



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 9/11
Seskehkowa (Sept.)

ORI:WASE (News)

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

**111th Annual
Mohawk Agricultural Fair**

Mohawk Fair

**September 30,
October 1, 2
2011**

Look inside for Schedule
& News!

**1807 York Road
(Mohawk Community Centre)
Tyendinaga Mohawk Territory**



Mohawks of the Bay of Quinte



uniongas

A Spectra Energy Company

CELEBRATING
100 YEARS
Est. 1911

MOHAWKS OF THE BAY OF QUINTE RECIEVES SPECIAL CENTENNIAL COMMUNITY GRANT FROM UNION GAS

Funds will.... Provide staff with training regarding Drinking Water Safety related specifically to provision, treatment and delivery system integrity.

Union Gas is celebrating 100 years of delivering safe, reliable and affordable service to customers and communities across Ontario in 2011. This award is a Centennial grant of \$5,000 that Union Gas has given out to support projects focused on the environment, community safety and education across the province. The \$5,000.00 sponsorship permitted MBQ Staff, as well as a staff member from Alderville First Nation to attend the 3 day Water Quality Analyst Course that was administered by the Walkerton Clean Water Centre (WCWC).

John Bonin, Manager of Aboriginal Affairs for Union Gas, has stated "Union Gas strives to be the partner of choice for communities and that includes building long-term productive relationships with First Nations and the Métis. A passionate commitment to stewardship, safety and win-win relationships are all central to our business culture and operations and we can't think of a better way to mark this occasion than by giving back to Aboriginal programs that so closely align with our business values."

The Mohawks of the Bay of Quinte continue to demonstrate their commitment to the community to ensure that the residents have safe drinking water and recognize the importance and interrelationship of conservation, safety and testing. Chief R. Donald Maracle has stated "The Mohawks of the Bay of Quinte appreciate the contribution from Union Gas for our water safety program workshops. Safe drinking water education is important since 789 homes in our community rely on ground water wells".

This course specifically focused on the essentials of safe drinking water provision including sampling and testing techniques, drinking water inspections, ensuring the provision and maintenance of safe drinking water through adequate treatment and distribution system integrity, and the roles and responsibilities of water sample collection.

About Mohawks of the Bay of Quinte

The Mohawks of the Bay of Quinte is located on the shores of the Bay of Quinte, east of Belleville, Ontario. The MBQ Administration, provides services to the community in relation to community infrastructure, economic development, housing, social and health services, including the Drinking water safety program.

About Union Gas

Union Gas Limited is a major Canadian natural gas storage, transmission and distribution company based in Ontario with nearly 100 years of experience and service to customers. The distribution business serves 1.3 million residential, commercial and industrial customers in more than 400 communities across northern, southwestern and eastern Ontario. Union Gas's growing

storage and transmission business offers premium storage and transportation services to customers at the Dawn Hub, the largest underground storage facility in Canada and one of the largest in North America. It offers customers an important link in the movement of natural gas from Western Canadian and U.S. supply basins to markets in central Canada and the northeast U.S. Union Gas, one of Canada's Top 100 Employers for 2011, is a Spectra Energy (**NYSE: SE**) company with assets of \$5.6 billion and approximately 2,200 employees. For more information, visit uniongas.com.

CONTACTS:

Mohawks of the Bay of Quinte

Chief R. Donald Maracle

Ph: 613-396-3424

Fax: 613-396-3627

rdonm@mbq-tmt.org

Union Gas Limited

Andrea Stass

Manager, Public Affairs and Media Relations Union Gas Limited

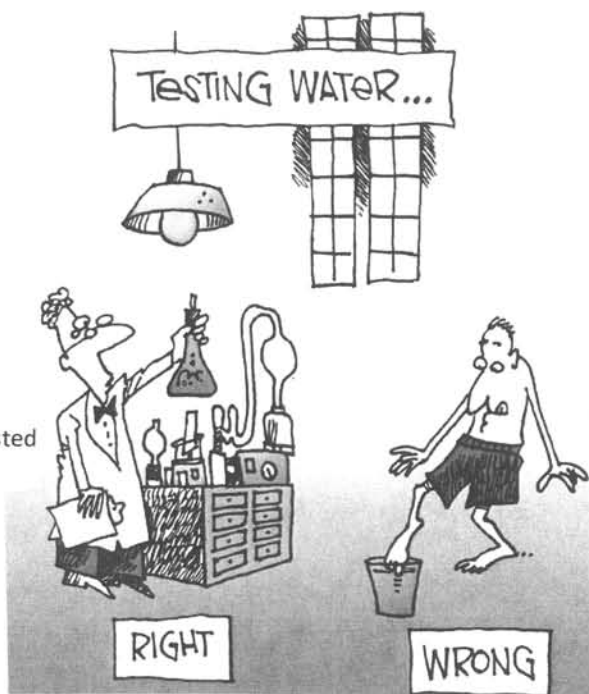
Ph: 519 436-5490 or 1-800-571-8446 ext. 5490

Cell: 519 365-1010

Fax: 519 436-4621

astass@uniongas.com

Please call the Administration Office if **you have not** had your water tested recently. 613-396-3424 ext. 129



BIRD SURVEILLANCE PROGRAM

The Mohawks of the Bay of Quinte are participating in the **Bird Surveillance Program** for 2011. The Canadian Cooperative Wildlife Centre in Guelph are accepting birds for surveillance for West Nile Virus. The birds that are being monitored at this time are as follows;

CROWS: colour: completely black, with black bill, and black eyes, size: up to 18" long.

BLUE JAYS: colour: blue and grey with white and black markings, and a small crest on the head, size: medium up to 11" long.

RAVENS: colour: completely black, size: up to 24"

ALSO: Any water fowl ducks, geese etc. Raptorial birds such as; hawks, owls, etc. Any clusters of birds that appear suspicious are asked to be submitted.

Please call Crystal Maracle, ENV. CHR at the Mohawk Administration Office, if you find any of the above or if you are unsure, at 613-396-3424 ext. 131.

**Tyendinaga Community Development Fund Applications can be pick up
at the Administration Office**

Please submit your sealed application to:
TCDF Commission
c/o Shelley Bowden
Mohawks of The Bay of Quinte
13 Old York Road
Tyendinaga Mohawk Territory, Ontario
K0K 1X0

Application review dates: September 1, and December 1, 2011.

Water Delivery Services

She:kon community members.

In an effort to provide safe water to community members, Tyendinaga Mohawk Council has initiated a Water Delivery Service. This voluntary service will provide weekly water deliveries to your water storage vessel at a low cost. Please call the Mohawk Administration Office for further program details. Please note, your families' health and safety are the program priority.

Don't have a proper water storage vessel? Please call for further details on the Water Storage Tank Initiative. Components of this new service are still in the development stage, please be patient while program details are carefully developed.

For further information on the above services please contact the Mohawk Administration Office at (613) 396-3424 ex 129.

Nia:wen.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in August responded to 12 calls:

1 Auto Alarm
1 Hay Bale
2 Medical Assists
4 Motor Vehicle Accidents
2 Rubbish Fire
1 Mutual Aid
1 C.O. call

This brings our total to 72 calls for the year 2011

**NOTICE OF PROJECT AND PUBLIC MEETING #1
SunE WESTBROOK SOLAR FARM PROJECT**

Project Name: SunE Westbrook Solar Farm
Project Location: Westbrook, Ontario
Dated at City of Kingston this the 17th of August 2011

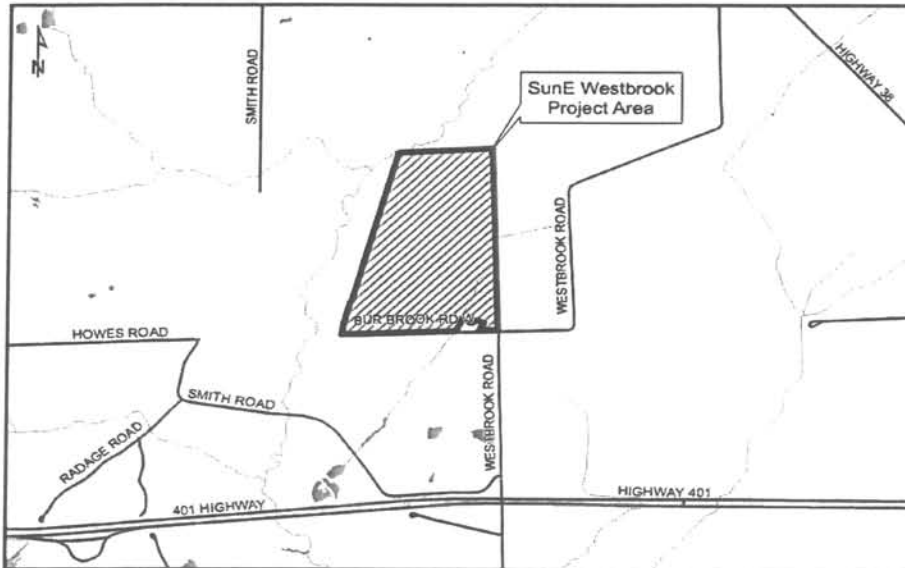
SunEdison is planning to engage in a renewable energy project in respect of which the issuance of a Renewable Energy Approval is required. The distribution of this notice of a proposal to engage in this renewable energy project and the project itself are subject to the provisions of the Environmental Protection Act (Act) Part V.0.1 and Ontario Regulation 359/09 (Regulation). Under the Renewable Energy Approval a key part of the approval process for each project is the undertaking of public consultation. The purpose of this Notice is to invite your participation in the approvals and the dialogue process.

Project Description:

Pursuant to the Act and Regulation, the facility, in respect of which the project is to be engaged in, is considered to be a Class 3 Solar Facility and if approved, this facility would have a total maximum name plate capacity of 10 MW. The study area for the "SunE Westbrook Solar Farm Project" covers lands in the western division of the City of Kingston, north of Westbrook, and generally bounded by Westbrook Road to the east and Glenvale Creek along the west. Within this study area, the proponent is considering a solar project with an electrical generation capacity of up to 10 MW which will interconnect into the Hydro One electrical system. The project location is also outlined in the map below. This project is being proposed in accordance with the requirements of the Act and Regulation. The Draft Project Description Report titled SunE Westbrook Solar Farm Draft Project Description Report describes the facility as a 10 MW groundmounted solar facility. A copy of the Draft Project Description Report will be made available for public inspection at the public meeting and will be available at www.sunedison.ca/Westbrook.

The Proponent:

SunEdison Canada is a wholly owned subsidiary of SunEdison LLC, a global leader in solar energy generation with a current operating portfolio of over 260 MW of solar facilities worldwide. SunEdison built and operates First Light 1, Canada's first fully operational solar farm, which is located in Stone Mills, Ontario, north of Napanee. SunEdison operates three other utility scale solar farms in Ontario, as well as multiple commercial rooftop projects and has more than 150 MW of future projects under development in the province.



The Process:

The Renewable Energy Approval process includes public, aboriginal, municipal and review agency consultation, assessment of the potential effects of the proposed project and identification of measures to mitigate any potential adverse effects.

Public input is encouraged throughout the Renewable Energy Approval process. Input will be facilitated through two public meetings and the project website: www.sunedison.ca/Westbrook. The first public meeting will be held, as noted below, to provide a general overview of the project and the Renewable Energy Approval process, and to seek public input. We invite the public to attend the meeting so that we can answer your questions and receive your feedback.

Public Meeting #1:

Date:	Monday, September 19, 2011
Time:	5 pm to 8 pm
Format:	Drop-In Centre/Open House
Location:	The INVISTA Centre (Meeting Rooms A & B) 1350 Gardiners Road, Kingston, ON

Project Contacts and Information:

Communication is critical to this process and we work hard to communicate fully and freely with all our stakeholders during each of the project development, construction and operation phases. For further information, or to be added to our mailing list, please contact one of the project team members listed below, or visit the project website at www.sunedison.ca/Westbrook. Please note that, with the exception of personal information, all comments will become part of the public record.

Mr. Terence Rasmussen
Project Manager
GENIVAR
600 Cochrane Drive, 5th Floor
Markham, ON L3R 5K3
Phone: 905-475-8727 x18521
Fax: 905-475-5994
Email: terence.rasmussen@genivar.com

Mr. Robert Barkley, P.Eng.
Groundmount Development Manager
SunEdison Canada
945 Princess Street, Suite 252
Toronto, ON K7L 3N6
Phone: 613-545-0215 x204
Email: rbarkley@sunedison.com



MOHAWKS OF THE BAY OF QUINTE
ECONOMIC DEVELOPMENT AND EMPLOYMENT OFFICE

Support Local Business

Business of the Month

September 2011

This month's business is Ruby's Fish and Chips, also known as the Coffee Shop and located on Norways Road. Owners and Operators are Lorne and Ruby Loft.

The atmosphere at the restaurant is perfect! A sweet ambience to enjoy a nice quiet meal. With their great surroundings and personable style Ruby's Fish and Chips have attracted groups like the Red Hat Society.

Everything is homemade at this little restaurant, where there is nothing little about the taste!

On the menu, there is everything that you would want in an eatery, all different types of fish including Halibut, Haddock, Basa and Pickerel. But it doesn't stop there.... They also

have chicken fingers, chicken wings and poutine that is out of this world! There are also healthy choices with salads and a whole lot more. Their portions are a very generous size, so you will not leave there hungry!

Well worth a visit to Norways to have lunch with Lorne and Ruby at Ruby's Fish and Chips.

Hours of Operation

Monday to Friday

11:00 am—7:00 pm

Eat in or Take Out!!

656 Norway Side Road

Tyendinaga Mohawk Territory

613.969.8924

Ruby's Fish and Chips



For information regarding the economic development program, please contact:

Kelly Maracle

Economic Development Officer

Phone: 613.968.1122

Fax: 613.968.1128


Email: kellym@mbq-tmt.org

Or visit us on our website at:


www.mbq-tmt.org

PROMOTING YOUR BUSINESS


What's in a name?



Your name makes you easy to market and remember!



It lets the consumer know what you do and sells itself with no explanation!



It attracts the type of clients you want and stirs their interest in you!

A HUGE NYA:WEN KOWA TO

SHOSHI PERRON

For all of your work this summer as the Tourism Development summer student. Your commitment to your position and the tasks you had and the goals set were very commendable.

You promoted the Pow Wow with great results and created a great publication on MBQ that will be in print and shared with local tourism information centres, with the goal to increase tourism on TMT!

Good luck in your future endeavours!



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

CELEBRATING OUR BUSINESSES!

New Businesses on TMT

Bay of Quinte Property Management, owner Andrew Kring

Bowden Contracting, owner Ron Bowden

RB Contracting & Estimating, owner Bill Hutt

The Dreamways/Kate'tshenhs, owner Barbara F. Brant

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

www.mbq-tmt.org

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

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

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

"Without promotion something terrible happens....NOTHING."

-P.T. Barnum

WEBSITES WORTH CHECKING OUT!

To check availability of a domain name—www.instantdomainsearch.com

Ohwistha (Aboriginal Business Financing)—www.owistha.com

Aboriginal Business Info Guide—www.ontario.ca/en/business/STEL02_040014

Journey to Success-Aboriginal Women's Business Planning Guide—www.ainc-inac.ca/ecd/pubs/js/js-eng.pdf

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

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

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

Sandy Sero

Employment and Training
Coordinator

Phone: 613.968.1122

Fax: 613.968.1128

Email: sandys@mbq-tmt.org

Or visit us on our website at:

www.mbq-tmt.org

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

To their ongoing series of meetings

WEEKLY on TUESDAYS
10:30 am – Noon

@ COMMUNITY WELLBEING BUILDING

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

BREASTFEEDING CLINIC AVAILABLE :

*** If having problems,
please call for an appointment time *
FOR APPOINTMENTS CALL: 613-396-2942**

UPCOMING SPECIAL EVENTS ... WORLD BREASTFEEDING WEEK OCTOBER 1-7

**THIS YEAR WE ARE HOSTING THE ANNUAL BREASTFEEDING
CHALLENGE @
COMMUNITY WELLBEING
in the TEACHING LODGE.**

OCTOBER 1, 10 AM TO NOON.

Fun, refreshments, family members welcome!

**"LATCH ON" COUNT @ 11 AM sharp
NURSING MOMS PLEASE PRE-REGISTER**

as we will be giving passes to The Mohawk Fair to those who are registered!

***You may register @ our regular meeting or by
leaving a message @ CWB: 613-967-3603***

Visit the Breastfeeding Support tent at the Mohawk Fair October 1 & 2.

**2011 World
Breastfeeding Week**



Breastfeeding Support: Stay Connected!

**There is nothing like
breastfeeding to help a baby
grow to his best potential
and to help a mother stay
healthy. Breastfeeding is
also a great way to build
a connection between a
mother and baby.**

**Breastfeeding thrives
when mothers have a
diverse support network
available when and
where they need it.**





Prenatal Classes - Fall Session starting
Wednesday,
September 14, 2011
7pm to 9pm at
Community Wellbeing Teaching Lodge
50 Meadow Drive

To learn more about
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 wel-
comed to participate!

September 2011

Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

MONTHLY FOOD VOUCHERS are offered to women during their pregnancy.
For more information please call Community Wellbeing at 613-967-3603 and
speak with the Community Health Nurses who will outline the program
We want you to have a healthy pregnancy and a healthy baby

Mary McCauley R.N.
Community Health Nurse

Greetings Mohawks of the Bay of Quinte Residents

My name is Azin Jamali, I would like to introduce myself as the new dietitian working at the Community Wellbeing Mohawks of Bay of Quinte centre. I originally completed my studies in nutritional sciences at the University of Manitoba in Winnipeg. I graduated in 2009, completed a 10 month internship and wrote a national exam to become registered to work as a dietitian. In 2010, I started work in Ontario with a Family Health Team and am now working in the Community Wellbeing centre as well. A dietitian is like a coach to guide you in making healthy eating decisions and provides you with the most up-to-date information. I am available on Mondays and Thursdays from 8:30am to 4:30pm. We are also going to be offering cooking classes on the use of sweeteners and cooking when you have diabetes. If you were just diagnosed with diabetes or have been managing it for years but would like to learn more about nutrition or attend a cooking class please call to book an appointment free of charge.

I am excited to be here and am looking forward to serving the community.

Sincerely,

Azin Jamali, RD

"You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients." —Julia Child

Moon Ceremony

WHERE: COMMUNITY WELLBEING CENTRE

WHEN: **Sept. 12** at approx. 8:00 p.m.

Please wear a dress/skirt and

bring tobacco (if you have it)

& a food item for the feast afterwards.

Please come to the left when entering the building
at 50 Meadow Drive and enter the door there.

*We welcome all
women to come out
and join us!*



SOADI 9TH ANNUAL GATHERING

PLANTING THE SEEDS OF HEALTH AND WELLNESS

SEPTEMBER 23, 2011

FOR FRONTLINE HEALTH WORKERS
AND COMMUNITY MEMBERS



RICHELEAU VANIER COMMUNITY CENTRE
300 des Pères-Blancs Avenue
Ottawa, Ontario K1L 7L5

Sunrise Ceremony 6am

Registration and Event 8:30am-4:30pm

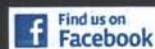
Evening: Reztore Pride Hip Hop/Break Dancing Show and Social 5:30pm - 9pm

Includes: Education Curriculum Launch, Guest Speakers, Breakout Sessions, Vendor Village,
Gardening Tips, Health Displays, Yoga Demonstrations, Foot Care Clinic

All Meals and snacks will be provided and harvest food giveaway

Travel Stipend available for youth groups travelling

For more information contact SOADI @ 1-888-514-1370 ext 116 or visit www.soadi.ca



SCAN WITH YOUR PHONE
FOR DETAILS



UPCOMING EVENTS

DIABETES WELLNESS CIRCLE

Beginning Sept 2011

Community Wellbeing Centre

50 Meadow Drive

7 pm.

Schedule of Dates

Tuesday, Sept 13/11	Tuesday, Oct, 11/11
Tuesday, Nov, 8/11	Tuesday, Dec, 13/11
Tuesday, Jan, 10/12	Tuesday, Feb, 14/12
Tuesday, Mar, 13/12	Tuesday, April 10/12
Tuesday, May, 8/12	Tuesday, June, 12/12
Tuesday, July 10/12	- Year end B.B.Q.

Meeting topics to be announced in TMT newsletter.

For further information please call Denise Leafe

613-967-3603 ext 128

ALL WELCOME

What to take to the Waste Depot Site

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

FREE TO TAKE TO THE WASTE DEPOT SITE

Tires
Electronics
Steel
Household Hazardous Wastes

**** In an effort to **
avoid disruption
of mail services.**
Please remember to keep your
Recycling & Garbage bags away
from your roadside mail boxes!

Minimal Fee to Dispose of Large Items

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

REMINDER

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

Bin One: Paper and Paper products.

Bin Two: Metal, Tin, Mixed Containers, Plastics



Household Hazardous Waste!

Items that are accepted:

In the Garage:

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



In the Shed:

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

In the Kitchen:

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

In the Bathroom:

Aftershave
Perfume
Depilatories
Hair Lotions
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





Ten tips for talking to your kids about substance use

1. Inform your teen you have something you'd like to discuss with them. Ask your teen where and when they would like to have this discussion.
2. Approach the conversation with a sense of curiosity and interest, rather than accusation and fear. Remember that some experimentation is normal – you and your teen need to discuss what that means and where to draw the line.
3. Know the facts of the drug(s) you plan to discuss BEFORE talking with your teen.
4. Try to avoid providing your teen with "fact sheets" from organizations with a biased agenda. Instead, use impartial literature, approved by youth addiction workers, to gather your facts.
5. Ask your teen about THEIR concerns regarding drugs and alcohol. Discuss and address those issues. Let your child know that they can be open and honest with you and let them know that you have their safety in mind – "My #1 concern is your safety – that means I need to know where you are and who you're with."
6. Take the time to understand and address your greatest fears regarding your child. Discuss these with a friend, partner or therapist. Try not to let irrational fears create undue anxiety while talking with your teen.
7. Honesty (about what you know and don't know), courage (about having the discussion in the first place) and faith (that your child will make mistakes, but with a loving and supportive family, will turn out all right) is the spirit in which you want to engage you're teen.
8. Think very carefully before rifling through your child's journals, emails, etc., searching for clues of substance use. The potential gains, in most cases, are far outweighed by the potential damage it would do to your relationship with your teen.
9. Make your position clear when it comes to substances like alcohol, tobacco, and other drugs. Don't assume that you child knows where you stand.
10. At times, having this discussion with a qualified youth and/or addiction therapist can be very helpful. If your teen isn't interested, you may still benefit in meeting with a youth therapist for support and suggestions.
11. Ideally, you've been having these discussions for years before your child reaches adolescence, but it's never too late to start talking about drugs.

Crystal Loft NNADAP Worker Community Wellbeing Building (613-967-3603 ext 125)



Information taken from www.camh.net

Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale





Kwe Radio has been off air for several months due to the loss of our transmitter. We have expended all of our available funds paying utilities during this time. We are working with Chief and Council to secure another transmitter and hoping to be back on air with you soon.

We want to thank Chief & Council for their help, Dan Whalen and Dave Wilson for lawn cutting; Dan Whalen, Jerry Foster, Manson & Carol Loft, Roger Moniz, Lorraine Thinnel, Roy Howard for helping us move to our new home; Carol Loft, Barb Howard, Deborah Paul, & Lorraine Thinnel for cleaning and setting up at the new station.

We will be doing fund raising in these next coming months to cover expenses to get back on air and hope you will support our efforts. This is a community radio station.

Our first fund raiser is September 10, 10am-6pm. At our new home 1145 York Rd. for a BBQ, Fabric (quilt) sale, bake sale, Book sale, Misc.

Look for us at the Mohawk Fair September 30 – October 2.

Come and see us at our lovely new home.

TAHATIKONHSOTONTIE HEAD START

MORNING DROP IN PROGRAM

Parents/Caregivers bring your little ones and come out to our morning program which is scheduled for Tuesdays and Fridays from 9am to 11am.

The program runs from September 6th 2011 to June 2012.

There will be crafts, music and movement, books and play time with new friends for the children.

The parents will have a chance to socialize, share parenting tidbits & attend informational workshops.



Early Years Centre, Breastfeeding
Support Prenatal, HBHC,
Dorothy Green Midwifery and
Miranda Brant Doula services

September 8th 2011
Community Centre
9:00am—7:00pm

Head Start , Daycare, NADAP,
Children's Mental Health,
Red Cedars, Quinte Midwifery,
SOADI, CHR'S, ECD/MCH,
FNIHB



Local and surrounding area Organizations and Vendors.

Lot's of Crafts and activities for all ages...

Norwax, Epicure, Gold Canyon Candles,
Birdies Nook, Tupperware, Greenley's
books, Sweet Candy Company, Mary Kay,

Come out and enjoy!

John Gazley, Pampered Chef,
Naturally Kids, Creative Memories,
Kelly's Photo's, Millside Ceramics,
She She, Regal



FNTI Music Lending Library

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

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

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

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

A charitable donation receipt can be issued at your request.

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



Bear Sweats: Open to Men 12 years+

BEAR SWEAT LODGE ETIQUETTE

- * Before coming into a safe, healing environment participants must clear all negativity from their minds.
- * Participants must be honest and truthful, respecting self and others both inside and outside the lodge.
- * The sacred grounds, sacred fire, Grandfather stones, sacred medicines (for example Sacred Tobacco, Buffalo Sage, Red Cedar, Sweet Grass Braids) are to be respected and honoured.
- * There is ZERO tolerance to drug /alcohol use. Participants must be sober when entering the lodge.
- * Use of your traditional language is encouraged.
- * No misconduct: fighting, bad language or profanity.
- * **Bring shorts and/or a wrap or towel.**

SAVE THE DATE!!

**October 26-27, 2011
5th Annual Restorative
Justice Symposium:
An Indigenous Look at
Social Justice**

For more information, contact:
Shannon Butcher, Program Coordinator
613-396-2122 ext. 166
Email: Shannonb@fnti.net

Mark Brinklow, Youth Justice Worker
613-396-2122 ext. 125
Email: Markb@fnti.net



Tyendinaga Justice Circle
Tontakaiê:rîne
(It has become right again)

NEWS

FROM OHAHASE EDUCATION CENTRE



Well, it's that time of year again! The Ohahase Education Centre is gearing up for a fresh, new school year. We have spent the summer cleaning, painting and reconfiguring our space to make better use of it. We now have a library/reading room, and the computer room has been divided to create a fourth classroom. Nya:wen kowa to Shawn Sager and Tanya Bardy who worked especially hard to make these changes happen.

Thanks to a donation of desktop computers from St. Lawrence College, we now are able to create mini-labs in each of our classrooms. Along with the Promethean boards and other technology and software that we have acquired, our students have greater opportunity to expand their skills and knowledge in technical applications.

We are pleased to welcome Mr. Alex Robbins to our team. He is joining us this year to teach Math, Science, Tech Studies and Media Arts. Alex plays many stringed instruments (yes - including the ukulele!) and has expressed interest in starting a music program in our school. We are excited at that prospect!

Did you know that it can take as little as **four** credits for a mature student to earn their High School diploma? Depending on your life and work experience, and time out of school, you can be eligible for maturity credits. Add in the high school credits you've earned to date and you could be closer than you think to achieving your OSSD! Let the Ohahase Education Centre help you get there.

Registration is open for the 2011/2012 school year.

Grade 9 & 10 classes start Tuesday, September 6.

Also, watch for more information about the next intake for the Tyendinaga Youth Program.

We look forward to a new and exciting school year!



Make your own Pizza &

Movie Night

Sept 15, 2011

5:30-7:30pm

Ages 4-10

Parents can stay with their children
Community Wellbeing Building, Teaching Lodge

Come out for a fun filled evening of making
your own pizza, and then enjoying a movie
while eating it!

To register please contact Johanna or Allison
613-967-0122



**Maternal child
Health Program**

**Healthy Babies
Healthy Children**



September Newsletter

Maternal Child Health & Early Childhood Development Program—Allison Brant
Healthy Babies Healthy Children Program—Johanna Goodfellow

50 Meadow Drive
613-967-3603 or 613-967-0122



Monday Play Group

September 12th & 26th, 2011

9:30 am—11:30 am

Ages 0-6

Community Wellbeing Teaching Lodge.

Come and play with all our toys and make a special craft

BABY CLUB

Wednesdays, 1-3 pm

September 7th & 21st, 2011

Community Wellbeing Centre



For parents with infants 0-18 months. Older siblings are welcome. Baby Club is an excellent opportunity for you to share experiences and ideas with other parents. Information is available on a variety of topics.

Baby scales are always available each week for weighing your baby.

A Community Health Nurse is available during the Baby Club to answer your questions and concerns.

Creativ Festival

Saturday October 22nd, 2011

7:00am—8:00pm

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

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



We will be leaving the Community Wellbeing Centre at 7am

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

FAYE LUFFMAN READS HER BOOK "PETER PENGUIN"

Faye joins us **September 10th, 2011** at our Saturday morning Drop In to read her storybook, sing her song along with the CD, and then children and parents will make a stick puppet.

Her book/CD/puppet and felt packaging will be available to purchase for a cost of \$39.99, There is also the book/CD/puppet for \$20.00 or the book & CD for \$10.00. You can check it out at www.zingcreations.com

Also, please call to register your child(ren). We need a minimum of 20 children for this event.

Please Register Call Allison or Julie 613-967-3603

Community Wellbeing Centre Teaching Lodge

9:30-noon



Saturday Drop In

September 10th & 24th, 2011

9:30–11:30 am

Ages 0-8

Community Wellbeing Teaching Lodge.

Come and enjoy a warm, friendly environment to interact with other caregivers, play with your children and get a chance to meet some of our community professionals and learn about the services they provide to our community.

18 Month Baby Well Visit

Did you know that you are to have your child checked at 18 months to see where they are developmentally. If you would like to have more information on what milestones your child should be reaching and what should be done at the 18 month stage of your child's life, we have prepared bags for community members to take home to learn and play with their child(ren).

Please contact Allison or Julie at 613-967-3603

Family Prize packs

Put your name in a draw for a family fun pack every time you attend one of our events. The more events you attend, the more chances to win.

The prize will be Drawn on September 30th, 2011

Check us out on Facebook
under Maternal Child Health



Canadian
Museum of

Musée
canadien de la

NATURE



Bus Trip to the Museum of Nature In Ottawa Ontario!

Date: October 13th, 2011

*The bus will be leaving the Community
Wellbeing Centre at 8:00 am.*

Our estimated return time will be 6:00pm

This bus trip is being arranged by the Maternal Child Health Program. If you are interested in participating please contact Allison or Julie at 613-967-3603 to reserve your seats. Spaces are limited and filling up fast!

Family members of all ages



**Maternal Child
Health Program**

Happy Birthday!



September Sisters!

Happy Birthday

To Aunt Donna

&

Aunt Marion

Hope you have the best

Birthday Ever.

Happy 10th Birthday

Cody - September 6

Love from, Mom, Dad,

Mikayla and Skittles

Happy 2nd Birthday Darlin'

Love Auntie & Ledgie

Happy 5th Birthday Brother

Love Auntie & Ledgie

Happy 3rd Birthday

Reyna - September 3rd

Lots of Love Aunt Marilyn,

Uncle Rick, Sam & Emmett

Happy Birthday

Donna - September 7th

Love Aunt Marilyn, Uncle Rick,

Sam & Emmett

Happy Birthday

Leah - September 8th

Love Marilyn & Rick

Happy Birthday

Leah - September 8th

Love Sam & Emmett

Happy Birthday

MJ - September 17th

Love Marilyn, Rick, Sam & Emmett

Happy 10th Birthday

Colin - September 25th

Lots of Love Aunt Marilyn, Uncle Rick,

Sam & Emmett

Happy Birthday

Mike - September 26th

Love Marilyn, Rick, Sam & Emmett

Happy Anniversary

MJ & Bill

September 25th

Love Marilyn, Rick,

Sam & Emmett



Happy Anniversary

to my Soulmate, lover,

best friend and rock.

I have loved you yesterday,

today and all my days to come.

Love forever and always,

Sweet Cheeks

Congratulations!

To Kiowa Bernhardt
for her Dance Scholarship in Disneyland
California in July 2011.

Special Thank you to the Dreamcatcher Fund
for the financial contribution that allowed Kiowa
to experience this wonderful opportunity.

Great Job Kiowa!!!



*Thanks a
Million
TCDF!!*



I would like to thank the TCDF for helping me perfect my piano skills throughout the 2010/2011 session. I have gained some much needed confidence in my abilities and am looking forward to returning in the fall to prepare for the Royal Conservatory as well!! Also a big Thank you to my Grandma and Poppa from both my sister and myself for all your love & support throughout the year as well. We could not have come as far as we have without all of you.

Thanks again TCDF!

Destiny Brant

*Thank you
TCDF!!*



I would like to thank the TCDF program for supporting me in the 2010/2011 gymnastics season. I was able to pass my level 4 & 5 with much success. I could not have done this without your help. I am very much looking forward to returning to the Napanee Gymnastics Club again this fall for another great year.

Trinity Brant

The Mohawk Agricultural Society hosted a Variety Show Fundraiser on Sunday August 21. It was hosted at the Community Centre generously donated by MBQ.

Congratulations and thank you to all of our very talented local performers:

Michael Green, Native Women's Drummers, Ashley Densha, Ryland Clark, Cathie Vick, G&G Magic Show, Haizel Dainard (as Minnie Pearl) & Lynn Brant.

A special thank you to Steve Lindsay and Cindy Loft for coordinating the performers, advertising and overall events.

Thank you for donations from 49 Quick Stop, Free Flow Petroleum, Sunrise Variety, Jack Links, Arnies and the Mohawk Agricultural Board Members.

Thank you, Joe Sliwa for pulling the whole thing together as our fabulous M/C.

AUGUST 13, 2011



ORISKANY ALLIANCE OF TYENDINAGA MAKES HISTORY AT THIS YEARS POW WOW

A century plus flag comes back to Tyendinaga Territory.

Apparently this flag was adopted here at Tyendinaga Territory 150 years ago, but somehow it ended up away from this community. A Native gentleman originally from British Columbia got this flag in his possession and decided to present it to me and my committee at this years Tyendinaga Pow Wow. What an honour to receive this flag, that I have been told represents all native nations of Canada. This nice piece of memorabilia was presented on Saturday, and on Sunday during Grand Entry this flag was carried and displayed with Honour and Dignity. I James Maracle will now keep this flag in my possession with the utmost care and respect, and carried in our community at special events. It was Mr. Brodrick Gabriel who presented the flag to the Oriskany Alliance Committee who now resides here in Ontario. Left to right in picture are James Robertson, Broderick Gabriel, Augusta Cecconi-Bates recording secretary of our committee and myself James Maracle, Oriskany Alliance President. In return to Mr. Gabriel presenting this flag to our committee, he and his wife were given honorary membership to our organization. I would like to thank the Pow Wow Committee in allowing some of my committee to help make this years event successful. It was such a wonderful weekend, NEA-WEH.

June 30 2011

Hamilton Beach Recalls Toasters Due to Fire Hazard

The Electrical Safety Authority is notifying the public that Hamilton Beach has announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately.

Name of Product: Hamilton Beach® classic chrome 2-slice toasters

Units: 668 in Canada.

Manufacturer: Hamilton Beach Brands Inc., Glen Allen, VA.

Importer: Hamilton Beach Brands Canada, Inc.

Hazard: The heating element on these toasters can remain energized indefinitely when an item is placed in the toaster which may ignite the contents, posing a fire hazard if the toaster is near flammable items.

Incidents/Injuries: In the United States, Hamilton Beach has received 15 reports of toasters that did not pop-up as intended including three reports of minor damage to kitchen cabinets and no reports of injuries. There have been no reports of damage or injury in Canada.

Description/Models: The Hamilton Beach recall involves model 22600 toasters with specific series codes. The model number and series code are printed on the bottom of the toaster. The toaster has a chromed steel exterior, a front control panel with a rotary toast shade selector and function buttons arranged in an arc, a front removable crumb tray and Hamilton Beach printed across the front of the toaster.

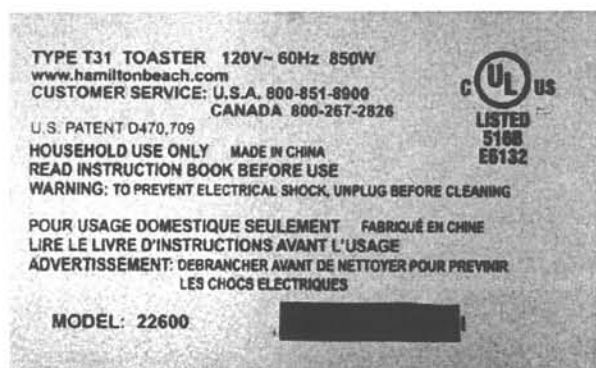
Sold by: Sears Canada Online Catalog, Kitchen Stuff and The North West Company from February 2008 through November 2009 for between \$30 and \$40.

When was distributed: Approximately February 2008 through November 2009.

Manufactured in: China

Remedy: Consumers should immediately stop using the recalled toasters and contact the firm to receive instructions on how to obtain a free replacement toaster.

Consumer Contact: For additional information, contact Hamilton Beach at (800) 379-2200 anytime, or visit the firm's website at www.hamiltonbeach.ca. General toaster safety information is available from Hamilton Beach at (<http://tinyurl.com/43va5sd>).



June 20, 2011

Venmar Ventilation expands its Safety Upgrade Program for certain models of Air Exchangers & Heat Recovery Ventilators

The Electrical Safety Authority is notifying the public that Venmar Ventilation Inc. has announced that it is expanding its Safety Upgrade Program for certain models of Air Exchangers. Consumers should stop using affected products immediately.

Name of Product: Air Exchangers.

Units: Approximately 8,000 units are involved in the expansion in Ontario.

Manufacturer/Importer: Venmar Ventilation Inc.

Hazard: The motor in these units can overheat, posing a potential fire hazard.

Incidents/Injuries: The firm has received nine reports of overheating incidents resulting in fires and property damage outside of Ontario. Venmar is not aware of any incidents in Ontario involving the Air Exchanger units targeted by the Expansion.

Description/Models: The affected models were distributed under the brand names of Venmar, Venmar AVS, vänEE, FLAIR, IVL, Hush, Guardian by Broan.

Sold by: Building supply stores such as RONA and Home Hardware, and selected Heating, Ventilating & Air Conditioning wholesale distributors nationwide.

When was distributed: from 1983 to 2001

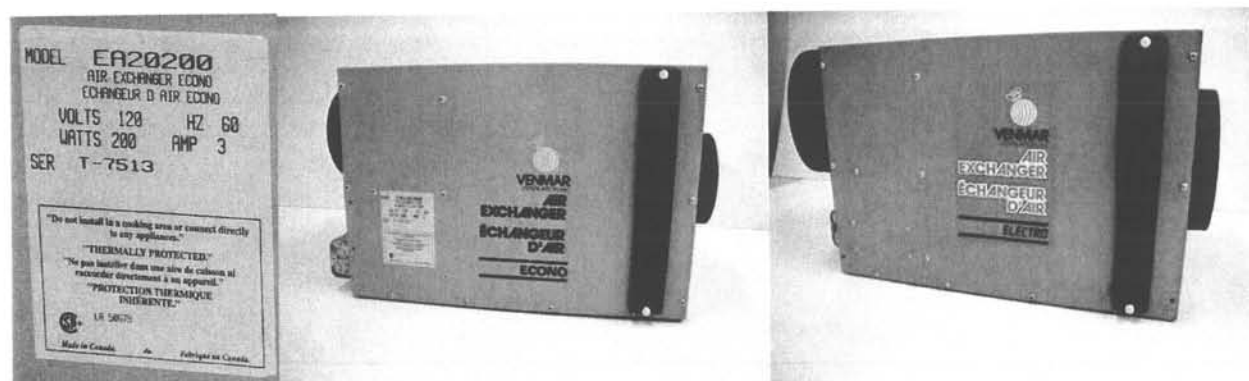
Manufactured in: Canada

Remedy: The Consumers should turn off the affected unit and contact Venmar Ventilation as soon as possible. Venmar will dispatch a field technician who will inspect and retrofit the affected units free of charge.

Consumer Contact: Contact Venmar Ventilation by phone at 1-866-441-4645, by visiting Venmar's website at www.venmar.ca, or by mail at SUP, 550 Lemire Blvd, Drummondville, QC, Canada, J2C 7W9.

Remarks: The original Safety Alert notice (07-01-AL) was issued on January 2007.

Brand	Model
Venmar :	Econair 25, VE-25, EC-20XXX, UNIVENT, VE-25A, TU06XXX, EC-25, EA-109, PRO 100, PRO 200, EA 20XXX, 41005, Air Exchanger RC-120, CH30110, VA30000
Venmar AVS :	41000
vänEE :	1601510
Flair	30XXX, 41XXX
IVL	IVL100
Hush	1601510
Guardian by Broan	AE60



Mohawk Agriculture Society News

2011 Mohawk Fair Supporters through Advertisement and Donation

Mohawks of the Bay of Quinte	KC Builders	United Restaurant
FNTI	Mc Glade Funeral Home	RB Contracting
Elton Brant	Build All Construction	Bernhardt Cabinetry
P.H. Products	Tyendinaga Computers	Native Renaissance II
Tyendinaga Police Services	KTA General Maintenance	Cigar Cheif.com
Tyendinaga Propane	Mikes Restaurant	Randy's Leather
Free Flow Petroleum	The Sacred Circle	Deb's Gas Bar
Loyalist Quality Asphalt Products	Darren Green Sandblasting	Kitchen Design
Post Garage	Kagita Mikam	Mary Kay – Bonnie Watson
McMurter Home Center	Community Well Being	Kevin Brant Autobody
Quinte Variety	Downtown Variety	Rez Boys
O.S.R. Performance	Parish of Tyendinaga	L & M Enterprises
Dock Side Tavern	Nation to Nation	Quinte Mobile Concrete
Lewis Lacrosse	Village Variety	Threadworks Custom Embroidery
Time For You Salon	The Lazy Gardener	Conz Cutz
49 Quick Stop	Rainbow Garden Gifts	Tyendinaga Police

Thank you to everyone who has financially contributed to the success of the
2011 Mohawk Fair !!!

**** Clean Up Week****

**Anyone available to assist with cleaning and preparing the fair
grounds for the fair during the week of Sept 26 - Sept 29
please call Pat Brant at 613-396-2132**

COME JOIN THE PARADE

*Anyone interested in participating in this year's
fair parade come out and join the line on*

Saturday October 1 @ 10:30 am.

Individuals, Groups or Businesses Welcome

*Prepare a float, dress in your best Historical Costume
or come as you are.*

PRIZES OF \$ 50.00 EACH

MOST CREATIVE

MOST HISTORICAL

MOST FAMILY ON A FLOAT

FAIR BOOKS NOW AVAILABLE FOR PICK UP FROM DESIGNATED LOCATIONS.

Bayview Variety

49 Quick Stop

Quinte Variety

Band Office

Health Centre

Village Variety

Kanhiote Library

United Restaurant

Native Renaissance II Community Well Being Centre

Deseronto Library –Job

Centre

ARMBANDS NOW ON SALE

\$ 20.00 EACH

CONTACT: NORMA OR WENDY MARACLE

COMMUNITY WELL BEING BUILDING

613-967-3603

Thank you to our wonderful community for once again
supporting the Mohawk Agricultural Society

Schedule Of Events for the 111th Mohawk Fair

Friday September 30

1:00 pm Exhibit Buildings and
Midway Open

5:00 pm Beer Tent open, Derby
Registration in the Fire
Hall

5:30 pm Children's bike and foot
races

7:00 pm Derby

8:00 pm Buildings Close

Saturday October 1

9:00 am Gate Open

10:00 am Car Show
Midway
Building Open

10:30 am Parade and Grand
Welcome

11:00 am Strong Man
Competition
Youth Entertainers
Showcase

12:00 pm Horse shoe
Tournament
Bingo Opens
G & G Magic Show
4-H Display

1:00 pm Horse Pull

(Saturday continued)

2:00 pm Greasy Pig Contest
Fiddle Music Laurie Perry &
Margie Sue Anderson
Old Time Events Contest

6 – 8:00 pm Karaoke

Sunday October 2nd

9:00 am Gates Open

10:00 am Midway
Pancake Breakfast
Motorcycle Show

11:00 am Tractor Pull

2:00 pm Stage Show
– Old Tyme Fiddlers

**Events still be coordinated itinerary
subject to change**

RIDES FOR THE 2011 FAIR

Fire Truck	Sky Flight Plane
Bouncy Castle	Tilt a whirl
Cobra	Scrambler
Bumper Car	Giant Slide
Teacups	Jumper Junction
Carousel	Roller Coaster

Pelletier Law Firm

Bonnie Pelletier
Barrister-Solicitor-Adjudicator

Is pleased to announce beginning May 5th, 2011
Pelletier law firm will be offering

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

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

Call 613-969-9000
to book an appointment

I (MS. BARB BRANT) WILL
MEET WITH THE
QUINTE MOHAWK DANCERS
SEPTEMBER 14, 2011
AT QUINTE MOHAWK
SCHOOL - GYM
6:30 PM - 8PM
ALL
DANCERS AND PARENTS
WELCOME

**** We have Moved ****

Come see us
At our new
space!

1658 York Rd.

**Kanhiote Tyendinaga Territory
Public Library**



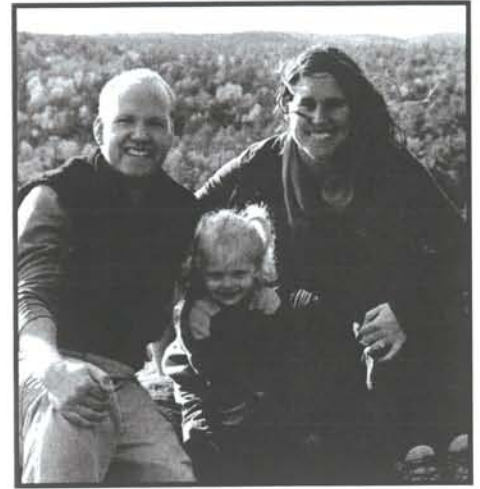
A cultural and educational
resource centre

Hours

Monday	10:30 am to 5:30 pm
Tuesday	10:30 am to 5:30 pm
Wednesday	10:30 am to 5:30 pm
Thursday	12:00 pm to 7:00 pm



BEST TIME TO SEE A CHIROPRACTOR



When is the best time to see a chiropractor?

- A) The day you were born?
- B) After a fall?
- C) After a bad night's sleep?
- D) After a long day at work or school?
- E) After being active?
- F) At the onset of a cold?
- G) All the above.

The correct answer is "G, ALL THE ABOVE!" Chiropractic is the best approach to maintaining your body's nervous system through proper spinal alignment. The benefits of chiropractic treatment are **less aches and pains, less sick-days, increased joint and muscle range of motion, more energy, but most of all, better quality of life.**

Please call, email or stop by and inquire whether chiropractic is right for you and your family, we look forward to meeting you.



Now OPEN

Maracle Chiropractic

Located Within The Tyendinaga Fitness Resource
Centre

14 York Rd Unit 1, TMT K0K 3A0

ph: 613-876-5855

maraclechiropractic@gmail.com

Appointments Available Tuesday & Thursday

The Backpack Project

Knowledge is Power. Structure is Function. Optimize Both.

What adds up in your backpack!

Shoes	1kg / 2lbs
Wet Towel	1kg / 2lbs
6 Textbooks	2.7kg / 6lbs
2 Binders	1.5kg / 3lbs
20 CD's	.5kg / 1lb
Game Boy	.25kg / .5lb
Water Bottle	.25kg / .5lb
Sports Gear	4.5kg / 10lbs
Lunch / Snacks	1kg / 2lbs
Laptop Computer	2.7kg / 6lbs

* 3,600 children aged 5-14 were treated in emergency rooms in 2004 for backpack related injuries according to Consumer Product Safety Commission

* An Auburn University study showed that 67% of children suffered muscle soreness, 51% backpain, 24% numbness and 15% shoulder pain from misuse of backpacks



Common areas of complaint from too heavy a backpack or from being carried on one shoulder.



For more info on backpack safety or injuries related to backpack use, please contact Dr. Jason or Dr. Rebecca:

p: 613.876-5855
maraclechiropractic@gmail.com
www.foreveryoungchiro.ca



Pack it Light. Wear it Right.

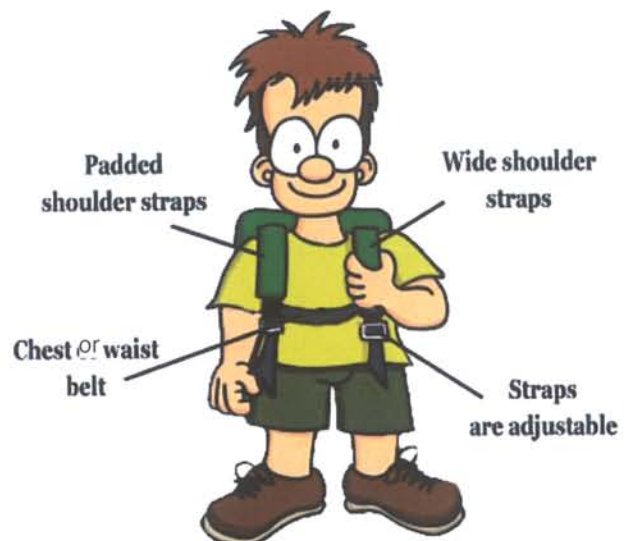
Lighten it up!

Haul no more than 15% of your bodyweight (10% for younger kids).

If you Weigh.....ONLY carry

23kg / 50lbs	2.2kg / 5lbs
32kg / 70lbs	3kg / 7lbs
40kg / 90lbs	6kg / 14lbs
50kg / 110lbs	7kg / 16lbs
59kg / 130lbs	9kg / 19lbs
68kg / 150lbs	10kg / 22lbs
77kg / 170lbs	11kg / 25lbs
86kg / 190lbs	13kg / 28lbs

Find and fit the right pack.



Back pack is not wider than child's shoulders and not taller than child's shoulders when sitting

Place heaviest materials closest to your back!

HEALING OUR SPIRIT WORLDWIDE

AUSTRALIA CONFERENCE

2014

Let's get started for the Next Conference

We welcome New Committee Members & return of the first Committee

Meeting Dates

Wed. Sept. 7

Oct. 5

Nov. 2

Dec. 7

First Wednesday of every month

6pm to 7pm

At the Tyendinaga Fitness Resource Centre

Please bring a toonie to cover the rental of the space

Agenda: Fundraising plan for the year

For more information please attend the meeting, TFRC has no information on the committee, they are just renting the space to get the NEW Committee started.

For more information about HOSW : www.hosw2010australia.com

Information Session

FREE OFFER

PRE-PAID LEGAL SERVICES INC.

Agenda :

- 1) Will Preparation, how to get started ?
- 2) What is Preventive Legal Services ?
- 3) How can Identity Theft Shield help you ?
- 4) Details of a new career opportunity

DATES : Monday Sept. 12 , Sept. 19 , Sept. 26

FREE HEALTHY REFRESHMENTS

TIME: 6:30pm to 7:30pm

PLACE: Tyendinaga Fitness Resource Centre

For more information www.prepaidlegal.com/info/darleneloft
Presenter : Diana Thompson / Executive Director of PPL



A new season of exciting Metro League Junior A hockey begins
September 16

Come Out to the Storm Season Opener against the Lefroy Wave
at the Deseronto Community and Recreation Centre.

Join the Tailgate Party!

**The first 150 fans at the home opener receive a free
Storm Rally Towel.**

Upcoming home games:

September 23 - vs Sturgeon Falls Lumberjacks

October 7 - vs Bobcaygeon Bucks

October 15 - vs Shelburne Red Wings

Follow us on the Web!
www.deserontostorm.net



BILLETS NEEDED

We anticipate having a number of players from outside of the area that will need a home for the season. This is a great opportunity to assist these young men as they further their hockey dreams. You will be compensated for your efforts but, most of all, you will have the satisfaction of having contributed to the lives of these young men.

For further information, please contact

Cory Seaton, General Manager (613-484-4905)

or

Adam Maracle, President (613-396-5129)

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

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

September 2011

Discover the Balance

We have Gift Certificates

Discovering the Balance

By Working the
Mind, Body,
Heart and Spirit

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 1:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

We Are Open to

The Public

Staff

Darlene Loft /Recreation
Manager

Sonya Maracle / Fitness
Staff & P.T

Ryder Sager ,Talon Barn-
hardt / Part Time Youth

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

Tips for Beating the Heat

1. **Time it right**-the hottest part of the day is between 10am-3pm. Do your workout early in the morning or in the evening when the temperature is cooler
2. **Dress for the weather**-choose somewhat loose fitting clothing that allows the sweat to evaporate
3. **Wear sunscreen**
4. **Drink lots of water**-4 to 8 ounces every 15mins while working out
5. **Watch your heart rate**-if you are not used to working out in the heat, you will find that you reach your target heart rate with less intense exercise than usual. Take it slow at first

Outreach Program Overview:



Biking Program:

The biking program has improved immensely compared to last year, we had more people join and participate.

Running Program:

It was good to get out and running with people from the Fitness Centre and everyone had lots of fun. Thanks to all the participants!

Park Events:

Thanks to all of the kids at Head Start for participating in our obstacle course challenge!

Lose To Win Winners

Congratulations to Carol Ann Maracle and Theresa Brant the winners of the contest, they lost 29.4 pounds together and won \$100 to share.

Nia:wen to the summer students Ryder & Marina and also to Tara Green

Calendar of Events Sept. 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Childcare \$5.00 Drop -in	Or \$20.00 For the month	Maracle Chiropractic 11 am to 2pm		1 Maracle Chiropractic 11 am to 2pm	2	3
4	5 CLOSED LABOUR DAY	6 ↓	7	8 ↓	9	10
11 Yoga 10am-11am Chair Yoga 11:15-12:15	12 Cardio Circuit 6:15-7:15 ↓	13 	14 Pilates 6pm-7pm	15	16	17
18 Yoga 10am-11am Chair Yoga 11:15-12:15	19 Nutrition Trends 2011 5:30pm	20	21 Pilates 6pm-7pm	22 	23	24
25 Yoga 10am-11am Chair Yoga 11:15-12:15	26 Cardio Circuit 6:15-7:15	27	28 Pilates 6pm-7pm	29	30	

NEW - Advertise on TFRC Big Screen - \$200 a year call for details

Another way of Fundraising for TFRC Fitness Equipment

"Last Summer for the TFRC Out Reach Project"

Thank you to the Healthy Communities Fund 2010/11

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



.....

Tyendinaga Fitness Resource Centre

(613) 962-2822

Beginning Sunday Sept.11

Yoga @ T.F.R.C.

10 am to 11am

**Yoga Only at TFRC on Sunday's
Sept.11 to Oct.2**

If successful the program will continue

**The Certified Yoga Instructor
is Barbara Roch**

**For the program to be successful we require
At least 5 paid participants**

YOGA

**4 classes
for \$30.00**

**Limit of 15 / Pay when
you sign up.**

**Deadline to sign up
by September 9/11**

Come Out & Experience Chair Yoga

11:15am to 12:15pm

A Relaxing Morning with Friends

Register today : (613) 962-2822

Or email : tyfitnessres@mbq-tmt.org



Tyendinaga Fitness Resource Centre

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



Cardio Circuit

\$10.00 a Class

Monday Sept.12 to Oct.17/11

6:15pm to 7:15pm

Fitness Instructor - Beth Ostrander

12 years experience : email : redgrandprix2000@hotmail.com

Program Details : 40 min. cardio, 20 min. muscle & body toning & ab work

Build Strength & Endurance



PILATES

*Pilates is Continuing at The
Tyendinaga Fitness Resource Centre*

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

Revitalized

Wednesday - Sept.14 to Nov.30

6pm to 7pm

\$10.00 a night / 10 weeks



The Fitness Instructor has 30 years experience with Pilates—
Wendy Meraw / Note : first Monday of the month no class

Limit to 15 Participants & Never Too Late To Join Us

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

Any questions on Pilates , email wmeraw45@gmail.com

Street Smart Self Defense

**For Mothers and
Daughters or Friends**

October 4th to Nov.10/11

Tuesdays & Thursdays

6:00pm– 7:30pm

\$35 per person for 6 weeks

**14 York Road
Unit #1
Shannonville, Ont
K0K 3A0**

**A percentage of the proceeds will go to-
wards Red Cedars for the women to go to
TFRC**



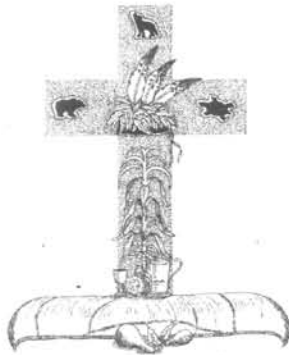
**Instructor Fred Dracup has over 30 years experience
Space is limited to 16 participants sign up by:
Friday, September 30**

Phone: 613-962-2822

E-mail: tyfitnessres@mbq-tmt.org

Tyendinaga Fitness Resource Centre

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



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

Holy Communion

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

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

Traditional Anglican Services
Using the long-established

Book of Common Prayer (1962)
and the time-honoured hymnal
Book of Common Praise (Blue Book)

For more information, please call:

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

OR

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

Food Bank Day:
Third Sunday of each Month



"This is the Day the Lord hath made!"



TYENDINAGA MOHAWK TERRITORY

1984 YORK ROAD

CHURCH • 613-396-5329
PARSONAGE • 613-396-5325

SERVICE TIMES

Sunday
10:30 am Worship Service
11:30 am Children's Church
6:30 pm Worship Service

Wednesday
7:00 pm Bible Study

Saturday
7:00 pm Prayer

Coming Events

Sept 11th and 18th Special guest
speaker Paster Keith Deyo

Oct 1st @ Mohawk Fair • We will be hosting
a pancake breakfast from 8am to 12 noon
proceeds to our building fund.

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

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



**THE ANGLICAN PARISH
OF TYENDINAGA**

Parish Priest
The Rev'd Brad Smith
962-2787

SUNDAY CELEBRATIONS

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

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

**Both churches worship together
18 September at 10:30 at Christ Church*

UPCOMING EVENTS

Parish Fun Night
Wednesday 21 September, 7-9 p.m.
Queen Anne Parish Centre
Bring a game, a friend, and a snack!

Back to Church Sunday
Sunday 25 September
8:30 and 10:30 a.m.

Anyone who hasn't been to church in a while (or ever) is invited to attend this special service of welcome at either church.

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

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

A PRAYER FOR LEARNING

God of wisdom, we pray for all those who return to school this month. Give all students a spirit of humility that they may learn from their teachers. Endow all teachers with wisdom that they may enlighten their students. Give us all eyes to see and ears to hear the lessons you wish to teach all your children through the Spirit of truth. Amen.

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

"AA OPEN MEETINGS"

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

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

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

Losers Unite, Join Us!

Thursday Evenings

5:00 - 6:00 p.m. - Weigh In

6:00 - 7:00 p.m. - Meeting

Elders Lodge
(Bayshore Rd)

TOPS is a weigh loss meeting and support group established in 1948 as a nonprofit organization. Our goal is to help each other lose weight for better health and appearance. If you are struggling with a weight issue join us and together we can achieve our goals.

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

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

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

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- 2 bedroom, Upper apartment
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- LEATHER COUCH & LOVE SEAT
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FOR SALE

- NURSING UNIFORMS
-Nursing tops or pants
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613-969-8924

LAND FOR SALE

- located on the York Rd
- approx. 23.8 acres (can be severed into building lots)

For more information please
call: 613-967-8935

Seeking Tyendinaga Residents

with the last name
Cole to share important
family information.
If anyone could pass this
information
to any Cole
families or individuals it
would be greatly
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Please contact
Glenna Mae at
glennamae@hotmail.com
or call 705-357-3330



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smilingt19@yahoo.ca

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613-967-1129 for further details.

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Serious inquiries only
Call: 613-396-5879

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- One large bedroom bachelor apartment
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- Serious inquiries only

Call: 613- 396-5879

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