



# MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

## ORI:WASE (NEWS)

ISSUE 10/14  
KENTENHA (Oct.)

We are on the web [www.mbq-tmt.org](http://www.mbq-tmt.org)



The Tyendinaga Block Parent® Program proudly presents the 8<sup>th</sup> Annual

# Haunted Hayride &

## Movie Night

Friday, October 17<sup>th</sup>, 2014

6:30 pm ~ 8:30 pm

Bayshore Road Park

★ Crafts

★ Games

★ Treats

★ Prizes

An age appropriate hayride for children ages 0-13 followed by games, crafts and a family friendly Halloween movie!

Entry fee of one non-perishable food item per person for the Mohawks of the Bay of Quinte Food Resource Cen-

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...

Made possible by monetary donations from the Tyendinaga Community Development Fund and the National Child Benefit Reinvestment Fund.

Community donations can be made to:

**The Tyendinaga Block Parent Program**

For more information or to volunteer (must be at least 14 years of age), please contact:

Ainsley Leween 613-885-2751

Please be advised effective immediately, the Office of the Indian Registrar has made changes to the Certificate of Indian Status Application Process.

### CIS Laminated CARD APPLICATION INSTRUCTIONS

#### 16 & OLDER

- Must provide two pieces of ID
- OR
- One piece of ID and Guarantor Declaration

#### 15 & YOUNGER

- Must have one piece of ID of parent or legal guardian and one piece of ID for child
- OR
- One piece of ID of parent or legal guardian and one Guarantor Declaration

IMPORTANT: If the legal guardian is applying on behalf of the child, a copy of the legal guardianship order naming the guardian is mandatory.

#### GUARANTOR:

A Guarantor must have known the applicant for a minimum of two years. The guarantor must also write: "This is a true likeness of [applicant's name]" on the back of one photo and also *sign* and *date* it. This photo must be submitted with the application.

#### ACCEPTABLE ID:

Certificate of Birth or Baptism  
Health Card  
Provincial ID Card  
Driver's License  
Employee ID, with digitized photo  
Student ID, with digitized photo  
Firearms License  
Old Status Card (cannot be expired for more than 6 months)  
Passport/Nexus Card (counts as two pieces of ID – another piece is not required)

#### ACCEPTABLE GURANTORS:

Chief/Councillor/IRA  
Dentist, medical doctor, or chiropractor  
Judge, magistrate, police officer  
Lawyer, Notary Public  
Minister (authorized to perform marriages)  
Notary Public  
Principal  
Pharmacist  
Professional Accountant  
Social Worker  
Veterinarian

IMPORTANT: Individuals who had a Secure CIS cannot revert back to a CIS laminated card.

She:kon,

If you would like to have your water sampled please give me a call at the Administration Office at (613) 396-3424 ext. 131. To set up a time that is convenient for you.

Nia:wen,

Carrie Jacklin



## ATTENTION MORTGAGE HOLDERS

It has come to our attention that many insurance companies will ONLY notify the MOHAWKS OF THE BAY OF QUINTE if your existing house insurance policy has been cancelled however will NOT when the policy has been renewed. This creates a problem when incentives, rewrites and renovations are requested. You will not qualify if your house insurance policy on file is not up to date. In order to ensure your policy is current, we ask that you mail, fax or deliver renewal form when received.



**MOHAWK FIRE DEPARTMENT**

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The Mohawk Firefighters in July responded to 2 calls:

**2 Medical Assists**

The Mohawk Firefighters in Aug responded to 8 calls:

**4 Medical Assists**

**1 Alarm**

**2 Vehicle Accident**

**1 Brush Fire**

This brings our total to 51 calls for the year 2014



**MOHAWKS OF THE BAY OF QUINTE  
ECONOMIC DEVELOPMENT & EMPLOYMENT OFFICES**

**“The true entrepreneur  
is a doer, not a dreamer.”**

**- Nolan Bushnell**

Are you interested in having your artwork displayed in the new Administration Building? If so, please contact the Economic Development Department.

**Self Employment  
Training Course**

**Starts October 27, 2014**

**6 Week Course:**

**Week 1 - one-on-one consultation**

**Weeks 2 to 6 - 2 days in class**

**9am to 3pm**

**Spaces still available!**

**Call Renee to Register**

**Small Business Week**

**October 20<sup>th</sup> - 24<sup>th</sup>**

If you're in business but are too busy to attend full day workshops, sign up for our Lunch and Learns! Helpful information is just an hour and a half!

**WATCH THE MAIL FOR MORE DETAILS!**

For information about Employment & Training contact:

**Sandy Sero**

Phone: 613-396-3424 ext. 101

Fax: 613-396-3627

Email: sandys@mbq-tmt.org

For more information about Economic Development contact:

**Renee Brant**

Phone: 613-396-3424 ext. 138

Fax: 613-396-3627

Email: reneeb@mbq-tmt.org

## For Sale

Metal Dumpster

5' X 3 1/2' X 3 1/2'

Asking \$250.00

Please contact Shari @ 613-396-6717



### Trustee Report for September 2014

Another school year is underway with many new opportunities for grade nine students and a continuation of regular opportunities for the remainder of students in the secondary school system. Hopefully, the transition for new students (grade 9) will be smooth with support available for all First Nations students from the Native Counselors in the secondary school system.

I am happy to report that the tuition agreement for M.B.Q. students has been completed and approved. This tuition agreement is being signed by AANDC and HPEDSB and covers a period of five years from September 1, 2014 to August 31, 2019.

It has been an HPEDSB practice to hold one Board meeting per school year away from the Board Office and with this in mind the regular Hastings and Prince Edward District School Board meeting will be held on the Territory at Quinte Mohawk School on November 17, 2014.

Municipal Elections including Board of Education Trustees will take place on October 27, 2014, and will cover a four year period. With TMC appointing a representative from the Territory to represent all educational interests on the HPEDSB, I am seeking Band Council's approval to continue to serve on the HPEDSB and represent the best interests in education for Tyendinaga First Nation Territory.

For more detailed information, please go to [HPEDSB.on.ca](http://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](mailto:mbrant@hpedsb.on.ca).

Respectfully submitted,

Mike Brant, HPEDSB. Representing Tyendinaga First Nations

## NEWS RELEASE

September 22nd, 2014

Twenty-seven First Nations students gathered at the First Nations Technical Institute (FNTI) in Tyendinaga Mohawk Territory last week as part of their Bachelor of Social Work (BSW) degree program with the First Nations Technical Institute. The BSW program, delivered in partnership with Ryerson University, includes classroom, field training and social work research over three years.

In addition to the standard curricula the FNTI/ Ryerson students participated in a "Culture Camp" consisting of group discussions, ceremonies, activities and studies that address the specific needs of First Nations peoples. The Culture Camp is an integral part of the BSW curriculum as it teaches and validates Indigenous Knowledge and professional considerations when practicing social work with First Nation people and communities.

Culture Camp is held with each new group of students at the beginning of their BSW program. The Camp provides the foundational understanding enabling students to continue building their knowledge while strengthening their skills and confidence throughout the Program.

For more information on FNTI or First Nation Educational Opportunities go to [www.FNTI.net](http://www.FNTI.net)





# October Kente'nha 2014

**NEW**

## Tahatikohsontontie Head Start: Drop In Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Native Singing with Eli	8	9	10 Kindermusik W/ Brittany Brant	11
12	13 Thanks-giving No Program	14	15	16 Little Caesars Due	17 Pumpkin Picking Campbell's Orchard Meeting@ 9:30	18
19	20	21 Speech & Language w/ Donna	22	23	24 Little Caesars Delivery	25
26	27	28 Gym & Swim @ PEAFCC Cost: \$3.00 per person	29	30	31 Halloween	

**Drop In Drop Program**

Tuesdays & Fridays 9am 11:00am

**Junior Program**

Mondays & Thursdays 9am-11am

**Afternoon Program**

Monday to Friday 1:00pm-4:00pm



### Gym & Swim at the Prince Edward Aquatic Fitness Center will be held each

month on the last Tuesday. It will run from 9:30am - 11:00am, cost is 3.00 per person. Transportation is limited please sign up with Carla or you can meet us there!

*Guardians must accompany their children in the pool*

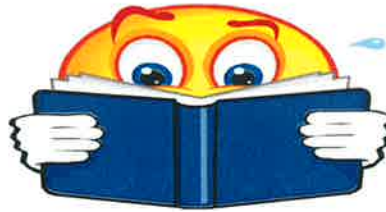
PEAFCC Address:

13263B Loyalist Parkway,  
Picton, Ontario K0K 2T0

On October 17th, 2014 the Drop In Program is meeting at **Campbell's Orchard** to go pumpkin picking! Please sign up with Carla if you and your family would like to attend, also if your family needs transportation please let us know. We hope you see you there !

Campbell's Orchards Address:  
1633 County Road 3, Carrying

# TAHATIKONHSOTONTIE HEAD START'S CHILDRENS BOOK CLUB



Children's book club will be starting in October and will be running for 6 weeks

**Parents/caregivers come out with your child to listen to a story and create a craft together**

**WHEN:** Every Tuesday evening starting on October 7th and will end on Tuesday November 18<sup>th</sup>, 2014

(\* Note there is no Children's Book Club on November 11<sup>th</sup>, 2014 as its Remembrance Day\*)

**WHERE:** The Library

**AGES:** 3 to 5 years old

**TIME:** 6 pm – 7 pm

**FACILITATORS:** Carla Hill and Karen Lewis

SPACES ARE LIMITED SO SIGN UP QUICKLY TO AVOID DISAPPOINTMENT.

**IF YOU ARE INTERESTED CALL CARLA HILL AT 396 – 6716 TO REGISTER FOR THIS WORK SHOP.**

FUNDS PROVIDED BY N.C.B. DOLLARS





# Mohawk Family Services

## NEEDS YOUR DONATIONS!

Children's Shopping Day 2014 – 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 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 5, 2014**

## A BIG THANK YOU!!!!

I'd like to take this opportunity to thank the following individuals for helping me look after the gates at the Mohawk Fair this year. Believe it or not, you guys are one of the main reasons why our community can continue having our Fair from year to year. That being said, I would like to extend a big thank you to my wife Gwen Maracle, Amie Cowie, Gail Maracle, Bev Hill-Larue, Glenda Hill, Sheryl General, Ben Brant, Lorrie Maracle, Colin Sager, Lynda Leween, Ainsley Leween, Patti and Donnie Brinklow, Colleen Brant, Alvin and Shari Maracle, Kathy Brant, Verna Hill and Reta Brant. I would like to say a very special thanks to my daughter Melissa who canvassed the community for volunteers and for setting up the shift schedule. Considering it was your typical Mohawk Fair weekend with one day of rain, we still managed to take in well over \$14,000.00 on the gates!! Like I mentioned earlier, this would not be possible if it wasn't for people like you dedicating your time and effort. Thank you once again for a job very well done!!

Hope to see you all next year!!  
Lenny Maracle



## *Thank You*

To everyone who braved the weather on Saturday, Sept. 13 at the Mohawk Fair and supported the Parish of Tyendinaga booth!

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



**Thanks to everyone who participated in and supported our fundraising efforts at both the Pancake Breakfast and the 2nd Annual Pig & Corn Roast.**



The Tyendinaga Food Resource Centre Charity Golf Tournament was held on June 21, 2014 at Briar Fox Golf and Country Club. The organizing committee is pleased to announce that the amount raised from this tournament was \$19,100.

We would like to thank the businesses, organizations, individuals and the 126 golfers from this community and surrounding communities who supported this worthwhile cause. Their generous donations and sponsorship made it possible to surpass the amount of funds raised last year for the Food Resource Centre.

The goal of the organizing committee is to raise funds to ensure that the shelves at the Tyendinaga Food Resource Centre will be filled with good and nourishing food. Everyone that was involved with this fund raiser can take pride in the fact that their generosity assisted the committee in reaching this goal.

*Nia:wen/Thank you*

# Thank You!

Another season has passed and on behalf of the Shannonville Baseball team I would like to thank the generous people of our community that help support our team and make it possible to compete in the South Hasting Baseball league.

We are currently in the works to bring a new diamond back to its original location at the Old Shannonville Fair Grounds and make some use out of the wasting land.

Thanks again and looking forward to an exciting future to come.

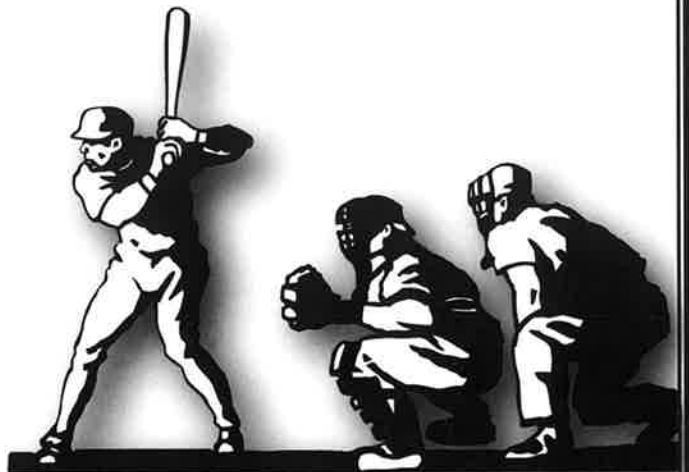
Thanks to:

Village Variety and Gas Bar  
Lewis Lacrosse  
Tyendinaga Propane  
Free Flow Petroleum  
Quinte Trade Services  
Kring's Fire Systems  
Brant's Heating and Cooling  
Five Nations Trading  
Thread Works Custom Embroidery  
Tyendinaga 59'ers Club  
Deb's Gas Bar & Restaurant  
Signs Unlimited

For more information on our team.

Please contact:

Todd John at 613-885-5801





## Tyendingaga Native Women's Association

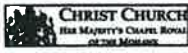



Wish to Invite you to a  
**Remembrance Day Ceremony**  
At the  
**War Memorial at Christ Church**  
At  
**9:00 a.m., November 11, 2014**

Please contact Carol LaVecque at 613-968-4398 if you would like to lay a wreath.

**PRESERVING MOHAWK HISTORY!**

**TORONTO ENTERTAINMENT PACKAGE FOR TWO**

**Licence No. MBQ-14-R006**

 <b>CHRIST CHURCH</b> <small>THE MAYOR'S CHURCH</small> (Restoration Capital Fund)	 <b>VIA</b> (Return from Belleville)	 <b>COURTYARD</b> (Accommodations)	 <b>THE KEG</b> (Dining)
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+ Tickets to see the musical: **WICKED**

The draw will be held on Thursday, August 27<sup>th</sup>, 2014

**2<sup>nd</sup> Prize: (Valued at \$450.00) 2 Native Art Pieces / 3<sup>rd</sup> Prize: \$50-Pre-Paid VISA Card**

***WINNERS***

**CHRIST CHURCH RESTORATION COMMITTEE  
TORONTO ENTERTAINMENT PACKAGE FUNDRAISER  
HELD ON AUGUST 27, 2014**

**First Prize – Toronto Entertainment Package – Julie Bothwell (Alderville First Naton)**

**Second Prize - Two pieces of Native Artwork – Sarah Olmstead (Marysville, ON)**

**Thirst Prize - \$50.00 VISA Card – Todd Maracle (Tyendingaga Mohawk Territory)**

**TOTAL PROCEEDS FROM THE DRAW WERE \$5,110.00**

*The Christ Church Restoration Committee would like to thank everyone for the continued support in our fundraising events to assist us in preserving our Provincial, National and Royal Historic Site for future generations.*



*When you took your first breath, you took ours away....*



Fletcher Lorne Maracle-Bilow

is welcomed with great joy into our home and into our hearts,

born to Bailey Maracle and Aaron Bilow

on September 15<sup>th</sup>, 2014,

8 lbs.3 oz., 19.5 inches,

filling our arms with love and our hearts with happiness!

Proud grandparents: Eric Maracle, Callie Hill and Trevor and Barb Dillenbeck

*"Owirá:'a tsi nèn:we enkonnorónhkwake"*

**Attention 2006-2007 hockey players**

**Little NHL roster almost complete. Tournament is  
March break 2015 in Toronto.**

**Please call or text 613-583-4622 if your child would like to participate.**

# Community Based Health Advisory Board

## Community Members needed!!

**A Community driven Health Advisory Board  
is being developed.**

**Watch for more information to follow or contact any one of the  
steering committee members listed below.**

*Lynn Brant 613-922-6683 / [lynn.brant@sympatico.ca](mailto:lynn.brant@sympatico.ca)*

*Thomas Krasnuik 613-967-3603 / [thomask@mbq-tmt.org](mailto:thomask@mbq-tmt.org)*

*Sandra Lewis-den Otter 613-885-1918 /*

*[sjlewisdenotter@gmail.com](mailto:sjlewisdenotter@gmail.com)*

*Kate Brant 613-391-7130 / [kathyb@kchc.ca](mailto:kathyb@kchc.ca)*

*Gloria George 613-813-9008 / [gloriag@mbq-tmt.org](mailto:gloriag@mbq-tmt.org)*

*Wendy Sonneveld 613-967-3603 / [wendys@mbq-tmt.org](mailto:wendys@mbq-tmt.org)*







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

## 2014 Seasonal Influenza Clinic Schedule

Location	Date	Time
<b>Community Wellbeing Centre</b> 50 Meadow Drive <i>(Community Health)</i>	Tuesday October 21/14	4:00 PM - 8:00 PM
<b>Elders Lodge</b> 301 Bayshore Rd <i>(Common Room)</i>	Thursday October 23/14	10:00 AM – 1:00 PM
<b>Diners Club Community Centre</b> 1807 York Rd <i>(Downstairs)</i>	Wednesday October 29/14	11:00 AM – 3 PM
<b>Community Wellbeing Centre</b> 50 Meadow Drive <i>(Teaching Lodge)</i>	Thursday October 30/14	1:00 PM - 4:00 PM



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

## 2014 Seasonal Influenza Clinic Schedule

Location	Date	Time
<b>Community Wellbeing Centre</b> 50 Meadow Drive <i>(Community Health)</i> <i>"Families"</i>	Tuesday November 4/14	4:00 PM - 8:00 PM
<b>Community Wellbeing Centre</b> 50 Meadow Drive <i>(Teaching Lodge)</i>	Thursday November 6/14	1:00 PM – 4:00PM
<b>Community Wellbeing Centre</b> 50 Meadow Drive <i>(Teaching Lodge)</i>	Thursday November 13/14	1:00 PM - 4:00 PM
<b>Tyendinaga Fitness Resource Centre</b> 14 York Rd	Tuesday November 18/14	2:00 PM – 4:00PM
<b>Administration Building</b> 24 Meadow Drive <i>(Board Room)</i>	Tuesday November 25/13	10:00 PM - Noon
<b>FNTI</b> 3 Old York Road	Tuesday November 25/14	2:00 PM - 4:00PM

Protect Yourself, Your Family and Your Community

No appointments necessary for the above scheduled flu clinics

**Celebrating!**

## Women's Health & Wellness Day

**November 15, 2014**

**10:30am-3:00pm**

**1807 York Road , (Community Centre)**

**Tyendinaga Mohawk Territory**

**Admission \$2:00 ( Must be 16yrs and older)**

**Something For Everyone!!**

### Vendors:

Herbalist

Esthetician Services

Seers and Card Readers

Chiropractor

Massage Therapists

.....and more!!!



*Come out for the day and enjoy lots of laughter, fun, relaxation, get some pampering and even buy yourself a little something!!*

**Prizes!!!**

**Silent Auction!!**

**Food!!**

For more information or to register your booth please contact Sheila Stacy at Red Cedars—613-967-2003 or Brandy Maracle - MFS—613-967-0122

***Proceeds go to Red Cedars Shelter to continue providing support to women and children who are fleeing family violence situations.***

Nya:wen

## Women's Health & Wellness Day

### Vendors Wanted

**November 15th 2014**

**10:00am-3:00pm**

**1807 York Road Mohawk Community Centre**

**Tyendinaga Mohawk Territory**



We are hosting a Women's Health & Wellness Day and would love for you to come and sell your wares to the wonderful women of our community and surrounding area.

The fee per table is \$25.00 and a door prize valued at \$25.00

If you are interested please call Sheila at 613-967-2003 before November 1st 2014

Space is limited so please call early!!!

# 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



## *MOON CEREMONY*

Women / girls are invited to join us to honour and seek guidance from Grandmother Moon on October 8th 2014 at Dusk (Approx. 8:00pm)

Facilitated by Diana Barlow

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



# Canning workshop

October 7, 2014

Times to choose: 1:00—3:00 pm or  
4:00—6:00 pm

Recipes include:

“Light Mom’s Apple Pie in a Jar” ,

“Whole or Halved Tomatoes’

Light Raspberry Freezer Spread.

We have 20 spaces available for each time slot.

Please register by October 1, 2014.

If you have any questions, please give **Shelly Brant or Jodi John** a call  
at **613-967-3603**.

**Tyendinaga Diabetes Education Program**





## **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 specialty 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**

# Good Food Box



## Calendar For 2014

Order By and Paid By 4:30pm	Order Arrives
<b>November 10, 2014</b>	<b>November 19, 2014</b>
<b>December 9, 2014</b>	<b>December 17, 2014</b>

Please note all orders must be placed and paid on the Health side of the Community Wellbeing Centre by order deadline at 4:30 pm.



**Large Food Box \$15.00**

**Singles Box \$10.00**

**Fruit Bag \$5.00**

**COMMUNITY HEALTH**

# GOOD FOOD BOX

(Items in each)

## Large Food Box

5 lb. Potatoes  
2 lb. Carrots  
2 lb. Onions  
1 Broccoli  
1 Celery  
1 Romaine Lettuce  
1 Cucumber  
1 Green Pepper  
1 Green Onion  
3 Tomatoes  
5 Mac Apples  
2 lb. Bananas (6)  
5 Seedless Oranges  
4. Bartlett Pears

## Small Food Box

2.5 lb. Potatoes  
2 lb. Carrots  
2 lb. Onions  
1 Broccoli  
1 Celery  
1 Romaine Lettuce  
1 Green Pepper  
1 Green Onion  
2 Tomatoes  
2 Mac Apples  
1 lb. Bananas (3)  
2 Seedless Oranges  
2 Bartlett Pears

## Fruit Bag

5 Mac Apples  
2 lb. Bananas (6)  
5 Seedless Oranges  
1 Lemon  
5 Bartlett Pears



*Promote*

*Protect*

*Support Breastfeeding*

Nursing mothers and babies, siblings, pregnant women, grandmothers,  
interested women and young girls are all welcome

### **Nursing Mothers Support Group**

Tuesdays 10:30-12:00 noon

G-Tech Training Centre

5701 Old HWY 2

Shannonville, On

K0K 3A0

Lactation Consultation available

For more information contact Community Wellbeing Centre 613-967-3603

# Community Kitchen



We'll prepare simple recipes using  
fresh ingredients

Join us

Call 613-967-6264 for Info

SUPPORTED AND SPONSORED BY  
TYENDINAGA DIABETES ED. PROGRAM

@CWC  
9AM TO 1PM

- November 14
- December 12
- January 9
- February 13
- March 13





# MONTH of OCTOBER/Community Health

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 <b>Rabies Clinic</b> 59er's Hall 9am-12pm \$25 per animal <b>Breastfeeding</b> Challenge G-Tech Training Centre- 10:30 am- 12pm
5	6	7 <b>Urban Poling</b> <b>Senior's</b> 9am-12pm <b>Breastfeeding</b> <b>Support</b> 10:30-12pm Good Food Box order/Due	8	9	10	11
12	13	14	15 Prenatal Class CWC 6pm-8pm	16	17	18
19	20	21 <b>Urban Poling</b> <b>Senior's</b> 9am-12pm <b>Breastfeeding</b> <b>Support</b> 10:30-12pm Flu Clinic CWC-4pm-8pm	22 Prenatal Class CWC 6pm-8pm	23 Flu Clinic Elder's Lodge 10am-1 pm	24	25
26	27	28	29 Prenatal Class CWC 6pm-8pm Flu Clinic Diner's Club 11am-3 pm	30 Flu Clinic CWC-Teaching Lodge 1pm-4pm	31	



# NEW ACTIVITIES

Looking for fun activities for you or the whole family?

Community Health Program offering FREE swim, skate & gym passes to be used at Quinte Sports & Wellness Centre at your convenience.

It's simple.

1. Stop in to Community Wellbeing Centre during regular business hours (8:30-4:30) Mon-Fri and pick up passes.
2. Check out the Quinte Sports & Wellness Centre's schedule, pick a time, gather the family & go!

**NOTE**— passes are one pass per person per activity and must be left with Quinte Sports & Wellness staff at the time of use.



**SWIM, GYM,  
SKATE**

Community Wellbeing  
Centre  
50 Meadow Dr.  
Tyendinaga Mohawk  
Territory  
Health Reception

October is Child Abuse Prevention Month.

Please wear your purple ribbon to support the safety of our children.

EVERYONE HAS A ROLE  
TO PLAY IN PROTECTING  
**CHILDREN**



You can contact Mohawk Family Services at

613 967 0122 for more information.

**BEARS & CUBS HAUNTED HALLOWEEN BASH**

**OCTOBER 29TH, 2014**

**6:00 PM - 8:00 PM**

**COMMUNITY WELLBEING CENTRE**

MMMWHAAAAHAHAH! IT'S THAT SPOOKY TIME OF YEAR AGAIN WHEN ALL OF THE GHOSTS AND GOBLINS HEAD OUT TO TRICK OR TREAT. WE WILL BE HOSTING OUR VERY OWN HAUNTED HALLOWEEN PARTY FULL OF SURPRISES, GAMES, COSTUME CONTESTS, LITTLE PEOPLE FRIENDLY GHOST STORIES AND CREEPY CRAWLERS!



WE WILL FEAST ON EYE BALLS AND BRAINS AND SPOOKY TREATS. ( spaghetti and meatballs he he he)

ALL PARTICIPANTS MUST REGISTER TO ENSURE WE HAVE ENOUGH SUPPLIES FOR EVERYONE.

TO REGISTER YOUR BEARS AND CUBS PLEASE CONTACT,

Julie Brant at 613 967 0122 ext. 149 or email, [julieannb@mbq-tmt.org](mailto:julieannb@mbq-tmt.org)



# Medication Concerns



## Always monitor your own medications:

- ◆ Check expiry dates on older medications
- ◆ Double-check strength of doses on refills
  - ◆ Use a dossette and fill weekly or;
  - ◆ Have the pharmacy do your dossette
- ◆ Any medication questions ask your pharmacist/Doctor/NP
- ◆ Plan a medication review with your pharmacist/Doctor/NP
  - ◆ Clarify any new orders with your Doctor/NP
  - ◆ Do not share your prescription medication with others
- ◆ Return unused/outdated meds to your pharmacy for disposal
  - ◆ Report any side effects to your Doctor/NP
  - ◆ Keep a list of your current meds in your wallet
  - ◆ Include any vitamins and/or herbal meds

## ***Always Remember:***

**\*\*\*Keep any narcotic pain pills out of sight\*\*\***

**\*\*\*Keep all meds out of reach of children\*\*\***

For any further information, please feel free to contact Jill Beck  
613-967-0122 ext. 125



## **THE CHRISTMAS FOOD HAMPER WILL BE BASED ON HOUSEHOLD INCOME LEVEL.**

For families that have employment income and wish to apply to the Angel Tree Program or the Christmas Food Hampers 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: **\$22,880**  
per year or less

The qualifying income level for a couple is: **\$34,320**  
per year or less

**Deadline for Christmas Food Hampers is November 29<sup>th</sup>, 2014**

**“VERIFICATION OF INCOME MAY BE REQUESTED “**

**The Angel Tree Program is a dependent program based on  
fundraising throughout the year.**

Please contact Lesley Maracle at 613-967-0122, ext. 140 if you wish to access the Angel Tree Program or Christmas Food Hampers before deadlines.

# OPTOMETRIST EYE EXAMS AND DESIGNER GLASSES

 mobileyez

TYENDINAGA, OCTOBER 10  
ALL AGES WELCOME



**FRIDAY, OCTOBER 10TH, 11AM-6PM**  
COMMUNITY WELLBEING CENTRE, 50 MEADOW DRIVE, DESERONTO

TO BOOK YOUR EYE EXAM  
CALL TOLL FREE: **1-866-920-6480**



\$49\*



\$99\*



\$199

GUCCI PRADA



RUDY PROJECT.

TOMFORD

prodesign: denmark

SONS+DAUGHTERS

Ray-Ban

**FREE FRAMES WITH PURCHASE OF LENSES\*\***

PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT

\* Price includes frame and complete pair of single vision lenses or bifocal lenses, net of NIHB contributions.

\*\* Selected models. One per customer. While quantities last.



**2014**

# Angel Tree Program

**If you are wishing to access the Angel Tree Program this year,  
please call early to have children placed on Angel Tree.**

## **Dates to Remember**

**Angel Tree Application will begin on October 1<sup>st</sup> 2014**

**Deadline for Application is November 3<sup>rd</sup> 2014**

**Angel Tree Parcel pick up is November 28<sup>th</sup>, 2014**

**Last year, the Angel Tree Committee, serviced 41 Families, which included 71 children were provided with new snowsuits, winter boots, hats, mitts, plus a brand new toy for under the tree.**



## **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 school age children that are in grade 8 and under, 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, 2014 to November 3, 2014.

Parcel pickup will be November 28, 2014.

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 or the Christmas Food Hampers 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: **\$22,880 per year or less**

The qualifying income level for a couple is: **\$34,320 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.\*\***

In addition, the Angel Tree Program partners with the Food Resource Centre to provide Christmas Food Hampers. This year the Christmas Food Hamper will be based on income level same as Angel Tree Program.

Names for Christmas Food Hampers applications will be accepted starting, October 1<sup>st</sup>, 2014.



**SAVE THE DATE**

**November 23, 2014**

Mohawk Family Services is hosting the  
8th 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!

\*Please see November's newsletter for more details  
regarding the sale of admission tickets!



**SANTA CORDIALLY  
INVITES EVERYONE TO VISIT  
HIM IN HIS LIVING ROOM**

**AT**

**366 MAIN ST. DESERONTO**



**starting November 21<sup>nd</sup> to December 21<sup>nd</sup> 2014**

**\* IN SUPPORT OF CANDIES FOR KIDS\***





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

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

**Oct. 2014**

**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+) \$20.00**

**Student \$25.00**

**Adults \$30.00**

**We Are Open to  
The Public**

**TFRC Staff**

**Darlene Loft /**

**TFRC Manager**

**Sonya Maracle / P.T**

**Jayna Leland / P.T**

**Shanleigh Maracle**

**Jordan Hughes**

**Taylor-Rain  
Tabobandung**

## **Take Advantage of the Great Outdoors**

**Walking** –walking is one of the best ways to get in extra exercise throughout the day and with cooler weather you won't be sweating as much if you decide to do this on your lunch break.

**Hiking** –hiking burns a lot of calories especially as you increase your elevation and really work your legs. It is also a great way to see the leaves changing colour


**Running** –fall is a great time for running outdoors. Its not too hot and its not too cold

## **Welcome New Staff:**

Hello everyone, I'm Taylor-Rain Tabobandung. My grandmother is Marilyn Maracle, and my parents are Jo-anne and Victor Tabobandung. I'm a student from Moira Secondary and am currently in grade 11. I play both lacrosse and hockey, and focus on health and nutrition. In the future I would like to take on the career as a psychologist, and have a healthy body and a healthy mind. I live off reserve but would like to stay as connected to the community as possible. I look forward to working with the TFRC crew, and see our community get active!

She:kon everyone, my name is Jordan Maracle-Hughes. My father's name is Bradley Hughes, my grandmothers name is Donna Hughes and my other grandmother is Wendy Maracle. I'm a grade 12 student at Moira Secondary School. I play lacrosse, football, rugby and also do wrestling. I intend on going to college after high school and doing something in the trades. I am quite excited to work with the staff and community of TFRC.

**if financial assistance is required, for membership ,possible funding is available through the Tyendinaga Community Development Fund (TCDF ) Forms at the Admin. (613) 396-3424**



# FREE YOGA!

@ Tyendinaga Fitness Resource Centre  
14 York Rd. Shannonville

**FREE!**

**613-962-2822**



**tyfitnessres@mbq-tmt.org**



## Benefits of yoga

- Lowers stress levels
- Increases flexibility
- Lowers blood pressure
- Improves lung capacity
- Reduced chronic neck and back pain
- Relieves anxiety
- Improves sense of balance
- Strengthens bones
- Lowers risk of heart disease

**Instructor:** Erin McMahon – Erin fell in love with yoga during her 1<sup>st</sup> class 4 years ago. She has since enjoyed many different styles of yoga. Erin is currently completing an 8 month long yoga teacher training course at Janati Yoga School in Kingston.

**Sign up ASAP**

**Oct. & Nov.**

**Every Saturday 10:30am – 11:30am**

**September & October & November**

# Functional Fitness

**NEW!**

## 50 + Tues. & Thur.



Come join a fun filled group fitness class designed for seniors. Enjoy a gentle workout while socializing.

Funded by South East LHIN / VON Canada

**Oct. & Nov. - 10:30am to 11:30am**

Help Improve Your  
Quality of Life. Come  
Work on Functional  
Fitness Balance &  
Coordination



Western Canadian Centre for Activity & Aging

Senior Fitness Instructor : Darlene J. Loft

**8 Weeks of Free Fun Call Today**  
**Limited Space - also great for 40 +**

**14 York Rd. Unit #1 Tyendinaga Mohawk Territory On, Canada K0K 3A0**

Tyendinaga Fitness Resource Centre



# SILENT AUCTION



**Auction is open**

December 1st–12th, 2014

**Please come out and support our 5th Annual fundraiser!**

Lots of items to be won, for all ages.

**Drop –In & make a bid - OPEN for Everyone**

**TFRC is Open :** Mon. to Thur. 6:30am to 8pm

Fri. 6:30am to 6pm & Sat. 8am to 2pm

Age 15 and over Emailing bid is also an option .

You do not have to be a TFRC member to take part .



**Thank you for your support!**

**For more information please contact us!**

(613) 962-2822 [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org) or

[www.mbq-tmt.org](http://www.mbq-tmt.org) / LIKE US ON FACEBOOK

# Tyendinaga Fitness Resource Centre



## 2014 silent AUCTION

### *Donations Needed!*



TFRC can also  
purchase the item  
deadline

**Oct.30/14**

Tyendinaga Fitness Resource Centre is asking local businesses in and around the community to help show their support. You can help by donating to our fifth Annual Silent Auction. The Auction is set to kick off on **December 1st and close on December 12th**. We are looking for small items, gift baskets, gift certificates and event tickets. This is a great opportunity to display what your business has to offer. We greatly appreciate your help and support. In return **we will advertise your company in the following places FREE:** Newsletter, Website, Big screen TV, around our community & surrounding businesses. **This is a Fundraiser for TFRC**

**T: 613-962-2822**

[tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)

**Every Donation Counts**

14 York Rd Shannonville



# Child Care At Tyendinaga Fitness Resource Centre



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

The TFRC staff want the best for you and your child, we give them a hour of active and creative time. Our childcare is a great place for your child to start before preschool or kindergarten, it gets them use to being away from mom and time to socialize with other children. We also allow the children to have active fun in the Fitness Studio when mom or dad are done their workout.

Its important that our children know that having a active healthy life-style is the beginning of a disease FREE active life.

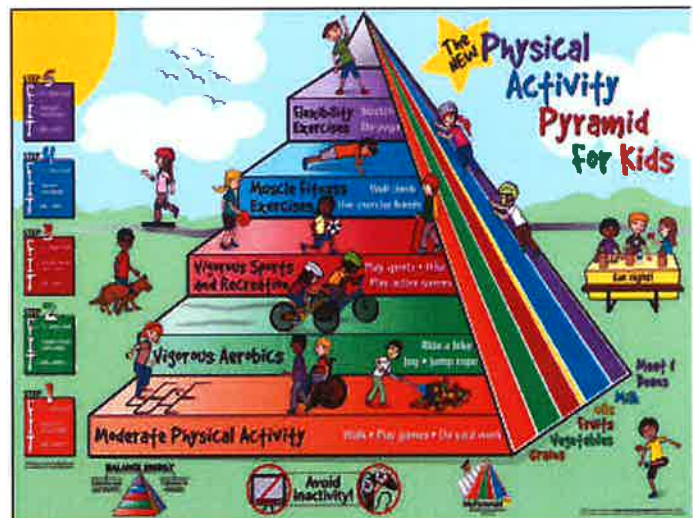
## We are offering a Special for October & November

**2 months of childcare for the price of one month** - which means with your paid membership you pay \$30.00 for 2 months of childcare. A savings for Christmas gifts, and you will look great for that special Xmas party or wedding in the spring.



**Childcare Hours : 9:30am to 12pm**

Let us know what you require for care





# Canadian Physical Activity Guidelines

**FOR ADULTS - 18 – 64 YEARS**

## Guidelines



To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



More physical activity provides greater health benefits.

### Let's Talk Intensity!

Moderate-intensity physical activities will cause adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bike riding

Vigorous-intensity physical activities will cause adults to sweat and be 'out of breath'. Activities like:

- Jogging
- Cross-country skiing

### Being active for at least 150 minutes per week can help reduce the risk of:

- Premature death
- Heart disease
- Stroke
- High blood pressure
- Certain types of cancer
- Type 2 diabetes
- Osteoporosis
- Overweight and obesity

And can lead to improved:

- Fitness
- Strength
- Mental health (morale and self-esteem)

### Pick a time. Pick a place. Make a plan and move more!

- Join a weekday community running or walking group.
- Go for a brisk walk around the block after dinner.
- Take a dance class after work.
- Bike or walk to work every day.
- Rake the lawn, and then offer to do the same for a neighbour.
- Train for and participate in a run or walk for charity!
- Take up a favourite sport again or try a new sport.
- Be active with the family on the weekend!

**Now is the time. Walk, run,  
or wheel, and embrace life.**

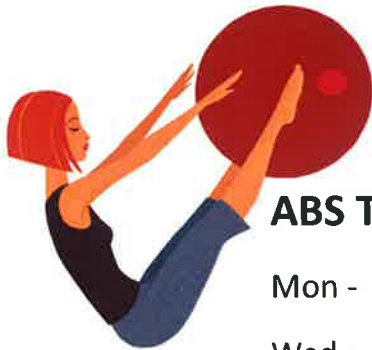


[www.csep.ca/guidelines](http://www.csep.ca/guidelines)

# TYENDINAGA FITNESS RESOURCE CENTRE

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

## AWESOME ABS



**ABS Time:**

Mon - 12:50 to 1:20

Wed - 12:15 to 12:45

## CHARGING CIRCUITS

**Circuits Time:**

Tues - 12:15 to 12:45

### LUNCH TIME WORKOUT

**No Experience Required**

**No Cost**  
With  
**TFRC**  
Active membership

**\$5.00**  
Without  
TFRC  
membership

**Body Detail Workouts by our Certified Personal Trainer**

**Sonya Maracle**

**Limited Space for 10 Participant's Per Session**

**Never too late to Join! Drop In**



**BW Time:**

Thurs - 12:15 to 12:45



**Better Butts Time:**

Mon - 12:15 to 12:45

Wed - 12:50 to 1:20

**BODYWEIGHT**

**BETTER BUTTS**

## Ontario Public Library Week

October 19 to 25

### Libraries Inspire

Knitting stars **Oct. 16 from 7 to 9pm** \$20/person Make our project or work on your own Project this session is a knitted/felted satchel.

Current Amnesty International Book Club selection is

The Book of Negroes by Lawrence Hill go to [www.amnestybookclub.ca](http://www.amnestybookclub.ca) to learn more about the program. If you are interested in coming to the library for discussions please call 613-967-6264

Join the Krazy Kroppers **Oct. 6, Oct 27, Nov 10, Nov 24** to work on your scrapbooking projects from **6:30 to 9**, \$2 donation to library - all welcome!

Tyendinaga Info Series - with Trish - **Oct 29 from 11:30 to 1** - topic is Locations - Who lived where.



**KANHIOTE  
LIBRARY**  
**613-967-6264**

Monday, Tuesday  
and Wednesday Thursday 12 to 7



# Attention

# Hunters & Shooters!

**Firearms Course(CFSC) or PAL** only will be offered Friday Oct 24th 6-9pm and Saturday Oct 25th 8:30am until 6pm.

Cost is \$140 which includes a manual, 2 tests, instruction and all paperwork needed to acquire the PAL. The course will be run in Shannonville and the space is limited to the first 10 paid students. If you have your own manual the cost is \$125.

Anyone interested in doing a challenge please make prior arrangements. The cost for a challenge is \$40 and can be arranged at anytime.

Call Ed (613) 396-3077 or email [emaracle@xplornet.ca](mailto:emaracle@xplornet.ca) for more information.

# Deseronto Transit

*Will now have transit  
Stops here on  
Tyendinaga Mohawk Territory*



**DESERONTO**  
*Transit*

WESTBOUND  
TO BELLEVILLE

\*5:20 a.m.\*

6:55 a.m.

1:05 p.m.

4:25 p.m.

EASTBOUND TO  
NAPANEE

\*5:55 a.m.\*

8:15 a.m.

2:35 p.m.

5:20 p.m.

# BUS STOP

Note: Times encased with \*asterisks\* denote an "on request" stop. You must call to arrange ride.



All times are approx. and may be later than indicated but will not be earlier.



**DESERONTO**  
*Transit*

WESTBOUND  
TO BELLEVILLE

\*5:25 a.m.\*

7:00 a.m.

1:15 p.m.

4:35 p.m.

EASTBOUND TO  
NAPANEE

\*5:50 a.m.\*

8:10 a.m.

2:30 p.m.

5:15 p.m.

# BUS STOP

Note: Times encased with \*asterisks\* denote an "on request" stop. You must call to arrange ride.



All times are approx. and may be later than indicated but will not be earlier.



**DESERONTO**  
*Transit*

WESTBOUND  
TO BELLEVILLE

\*5:15 a.m.\*

6:50 a.m.

1:00 p.m.

4:20 p.m.

EASTBOUND TO  
NAPANEE

\*6:05 a.m.\*

8:25 a.m.

10:50 p.m. - Thurs Only  
\*11:50 p.m.\*

2:50 p.m.

5:30 p.m.

# BUS STOP

Note: Times encased with \*asterisks\* denote an "on request" stop. You must call to arrange ride.



All times are approx. and may be later than indicated but will not be earlier.



# HALLOWE'EN DANCE

**MOHAWK COMMUNITY CENTRE**

**SATURDAY, NOVEMBER 1, 2014**

**8:00 P.M. TO 1:00 A.M.**

**\$5.00 PER PERSON**

**FEATURING: LINE DRIVE**

DOOR PRIZES



50/50 DRAW

COSTUME CONTESTS

**ALL PROCEEDS TO THE TYENDINAGA ATOM & PEE WEE HOCKEY TEAMS WHO WILL BE  
COMPETING IN THE LITTLE NHL MARCH 2015**



# **Call for Craft and Performing Artisans**



The Aboriginal Resource Centre at Loyalist College will be hosting our  
**20<sup>th</sup> Annual Festival of Native Arts**  
**Saturday, November 1, 2014** *from* **10:00 am - 4:00 pm**  
ARTS AND CRAFTS \* WORKSHOPS \* TRADITIONAL FOODS \* PERFORMANCES  
**All Welcome • Free Admission**

For more information, contact the Aboriginal Resource Centre at 613-969-1913  
1-888-LOYALIST, ext. 2250 • T.T.Y: 613-962-0633 • email: [dgonyea@loyalistc.on.ca](mailto:dgonyea@loyalistc.on.ca)



## **DESERONTO LEGION**

### **UPCOMING EVENTS FOR SEPT.**

**October 18th - South of 7 - 4pm to 7pm  
- all welcome**

**Bus Trip - Legion tour- Marmora, Madoc and Tweed  
October 25th  
\$25.00 per person**

**Sign up sheet will be available at the Legion bar.  
All welcome.**



## 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 Lane  
9:30 a.m.

Worship Schedule - 9:30 a.m.  
All Saints' - Jan-Mar and Jul-Sep  
Christ Church - Apr-Jun and Oct-Dec

### UPCOMING EVENTS

Harvest Thanksgiving Celebration  
Sun 12 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.

In this season of harvest, we give thanks for the abundance of fields and gardens. We remember all those around our world who suffer from famine and hunger and pray for a just redistribution of the wealth of food we have to those in need. We remember our neighbours who struggle to put food on the table and pray that those members of our community who have plenty will share with those who have little. We give thanks for the Food Resource Centre and local food banks who fill a growing need but pray the day will come when food banks are no longer necessary because everyone will have fair and adequate income and access to good and nutritious food.

FOR THE MOST UP-TO-DATE INFORMATION,  
VISIT [WWW.PARISHOFTYENDINAGA.ORG](http://WWW.PARISHOFTYENDINAGA.ORG)  
OR [WWW.FACEBOOK.COM/TYENDINAGAANGLICAN](http://WWW.FACEBOOK.COM/TYENDINAGAANGLICAN)

## “AA OPEN MEETINGS”

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

For more information call:  
Dale & Lorna Vos  
613-968-8586 or 613-921-8015

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

*Losers Unite, Join Us!*

### *WINTER HOURS*

Thursdays

5 - 5:30 = Weigh in  
5:30 - 6:30 = 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](mailto:altree94@gmail.com)



*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 → 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Sundays**



***Holy Eucharist (Complete Mass):***

**11:15 AM → 2<sup>nd</sup> 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](mailto: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)*



# MOHAWK PENTECOSTAL CHURCH

## WHEN WE MEET

Sunday	10:30 am Worship Service 11:30 am Sunday School 6:30 am Worship Service
Wednesday	7:00 pm Bible Study
Saturday	7:00 pm Prayer service

1984 York Road  
Tyendinaga Mohawk Territory  
Ontario Canada  
K0K1X0

Church - 613.396.5329  
Parsonage 613.396.5325

## COMING EVENTS

Oct 3, 2014	Promise Keepers Conference, Picton
Oct 22, 2014	Bible Study with Leket Canada @MPC

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10



# CLASSIFIED

## LAND FOR SALE

- 1 acre located on Bells Side Rd
- Beautiful Pine Forest
- Spring on property

Contact:  
613-827-7253 via text

## FOR RENT

OFFICE/BUSINESS  
SPACE 1000 sq. ft.  
- 5717 Old Hwy 2  
in Shannonville  
at the Village Variety

Call 613-967-7920  
for inquiries

## LOT FOR SALE

8 plus acres of prime area  
on the York Rd  
\$40,000.00 or Best Offer

Call John Maracle  
1-716-826-4208

## \*\*FREE\*\*

JARS FOR  
PRESERVING  
small-large  
& also coffee cans  
available

Call: QMS  
& ask for Reta  
613-966-6984

## 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

## BABYSITTING AVAILABLE

- certified in First Aid, CPR & AED, Social Worker Diploma, Outside playtime healthy snacks, lunch Story time, songs, games & crafts. Monday-Friday reasonable rates.
- \$25.00 per child  
In my home.

Call Fran - 613-396-2393

## 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

Kenmore heavy duty washer and dryer  
- asking \$300.00 firm.

Gold couch and chair in good condition.  
- asking \$200.00.

Call 613-849-8194 if interested.

## LOT FOR SALE

HY 49 & BAYSHORE RD  
Partial dwelling located there

Phone: 613-243-9079



## 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:  
[tyendinaga11@yahoo.com](mailto:tyendinaga11@yahoo.com) OR  
416-938-4157 or 613-396-2151

## BABYSITTER AVAILABLE

Hello, my name is Mackenzie Bowden. I am a responsible 15 year-old who loves kids. I can baby-sit evenings and week-ends. I have 2 years of experience babysitting and have completed the Red Cross babysitting course. If you need a night out call me at 613-849-4305

## FOR RENT

ROOM IN MY HOUSE  
- Looking for a clean, neat border to share my house  
- complete access to the house  
- located at 458 York Rd.  
-\$500.00 complete

For more information call:  
613-967-2345

## FOR SALE

WATERFRONT COTTAGE  
- with large 2 car garage & sun Porch  
- located just off of Ferry Lane (Cottage F)  
- large spacious 3 bedroom approx 1200 sq. ft  
- renovated and winterized with electric heat source  
- hardwood floors & rugs

For further information, please call 613-544-7019

## FOR SALE

Used Michelin Snow Tires  
- latitude X-ice 245/65R17  
- \$100.00

Call 613-967-1129

## LOT WANTED

- Looking for land with or without a house  
- 1-5 acres-non-farmland

Please call: 613-985-5308

## HOUSE FOR SALE

4 BEDROOM  
- 2 full baths, split level house on Beach Rd.  
- 2 car garage,  
propane furnace /hot water tank / cook stove  
2 yr old pellet stove secondary heat source in the basement  
- 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 negotiable

If interested serious "inquiries only" please call and leave a message with your name and number to Bill 1-587-276-1092 or Wendy -780-972-3641

## FOR SALE

NEWLY RENOVATED  
2 BEDROOM COTTAGE  
- winterized, 1200 sq. ft. (approx.)  
- 32 Ferry Lane Rd. TMT  
- Price: \$69,000.00

Phone: 613-743-5658  
for viewing

## FOR SALE

Honey Oak 2 PEDESTAL OVAL DINING TABLE 40"X60"  
- Quality handcrafted by Tompkins Furniture Deseronto  
- Includes 2 leaves to extend it 24 more inches.  
- Will fit large or small space and includes 6 matching oak chairs.  
- **REDUCED NEW Price \$599.99.**  
- Great buy in excellent condition!

Contact Marilyn at 613-967-1129 if interested.



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ARE YOU A MAN WHO IS LOOKING  
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ARE DECIDING ON YOUR NEXT STEP

TOWARDS GETTING BACK ON YOUR FEET!

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Pies, Donuts & Bread Made to Order

## Fruit Flavoured Cream Pies & Donuts

Strawberry, Maraschino Cherry, Lemon  
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## Other Flavoured Cream Pies

Vanilla, Chocolate, Butterscotch,  
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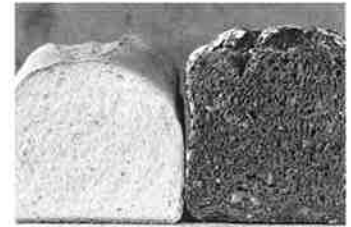
## Other Pies

Dutch Apple, Lemon, Blueberry  
Pumpkin, Cherry & Dixie Pie

## Prices

Pies	\$ 8.00 each
Butter Tarts	\$ 9.00 doz.
Donuts (Plain or iced)	\$ 6.00 doz
Pecan, Raisin or Dixie Pie	\$10.00 each
Large Buns	\$3.50 for 6
Bread	\$3.50 loaf

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or Next morning!*



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Owner/Operator

**Rob Wallace**  
Apprentice Plumber

**613 849 3773**

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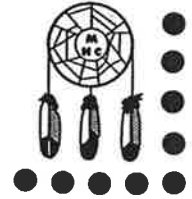
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# Jenna

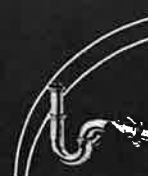
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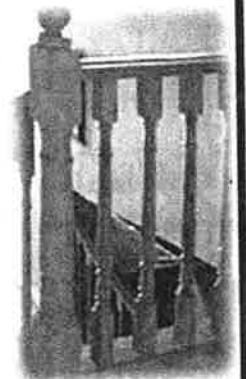
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# Belleville Bakery

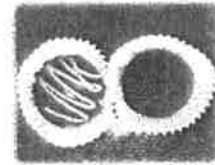


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