-\$4500.00 or Best Offer

Call Carman or Judy:
613-962-6811



FOR RENT

Executive 3 BEDROOM apartment

-available immediately.

-Non-Smokers Only need apply.

-Includes heat, hydro, television services, central vac, central air, washer/dryer, microwave, dishwasher etc..

All inclusive at \$1100.00 per month. References required.

For appointment to view please call 613-396-3957 or leave message.

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

Bayview Variety

49 Quick Stop

Village Variety

L. & M. Enterprises

Administration Office



Tim Reynolds **Dianne Dowling** **Bob Vrooman**
 CFP, CHS CHS CFP, CLU, CH.F.C.



109 John Street
 Napanee, Ontario
 K7R 1R1

PHONE: 613-354-2726
 FAX: 613-354-3585

EMAIL: service@lafc.ca



House For Sale

3 bedroom , 1 large bath home with walnut laminate floors in kitchen, living room and 4 foot wide hallway.

Large kitchen with L shaped countertop and plenty of cupboard space. White cabinets with gold and porcelain accent handles.

New fridge with bottom freezer, Kenmore elite porcelain top stove with double ovens and new whirlpool quiet partner iv dishwasher.

Whirlpool duet front loading washer and dryer with stands.

Central air and central vacuum with hookup in garage for cleaning vehicles,

High efficiency oil burning furnace, duct work cleaned out every 3 years.

24 x 28 attached 2 car garage

14 x 18 all season sunroom with own air conditioning and heat for winter.

30 x 20 foot deck with 3 entrances surrounding sunroom, with custom clothesline on side of deck for easy access.

Large garden window in kitchen over sink

Large 1.25 acreage with poplar and lilac trees along driveway

Serious enquiries only 613-961-1474, asking \$155,000.00



The Christmas Shop

Opening

Thursday, October 17, 2013

Wednesday: 11:00 a.m. – 6:00 p.m.

Thursday & Friday: 11:00 a.m. – 8:00 p.m.

Saturday & Sunday: 10:00 a.m. – 5:00 p.m.

CLOSED: Monday & Tuesday

We have wreaths, ornaments, decorations, gifts and more!!



Is gift buying sometimes a challenge? A one-of-a-kind gift basket is the answer!

See our ready-made baskets or we will customize one for you!!

“You name the price, we’ll make it nice!”

The Lazy Gardener

~ 1154 York Rd., Tyendinaga Mohawk Territory ~

~ 613-966-7985 ~

“Unearth your Imagination”©



Sam's Custom Railings

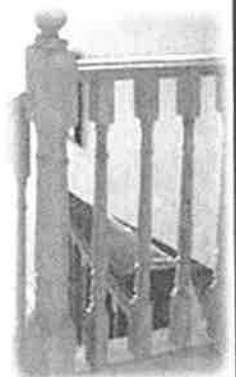
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(7664)

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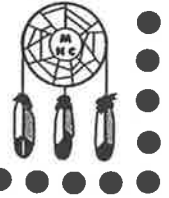
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October's Lunch Hot Menu Specials

Monday Chicken & Dumplings \$6.95

Tuesday Indian Taco \$6.95

Mac "N" Cheese \$3.95/\$5.95

Wednesday Chicken Alfredo \$5.95

Thursday Meatloaf \$6.95

Friday's Cheese Steak Hoagie
\$4.95/\$6.95

Ask about our daily sides and sandwiches
on homemade bread. Don't forget to check
out our made from scratch soup of the day.

**Winter hours Monday-Saturday 9-6
Sunday Closed**



Belleville Bakery



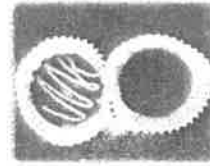
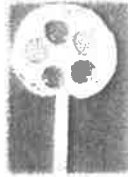
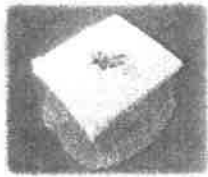
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