



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 9/12
Seskehkowa (Sept.)

ORI:WASE (News)

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

September 21, 22 & 23



Schedule inside!

\$6.00 person

Children 12 & under FREE

Advance bracelets for midway \$20 or \$35.00 on the grounds @ Community Wellbeing Centre - 613-967-0122

Fri. open 1pm.

Sat. open 9am.

DEMOLITION DERBY

SHOW & SHINE CAR SHOW

Start 7 pm.

Start 10:00 am.

4 WHEELER PULLS

Pull Start 4pm. Saturday - \$5.00 per hitch

Sun. open 9am.

Motor Bike Show and Shine Start 10am.

TRACTOR PULLS

Start 11:00am.



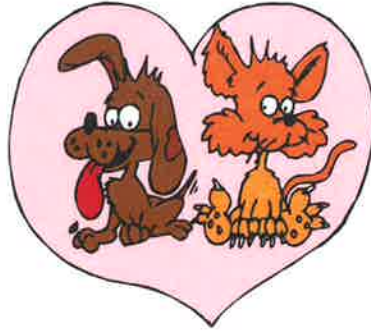
Contact- Cindy Loft @ 613-396-3933

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MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANIENKEHA

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



MBQ ANNUAL RABIES CLINIC 2012

SATURDAY September 29, 2012

9:00 am – 12:00 pm

59'ERS HALL

8011 Old Hwy #2

Tyendinaga Mohawk Territory, ON



Dr. Linda Hack, Veterinary

Bay Regional Veterinary Hospital

Belleville, ON

All animals must be caged or on leashes

\$20.00 per animal

**For more information: Crystal Maracle,
Env. CHR at 613-396-3424 ext. 131**

* Notice *

MEDIA ALERT: Ontario is not cancelling old red-and-white health cards; promises 3 warnings

ServiceOntario provides general information and referrals concerning Ministry of Health and Long-Term Care (MOHLTC) programs and services.

The MOHLTC is not arbitrarily cancelling red and white health cards, nor is it attempting to eliminate OHIP cards.

Ontarians may have either a red and white health card or a photo card. Either card is acceptable for insured health services as long as it is valid and belongs to the cardholder, and the ministry has the most recent address on file. While we cannot comment on a specific case, it is not ServiceOntario's policy to cancel cards arbitrarily.

At no time during the health card conversion process will someone in need of care not be able to get the care they need.

It is necessary to replace a red and white health card with a photo health card if an individual has received a re-registration notice from the ministry.

The ministry will only send communications to a cardholder in writing via post. When one applies for an OHIP card, one agrees to keep the MOHLTC aware of any updates within 30 days – be it for an address change, a change in citizenship status, or a name change. It is for this reason that a cardholder must keep his/her address updated with the MOHLTC. Failure to do so can result in the cancellation of a health card.

The MOHLTC will attempt to send a re-registration notice to the client up to three times. If the notice is ignored or never received, a flag will be put on the card. This flag is simply a means to notify the cardholder that the MOHLTC is trying to contact them. In addition, customers who have not used their Health Card for more than 7 years may have their coverage suspended after multiple notifications and no response. If eligibility is in question, a Health Card may be suspended after investigation.

Re-registration is an important part of the government's efforts to minimize health card fraud. The photo health card has enhanced security features that make tampering and counterfeiting extremely difficult.

The MOHLTC last issued the red and white health card in 1994, with the introduction of the green photo health card in 1995. Production of the red and white health cards with a ten digit number began January 1, 1990.

Today, a vast majority of Ontarians actually do have the new green/photo health card. Every year, there are approximately 225,000 less Red and White Health Cards in Ontario, largely resulting from re-registration. Re-registration efforts continue for the remaining approximately 3 million Red and White Health Card-holders.

About 75 per cent of Ontarians have a photo health card at this time. The ability to convert cards is available at all 300 ServiceOntario locations. This can be conveniently done at the same time as renewing a Driver or Vehicle License.

More information can be found online at: <http://www.health.gov.on.ca/en/public/programs/ohip/>

For reasons of security and confidentiality, ServiceOntario may not verify or confirm health card status via email.

If you wish to confirm the status of your red and white health card, you may contact ServiceOntario at 1-866-532-3161 (toll-free in North America) or 416-314-5518 (accepts collect calls), Monday to Friday 8:30 a.m. - 5:00 p.m.

Regards,
Customer Service
ServiceOntario -- *making it easier*
Visit us at: www.ServiceOntario.ca



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



Hours of Operation

Tuesday - 2pm to 6pm

Thursday - 2pm to 6pm

September 2012 Business of the Month



14 York Road, Shannonville, ON

613.876.5855

Maracle Chiropractic is the September 2012 Business of the Month!

Maracle Chiropractic, which is located within the Tyendinaga Fitness Resource Centre, is a supportive husband and wife team of Dr. Jason Maracle-Young and Dr. Rebecca Huddleston. Their main focus is family health through specialized chiropractic corrective and wellness care. Working with families of expecting mothers, newborns and children as well as athletes of all ages is their primary focus.

Dr. Jason and Dr. Rebecca offer solutions to a wide range of health concerns from colic and indigestion, earaches, headaches, migraines, pain, numbness, tingling and stiff achy joints. They utilize state of the art equipment and gentle techniques to evaluate, diagnose and create treatment plans specifically for you.

One of the largest components of what Dr. Jason and Dr. Rebecca offer is education on how the body is designed, how it functions and how it heals naturally. If you are tired of popping pills that don't work and lying around hoping it will go away, call them, they can help. For more information, check out their website!

www.maraclechiropractic.ca

maraclechiropractic@gmail.com

Support Local Business

A BIG THANK YOU TO KEELAN MARACLE

For all of your hard work this summer as the Tourism Development Summer Student.

You did an excellent job at promoting the Pow Wow and creating a great self-guided tour of the Territory that will be in print and used by the tourists that are visiting our Community!

Good luck in all your future endeavours!

WE'VE MOVED!!

**Economic Development has now moved to
Community Services (formerly Nation Building).**

Phone: 613.967.3616

Fax: 613.967.6251

**"If there is such thing as good leadership, it is to give a good example."
- Ingvar Kamprad (Founder of IKEA)**

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

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

Date: November 22 & 29, 2012

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

Location: Kanhiote Library

**** Please note: you need to bring your own laptop and a credit card or \$20 cash for the purchase of a domain ****

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

Sandy Sero

Employment and Training Coordinator

Email: sandys@mbq-tmt.org

Phone: 613.967.3603

Fax: 613.967.3816

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

September's Tip

Business Cards

Hand out your card—Your sales will increase by 2.5% for every 2000 cards you hand out

Don't skimp on colour—People will keep a colour card 10 times longer than a standard card

Take your time...Design—Sales will increase much more for a well-designed business card

New Program at Red Cedars Shelter

Outreach Worker

Are you struggling in a
Relationship?

Are you experiencing abuse?



Do you wonder if you are in
a healthy relationship?

Do you feel you have no
one to talk too?

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

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

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

Contact Sheila Stacey at 613-967-5877

Monday to Friday 8:30am—4:30pm

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

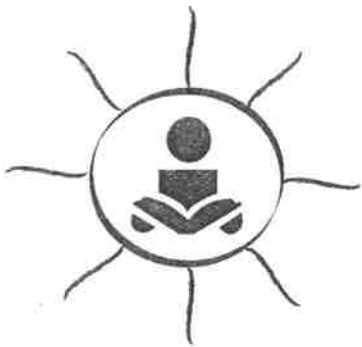
Bag Tags for your Waste Disposal
are available at the following businesses:

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

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

**Kanhiote Tyendinaga Territory
Public Library**



**Seniors Visit
Tuesdays 2-4
Stained Glass Craft
Sept. 18**



A cultural and educational
resource centre



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in Aug responded to
14 calls:

- 3 Medical Assists**
- 1 Propane Leak**
- 3 Auto Alarms**
- 4 Motor Vehicle Accidents**
- 1 Vehicle Fire**
- 2 Water Rescues**

This brings our total to 73 calls for the year 2012

WASTE DEPOT SITE

HOURS

MONDAY 11:00 AM-7:00 PM
WEDNESDAY 11:00 AM – 7:00 PM
SATURDAY 8:30 AM- 5:00 PM

ACCEPTABLE ITEMS

- TIRES
- ELECTRONICS
- STEEL
- HOUSEHOLD HAZARDOUS WASTES
- WASTE MOTOR OIL (FROM HOUSEHOLDS ONLY)
- FISH REMAINS
- LARGE ITEMS (MINIMAL FEE)

In an effort to avoid
disruption of mail service.

Please remember to keep your
Recycling & Waste away from your
roadside mailboxes.



RECYCLING

BIN 1- PAPER AND PAPER PRODUCTS

BIN 2- 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





Let's Walk & Beat Diabetes Together!

Upcoming Events for September

- Wed. Sept. 5th: "Let's Talk About Diabetes"
Diabetes Education Program 6:30-8pm
- Tues. Sept. 11th: **Diabetes Wellness Circle**
HMHB Presentation @ CWB at 7pm
- Wed. Sept 12th: "Prenatal Classes" (runs 6 weeks) @ CWB
7pm-9pm

Community Walking Program

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

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

Upcoming Community Healthy Lifestyle Events in October 2012!

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

Free childcare is provided:

Mom & BB Dancersize * Urban Pole Walking *Stroller Fitness

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

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

Dorothy Green & Gale Hayward
Healthy Moms, Healthy Babies
Community Healthcare Professionals
Community Wellbeing Centre
50 Meadow Drive

Tyendinaga Mohawk Territory, ON K0K 1X0
Phone: 613-967-3603 Extension 166 Email: chp_cwb@mbq-tmt.org



September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labour Day	4 Gentle Walk @ 9:30am CWB	5 "Let's Talk About Diabetes" 6:30-8:00pm @ CWB	6 Evening Walk @ 6pm QMS track	7	8
9	10	11 Gentle Walk @ 9:30am CWB	12 PN Class 7-9 pm @ CWB	13 Evening Walk @ 6pm QMS track	14	15 • New Moon
16	17	18 "Diabetes Wellness Circle" @ 7pm	19 PN Class 7-9 pm @ CWB	20 Evening Walk @ 6pm QMS track	21	22
23 <i>Tyendinaga Mohawk Fair</i>	24	25 Gentle Walk @ 9:30am CWB	26 PN Class 7-9 pm @ CWB	27 Evening Walk @ 6pm QMS track	28 <i>Tyendinaga Mohawk Fair</i>	29 <i>Tyendinaga Mohawk Fair</i>
30						o Full Moon

Diabetes Wellness Circle



Tuesday, Sept 11/12

7:00 p.m.

Community Wellbeing Centre
50 Meadow Drive, TMT.



The Healthy Moms, Healthy Babies Community Healthy Lifestyle Program

Presentation by
Dorothy Green, Community Healthcare Professional

We will discuss the Project and tell you how YOU can participate
in the Community Healthy Lifestyle Program with a focus on
Exercise and Diabetes Education.

For information please call 613-967-3603

GO Ihsten'a

"GO Mom"

*Tyendinaga Fitness Resource Centre is partnering with the Healthy Moms Healthy Babies Research Project to offer these healthy events at **NO COST** to participants:*

Special Funding from "Mother's In Motion" for 2 months of the following:

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

FREE & SPECIAL PRIZES FOR PARTICIPANTS

Bus Tickets available



WE NEED YOUR INPUT!

**We are currently seeking feedback from moms on best days and times.
Call TFRC (613) 962-2822 or HMHB (613) 967-3603 x166**

**Program begins in September. Start tentatively scheduled for October 2012.
Schedule may be adjusted in response to needs of participants and providers.**

Space Limited. Please Register!

Name: _____ Phone #: _____ Alternate #: _____

Best day or times to come _____ Will you need bus tickets (Deseronto Transit) ? Y N

~RED CEDARS SHELTER

OPEN HOUSE~

September 28, 2012 - 11am to 2pm

Celebration of 15 years of service



5631 Old Hwy #2, Shannonville, ON

Meet our staff

Tour our shelter

Light refreshments will be served



Tickets for this lovely wicker patio set still available!

Hanio Hurry !!

*** Winning ticket will be drawn at Open House. ***

For more information call - 613 967-2003



Free ADULT AQUAFIT CLASSES

The healing properties of water are an excellent place to provide calm but revitalizing mind and body exercise. Discover ways to increase your flexibility, core stability, coordination, and muscular endurance. Aqua fit classes are adaptable to all fitness levels and are an excellent way to obtain and maintain an active lifestyle.

Beginning Wednesday, September 12, 2012

And continuing each Wednesday for 8 weeks please join us for an aqua fit class. Limited Number of space available can only accept 15 participants due to the rental of a therapeutic pool where temperatures are kept at a warm setting.

Belleville Recreation Centre (Belleville Bulls Arena) Time: 7:00pm till 8:00pm

For further information or to register please call Melissa Maracle CHR, CDPW at

613-967-3603

Open to ALL Community!!

Large Food Box \$15.00

10lb Potatoes
2 lb Carrots
1 lb Onions
1 Broccoli
1 Celery
1 Green Cabbage
1 Romaine Lettuce
1 Cucumber
1 Green Pepper
1 Red Pepper
2 Tomatoes
8 Mac Apples
2 Kiwi
2 lb Bananas (6)
4 Seedless oranges
2 Bartlett Pears

Single Food Box \$10.00

5 lb Potatoes
1 lb Carrots
1 lb onions
1 Cantaloupe
1 Broccoli
1 Celery
1 Cucumber
3 Mac Apples
2 Seedless Oranges
1 Kiwi
1 Lemon
1 Bartlett Pear
1 Green Pepper
1 Red Pepper
1 lb Bananas (3)
1 Tomato

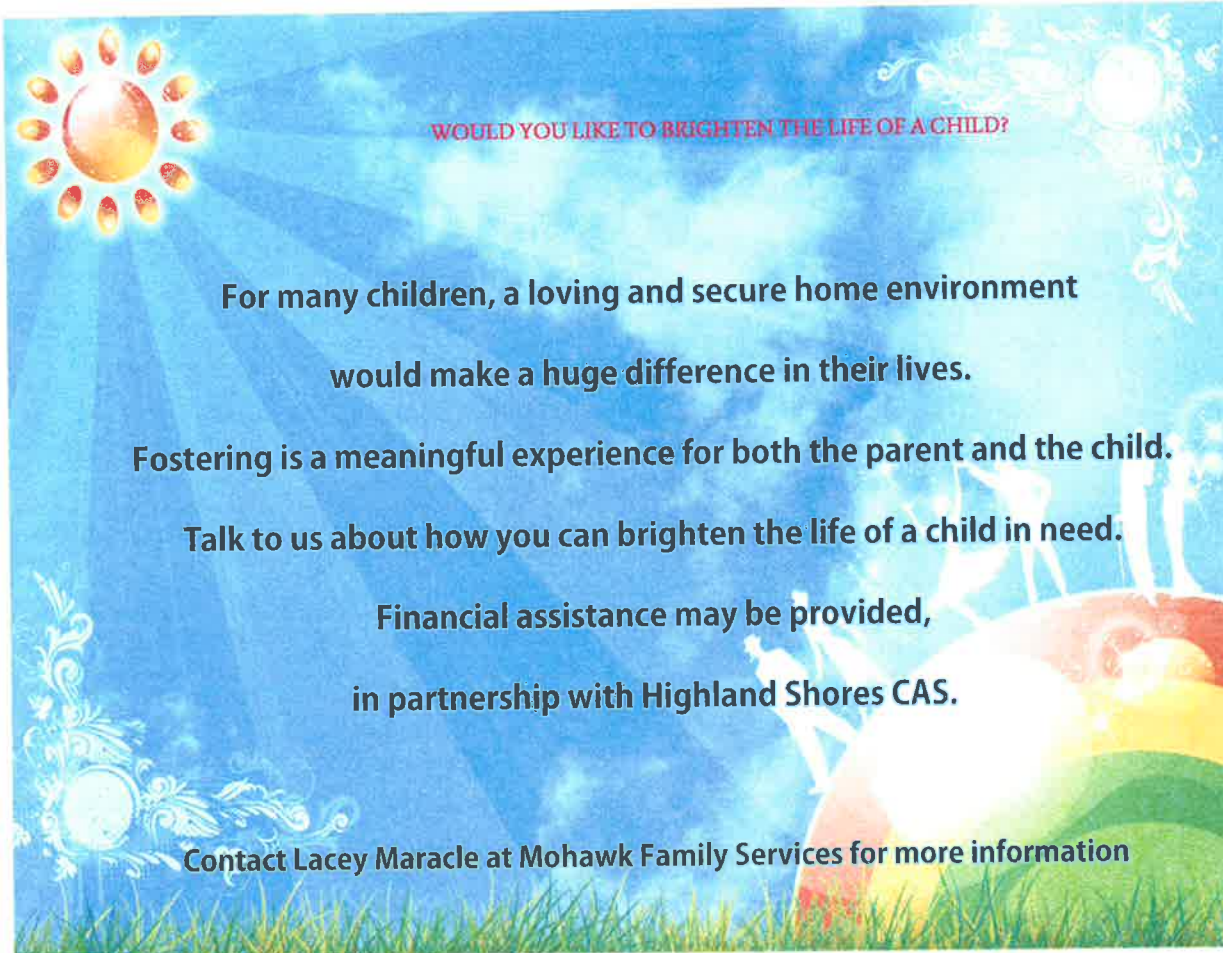


Fruit Bag \$5.00

1 Fuji Apple
1 Kiwi
2 Bananas
1 Seedless Orange
1 Lemon
1 Bartlett Pear
1 Nectarine
½ lb Seedless Grapes
1 Black Plum
1 Grapefruit

**Orders and Payments are due every 2nd Wednesday of the Month
Pick up is every 3rd Wednesday of the Month**

If you are interested in purchasing a food box please contact Melissa R Maracle CHR, CDPW at 613-967-3603



WOULD YOU LIKE TO BRIGHTEN THE LIFE OF A CHILD?

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

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

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

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

Contact Lacey Maracle at Mohawk Family Services for more information

~~SOUP FOR COMFORT~~

COMMUNITY WELLBEING CENTRE

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



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

PLEASE REQUEST:

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

CALL CWB AT (613) 967-0122.

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

SOUP BECAUSE WE CARE.

Sponsored by:
CWB PROGRAMS



Prenatal Classes

Fall Session

start

Wednesday,

September 12, 2012

7pm - 9pm at

Community Wellbeing Centre

50 Meadow Drive

Tyendingaga Mohawk Territory

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!



TAHATIKONHSOTONTIE HEAD START

Our Summer Learning Program was a Great Success and we wish all of the Youth who attended Continued Success in their upcoming School year!

OUR REGULAR PROGRAMMING WILL START ON TUESDAY, SEPTEMBER 4TH

MORNING DROP IN PROGRAM

9 am to 11 am on Tuesdays and Fridays

Caregivers bring your little ones out to socialize and to have fun while making crafts and interacting in circle activities



MORNING JUNIOR PROGRAM

9 am to 11 am on Mondays and Thursdays

AFTERNOON PROGRAM

1 pm to 4 pm from Monday to Friday

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

September 2012

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Diners Club—12:00 to 1:00 p.m. Handivan Departure—10:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m.		Bingo/Lunch—12:00 to 3:00 p.m. Birthday Tea—2:00 to 4:00 p.m. Aqua Fit—12:00 to 2:30p.m. Euchre —6:30 to 8:30 p.m. Friendly Visiting—1:00 to 3:00p.m.		Library—2:00 to 4:00 p.m. Breakfast Club—8:00 a.m.		1
2	3 Office Closed	4 Meals on Wheels Aqua Fit Library	5 Diners Club <i>Deseronto</i>	6 Meals on Wheels Blvl Shopping Service Canada	7 Meals on Wheels Handivan Des Friendly Visiting	8
9	10 Breakfast Club Chair Exercise 10 am to 11 am At the lodge	11 Meals on Wheels Aqua Fit Library	12 Diners Club HOME SUPPORT Euchre Night @ the Lodge	13 Meals on Wheels Birthday Tea	14 Meals on Wheels Handivan Des Scrapbooking	15
16	17	18 Meals on Wheels Aqua Fit Library	19	20 Meals on Wheels Napance Shopping	21 Meals on Wheels Handivan Des Friendly Visiting	22
23	24 Wii Tournament 7 pm to 9 pm	25 Meals on Wheels Aqua Fit Library	26 Diners Club HOME SUPPORT BINGO Euchre Night @ the Lodge	27 Meals on Wheels	28 Meals on Wheels Handivan Des Scrapbooking	29
30						




COMMUNITY
MEETING

TSI TYONNHEHT ONKWAWENNA
LANGUAGE AND CULTURAL CENTRE
PLANNING MEETING

WHEN: TUESDAY, SEPTEMBER 18TH, 7PM

WHERE: 104 YOUNGE ST., SHANNONVILLE

WE NEED YOUR IDEAS FOR FUTURE PLANNING!!



In an ideal world, what
does our cultural centre
space look like?

MORE DETAILS

PHONE: 396-3100 x 259





**Adult Mohawk Language Classes
Intense Mode Weekend Format
Sept 2012 - June 2013**

This new program is being offered to people interested in learning Mohawk but unable to make the commitment to the full-time program. You will learn the mechanics of the language that will allow you to progress to various levels of proficiency based on your own personal commitment to learning. The weekend sessions will occur every six (6) weeks for a total of seven sessions. Weekends will consist of Friday (7pm-9pm), Sat (9am-3pm) and Sun (9am-2pm). The program will be held at the Shatiwennakaratats Adult Language Centre, 104 Younge Street, Shannonville. Classes are tentatively scheduled to begin late September or early October. Tuition is \$500 per person, payable in installments of \$150 prior to the beginning of the 1st class and \$50/weekend session. Program applications are available at TTO. Class size limited to a maximum of 20 people.

For more information please contact TTO at 396-3100 x 259 or x 227



Moon Ceremony

Women are invited to join us to honour and seek guidance from Grandmother Moon on Sept. 30/ 2012 at Dusk (Approx. 7:30 pm)

What to bring:

Tobacco for offering (if you have it)

A skirt to wear

A bottle of water

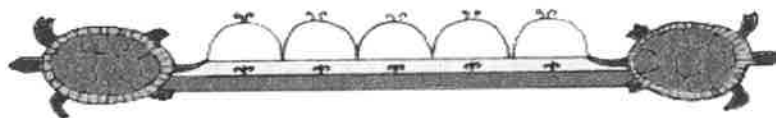
A lawn/camp chair

Pot Luck Item

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

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

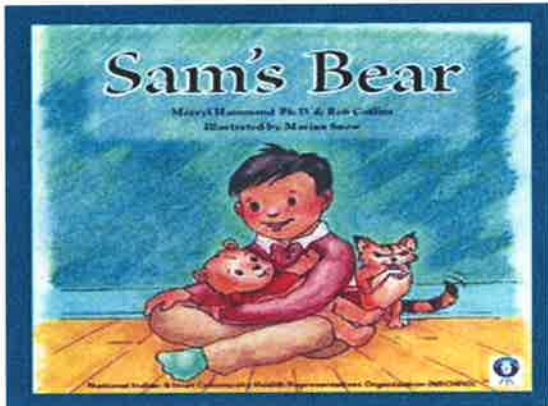
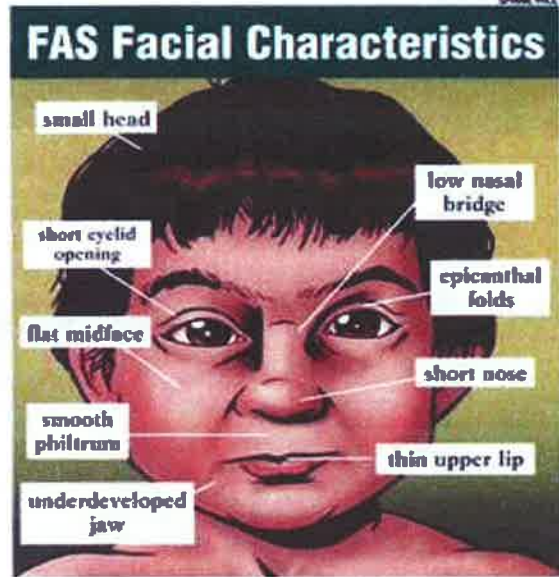
Questions can be directed to Diana at (613) 967-0122 Ext. 133



FASD AWARENESS FACTS

INFANTS

- Often tremulous and irritable; may cry a lot
- Weak sucking reflex and muscle tone
- Highly susceptible to illness
- Feeding difficulties; often disinterested in food; feeding can take hours
- Erratic sleep patterns, awake more than sleeping
- Sensitive to sights, sounds, and touch
- Failure to thrive
- Slow to master developmental milestones (e.g. walking, talking, imitating sounds)
- Problems with bonding



Maternal Child Health & Healthy Babies Healthy Children

Sam's Bear is a children's book based on a small child who has FASD. This book is an excellent resource tool for anyone who would like to know more or has a child in their life with FASD.

MCH and HBHC have numerous FASD resources available to the community. If you would like FASD resources or if we can be of help for other resources please give us a call at 613 967 3603.

NIA:WEN/THANK YOU

PRESCHOOLERS

- Disinterest in food and disrupted sleep patterns continued
- Poor motor coordination
- Flits from one thing to another with 'butterfly like' movements
- More interested in people than objects
- Overly friendly, highly social
- Unable to comprehend danger; does not respond well to verbal warnings
- Prone to temper tantrums and non-compliance
- Short attention span
- Expressive speech may be delayed; may have Less in-depth language than peers or may be excessively talkative and intrusive, giving the superficial appearance that speech is not impaired
- Easily distractible or hyperactive
- Does not respond well to changes; prefers routines

BEARS & CUBS

LACROSSE LEARN AND PLAY!

Date: September 13th, 2012

Time: 6:00 to 8:00 pm

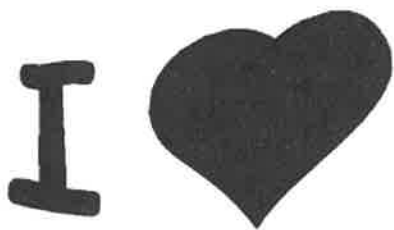
Where: We will meet at the lacrosse box at the recreation park on the York Road, TMT.



Bears & Cubs this month will be focusing on lacrosse. We will have a special guest speaker that will teach us the skill and techniques it takes to handle a lacrosse stick and ball. We will participate in a no contact game where everyone will have the chance to show of their new found skills.

A BBQ supper will be provided to all participants.

This event will require registration as spaces are limited. Call to sign up your cubs today!



To register please call:

Community Wellbeing Centre

613 967-3603 Ext. 149

Or email: julieannb@mbq-tmt.org

johannag@mbq-tmt.org



Maternal Child
Health Program





Movie and Pizza Night

Sept 20, 2012

Community Wellbeing Centre
6-8pm

Ages 5-10yrs

Parents are welcome to stay

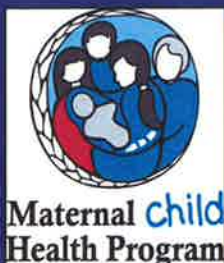


Come out for a fun filled evening with pizza, watching movies, and doing crafts

Please register your child as space is limited :

Julie or Johanna at 613-967-0122

*julieannb@mbq-tmt.org
johannag@mbq-tmt.org*



FAIR NEWS 2012

Come out and support the 112th Annual Mohawk Fair, Sept 21, 22, 23, 2012.

Fair meetings are every Wednesday at 7:00 p.m. in the school building at the Fair grounds. Everyone welcome.

The Mohawk Agriculture Society would like to thank all the following businesses for their sponsoring of the Truck Pull, July 22, 2012.

Rez Boz's Tire and Accessories for trophies

Build All for the backhoe and Scott Brant drove it.

Joe Martin drove the water truck.

Bob's Toilets for their delivery and removal of the portal toilets.

Bill Samuels, www.quintecar.ca for the advertising and picture.

O.S.R. O'Sullivan Repair for advertising.

Cool100.1 and 95.5 for advertising.

All volunteers who came out to make the Truck Pull happen.

Cindy Loft for organizing the event.

The gate people were Jessica Brant, Scott Maracle, Kathy Brant, Angie Brant, Ron and Mary Maracle, Rachael Volkman and son, and Phil Bowen.

For the B.B.Q. Christine Sliwa, Doug Brown, Bill and Marilyn Brant, Darlene Brinklow.

Ground workers were Will Brant, Doug Sager, Anson Maracle,.

We thank all vendors: Martin Crafts, Dietary Express, Kathy and Kevin Brant, Carolanne Catering and Kevin Maracle.

MOHAWK AGRICULTURAL SOCIETY ANNUAL FAIR, SEPTEMBER 21-13, 2012

TEENAGERS!! Get your three man teams together and enter in the **Round Bale Competition** Saturday, September 22, 2012 between 11:00 - 12:00. This competition will be a round-robin race.

Business and Community Groups can compete by buying a bale or two and do both decorating and advertising on it for their own part of the competition. The bales will be placed all the fair grounds so consider how many will give you the best advertising coverage for your business of community group. These bales will be judged on September 23 and a prize will be given for first, second and third place. Contact Pat Brant 613-396-2132 for number of bales required.

Karaoke Competition! Come one, come all and have some fun trying to out sing all your friends and family for prizes in different age groups.

First time this year....

A.T. V. PULLING Competition on Saturday, September 23, 2012 at 4:00 p.m.

VEGETABLE GARDEN COMPETITION was judged on July 30, 2012.

The winners were:

First - Janice Brant

Second - Lois Clause

Third - Dennis Green

These winners will in entering and showing their fine produce at the Seed Cleaning Plant. All other Vegetable Garden competitors (see list below) will receive \$10.00 when you enter 4 items from your garden at the Mohawk Fair and pay the exhibitor fee of \$10.00. This will allow you entry to the Fair all three days. This applies to vegetable and flower garden categories.

Garden competitors: Myrtle Brant, Jennifer Brant, Betty Maracle, Mary Loft, Elena Betts, Dave and Lynne Wilson, Barbara Hill, Joe Brant, Marilyn Brant, Kevin Maracle, Nathan Brinklow, Shelly Maracle, Joe Brown.

YOUTH VEGETABLE GARDEN Judged on July 30, 2012

First - Takohenliio Claus

Second - Austin Maracle

FLOWER GARDEN COMPETITION Judged on July 30, 2012-08-27

First - Dave and Lynn Wilson

Second - Marilyn Brant

Third - Mary Johnson

All other competitors: Carol John, Myrtle Brant, Elena Betts, Brenda Doreen, Jennifer Brant, Shirley Maracle, Connie Doreen.

Anyone can come out and purchase a membership before September 21, 2012 and receive a membership card for \$10.00. It will give you entry for all three days at the Mohawk Fair.

You can purchase **Crown Amusement Midway Armbands** at the **Community Well Being Centre** from 8:30- 4:30 Monday - Friday before the Mohawk Fair for \$20.00 as advance tickets. Ask for Wendv or Norma Maracle. If not, it will be \$35.00 at the fair itself.



100 hp of diesel power propelled Doug Hurley, Big Creek Ont.on his 1958 Fordson Power Major.



Truck Pull organizer Cindy Loft's original hope was to have a truck pull for Sunday afternoon.

What she got instead was a Tractor Pull!



Florence Kimberley, Kimberley Portable Scale Rentals, Odessa motions Doug Hurley, Big Creek, forward at weigh-in.



Colin Lockridge wheelies to a stop pulling 10 metric tons of [Iron Anchor](#).

Pre-registration for the event were below anticipated levels and a few quick calls were made. Any farmer will tell you, when the real work needs to be done, go and get your tractor.

Several locals owners of tractors came out to help make the day a success!

Monies raised at the event are going to help cover the expense of the Mohawk Fair September 21,22, and 23. There will be tractor pulls, truck pulls and a car show during the fair.



Iron Anchor v.s. the *IRON ANCHOR*.



Cody Brant, Tyendinaga Mohawk Territory, takes on the *Iron Anchor* in a 2011 Chevrolet Silverado.



Henry Terpstra, Picton Ont. pulls the *Iron Anchor*.



Mark Miller, Napanee and his 1953 Farmall M takes the *Iron Anchor* out for a pull.

The Barnhardt & Wilson Families are hosting our 3rd annual Food Booth at the Mohawk Fair, **Saturday, September 22 with all proceeds donated to the *Anglican Parish of Tyendinaga.***

Special

Corn Soup or Chili
Buttered Roll, Bottled
Water & Butter Tart

\$6.00

**Corn Soup, Chili &
Homemade Butter Tarts!**

“GO GREEN.” Bring an 8OZ coffee mug and receive \$1 off the special!!

Program Mohawk Fair 2012



Friday September 21, 2012

- 8:00AM - 9:30AM Final time for exhibits to be accepted
- 10:00 AM Judging begins doors closed to public until 1:00PM
- 1:00 PM Gates open
- Buildings Open
- Midway until closing
- 5:30 PM Kids Games - Bicycle Races
- Foot Races
 - Egg Toss
 - register for Saturday Tug-O-War
- 3:00- 6:30PM Registration for Demo Derby (in Fire Hall)
- 7:00 PM Demolition Derby
- 8:00 PM Buildings Close

Saturday September 22, 2012

- 9:00 AM Gates open
- Midway open until closing
- 10:00 AM Register for ATV Pull (4 wheeler) – Cindy Loft
- Pancake Breakfast (west of School Bldg.)
- Car Show and Shine (west parking lot)
- Judging of small animals and birds (chicken barn west of School Building)
- Sign up Big Bale Roll (3 per team office west end School Bldg.)
- Kids Tug-O-War (Main Track)
- Pet Show (Main Track) following Tug-O War
- Deseronto Firemen's Bingo (west of Bandstand or Upstairs Community Centre in case of rain)
- 11:00AM – 3:00PM Turkey Dinner -Terry Ward (Upstairs Community Centre)
- 10:30 -11:30 AM 4H Dairy Calf Club Show East end grounds (by Cattle Shed)
- 11:45AM Noon Bale Rolling Contest (Track in front of announcing Tower)

(continued) Saturday September 22, 2012

- 12:00PM: Mohawk Women Singers (Main Stage)
- QMS Native Dancers (Main Stage)
- Judging Native Costumes (Main Stage)
- Grand Opening (Main Stage)
- Horse Shoe Competition (pits beside Cattle Shed)
- 1:00PM Horse Pull (Main Track)
- 2:00PM Greasy Pig (in gates by Cattle Barn)
- 3:00PM Old Tyme Contests Main Stage
- 4:00 -7:00PM Karaoke Contests various ages (Upstairs Community Centre)
- 4:30 PM ATV Pull (Main track)
- 8:00PM Buildings Close

Sunday September 23, 2012

- 9:00 AM Gates open
- Buildings Open
- Midway
- 9:00-10:30 AM Register for Tractor Pull (by Announcing Tower)
- 9:30 AM Beef Cattle Show (Ring by Cattle Barn)
- 10:00- 4:00 PM Petting Zoo (Front of Poultry Bldg.)
- 10:00 AM Motorcycle Show & Shine (west of Poultry Bldg.)
- 11:00 AM Tractor Pull (Main Track)
- 1:00-3:00 PM Napanee Old Time Fiddlers (Upstairs Community Centre)
- 3:30PM Exhibit Buildings Close
- 4:00PM Exhibitors pick up exhibits



*Congratulations
to Tyendinaga's*

Logan Conger

We are proud to announce that Logan and several other teammates, who had the lifetime opportunity to be fortunate enough to play for the Gordie Howe Selects has come back from Italy with the Silver Cup as seen here.

The girls did not receive a medal but they will be allowed to have the cup in their community for picture taking among family and friends.

Way to go Logan!



I would like to thank the Dream Catcher fund for making a once in a lifetime experience possible.

*SILVER CHAMPS WORLD
INVITATIONAL Bolzano Italy*



Thank you!

*We wish to thank
our children,
Grandchildren and family
for the "Surprise"
50th Anniversary get together
at Colin & Melanie's place.*

*We also would like to thank
our friends & neighbours,
and family for the gifts
and cards and for the
food that was brought
for the pot luck dinner.*

It was awesome.

Don & Marg Bonner

DERRICK VOS

#4



We would like to Thank the Dream Catcher fund, for helping our son, Derrick to fulfill his dream of becoming a hockey player.

Dale, Lorna & Derrick Vos

SPORTS COMPLEX

If you would like to rent the ball diamonds or lacrosse box please call Cassie at the Community Wellbeing Centre 613-967-0122.

Ball Diamonds (\$50.00 deposit*) \$100.00 per day per diamond Light Fee \$25.00

Lacrosse Box (\$25.00 deposit*) \$50.00 per day Light Fee \$15.00

**All deposits will be returned to the renter after the event upon inspection of the facility.

Happy Birthday!

<p>★ Happy 60th Birthday ★ Carlene ★ Sept. 21 ★ Hope your day is as great as you are! ★ Love Always, ★ Your Family ★ XOXO ★ ★ Happy Birthday ★ Poppy ★ Love Great Grandson ★ Tristian ★ ★ Happy Birthday ★ Grampa ★ Love Great Grandson ★ Tristian ★ ★ Happy Birthday ★ Poppy ★ Love Adam and Jason ★ ★ Happy Birthday ★ Poppy ★ Love Adam and Jason ★ ★ Happy Birthday ★ Dad (Possum) ★ Love Steve and Deb ★ ★</p>	<p>★ Happy Birthday Dad (Grant) ★ Love Deb and Steve ★ ★ Happy Birthday ★ Noreen ★ From the Gang at the ★ Big Top ★ ★ Happy Birthday ★ Iakohentiio ★ From Deb and Steve ★ ★ Happy 4th 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 25th Birthday ★ Leah – September 8th ★ Love Marilyn & Rick ★ ★ Happy 25th Birthday ★ Leah – September 8th ★ Love Sam & Emmett</p>	<p>★ Happy 1st Birthday ★ Shyla ★ September 16th ★ Lots of Love, Aunt Marilyn, Uncle ★ Rick, Sam & Emmett ★ ★ Happy Birthday ★ MJ – September 17th ★ Love Marilyn, Rick, Sam & Emmett ★ ★ Happy 10th Birthday ★ Hayden – September 17th ★ Love Marilyn & Rick ★ ★ Happy 10th Birthday ★ Hayden – September 17th ★ Lots of Love, Dad, Sam & Emmett ★ ★ Happy 11th 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 ★ Jake & Shirley ★ Aug 18 ★ Love ya, Ang</p>
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It's The Ultimate Girls Day

THE NATIONAL WOMEN'S SHOW

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

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

All participants must be 18 years of age and older.

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

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

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

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

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

Approximate return time to the CWC is 7:00pm

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

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





THE 17TH ANNUAL FESTIVAL OF NATIVE ARTS

Saturday, November, 3rd, 2012

*The Aboriginal Resource Centre at Loyalist
College will be hosting their Annual Festival of
Native Arts on Saturday, November 3rd, 2012
10:00a.m. - 4:00p.m.*

*If you would like to register for a booth space, or
require more info, please contact Tania in*

The Aboriginal Resource Centre:

(613) 969-1913 Ext 2250

tardley@loylistc.on.ca



Sedge Memorial 9th Annual Skins Game

October 6, 2012

**Briar Fox Golf & Country Club
\$100/Player**

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

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

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



Tyendinaga Fitness Resource Centre

How Far Will You Go?



TREADMILL:

- You must be walking on the treadmill at a speed no greater than 3.6.

BIKE, ELIPTICAL, STEPPER:

- You can work at any resistance you desire.

Cost: There will be an entry fee of \$5
The one with the most miles by the end of the month wins!
The contest will run from October 1st to October 31st 2012
The winner will receive half of the proceeds.

*Discover the Balance By Working the Mind,
Body, Heart and Spirit.*

14 York RD, Unit #1
Shannonville, On
Canada K0K3A0

Call for more details!

Phone: 613-962-2822

E-mail: tyfitnessres@mbq-tmt.org



DESERONTO LEGION

Coming events...

Legion Week September 16 - 22

The Royal Canadian Legion, Earle J. Brant Memorial Branch 280
is hosting an Open House.

Executive members will be in attendance from 2-4 pm to
explain what your Legion does for you and what you can do for your Legion.
Refreshments will be served.

Entertainment:

Saturday, Sept. 8, 2-6 pm
enjoy the "best of classic country" with James Ryce and 'Top Shelf'.

Saturday, Sept. 29, 3-6 pm
listen to 'The Sound of Time', featuring country, rock, fiddle music.

BINGO continues, every Tuesday night, doors open at 5:30, play begins at 7:00.



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

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

September 2012

Discover the Balance

We have Gift Certificates

Discovering the
Balance
By Working the
Mind, Body,
Heart and Spirit
Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 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

Part-Time Staff

New Youth Staff

Fitness Facts by Reagan

-Gaining weight is not a bad thing. You could have weight in all the right places and have strong muscles!

-As much as it may stress you out just to think about exercising, once you actually start working out, you'll experience less stress in every part of your life.

-Not only does exercise improve your body, it helps your mental function!

- If you had every single muscle in your body work together at the same time, you could lift about 50,000 pounds.



To Marina, Ryder and Talon:

We want to thank you for the past few years. You all have been a joy to work with. Good luck in the coming school year. Make sure to stop by and see us when you are home.

Darlene and Sonya

We would also like to thank:

Reagan Leween for all her help over the summer months

Dylan Garey for cleaning the Fitness Centre

The painters who made the Centre look spectacular

All was greatly appreciated. Thank you!



PILATES

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

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

Time: 5:50pm to 6:50pm

\$10.00 a night - limit of 10 Participants

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



Sign-up by & pay by September 20/12

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

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

Super Senior Fit



Every Tuesday in October!

Starting October 2nd

9:30am-10:30am

14 York Road, Unit#1, Tyendinaga

\$10.00 Per Class / Instructor : Wendy Meraw



Morning Program

Exercise to Tone & become Stronger

In order for the program to be successful

At least 10 participants

DEADLINE to sign up & pay

September 20/12

Questions about program email:

Contact : Tyendinaga Fitness Resource Centre

To Sign Up Today

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



SPECIAL 1/2-Day Brain Gym® Introduction

By

Paul Hyman

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

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



Brain Gym is a movement based learning program developed to be easily used anytime.

SPECIAL

Only \$45.00 includes HST
\$5.00 towards TFRC

- Provides a readiness program for learning
- Supports the physical side of the learning process

- Can be done in less than 5 minutes
- Requires no extra equipment
- Reduces stress with Exclusive Brain Boosters
- Supports the coordination of the eyes for reading, ears for listening, gross motor and fine motor coordination
- Improves our ability to focus, organize and communicate

Date: Saturday October 27, 2012

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

Time: 9:00 – 12:00 p.m.

This Event is Sponsored by Tyendinaga Fitness Resource Centre

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

For More Information Please Call: 613.962.2822

New Insights from Neuroscience into Real-Life Applications

Brain Fitness is an innovative movement-based, multi-sensory brain stimulation program that is supported by the current brain research about the brain's plasticity. Open the sensory world to adults & children with complex disabilities. Significantly speed up the rehabilitation process. Approach may be used with an adult or child with neurological challenges, acquired brain injury or stroke. Physiotherapists and PTA's are beginning to use components of Brain Fitness in a Falls Prevention Program.

Participants learn Advanced Techniques from:

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

Benefits: improved functional ability, may prevent and/or manage confusion, depression, lethargy, lack of motivation, low self esteem, lack of concentration, poor recall, limited thinking patterns, balance to reduce falls and seeming inability to learn new material,



even in those who have shown some signs of deterioration.

Paul Hyman, is president of Brain Fitness International. BFI delivers services based upon discoveries from the field of neuroscience. He is a "Brain Trainer", combining mind/body approaches and brain research. Paul works internationally with clients and trains other professionals in his approach. For a sample of Paul's programs view www.diversicare.ca "The Woman in Orange". A licensed Brain Gym[®] Instructor/Consultant, Paul served on the Brain Gym International Foundation Board

from 2004 – 2008 receiving the "Outstanding Achievement & Contribution" award. A therapist at the Centre for Addiction and Mental Health for ten years, he was awarded the Nath Nayar Award, for Outstanding Contribution and Service. His experiential style of teaching and growing collection of playful toys/teaching aids makes for a fun, one-of-a-kind memorable learning experience.

..... Call for private sessions, consultations and in-house trainings/presentations.

BRAIN FITNESS INTERNATIONAL

Registration Form: Advanced Brain Gym[®] Workshop



Class Date: Saturday, October 27, 2012

Name _____ Home Phone _____

Email _____ Cell _____

Address _____

City _____ Province/State _____ Zip _____

____ \$45.00 inclusive of taxes **\$5.00 towards TFRC** Deadline for registration by Sept. 28, 2012

This Event is Sponsored by Tyendinaga Fitness Resource Centre

Please send form and check payable to: Brain Fitness, mail to 201-898 Eglinton Ave. E., Toronto, ON, M4G 2L2 **For More Information Please Call: 613.962.2822**

Supper Sessions

By

Tyendinaga Fitness Resource Centre
(613) 962-2822

3 weeks of Healthy Sharing

Tuesday Oct. 16, 23, 30

6pm - 7pm

At The

York Road Restaurant

Tues. Oct. 16 -

Tues. Oct. 23 -

Tues. Oct. 30 -

COST : \$5.00 a person - you purchase supper

Email : tyfitnessres@mbq-tmt.org

Ask the Doctor:

I have been suffering from headaches and migraines for years. I constantly take pills that have created stomach and kidney problems. Is there anything I can do that will help!

-Martin

Hi Martin,

The most common cause for headaches and migraines is subluxation based, meaning a misalignment of the cervical spine or neck. Several factors can cause a change in the neck such as trauma, poor posture, sleep patterns, even the birth process. When the neck moves out of place it also causes the muscles to change shape and sometimes may cause referral pain such as radiation into the skull, behind the eyes, over the shoulders, etc..

If in fact you have subluxations in the neck or any area of the spine, no amount of pills will correct that. However, as a chiropractor we perform a very thorough exam of your spine and nervous system to figure out the root cause of your concern. If you are a candidate for corrective care we offer different treatment options. As chiropractors we have a high success rate of alleviating headaches and migraines both safe and effectively.



Dr. Jason Maracle Young DC, CSCS
Maracle Chiropractic

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

Do you Suffer From...

- *Pain?
- *Numbness?
- *Tingling?
- *Stiffness?

Do You Experience...

- *Frequent Illness?
- *Fatigue?
- *Difficulty Sleeping?
- *Digestive Problems?

If you said "YES" to any of these, CALL Us.

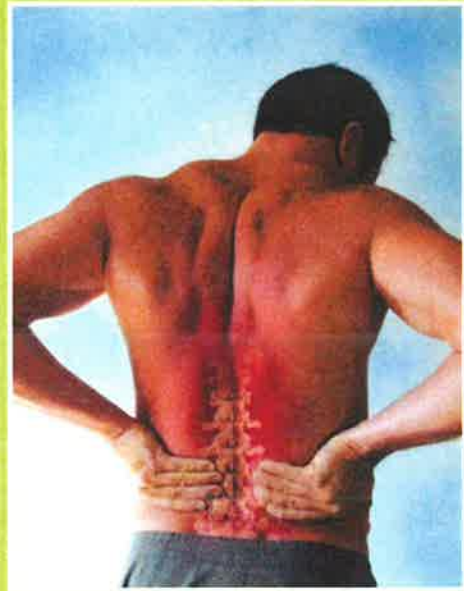
We Can Help!

613-876-5855

www.maraclechiropractic.ca

Receive a New Patient
Chiropractic Exam and
Report of Findings for \$35.

(Save \$125.00)



FUNDRAISING SOFTBALL TOURNAMENT



SEPTEMBER 22, 2012
At the
DESERONTO BALL PARK



ENTRY FEE: \$100.00

There will also be a raffle prize table and BBQ to raise funds for the Napanee Stars Minor Atom Hockey Team.

FOR INFORMATION AND TO REGISTER CONTACT:
CORY BROOKS: cbrooksy192@gmail.com

One over the fence homerun per inning. There must be three girls (3) on the field each inning.

Let the Season Begin!

HOME OPENER

September 21

VS

Napanee

September Schedule

Sept. 23 @ Amherstview

Sept. 27 @ Picton

Sept. 28 @ Home vs Amherstview

~ All HOME games have an 8:30 start. ~



~ Exhibition Schedule ~

Sept. 1 – VS Picton (Essroc Arena Wellington)

Sept. 7 – vs Picton (Deseronto)

Sept. 9 – VS Amherstview (WJ Henderson Arena)

Sept. 14 – vs Amherstview (Deseronto)

~ All AWAY games have a 7:30 start. ~

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



DESERONTO

Fitness & Recreation Centre

SEPTEMBER SPECIAL



Kids Back to School... PARENTS BACK TO THE GYM!

FOR THE MONTH OF SEPTEMBER

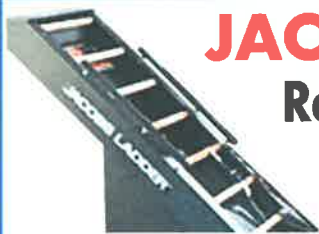
Option 1: 1 month membership and 3 personal training sessions
\$99.00 (regular price \$125.00)

Option 2: 3 month membership and 5 personal training sessions
\$199.00 (regular price \$230.00)

Option 3: 6 month membership and 5 personal training sessions
\$299.00 (regular price \$335.00)

Option 4: 1 year membership 20% off

55 plus save an additional 20% on Options 1, 2 & 3



JACOB'S LADDER CHALLENGE

Registration August 31st - September 7

Individual \$30.00 Team of 2 \$50.00

Challenge September 8 - October 6

The person or team that climbs the highest at the end of the challenge receives \$50 cash and 3 personal training sessions for you and a friend.

51 Mechanic Street, Deseronto, ON K0K 1X0

Phone: 613-396-6000 Fax: 613-396-6005

email: deserontofitnesscentre@gmail.com

Mon-Fri 6am-9pm, Sat 8am-3pm, Sun closed

Enyonkwa'nikonhriyohake' (Good Minds) Program

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

All events are FREE
SEPTEMBER 2012



↓ Tuesday: AGES 6-10	↓ Wednesday: AGES 11-14
4 th Back to School (no drop-in)	5 th Back to School (no drop-in)
11 th  Welcome Back! Registration & Orientation	12 th  Welcome Back! Registration & Orientation
18 th Games & Crafts! 	19 th Games & Crafts! 
25 th  Games & Crafts!	26 th  Games & Crafts!



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

KERISTOS NE KORAH:KOWA

CHRIST THE KING

Under the Patronage of Blessed Kateri Tekakwitha

A Catholic Anglican-Use Parish

Tyendinaga, M. T.



Morning Prayer with

Communion from the Reserved Sacrament

10:00 AM → 1st, 3rd, 4th, 5th Sundays



Holy Eucharist (Complete Mass):

11:15 AM → 2nd Sunday of the Month

Services are held at: The Elders' Lodge Common Room

For additional parish information, please call:

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

OR

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

OR

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



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



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



TYENDINAGA MOHAWK TERRITORY

1984 YORK ROAD

CHURCH · 613 · 396 · 5329

PARSONAGE · 613 · 396 · 5325

Sunday

10:30 am Worship Service

11:30 am Children's Church

6:30 pm Worship Service

Wednesday

7:00 pm Bible Study

Saturday

7:00 pm Prayer

Coming Events

Sept 22 · Fund Raising Breakfast 8 am at the Mohawk Fair · proceeds to the new Church Building

October 13 · full course beef dinner with all the trimmings. "the Masters" will be performing in concert at the Native New Life Centre. Tickets are on sale now, please contact the Church office.

"The solutions to the problems we face today cannot be solved on the same level of thinking we were at when we created them."

Albert Einstein



THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest

The Venerable Brad Smith
962-2787

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

SUNDAY CELEBRATIONS

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

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

On Sunday 16 September, the parish will worship together at Christ Church at 10:30 a.m.

Back to Church Sunday
Sun 30 Sep

If you haven't been to church for awhile or are searching for a spiritual home, you are invited to attend a special service at both churches at the regular times.

Harvest Thanksgiving
Sun 7 Oct

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

UPCOMING EVENTS

Parish Fun Night
Wed 19 Sep, 7 p.m.
Queen Anne Parish Centre
Bring a game, a friend, and a snack!

Men's Breakfast
Sat 29 Sep, 8 a.m.
Small Town Cafe, Deseronto
The men of the Parish (and friends) gather once a month for breakfast and fellowship.

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

“AA OPEN MEETINGS”

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

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

WE ARE TOPS, ON#5258 T.M.T.
Losers Unite, Join Us!

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

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

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

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

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

CLASSIFIED

APT. FOR RENT

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

Please call: 613-962-9187

FOR SALE

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

Call: William J. Brant
613-967-1129

HOUSE FOR SALE

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

LAND FOR SALE

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

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

FOR SALE

- BUILDING FOR SALE
- negotiable with terms

Call: Calvin
613-827-4338

For Sale

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

Please contact:
tyendinagall1@yahoo.com OR
416-938-4157 or 613-396-2151

FOR SALE

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

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

Call: 613-962-9187

FOR SALE

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

Please call Bill: 613-966-1092

FOR SALE

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

Serious inquiries only
Call: 613-396-5879

FOR SALE

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

Please call Bill: 613-966-1092

Babysitter Available

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

Child Care Available

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

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

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the web
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out!

www.mbq-tmt.org

For Rent

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

For Viewing please
call: Kelly 613-929-7355

BUSINESS FOR SALE

Well established eatery
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For information contact
maraclechris@yahoo.com

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*Are you looking for
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Territory?*

Turn key operation for sale of 2
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corner of Bell's Rd & Hwy #2
Serviced on town water &
tenants pay hydro. Good return
on your investment.
Asking \$200,000.00
Contact Jim McMurter
613-396-1607

FOR SALE

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

Best reasonable offer

Call: 613-967-8935

FOR SALE

FIREWOOD
- cut firewood
- Ash, Maple & some Poplar
- \$200.00 per cord

Please call: 613-967-4704

HOUSE FOR SALE

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

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

HOUSE FOR SALE

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

Call 613-577- 4770 and leave a
message

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

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613-968-9459

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Rheana Maracle Photographer Graduate Humber College 2011
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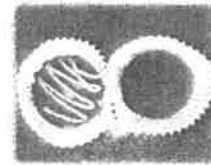
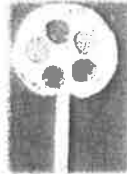
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