



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENTEHA

ISSUE 9/10  
Seskehkowa (Sept.)

**ORI:WASE** (News)

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

# Annual Rabies Clinic

Mohawk Agricultural Building  
1795 York Road  
Tyendinaga Mohawk Territory  
Veterinarian on-site: Dr. Linda Hack



**Saturday October 2,  
9 am to 12 pm**

**Contact Crystal Maracle  
At the Administration Office  
613-396-3424 ext. 131**



# Check it out...



[www.mbq-tmt.org](http://www.mbq-tmt.org)

- ◆ Tyendinaga news & press releases
- ◆ Community Calendar
- ◆ Tyendinaga Mohawk Council
- ◆ MBQ programs & services
- ◆ Sign up for email alerts
- ◆ Photo galleries
- ◆ Job opportunities & tenders for service

....And much more!

## MBQ has a new website!

Contact MBQ Administration Office: 613-396-3424



### *Stay informed!*

Sign up for MBQ news & notices on the  
[www.mbq-tmt.org](http://www.mbq-tmt.org) homepage!

This will put you on an automatic email list to receive updates on monthly newsletters, upcoming events news releases and more.



**INTERNAL  
EMPLOYMENT OPPORTUNITY**

***Community Wellbeing - Good Minds Program  
Traditional Community Wellness Worker***

The Traditional Community Wellness worker (TCWW) is directly responsible to the Good Minds Coordinator, the Traditional Practitioner and the Enyonkwa'nikonhriyo:hake Team to assist members of the community, clients and MBQ staff; to ensure clients receive support and wholistic care; counsel and support clients to maintain emotional, physical, mental and spiritual well being; offer guidance and support to community programs; and encourage and build relationships with outside agencies for referral purposes and to build resources.

**Hours of Work:**

The TCWW will work full time consisting of 40 hours per week. Some evening and/or weekend work will be required.

**Essential Qualifications:**

Bachelor of Social Work

OR

Diploma in Social Service program or Diploma in Humanities & two years direct counseling experience

AND

- Excellent organizational and time management skills
  - Criminal Reference Check must be included
  - Knowledge of counseling theories and practices
  - Possess a valid G drivers license, vehicle insurance & reliable vehicle
  - Excellent written, verbal communication and interpersonal skills
  - Ability to work independently and responsibly as well as part of a Team
  - Competent in high stress management and crisis situations
  - Strong interest in Mohawk culture and traditions
  - Keen interest in traditional healing methods
  - Ability to be creative and flexible
  - High degree of initiative, insight and self direction
  - Excellent computer based skills, MSOffice, email, internet
  - Willing to continue skills, professional development to meet client/service delivery needs
- Preference will be given to persons of Mohawk Ancestry

***Duties & Responsibilities: Work Procedures***

1. Contributes to program management and administration
2. Ensure all clients receive support and wholistic care, including development and implementa-

tion of culturally appropriate materials, services and programs

3. Provide Community with participant based activities that promote wellness and balance
4. Perform a variety of physical activities including walking outdoors in various weather conditions
5. Additional duties as assigned to compliment programs and services

**DEADLINE FOR APPLICATIONS:**

**September 17<sup>th</sup>, 2010 at 12:00 NOON**

Application must include notation of position applying for, resume, three references AND other required documents

Application or request can be sent to:

Reception

Mohawk Administration Office (613) 396-3424

Fax: 613-396-3627

e-mail: [reception@mbq-tmt.org](mailto:reception@mbq-tmt.org)

*Internal postings are meant for the members of the Mohawks of the Bay of Quinte community*

*We wish to thank all applicants, however, only those applicants selected for an interview will be contacted.*

---

**INTERNAL  
EMPLOYMENT OPPORTUNITY**

***Community Wellbeing - Good Minds Program  
Native Alcohol and Drug Abuse Prevention Worker  
- 1 Yr. Term***

The NNADAP Worker will possess the qualities necessary in performing extensive community outreach for the purpose of maintaining and understanding the needs of the community in regards to alcohol, drugs and solvent abuse prevention and promotion programming; will deliver programs in the community including, but not limited to intake assessments, guidance support, follow-up and ensuring the delivery of culturally oriented program to address community needs.

**Education Requirements:**

Graduation from a post secondary program in Social Work AND/OR

Certificate or Diploma in Addictions, with 1 to 2 years related experience.

**Skills Requirements:**

- Excellent verbal and written communication and interpersonal skills
- Organizational and time management
- Excellent computer based skills with proficiency in

- MS Office and internet access and usage
- High degree of initiative, insight and self direction; analytical, problem solving and discretionary skills
- Lateral thinking ability to prepare for the unexpected, with excellent “respond to demand” techniques
- Keen sensitivity to First Nations culture and community health issues
- Willingness and ability to work in a rigorous, diverse and often demanding work environment
- Total compliance to confidentiality
- High level of stress management skills, excellent guidance skills
- Research and Collection of Data

### **Knowledge Requirements**

First Nations health issues and programming  
Proposal and report development, Budget management  
Non Insured Health Benefits Treatment Centre/travel related policies and procedures

### **Other**

Current CPR, First Aid and WHMIS certifications  
Valid drivers license, vehicle insurance and own dependable transportation  
Satisfactory Criminal Reference Check  
Ability to work flexible hours as required for program delivery  
Able to work lengthy hours from time to time

### ***Duties & Responsibilities: Work Procedures***

1. Provide the community with new and innovative opportunities to increase knowledge about the effects of alcohol, drugs and solvent abuse
2. To promote self worth and the development of self esteem and to decrease the issues surrounding peer pressure among young offenders
3. Provide pre/post-treatment assessments, clients access to services at an appropriate facility specializing in treatment of the effects of addictions
4. Establishes and maintains effective communication and public relations
5. Ensure the organization of a functional, efficient work area and is responsible for administrative duties associated with the position

### **DEADLINE FOR APPLICATIONS:**

**September 17<sup>th</sup>, 2010 at 12:00 NOON**

Application must include notation of position applying for, resume, three references AND other required documents

Application or request can be sent to:

Reception

Mohawk Administration Office (613) 396-3424

Fax: 613-396-3627

e-mail: [reception@mbq-tmt.org](mailto:reception@mbq-tmt.org)

*Internal postings are meant for the members of the Mohawks of the Bay of Quinte community*

*We wish to thank all applicants, however, only those applicants selected for an interview will be contacted.*

## **INTERNAL POSTING**

### ***Community Wellbeing – Dietician***

#### ***JOB SUMMARY:***

The Dietician is directly responsible to the Diabetes Nurse Educator to develop and implement nutrition programs to promote healthy diet for adults at high risk or living with type 1 or 2 diabetes; promote wellness, and maintenance of healthy lifestyles through a complete consultative approach; work within the administrative procedures established for this position; represent and promote the health service interests of the Mohawks of the Bay of Quinte; work in a courteous, cooperative, positive and proactive manner; and, provides information as requested.

#### ***Essential Qualifications:***

- Bachelors of Science in Nutritional Science with experience in community nutrition preferred.
- Member or eligible for membership with the Ontario College of Dietitians.
- Good knowledge, preferable gained through related experience and training in the delivery of nutrition services.
- CPR and First Aid certificate preferred
- High level of computer skills of Microsoft Office, MS Word, Excel
- High level of sensitivity to Native issues; culture and traditional foods
- Exhibits a high degree of initiative and self-direction; good analytical, organizational, verbal and written communication skills.
- Good background in research; ability to conceptualize
- Ability to work with tact and discretion; high level of public relation skills and good project management skills.

Able to develop and deliver workshops, information sessions, and other presentations to individuals and groups of clients at age appropriate levels and in clear terms for the general population

Preference will be given to persons of Mohawk Ancestry

#### **Knowledge:**

- Knowledge and understanding of aboriginal culture
- Knowledge of policies and procedures relative to Community Wellbeing programs and services
- Demonstrate leadership, critical thinking & decision-making skills.

### ***Main Duties & Responsibilities:***

1. Develop, deliver and enhance effective individual and group nutrition promotion and education services
2. Maintains individual client health files/ documentation according to the established standards of the MBQ Community Wellbeing department
3. Work within the Community Wellbeing team promoting positive client outcomes
4. Other duties associated with the program as requested

Application must be **submitted no later than NOON** on the closing date and must include notation of position applying for, resume, three references (at least two professional) AND other required documents

### **CLOSING DATE FOR APPLICATIONS:**

**September 17<sup>th</sup>, 2010**

Application or requests for information can be sent to:  
Reception at:

Mailing address: 13 Old York Road  
Tyendinaga Mohawk Territory  
K0K 1X0

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

Fax: 613-396-3627

Inquiries please call: 613-396-3424

*Note: Eligible candidates for an Internal Posting are members of the Tyendinaga Mohawk Territory. We thank all applicants for their interest in this position but only those selected for an interview will be contacted.*

## **INTERNAL POSTING**

### ***Education, Culture & Language - Female Native Student Liaison Officer***

#### ***JOB SUMMARY:***

The Female Native Student Liaison Officer is directly responsible and accountable to the Director of Education, Culture & Language to adhere to School Board policies; provide educational guidance to Native students within area Secondary Schools, Quinte Mohawk School, HOPE and Ohahase regarding orientation, education planning, career planning, vocational selection and personal and social development; promote cultural activities, programs and curriculum; and promote cultural awareness for staff and non-native students; establish and maintain up to date information regarding pupil, entrance, retention and success rates in secondary schools.

### ***Minimum Essential Qualifications:***

Completion of a B.A. degree in Social Work, Social Sciences, or Education with courses in guidance and counseling

OR

- Five years of successful experience in counselling or guidance and post secondary education AND willing to
- provide annual evidence of gaining a Bachelor's degree as indicated above
- Knowledge of Mohawk cultural values, traditions and
- language

Successful completion or willingness to complete the Guidance Specialist course

### **Additional skills:**

- Experience in career and education counselling an asset
- Knowledge of the educational system as it pertains to Native students
- Knowledge of Indian Act and related Education legislation
- High level of confidentiality of information and appreciation for need for tact, discretion and a positive, cheerful and informed approach with students, staff and parents
- Excellent verbal and written communication skills
- Very organized with group facilitation skills
- Excellent interpersonal skills, able to relate with youth 12 to 19+ years
- High level computer and word processing skills with proficiency in MS Office

Preference will be given to persons of Mohawk Ancestry

Preference will be given to applicants of Mohawk Ancestry

### ***Duties & Responsibilities: Work Procedures***

1. Preparing Elementary school students for Secondary school
2. Assist Secondary school students succeed
3. Provide cultural awareness guidance to school staff and students
4. Other duties associated with this position

Application must be **submitted no later than NOON** on the closing date and must include notation of position applying for, resume, three references (at least two professional) AND other required documents

### **CLOSING DATE FOR APPLICATIONS:**

**September 17<sup>th</sup>, 2010**

Application or requests for information can be sent to:

Reception at:

Mailing address: 13 Old York Road  
Tyendinaga Mohawk Territory  
K0K 1X0

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

Fax: 613-396-3627

Inquiries please call: 613-396-3424

*Note: Eligible candidates for an Internal Posting are members of the Tyendinaga Mohawk Territory  
We thank all applicants for their interest in this position but only those selected for an interview will be contacted.*

## INTERNAL POSTING

### *Community Wellbeing Diabetes Nurse Educator, RN*

#### **JOB SUMMARY:**

The Diabetes Nurse Educator is responsible to the Community Health Nurse In Charge for provision of assessment, education and follow-up for adults living with Type I or Type II diabetes. This position will strive to improve self management practices, clinical status and quality of life for adults living with diabetes. Under the direction of the Director on Community Wellbeing, the Registered Nurse – Diabetes Nurse Educator is responsible for the implementation of the goals and objectives of a diabetes education program for individuals, families and community. The DNE works with the Community Wellbeing team to assess, plan and implement coordinated services to the community.

#### **Essential Qualifications:**

##### Required:

- Current Certificate of Competence from College of Nurses of Ontario (RN)
- Competency in MS Office, including Word, Excel, Outlook
- Understanding of learning methods, patient education and counseling principles
- Proficiency in application of new procedures and use of new equipment
- Ability to prepare and deliver educational materials to clients & staff in one to one & group settings
- Member of Canadian Diabetes Association-Diabetes Educators Section
- Satisfactory work performance in present position
- Proven good attendance record
- Ability to work independently

##### Desired:

Certified Diabetes Educator designation, or in process of establishing eligibility to obtain

Baccalaureate in Nursing, completed or in progress

##### Other:

Preference will be given to persons of Mohawk Ancestry

##### **Knowledge:**

- Knowledge and understanding of aboriginal culture
- Knowledge of policies and procedures relative to Community Wellbeing programs and services
- Demonstrate leadership, critical thinking & decision-making skills.

##### **Main Duties & Responsibilities:**

1. Deliver, maintain and enhance effective Diabetes Education Services
2. Maintains individual client health files/documentation according to the established standards of the College of Nurses (CON)
3. Maintains current nursing knowledge and skills of new and changing trends
4. Other duties associated with the program as requested

Application must be **submitted no later than NOON** on the closing date and must include notation of position applying for, resume, three references (at least two professional) AND other required documents

##### **CLOSING DATE FOR APPLICATIONS:**

**September 17<sup>th</sup>, 2010**

Application or requests for information can be sent to:

Reception at:

Mailing address: 13 Old York Road  
Tyendinaga Mohawk Territory  
K0K 1X0

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

Fax: 613-396-3627

Inquiries please call: 613-396-3424

*Note: Eligible candidates for an Internal Posting are members of the Tyendinaga Mohawk Territory  
We thank all applicants for their interest in this position but only those selected for an interview will be contacted.*

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

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



To better serve the community and its members, the Tyendinaga Mohawk Council has asked that the following procedure for public presentations to the Council be recognized. This procedure will ensure that the Council receives all pertinent information in order to serve you and the community. This procedure has not been established to hinder your access to the Council, but to enhance service in a timely fashion.

### **PROCEDURE FOR LOCAL BUSINESS**

Local Business Meetings are held the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday's of each month at 7:00 p.m. unless otherwise notified.

The deadline for inclusion on the Local Business Agenda is the previous Friday at 12:00 p.m. Requests made after the deadline will be placed on the following Local Business Agenda.

The Tyendinaga Mohawk Council requires that the Community member provide a written statement on the issue the member wishes to discuss by the deadline. Assistance will be provided upon request. This will allow the staff the opportunity to gather any additional information on the issue so the Council can be fully informed and that your time is well spent.

All requests are to be directed to Angela Maracle, Administrative Officer, or Shelley Bowden, Administrative Support.

The order for the agenda is determined on a first-come, first-serve basis and each slot is scheduled for 20 minutes.

Please be advised that Community members that do not follow this procedure will not be recognized to be heard at the meeting. This is to ensure that all the proper information is available to the Council so that an informed decision can be made that is fair and equitable to every member.

## **HAVE YOU HAD YOUR WATER TESTED?**

Please call Liz Brant at the  
Mohawk Administration Office to  
arrange an appointment that's  
convenient for you.

**396-3424 ext. 129**

## WELL AWARE SURVEY UPDATE

### CONGRATULATIONS!

To the winners who participated in the Well Aware Survey!!

**Garden Bucket Set** – Dale Hill  
**Garden Bucket Set** – Nancy Branchaud  
**Hose and Reel Set** – Lillian Brant  
**Rain Barrel** - Mary Ann Spencer  
**Low Flush Toilet** – Cory Lloyd

THANKS to Kristin Maracle for drawing our winners!

The Drinking Water Safety Program encourages you to have your water tested at least 3 times per year. In April 2011 the database will be reviewed and those households who have their water tested 3 times during that fiscal year, will qualify for a prize draw!

Prizes to be determined.

**Please contact the department to have your water tested today!**

613-396-2424

Nia:wen.

### *\* Please Note \**

Applications for Ontario H.S.T. Refund  
are available at the Administration Office



**MOHAWK FIRE  
DEPARTMENT**

The Mohawk firefighters in August responded to 16 calls:

- 1 - Structure Fire
- 5 - Medical Assists
- 2 - Grass Fires
- 2 - Vehicle Fires
- 1 - Trees on Hydro Lines
- 1 - Burn Complaint
- 1 - Hay Fire
- 2 - Motor Vehicle Accidents
- 1 - Mutual Aid

This brings our total to 74 calls for the year 2010



# What to take to the Waste Depot Site

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

## FREE TO TAKE TO THE WASTE DEPOT SITE

Tires  
Electronics  
Steel  
Household Hazardous Wastes



## Minimal Fee to Dispose of Large Items

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

### \*REMINDER\*

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

Bin One: Paper and Paper products.

Bin Two: Metal, Tin, Mixed Containers, Plastics



## Household Hazardous Waste!

### Items that are accepted:

#### In the Garage:

Transmission Fluid  
Batteries (all types)  
Battery Acid  
Brake Fluid  
Body Filler  
Auto Spray Paint  
Car Wax  
Fuel (kerosene, diesel)  
Windshield Washer Fluid  
\*Motor Oil is accepted at the  
Landfill Oil Tank\*



#### In the Shed:

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

#### In the Kitchen:

Abrasive Powders  
Ammonia-based Cleaners  
Disinfectants  
Drain Decloggers  
Chlorine Bleach  
Stain Removers  
Floor and Furniture Polish  
Metal Cleaner/Polish  
Oven Cleaners  
Window and  
Glass Cleaners  
\* empty aerosol cans can go  
into the blue box\*

#### In the Bathroom:

Aftershave  
Perfume  
Depilatories  
Hair Lotions  
Dyes  
Medicines  
Shoe Polish  
Nail Polish Remover

#### In the Workshop:

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





# Information Sheet

## Giant Hog Weed

### DESCRIPTION

**Stems:** Flowering stems up to 5m high and up to 10cm in diameter, hollow except at the nodes; both stems and petioles having obvious reddish-purple flecks throughout and sometimes nearly solid purple near the base; lower stem often very rough with sharp-pointed, irregularly-spaced bumps.

**Leaves:** Leaf blades of rosette leaves very large, up to 1m across, compound with 3 large deeply cut leaflets, each leaflet with deep irregular lobes and coarse, sharp teeth on all margins; their petioles often with sharp-pointed bumps similar to those on the flowering stems; leaves on the flowering stem of similar shape but smaller, the upper ones often not divided but just deeply 3-lobed.

**Flowers:** Inflorescence a compound umbel up to 120cm across, consisting of many (approximately 30 to 50) branches, each branch ending in a simple umbel with approximately 30 to 40 flowers; the whole compound umbel with a flat bottom and gently rounded top; petals white or rarely pinkish and up to 12mm long; fruit oval in outline, 7- 3mm long, 6-10mm wide and 1-3mm thick, smooth to softly hairy, with usually 4 prominent dark-coloured oil tubes. Flowers from June to August.

### HABITAT

Giant hogweed was introduced from Europe, presumably as an ornamental, and has escaped along roadsides, streambanks and waste areas in scattered localities in southern Ontario.

### TOXICITY

It has been implicated as a cause of severe dermatitis in susceptible individuals (see human health issues). **If you have been exposed to this plant, it is often suggested that you wash affected area immediately, avoid direct exposure to sunlight and seek medical advice.**

### HUMAN HEALTH ISSUES

Giant hogweed can be a serious health hazard for humans. Its watery, clear sap contains photosensitizing compounds, which, when in contact with human skin and in combination with UV radiation, can cause burning. Content varies depending on plant part, but contact should be avoided at all times. The reaction of the skin depends on individual sensitivity. After 24hrs, reddening and swelling of the skin can be noticed, which is followed by an inflammatory reaction after 3 days. Depending on individual sensitivity, effects can last for months and skin can remain sensitive to UV light for years.

**If you identify this plant, please contact Kristin Maracle at the Administration Office,  
613-396-3424 or by email, [kristinm@mbq-tmt.org](mailto:kristinm@mbq-tmt.org).**

### PHOTOS

Reddish-Purple Flecks on Stem  
Flowers



Underside of Leaf  
Watery, Clear Sap





Tyendinaga Home Support Program  
Phone: 613-396-4005

## For Seniors 55+ or 18+ Physical Challenges

# September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Club - 8:30 a.m - 9:30 a.m. Diners Club - 12:00 p.m. - 2:00 p.m. Handivan Departure - 10:00 a.m Meals on Wheels delivered between: 11:30 a.m. - 12:30 p.m. Friendly Visiting - 1:00 - 3:00 p.m. Scrapbooking - 10:00 - 3:00 p.m. Wii Bowling - 7:00 - 9:00 p.m.			1 Breakfast Club (Continental) Diners Club Deseronto Movie Night	2 <b>Breakfast Club (Full)</b> Meals on Wheels Blvl Shopping	3 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	4
5	6 <b>OFFICE CLOSED</b>	7 Breakfast Club (Continental) Meals on Wheels	8 Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night	9 <b>Breakfast Club (Full)</b> Meals on Wheels Birthday Tea	10 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	11
12	13 <b>Breakfast Club (Full)</b> Ceramics Wii Bowling	14 Breakfast Club (Continental) Meals on Wheels	15 Breakfast Club (Continental) Diners Club Deseronto Movie Night	16 <b>Breakfast Club (Full)</b> Meals on Wheels	17 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	18
19	20 <b>Breakfast Club (Full)</b> Ceramics Wii Bowling	21 Breakfast Club (Continental) Meals on Wheels	22 Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night	23 <b>Breakfast Club (Full)</b> Meals on Wheels BINGO	24 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	25
26	27 <b>Breakfast Club (Full)</b> Ceramics Wii Bowling	28 Breakfast Club (Continental) Meals on Wheels	29 Breakfast Club (Continental) Diners Club ELDERS LODGE Movie Night	30 <b>Breakfast Club (Full)</b> Meals on Wheels	Ceramics - 1:00 p.m. - 3:00 p.m. Birthday Tea - 2:00 p.m. - 4:00 p.m. Bingo - 12:00 p.m. - 3:00 p.m. Euchre - 6:30 - 8:30 p.m. Movie Night - 7:00 - 9:00 p.m..  <b>All programs are held at the Elders Lodge unless otherwise stated.</b>	





## Prenatal Classes - Fall Session

Wednesday

September 15, 2010

7pm to 9pm at

Thayendanege

Health Centre

Topics covered

Fetal Development,

Maternal Nutrition

Breastfeeding

Labor & delivery

Postpartum Care

For more information or to register for  
classes call

613-967-3603 and speak with a Community  
Health Nurse

Partners/Supports are really  
important and are welcomed to participate!

*September 2010*

*Moms – In – Waiting*

Canadian Prenatal Nutrition Program (CPNP)

The Thayendanege Health Centre is offering MONTHLY FOOD VOUCHERS to women during their pregnancy. For more information please drop by or call the Health Centre at 613-967-3603 and speak with the Community Health Nurses who will outline the program

We want you to have a healthy pregnancy and a healthy baby!

**Mary McCauley R.N.**  
**Community Health Nurse**





### *Baby Steps to Breastfeeding Success*

Encourage mothers to hold  
babies skin-to-skin  
Keep mothers and babies together  
Include fathers as breastfeeding coaches  
Avoid unnecessary supplements  
Help mothers connect to ongoing support  
Welcome mothers and babies to  
breastfeed everywhere  
Inform expectant mothers of the benefits of  
breastfeeding and the risks of  
not breastfeeding.

*How are we doing? Let us know...*

*Cut out the baby footprints and write on them  
which Baby Steps we need to do more  
to make a difference. Send or bring to the  
Health Centre when you are able.  
Nia:wen.*

**NURSING MOTHERS' GROUP  
OF  
TYENDINAGA  
INVITES\*  
BREASTFEEDING MOTHERS  
AND BABIES  
AND EXPECTANT MOTHERS  
(\*Interested women and girls  
also Welcome)**

To their ongoing series of meetings

**FRIDAY September 10, 2010**

**&**

**FRIDAY September 24, 2010**

at **QUEEN ANNE PARISH HALL**

**10:30 am – Noon**

**PLEASE NOTE CHANGE OF  
LOCATION**

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

**BREASTFEEDING CLINIC  
AVAILABLE :**

**\* If having problems, please call for  
an appointment \***

**FOR APPOINTMENTS for BREAST-  
FEEDING HELP**

**CALL HEALTH CENTRE:**

**967- 3603**

**or 396-2942 when Health Centre closed**



# Community Recognition Awards

Do you know of someone that has overcome struggles to properly manage their diabetes? Do you know a person who dedicates their time to promoting good health and diabetes management to community members living with diabetes? Perhaps there is a community member you have in mind or, you are a community member who has been the recipient of quality care and guidance by a health professional. You may know of a person in the community who promotes healthy eating and active living in an effort to prevent type 2 diabetes.

We want to take the opportunity to recognize these admirable people for their efforts in helping to raise diabetes awareness, prevent Type 2 diabetes, and assist with good diabetes management.

The "Community Recognition Awards" is an initiative that was launched in May 2005 at our Annual Event. It has been very successful, and we continue to present the awards to those who have been nominated.

Let's continue to spread the word of diabetes awareness and prevention, and take a moment to recognize those around us who continue to be a healthy inspiration.

Send the nominee's name and contact information, along with a paragraph or two, about why he/she deserves to be recognized. It can be sent to:

*Carol Loft*  
*Diabetes Prevention Coordinator*  
*Southern Ontario Aboriginal Diabetes Initiative (SOADI)*  
*P.O. Box 1222*  
*Tyendinaga Mohawk Territory, ON*  
*(T) 613-396-3900*  
*[eastern@soadi.ca](mailto:eastern@soadi.ca)*

NOTE: Deadline for nominations is October 8, 2010

# Tahatikonhsotóntie Head Start

*"Nurturing Generations of Strong Spirits"*

*Akenhake Newsletter 2010*

**Tesehskwanonhweraton Akwe:kon!!**

**We welcome you all back**

It's September again and we are excited to begin our regular programming for the children!! We hope that your summer has gone well and you are ready to get back into the swing of things. Our programming will run the same as last year :

- Sr. Program running every afternoon from 1 pm to 4 pm.
- Jr. Program will run on Monday and Thursday mornings from 9 am to 11 am. *(This is also a drop off program that is designed to introduce*

*children to the pre-school setting in smaller intervals of time)*

- Our Parent and Child play group program will run on Tuesday and Friday mornings from 9 am to 11 am!!

Also be sure to keep an eye out for all of our exciting workshops and events over the next year!! If you have any questions or concerns please don't hesitate to contact us! We are here Monday through Friday 8:30-4:30! 613-396-6716

## **Tahatikonhsotóntie Head Start Team**

**Lori Lain**  
*Program Manager*

**Mary Jean Loft**  
*Family resource Co-ordinator*

**Shari Maracle**  
*RECE Teacher / Bus Driver*

**Steve Linday**  
*RECE Teacher*

**Amy Sager**  
*ECE Teacher*

**Katsitsa:se Maracle**  
*Cultural Resource Teacher*

**Melissa Maracle**  
*Mohawk Language Teacher*

## **Happy 10th Birthday Head Start!! Sawenniserat Tahatikonhsotóntie!!**

The Head Start program opened it's doors on September 29th, 2000. Since then there have been many children of whom we have taught and learned from over the past ten years. We have had parents, stu-

dents and community members who have supported our programs in a variety of ways; and a wonderful team of people who have been here to share their experiences with us. We would like to acknowledge and say Nya:wen

to all who have passed through our doors. We are hosting a 10 year celebration on Wednesday September 22nd in honour of you and your families for making the Tahatikonhsotontie Head Start such a success!!





*You are invited to come and Celebrate with us!*

*Did you go to Head Start??*

*Did you take your child to the Drop In Play Group??*

*Did you come to the Head Start for a School Placement??*

*IF SO..... you and your family are invited to our*

*10th Year Anniversary Celebration!!*

*On Wednesday September 22, 2010*

*At the Community Centre*

*Please RSVP*

*Contact Melissa Maracle*

*Or*

*MJ Loft*

**613-396-6716**

## **What to put in your Backpack!!**

Don't forget to pack your backpack  
with *Indoor Shoes* and an *Extra Set of Clothing*  
(eg. shirt, pants, underwear,  
socks, sweater )

**Please Clearly Label ALL Items!!**

*Please do not send in a snack  
as we provide one for the children!!*





# Yakoya'tekarenyas!!

## The Bus!!

Parents and Community Members:

Please remember that this time of the year the bussing schedule is always a little crazy to get used to until the route is established. This means it may take a week or two to develop a route that works for everyone. We thank you in advance for your patience!!

We also request community members to keep an eye out for little ones awaiting the bus around lunch time, as that is when children are being dropped off from school and picked up by the Head Start Bus!!

### Bus Safety Tips!

- Wait in your driveway for the bus to come to a complete stop
- Do not cross the road until you see the arm is fully extended
- Have someone help you across the road
- Find your seat quickly!!
- Put on your seat belt!



## Helping Your Child Cope on Their First Day of Head Start/ Daycare/ Kindergarten

There are many strategies that parents and caregivers can use to help their children to cope with the anxiety of starting preschool. Here are some use full tips for you to use with your child.

Begin talking with your child about their new preschool, or Daycare. Introduce books that show the daily routines that your child may experience.

Take a trip to their new preschool or daycare to introduce them to their teacher and the classroom layout. It is important that you create a relationship between you, and your child's teacher.

Make sure you are upbeat about the new changes for your child, and explain how this is going to be a great experience for them!

Remember the transition process takes a bit of time for your child to get used to but with communication between teacher, parent and child this will help your child to feel more successful and at ease with the transition into preschool!

Books:

First Day Hooray!! By Nancy Paydor  
Franklyn's first day at school  
By Paulette Bourgeois

Early Childhood Development  
Maternal Child Health  
1295 Ridge Road  
Queen Anne Parish (downstairs)  
613-969-1835  
Allison Brant

## Why should you care about FASD?

- It hurts individuals and families
- It has a large impact on communities
- If someone knows that a child has FASD early, the child can get the support that he or she needs. Early diagnosis means fewer problems later on in life—with drugs, alcohol, unwanted pregnancy, mental health issues, and the law

## FASD is not a label

It helps to get supports in place to help a child make good choice, get along with others, master skills, and feel good about him or herself.



## What do I need to know about FASD?

- Fetal Alcohol Spectrum Disorder (FASD) is a range of disabilities that can happen to child whose mother drinks alcohol while she is pregnant
- FASD can effect anyone whose birth mother drank alcohol during pregnancy
- Not all children who are exposed to alcohol during pregnancy will be born with FASD
- The greatest risks are from binge drinking and heavy drinking. But even a small amount of alcohol could cause problems
- Right now there is no way of knowing how much alcohol is safe to drink when you are pregnant
- A child with FASD becomes an adult with FASD
- When it comes to alcohol and pregnancy....**Less is better, None is best!**

## Upcoming events in October...

October 7th Evening Kinder gym with Thanksgiving craft...6:00-7:30pm  
October 28th Halloween Party at the Community Centre 5:30-7:30pm

## Thinking about Christmas... We are!

We are already planning our Christmas party this year the date has been set for Monday December 20th 2010 at the Community Centre downstairs. We would like to invite our clients to sign up now for this event. We will be having a turkey dinner with Santa Claus to follow, we look forward to hearing from you. Please call before October 15th as this is the deadline to place our order.  
Please call 613-969-1835 Allison or 613-969-1649 Kim



## Scrapbook Potluck

Saturday October 23rd, 2010

9:00am-4:00pm

1295 Ridge Road, Queen Anne Parish



Just bring a dish for the potluck lunch and all your scrapbook supplies and enjoy the day at your own pace..  
Please call to reserve your spot 613-969-1835 ONLY 16 & up!!



## Toronto Metro Zoo Trip

September 22nd 2010

7:00am-7:00pm

The bus leaves the community centre at 7:00am sharp!

\$5.00 per person 4 & up

3 and under free

**This price is for current MCH/HBHC Clients, full price for non clients.**

Reserve your seat before September 16th 2010!!!

613-969-1835 or 613-969-1649



## Grandparents Day Event September 13th

1295 Ridge Road

Queen Anne Parish Center

11:00-2:00

Children bring your grandparents out for a fun afternoon of crafts and snacks.

Please call to register now, no cost!!!

613-969-1835





## Celebration of Families

September 9th 2010

Community Center

9:30-3:00 & 5:00-8:00



Local and surrounding area vendors and organizations

Lot's of crafts and activities for all ages all day

Come and enjoy!!

If you have any questions, please call. 613-969-1835

---

## Aqua Tot...is back

### Aqua Tot

Every Wednesday September 1,8,15 & 29th 2010

Napanee Indoor Pool

Advance Avenue

10:00am-11:00am

No Cost!!!

Bring your child, your  
niece, nephew, cousin,  
grandchild, neighbors  
children, out for a  
morning of swimming at  
the Napanee Pool...

If you have any questions, please call 613-969-1835 or 613-969-1649

---

## Bookshelf for school...

"Dealing with the Jitters"

I don't want to go to School!

By: Stephanie Blake

Ages 4-8

\$11.99



"Finding Playmates"

Bears new friend

By: Karma Wilson

Ages all

\$9.99



## Chicken & Roasted potatoes Quick & Easy

3 small potatoes

1 1/2cup of water

1tsp salt

2 boneless, skinless chicken breasts

2tsp Rosemary Herb or Italian Seasoning (divided)

2tsp olive oil (divided)

Cut potatoes into quarters place potatoes water & salt into a microwave dish and cook on high in the microwave for 6-8 minutes or until tender. Drain and set aside.

Add 1 tsp of oil to a fry pan or skillet heat over medium high heat for about 1-3 minutes .

Add 1tsp of oil to the potatoes and 1tsp of Rosemary Herb or Italian seasoning. Stir to coat the potatoes.

Sprinkle 1tsp of Rosemary Herb or Italian seasoning to the chicken, which should be 1/2in thick.

Place chicken, and potatoes cut side down in the skillet. Let cook for 3-4 minutes or until chicken is golden brown and then flip both the chicken and



# September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Aqua-tot Napanee Pool 10-11am	2	3	4
5	6 Office Closed	7	8 Aqua-tot Napanee Pool 10-11am	9 Celebration of Families Event 9:30-3:00 & 5:00-8:00	10	11
12	13 Grandparents Day Event 11:00-2:00	14	15 Aqua-tot Napanee Pool 10-11am	16	17	18
19	20	21	22 Toronto Metro Zoo Trip 7:00-7:00	23	24	25
26	27	28	29 Aqua-tot Napanee Pool 10-11am	30		

## CONGRATULATIONS



The Tyendinaga Pow Wow Committee would like to congratulate the winners of our raffle and 50/50. Thank you to everyone who supported the Pow Wow by purchasing tickets; we appreciate all of your support!

50/50 - \$249.50 – Murrell Maracle

32" HDTV – Murrell Maracle

HP Mini Laptop – Brian Gray



# A VERY SPECIAL THANK- YOU

*The Classic Car Show held at the Mohawk Agricultural Fair was a huge success, we had 85 cars that came out to participate and show off their rides.*

*We would like to thank all the sponsors for their generous support, without your support our Classic Car Show would not have been such a success. A special thank-you goes out to the following:*

*Tyendinaga Computers  
Kevin Brant Auto Body  
Bob's Portable Toilets  
Free Flow Petroleum  
Steve Lowry  
Ronnie Brant  
Quinte Cycle & Marine  
K.C. Builders  
Mohawk Duty Free Tobacco & Gifts  
Confederate Variety  
TSC Stores Belleville  
Bernie & Shirley Foley  
Onkwehonwe Neha Enterprises  
Cliff Booth  
Smokin' Coffee Xpress  
OSR Performance O'Sullivan Repair  
McCurdy Chev Olds  
Thread Works  
Two Hawks Tobacco  
Nation 2 Nation Tobacco Trading  
Norm & Darlene Crawford  
TSC Total Source Construction  
Guillevin International  
Peter Smith Chevrolet Cadillac Ltd.  
Napanee Valley Cruisers  
Dave & Alison Kingdon  
Performance Sales & Leasing Inc.*

*Kagita Mikam  
Red Cedar Shelter  
Hill's Variety  
Car Smart Automotive  
Metro - Belleville  
North Shore Tobacco  
Buffy Hill  
P & D Electric  
Bubz Wheelz  
Smokin' Pit Stop  
C.A.A.  
Iva Brant ( Mom)  
FNTI  
Lalonde Auto  
Mohawk O.N.E.  
Rez Boyz  
Village Variety  
Rez Cresting  
Reta & George Brant  
Bob Clute  
Fred Knight  
Bob & Jane Burrell  
Star Trophy  
Cheryl Tugnette  
McMurter Lumber  
D&D Electrocraft Ltd.  
Jean Maracle*

*Once again thank you and please accept our apologies  
if we forgot someone.*

*Billy and Doug Brant.*



## VOTE FOR BRITTANY BRANT!

**SINGER/SONGWRITER BRITTANY BRANT FROM TYENDINAGA  
IS LOOKING TO WIN A RECORDING CONTRACT!**

**HERE'S HOW YOU CAN HELP...**



*People can vote once a day!  
Contest continues until  
December.*

- 1) GO ONLINE TO [INDISCOVER.NET](http://INDISCOVER.NET)**
- 2) CLICK ON MUSIC CHANNEL --> STAR SEARCH CONTEST**
- 3) CLICK ON BRITTANY'S PICTURE/NAME, LISTEN TO SOME  
OF HER ORIGINAL MUSIC, THEN CLICK "VOTE NOW!"**

## SUPPORT OUR LOCAL TALENT

### *From Red Cedars Shelter:*

The winner for the Pow Wow basket was *Catherine Renwick*, the basket is worth \$150.00 and she graciously donated it back to the shelter. Thanks from all of us Catherine! We will be holding another draw for this basket closer to Christmas. We also have a lovely home made quilt made and generously donated by the "*Quinte Quilters Guild*, Friendship Quilts Special for You", we want to thank the Guild and raffle the beautiful handmade quilt off too!

The winner of the Fair Basket was *Charlene Maracle*, congratulations Charlene!

To all of the people in our community that generously donate all through out the year. Your selfless contributions of clothing, small items and Christmas donations help us help our residents. The women and children pass along their thanks. We could not do it without your help. You bring light when there only appears darkness, nya:wen.

Sken:nen,

Red Cedars Shelter



## *Thanks to the Dream catcher Fund for Professional Dance Training!!!*

With the assistance from the Dreamcatcher Fund Shayna was able to participate in a summer professional dance Training at the Angela Maracle School of Dance. She was instructed by Chantalle McCarville AISTD, and Gizelle Witkowsky ( Former Principle Dancer Of The National Ballet of Canada. She trained 6 days a week for the month of July, and had a blast!!!!



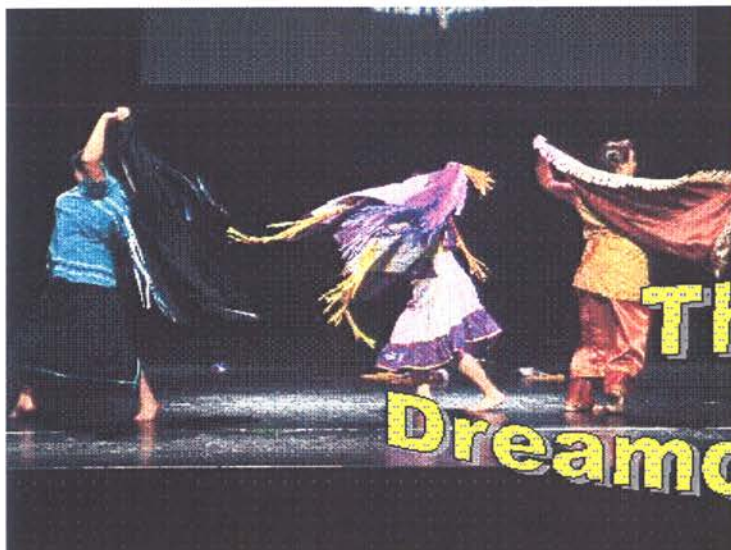
Shayna Maracle The Pilot Project

### **DREAMCATCHER FUND**



I would like to thank the Dreamcatcher Fund for helping me to attend the Dick Ritger's Bowling Camp in Canandaigua, NY. The camp has helped me to improve on my bowling skills greatly. I would like to some day become a professional bowler and with the help of the Dreamcatcher Fund, I am one step closer.

Joshua Brant-Parkin



"To dance is to be out of yourself.  
Larger, more beautiful, more powerful."  
~ Agnes De Mille

# **Thank You Dreamcatcher Fund!!!**

For supporting my love of dancing! Your investment is sincerely appreciated.  
Shanleigh Maracle and Family



# Happy Birthday!



Happy Birthday!

Aunt Marion

Sept. 20

Another Day

Another Year

Another Birthday

All the Best.

Aunt Donna

Sept .12

Once again Happy Birthday Greetings!

from across the country,

Tyendinaga to Ladner.

Happy 9<sup>th</sup> Birthday

Cody - September 6

Lots of Love,

Hugs and Kisses,

Mom, Dad, Mikayla & Skittles

Happy Belated 6<sup>th</sup> Birthday

Mikayla -August 18

Lots of Love,

Hugs and Kisses,

Mommy, Daddy, Cody & Skittles

Happy Birthday Dad (Grant)

Love Deb and Steve

Happy Birthday, Poppy

Love Adam and Jay

Happy Birthday Grampa

Love Adam and Jason

Happy Birthday Dad (Possum)

Love Steve and Deb

Happy 2<sup>nd</sup> Birthday

Reyna - September 3<sup>rd</sup>

Lots of Love, Aunt Marilyn, Uncle Rick, Sam &

Emmett

Happy Birthday

Melissa,

Candice,

& Bambi from the Gang at THC

Happy 30<sup>th</sup> Birthday

Donna - September 7<sup>th</sup>

Love Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy 23<sup>rd</sup> Birthday

Leah - September 8<sup>th</sup>

Love Marilyn & Rick

Happy 23<sup>rd</sup> Birthday

Leah - September 8<sup>th</sup>

Love Sam & Emmett

Happy Birthday

MJ - September 17<sup>th</sup>

Love Marilyn, Rick, Sam & Emmett

Happy 9<sup>th</sup> Birthday

Colin - September 25<sup>th</sup>

Lots of Love, Aunt Marilyn, Uncle Rick, Sam & Emmett

Happy Birthday

Mike - September 26<sup>th</sup>

Love Marilyn, Rick, Sam & Emmett

Happy Anniversary

MJ & Bill - September 25<sup>th</sup>

Love Marilyn, Rick, Sam & Emmett

Happy 10<sup>th</sup> Anniversary

Jess & Andy - September 30<sup>th</sup>

Love Aunt Marilyn, Uncle Rick, Sam & Emmett



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

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

September 2010

**Discover the Balance**

**We have Gift Certificates**

**Discovering the Balance**

**By Working the  
Mind, Body,  
Heart and Spirit**

**Hours of Operation**

Monday - Thursday

**6:30am-8:00pm**

Friday

**6:30am-6:00pm**

Saturday

**8:00am- 1:00pm**

As the summer comes to an end I would just like to thank everyone who participated in the Walk, Run, or Bike programs, and all the members of TFRC for there support. I had a great summer as the Fun and Fitness Worker.

-Ryder Sager

This program will continue next summer with 2 summer students. Thanks to the Funding from Healthy Communities Fund.

**Stuck in a chair from 9-5? It's time to get up and move**

1. Walk the stairs in your office, for three sets. 1 set equals a full walk up and a full walk down.
2. Take advantage of your local gym. It is a great way to break up your day and re-energize yourself.
3. Organize a walking or running club with your co-workers.
4. Have a cue at work that reminds you to get up and move around. (phone rings)
5. If you are on a long road trip remember to pull over and get out and stretch at least once an hour to stretch and activate circulation

If you have a gift certificate dated 2007 or 2008 for TFRC you have until September 30, 2010 to use it. If you are unable to use please donate it to a friend, youth or senior.

**BOOT CAMP**

**What: A full-body work-out including; Cardio,  
Core, Strength Training and Flexibility  
with Certified Personal Trainer**

**When: Wednesdays @ 6:15pm**

**Where: Tyendinaga Fitness Resource Centre**

**Cost: \$8 per class, pay-as-you-go. JOIN ANYTIME!**

**Bring: Yoga mat, water and dress for outdoors**

**Contact: 613-396-1651 or (613) 962-2822**

**Email: trainer\_mandi@yahoo.ca**

**Nia:wen to the Tyendinaga Community Development Fund**

**TFRC was awarded \$750.00 to purchase kinder Gym equipment,  
Programming will start in October & March**



## Calendar of Events September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 6:30am Monday to Friday	Watch for other Fitness Programs to start		1 Boot Camp 6:15pm	2 Support Your local Gardeners !	3 	4
5 Open until 8pm Monday to Thursday	6 CLOSED LABOUR DAY	7	8 Boot Camp 6:15pm	9	10 Open until 6pm	11 Open 8am to 1pm
12	13	14 Iridology 10am-2pm 4pm-6pm	15 Boot Camp 6:15pm	16 	17	18
19 Support your local Fitness Centre	20	21	22 Boot Camp 6:15pm	23	24	25
26 	27	28	29 Boot Camp 6:15pm	30 	Support Your local Gardeners !	

### Iridology

The session will take 10 min. done by a diploma holder of Doctor of Natural Medicine

The session will cost \$15.00 which will be donated back to TFRC

### Ion Cleanse

The Ion cleanse is a simple and powerful way to cleanse and detoxify your body on a cellular level. The session is 30 minutes and done by a Professional.



## Exercise Tips



### Stretching–

You should always stretch before any physical activity to prevent injury. Furthermore you should always warm up the muscles before stretching. For example Rotating Arms and Legs slowly. Remember to stretch muscles specific to the activity particularly well, and never to bounce or force a stretch.



### Running– 20 to 30 min

Whether your just starting to run or have been for years it is always important to have a good base. From this you can work to specific goals like finishing a 5k or even running a marathon.

All you need to begin to run is a good pair of shoes and comfortable clothing that allow proper movement. Also, Running can be made fun and more productive with others.



### Walking– 20 to 30 min

Walking is a simple and effective way to improve fitness level. Just 30 Minutes of walking every day can improve your health and help to relive stress. This 30 minutes can be split into portions, its just important to have a total of 30 minutes. Walking is also a simple exercise to start, all that is needed is a comfortable pair of shoes. Remember that you will have to also build a base for walking to get best results.

### Cycling– 30 to 60 min

Cycling is a fun and adventurous activity that can greatly improve cardiovascular endurance, as well as fitness and health in general. Cycling is safer in a group and is also more enjoyable with others.



**10am to 2pm  
4pm to 6pm**

# **Iridology**

**At Tyendinaga Fitness  
Resource Centre**

**Tues.  
Sept. 14**



**Your eyes are the  
windows of your  
health.  
This session will in-  
clude a nutritional  
health recovery  
plan.**

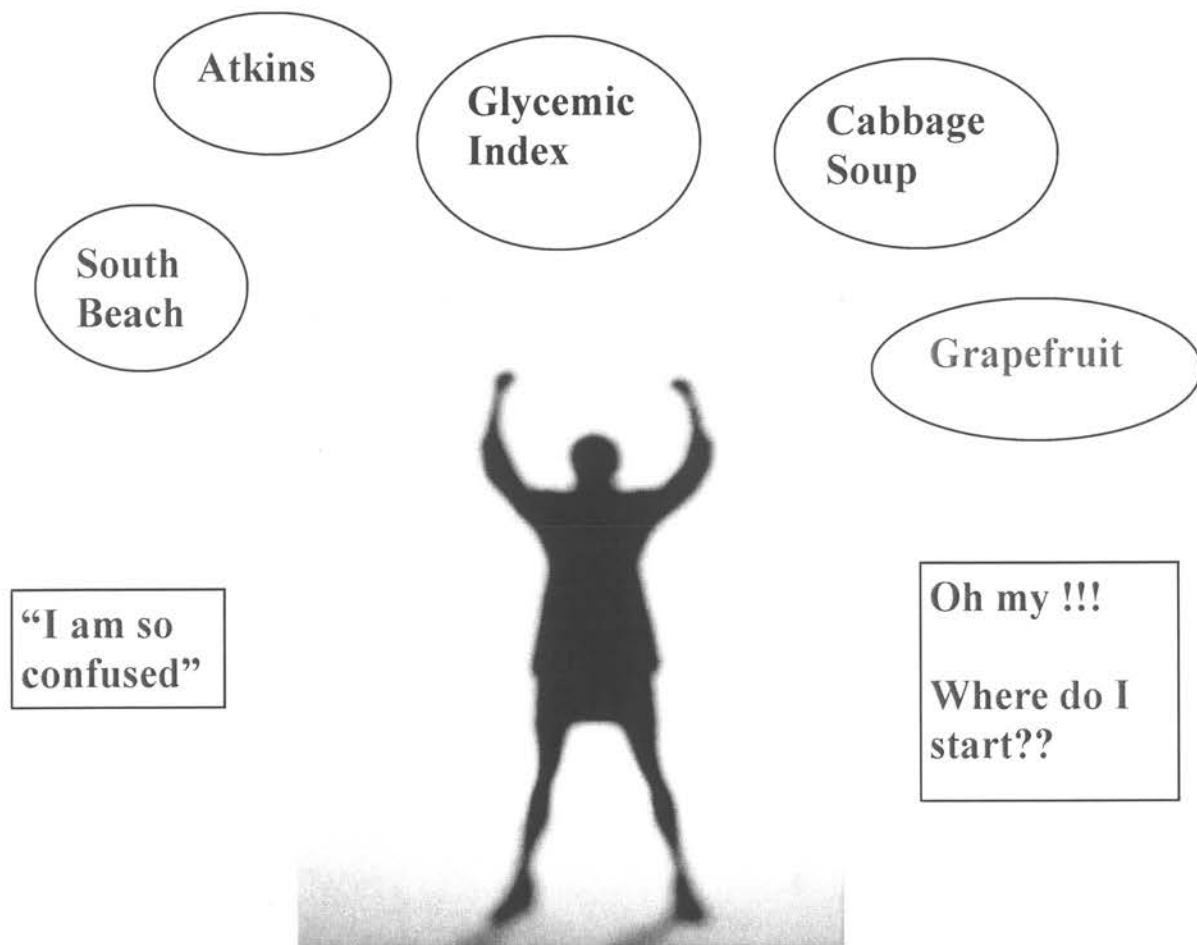
**The session will take 10 min. done by a diploma  
holder of Doctor Of Natural Medicine (Nida)**

**The Session will cost \$15.00 which will be donated  
back to TFRC. If successful this event will continue.**

**For more information contact TFRC (613) 962-2822  
Or email [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)**

**Sign- up by  
September 7/10**





# Learn How to Loose Weight

**WHEN:** Tuesday September 21, 2010

**TIME:** 12:00 p.m. to 1:00 p.m. Bring your lunch

**PLACE:** Tyendinaga Fitness Resource Centre

**COST:** \$5.00 donated to the TFRC

Please register by: **Thursday September 16, 2010**

**Phone :** TFRC 613-962-2822 or Kathy 613-395-5027

**PRESENTER :** Kathy Wilson Certified Herbalist  
Certified Ion Cleanse





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

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

# Krazy Kroppers

Returns....

Monday, September 20, 2010

7pm to 9 pm

At the Kanhiote Library

Cost: \$2.00 donation

Curious about scrapbooking, card making or  
are just looking for a night out  
to work on a craft project,

Why not take a chance and join us!

No experience or supplies required.

We meet the first and third Monday of the month.

If you have any questions,

Please call the library at 613-967-6264

Or Yvonne 613-966-9138



## ORISKANY ALLIANCE OF TYENDINAGA

is planning to reschedule their fund raising

**Jamboree**

**Saturday, September 25 2010**

**Mohawk Fair Park**

(West gate only)

Scheduled to perform are:

*Ellis & Friends, Jesse Treneer*

*Jerry Foster, Kidd & Crew,*

*Thomas B. Maracle, Mohawk Messengers*

*Lorain Sine* and some talent not mentioned

here. Also if the crowd is interested, we will have  
an open mike session. The Native Women will be  
setting their food booth up and also will be hav-  
ing a quilt raffle & 2 throw pillows to be drawn  
near the end of the day. This event will take place  
rain or shine, so bring your own lawn chairs.

For more information please contact

**James Maracle**

@ 613-396-2796 or 613-919-4491



*Sam's "lil" Variety*

*264 Bayshore Rd*

*Tyendinaga Mohawk Terr.*

*across from the pow wow park*

featuring:

homemade pies (week-ends only) for now

coffee

smokes

pop

chips

chocolate bars

milk

fresh eggs (\$2.00)

bread

ice

live bait and tackle

plus other items



**613-396-9900**

*Open daily at 7 a.m.*

*Proprietor: Sam Martin*



Located at Mohawk Duty Free  
777B Hwy 49  
Tyendinaga, ON

Monday-Saturday  
9-5



---

## ATTENTION: YOUTH DART PLAYERS

Are you a youth between the ages of 7 - 18 and interested in playing in a youth dart league.

Registration is at the Royal Canadian Legion, Pinnacle Street, bottom floor on September 19, 2010 starting at 12:30 pm.

The league runs every Sunday from 1:00 - 3:00 pm starting September 19<sup>th</sup> until early April.

Registration is \$5.00 to join and \$3.00 per week after that.

Come out, learn to play darts, have some fun and make new friends.

If you need any more information, please contact Marilyn Loft at 613-962-1727.





Community Advocacy & Legal Centre

## ***PRESS RELEASE***

---

**FOR IMMEDIATE RELEASE**  
**August 24, 2010**

### **BEYOND THE BASICS: HELPING VICTIMS OF CRIME CLAIM COMPENSATION**

Belleville, ON — On Monday, September 20, 2010, the Community Advocacy & Legal Centre, with support from the Quinte & District Victim's Fund, will host a day-long conference: **Beyond the Basics: Helping Victims of Crime Claim Compensation**. The conference will be held at the Greek Banquet Hall, 70 Harder Drive, Belleville, ON from 8:30 a.m. – 3:30 p.m.

Local health and social service organizations, people in the helping professions and other members of the community who help victims of crime are invited. This conference is the first in a series of special events being organized to celebrate the clinic's 30th anniversary.

The Criminal Injuries Compensation Board (CICB) is a program funded by the Ontario government to provide compensation to victims of violent crime. The purpose of the conference is to increase awareness of available compensation and how to apply. Participants will have a better understanding how best to support victims who make a CICB claim. We hope to increase the number of people receiving compensation by ensuring the community is better informed about CICB awards as a valuable resource for victims of violence.

The Chair of CICB, Maureen Armstrong, will be the keynote speaker. The conference includes presentations on the CICB process, completing CICB applications, ways of increasing compensation through report writing by service providers, personal testimony of a CICB applicant, dealing with defense lawyers request for records, and the civil suit option.

If you are interested in attending please call or email the clinic at 613-966-8686, ext 30 or [clinicoutreach@communitylegalcentre.ca](mailto:clinicoutreach@communitylegalcentre.ca).

The Community Advocacy & Legal Centre (CALC) is a non-profit community legal clinic funded by Legal Aid Ontario. The clinic was founded in 1980 and is currently staffed by lawyers, community legal workers, law clerks and support staff. We serve low income residents of Hastings, Prince Edward and Lennox & Addington counties. Our main office is in Belleville, with satellite locations in Trenton, Picton, Napanee, Bancroft and Madoc.

---

For further information about the contents of this press release, please call Michele Leering at 613-966-8686, ext 27 or Toll Free at 1-877-966-8686.

Community Advocacy & Legal Centre  
158 George Street  
Belleville, ON K8N 3H2  
[www.communitylegalcentre.ca](http://www.communitylegalcentre.ca)



# BOWLING LEAGUE



*Looking for Bowlers.....*

*Are you a bowler who wants to have fun?*

*Are you a team of bowlers who wants to  
have fun?*

*Contact Kelly Maracle 613-396-5994 or*

*Ron Parkin 613-967-3968*

## **"AA OPEN MEETINGS"**

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

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

## **T.O.P.S. ON#5258**

Take Off Pounds Sensibly  
We **"DO NOT"** promote any diets

WHERE: The Elders Lodge  
Common Room  
Tyendinaga Mohawk Territory  
Bayshore Road

WHEN: Thursday Evenings

TIME: 5 p.m.—7 p.m.  
Weigh in 5—6 p.m.  
Meeting & Discussion 6—7 p.m.

*T*ake that 1st step.  
*O*vercome a weight problem.  
*P*ut yourself in a happy place.  
*S*upport one another



THE ANGLICAN PARISH  
OF TYENDINAGA

Parish Priest  
The Rev'd Brad Smith  
Mohawk Rectory, 396-3797

SUNDAY CELEBRATION

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

Christ Church  
Her Majesty's Chapel Royal of the Mohawk  
52 South Church Lane  
10:30 a.m.\*

*\*On 19 Sep, the only service is at 10:30  
at Christ Church*

The Sunday Celebration each week is a multi-generational remembrance of the love of God for the Creation as seen in Jesus of Nazareth. We worship in the modern languages that we speak, using both English and Kanyen'keha. Everyone is welcome to worship and stay for a time of refreshment and fellowship after every Sunday Celebration.

UPCOMING EVENTS

Wednesday 15 September, 7 p.m., QAPC  
Parish Fun Night  
Bring a game, a friend, and a snack!

Fri-Sun 17-19 September  
Sister Parish Visit

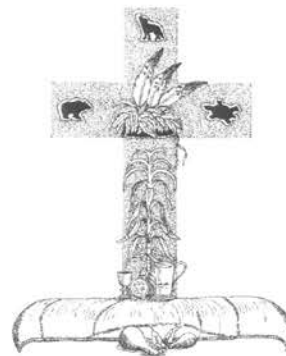
Join us to welcome the people of our sister parish of St Ann's, Amsterdam NY, on Friday night at 7 p.m. at a reception at the QAPC. Worship with us on Sunday at 10:30 at Christ Church.

Sunday 26 September  
Back to Church Sunday

All are invited to worship with us at the usual times (see above). If you haven't been to church in a while or you've never been but would like to explore your spirituality, please accept this invitation to join us in our praise and worship of the God who loves us all!

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE  
[WWW.PARISHOFTYENDINAGA.ORG](http://WWW.PARISHOFTYENDINAGA.ORG)

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



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

***Holy Communion***

Fr. Gérard Trinque, OHI, SSM, Officiating

**Every Sunday—10:00 a.m.**

**Elders' Lodge Common Room**  
**301 Bayshore Road, Tyendinaga, M.T.**

**Traditional Anglican Services**  
Using the long-established  
**Book of Common Prayer (1962)**  
and the time-honoured hymnal  
**Book of Common Praise (Blue Book)**

**For more information, please call:**

**Mr. Charles E. Maracle at 613-396-3089**  
**OR**

**Ms. Lorna J. Moses at 613-396-2538**

***Food Bank Day:***  
***Third Sunday of each Month***



***"This is the Day the Lord hath made!"***

## CLASSIFIED

### CHILD CARE

Unlicensed Child Care  
\$15/Day, 6 A.M. - 6 P.M.  
All Ages  
Call: Amanda (613) 309-9134

### HOUSE FOR SALE

4 BDRM WATERFRONT  
HOME FOR SALE  
Prime waterfront home has  
2700ft of living space  
Complete finished walkout  
basement with wet bar  
In ground pool, 500ft deck  
overlooking Bay and pool  
Town water and sewer, paved  
driveway, and beautifully  
landscaped. \$299,000

Call for more details or an  
appointment. 613.396.3077

### HOUSE FOR SALE

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

### HOUSE FOR SALE

3 BEDROOM  
- 741 Ridge Rd.  
- with 2 full bathrooms  
- propane fireplace, stove & hot  
water tank  
- 1 1/2 car garage  
- partially wired for generator  
- lots of good water, good septic  
System  
- 1/2 basement, screened in deck  
- asking price \$159,000.00  
Open to offers please call  
613-962-5179

### FOR SALE

STRAW  
- small square bales  
& 4 X 4 round bales

Phone: William J. Brant  
613-967-1129

### FOR SALE

ANTIQUE DINING TABLE  
- early 1900's  
- press back on both sides of end  
panels as well as the outside of  
skirting.  
- has 4 leaves and seats 8 - 10  
people and 7 chairs are included  
- these items are reproductions  
- in excellent shape  
Asking \$450.00 or BO

WHITE DAY BED  
- with trundle  
- all metal with horses on back  
panel previously sandblasted  
Asking \$300.00

Inquire at (613) 396-1998

### HOUSE FOR SALE

- locate at 467 York Rd.  
- this home also contains an apartment  
- asking price \$75,000.00  
- (open to offers)  
- to view this property please call:  
Diane Clench at 613-966-7758

### HOUSE FOR SALE

263 Gordon Rd.  
- waterfront with boat launch  
- completely renovated kitchen  
and bathroom  
- laminate flooring throughout  
- plenty of potable water, with  
ultraviolet purification system  
- many extras  
Large lot with the option to  
purchase adjoining lot complete  
with drilled well  
Can be seen by appointment:  
Call 613-396-1165  
(Leave a message)

### LAND FOR SALE

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

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

### FOR SALE

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

Serious inquiries only:  
Please call 613-396-5879

### BABYSITTING

Available for babysitting  
anytime. My name is Allison  
and I am 13 yrs old and willing  
to babysit any age child.

Phone: (613) 966 -1936

### BABYSITTING AVAILABLE

If you are looking for a  
full-time, reliable  
babysitter, please give  
Sandy a call at  
613-967-0091

### HOUSE FOR SALE

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

Please contact:  
tyendinaga.09@yahoo.ca  
or call: 416-938-4157



# FOR SALE



**Location: 19 Bayshore Road**

**Selling Price: \$225,000.00**

**Property Descriptions:**

**60 feet x 40 feet**

**Cement Block**

**Central Air**

**Age of Property:**

**6 years**

**Water and Hydro Source:**

**Water and Sewage Town of Deseronto**

**Hydro One (Ontario Hydro)**

**Included in Sale:**

**(Square Lot Negotiable)**

**Contact: Lil Lefort 613-396-3378**

**Requirements: Cash**

**# of Rooms**

**3 rooms plus**


**Large Stock Room**

**Other:**

**Building Only Not Business**

## Businesses

**SOLD**




Lanthorn Real Estate Ltd.  
Brokerage  
Each Office Independently Own and Operated

**Kelly McMurter**  
Sales Representative  
Office: 613-354-4347  
Direct: 613-929-sell (7355)

[www.century21.ca/kelly.mcmurter](http://www.century21.ca/kelly.mcmurter)  
Email: [kelly.mcmurter@century21.ca](mailto:kelly.mcmurter@century21.ca)

For All your  
Residential/Commercial Negotiating  
Needs in:

- Selling
- Buying
- Leasing



**To my fellow Community Members**

**I am now a licensed Real Estate Representative!**

I have joined CENTURY 21 Lanthorn Real Estate Ltd. in Napanee and have become a member of the Kingston Real Estate Association Board.

I will be dealing in both Residential and Commercial Real Estate in the areas of:

- Belleville
- Deseronto
- Napanee
- Picton

If you have family, friends or acquaintances that are in need of Real Estate Representation please feel free to pass my name on to them.

Along with my own expertise and that of my colleagues here at CENTURY 21 Lanthorn Real Estate Ltd. in Napanee, we can negotiate favourable terms for all your residential and commercial needs.

Thank You,  
Kelly McMurter

# Time for You Salon

613-968-9459

*Hair Styling for the Whole Family!*

*\*Gift Certificates Available!\**

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



Diane  
Esthetician & Hairstylist  
5717 Hwy #2  
Tyendinaga Mohawk Territory

*Hair Styling and Esthetics Salon*

**Facials!**  
**\$40.00**

121 HURONBRANT DR. N.  
TYENDINAGA MOHAWK TERRITORY  
NO TAX ON PICK UPS



*Sue's Miracles*  
ALTERATIONS, TAILORING, REPAIRS  
LEATHER & CUSTOM WORK

FITTINGS ARRANGED  
NAPANEE DROP- MALL  
SALMON RIVER, SHANNONVILLE

SUSAN MARACLE  
(613) 396-1985

## VILLAGE CONCRETE

391 BEACH ROAD  
P.O. BOX 3  
SHANNONVILLE, ONTARIO  
K0K 3A0

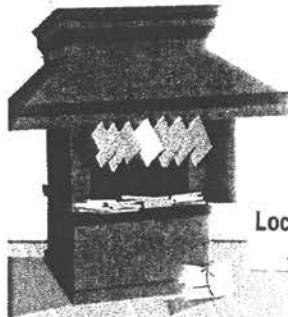
BASEMENT FLOORS, GARAGE FLOORS,  
SIDEWALKS

Greg Lewis

967-1407

## Birdie's Needle Nook

Wool, Cross Stitch, Needles & Notions



Birdie Doreen  
Knitting & Cross Stitch  
Classes Available

Call 613-396-1960

Located at Mohawk Duty Free  
(Slash Rd & Hwy 49)

TYENDINAGA MOHAWK TER.

## Pelletier Law Firm

*formerly Maracle Law Office*

Bonnie Pelletier  
Barrister-Solicitor-Adjudicator

186 Ridge Road, Tyendinaga, Ont, K0K 3A0

Tel: 613-969-9000 • Cell: 613-922-6801 • Fax: 613-969-9093

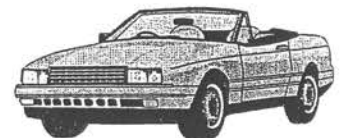
Email: bonnie@pelletierlawfirm.com • Web: pelletierlawfirm.com

## RALPH'S AUTO GLASS

*\* Over 25 Years Local Service \**

Ralph Sero  
Box 89-88 Seros Rd  
R.R. # 1  
Deseronto, Ontario  
K0K 1X0  
(613) 396-1351

Windshields  
Glass & Repairs  
Auto Door  
Shop & Mobile



### Free Estimates!

- Insurance Claims
- Domestic Auto Glass
- Foreign Auto Glass
- Construction Equipment Glass
- Truck Accessory Products



613 961 9434

## Maracle Contracting

Bruce Maracle  
Tyendinaga Territory

ROOFING  
SIDING / WINDOWS  
DRYWALL

SMALL REPAIRS  
RRAP ESTIMATES  
DECKS



## R B Contracting

613-813-4011 613-848-5331

Bill Hutt Ron Bowden

Licensed Carpenter

Excavations, Renovations, New Construction, Doors/Windows



## PREMIER CONCRETE FORMING

POURED WALLS • BASEMENTS • FLOORS • PATIOS  
SIDEWALKS • STEPS & MORE • FREE ESTIMATES

Dave deWal

RR#4 TRENTON, ON  
K8V 5P7

613-965-5802  
613-661-2209

## McMurter ACE

The helpful place.

Lumber & Building Supplies

Tyendinaga Mohawk Territory

P.O. Box 755

Ontario, Canada K0K 1X0

Jim McMurter  
Owner / Manager

E-mail: [jmcmurter@mcmurterhome.com](mailto:jmcmurter@mcmurterhome.com)  
BUS: (613) 396-1607 ~ FAX: (613) 396-6897



*Rheana Maracle Photography*

613-967-4722

*Shannonville, On.*

**Beat the GST/HST!**

**No HST Directory**

**It's tax free**

**Coming soon!**

# Choice

Roofing & General Contracting

Dean Brant  
Tyendinaga

Tel: 613-968-7814  
Cel: 613-961-9103

Shingles, Flat Roofs, Decks,  
Drywall, Siding, Soffit & Facia

## Lennox & Addington Financial Centre Inc.



Dianne Dowling  
RHU

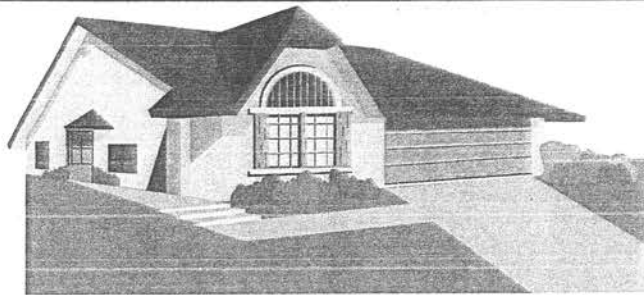
Professional  
Advice &  
Service  
Tailored  
to Your  
Needs



Bob Vrooman  
CFP CLU CH.F.C.

109 John St. Napanee, ON K7R 1R1  
Phone: 354-2726, Fax: 354-3585, E-mail: [service@lafc.ca](mailto:service@lafc.ca)





**BUILD-ALL CONTRACTORS**  
**5427 HWY #2, TYENDINAGA TERRITORY**  
**SHANNONVILLE, ONTARIO**  
**K0K 3A0**

**Phone: 613-969-1315**

**Fax: 613-969-9806**

**E-Mail: [buildall@bellnet.ca](mailto:buildall@bellnet.ca)**

**QUALITY WORK AND COMPETITIVE PRICES**

- **DESIGN/BUILD COMMERCIAL OR RESIDENTIAL**
- **RENOVATIONS**
- **LICENSED SEPTIC INSTALLER**
- **ICF WALL SYSTEMS**
- **SUBDIVISIONS**
- **EQUIPMENT RENTAL**
- **WATER & SEWER**
- **SITE SERVICING**
- **DRIVEWAYS**
- **CONTAMINATED SOIL REMOVAL**
- **SCREENED TOPSOIL**
- **ROAD BUILDING**
- **ROCK REMOVAL**

15% government rebate available

***Quinte Water Treatment***

**We service all Water Softeners!**  
**We deliver Water Softener Salt !**

*We sell and install:*

*Water Softeners, Iron Filters, Sulphur Filters, Carbon Filters and ultra violet Disinfection Systems to kill all Bacteria ,Viruses and E.coli .*

*We do have a (five year Warranty ) on all Softeners and water Filters. we do have the best prices in Quinte and we are referred by the Band office.*

**613-398-0448**

**or**

**1-877-392-0448**