



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANYENK'EHA:KA

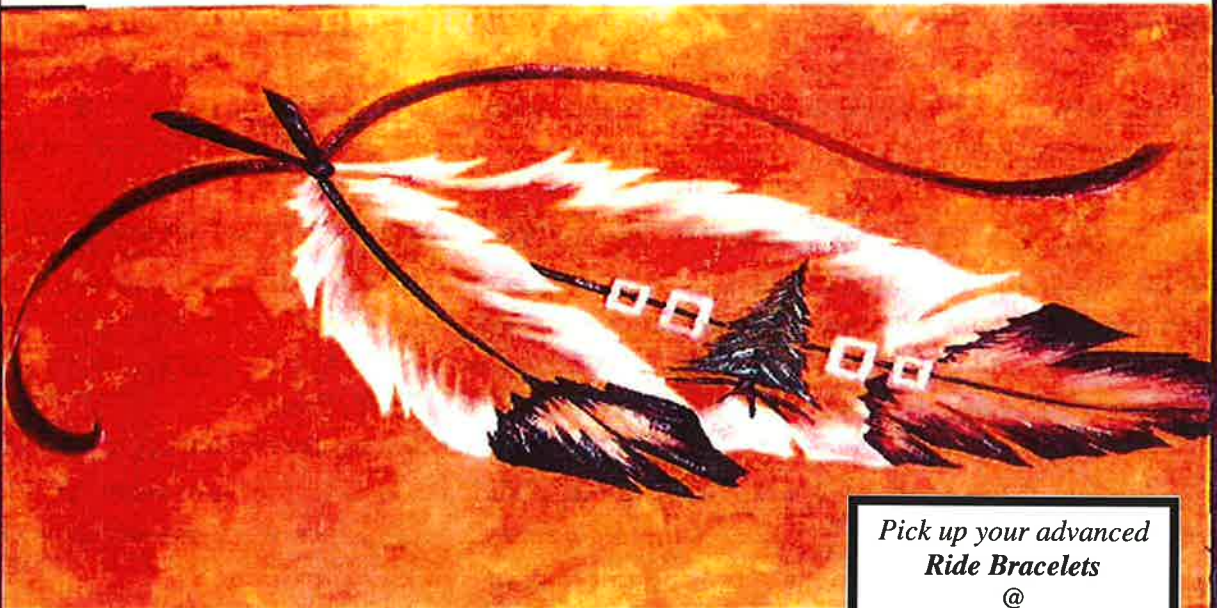
ORI:WASE (NEWS)

ISSUE 9/13

SESKEHKOWA (September)

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

113th Annual Mohawk Agricultural Fair



**Sept 20, 21, 22
2013**

*Pick up your advanced
Ride Bracelets*

@

*Community Wellbeing
Centre*

\$20.00

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

Tyendinaga Fitness Resource Centre

UNIT #2



Friday, September 27, 2013

1pm-3pm

The Fitness Studio & Maracle Chiropractic Clinic

14 York Road

Tyendinaga Mohawk Territory, K0K 3A0

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

**Ontario
Trillium
Foundation**



**Fondation
Trillium
de l'Ontario**

An agency of the Government of Ontario.
Relève du gouvernement de l'Ontario.

**Tyendinaga Mohawk Council Meetings
or September 2013:**

TMC Meetings	Agenda Deadlines
Local Business – Thursday , September 12, 7:00 p.m. Regular – Wednesday , September 18, 9:00 a.m. Local Business – Wednesday , September 25, 7:00 p.m.	Friday , September 6, 12:00 p.m. Thursday , September 12, 12:00 p.m. Thursday , September 19, 12:00 p.m.

*** Notice ***

Please be advised that the staff of the Mohawks of the Bay of Quinte will be having a Staff Appreciation Day on Friday, Sept 13 from 12 noon - 4:30 p.m. The offices will be opened but there will be minimal staff available.

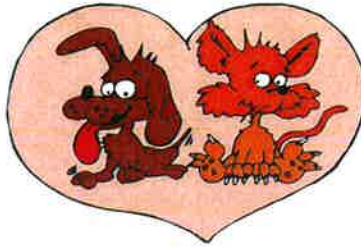


MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in August responded to 8 calls:

- 1 Medical Assist**
- 2 Motor Vehicle Accidents**
- 1 Rubbish Fire**
- 1 Brush Fire**
- 2 Wires Down**
- 1 Public Service**

This brings our total to 59 calls for the year 2013



MBO ANNUAL RABIES CLINIC

SATURDAY OCTOBER 5, 2013

**TO BE HELD AT:
59ER'S HALL, 8011 OLD HWY #2, TMT.ONT.**

**9:00 AM – 12:00 PM
VETERINARY, DR. LINDA HACK**



*Cost to be determined
"All animals must be caged or on leashes"*

*Contact Crystal Maracle,
Env. CHR at the Mohawk Administration Office,
613-396-3424, ext. 131.*

September 17th - 2pm

Seniors viewing movie Oriskany Battle Site where forces of the Iroquois Confederacy fought against each other. The battle, fought on August 6, 1777, was a turning point in the War of Independence. Movie provided by the Oriskany Alliance of Tyendinaga.



**KANHIOTE
LIBRARY**

613-967-6264

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

Thursday 12 to 7



Spaces Available

Preschool - 2.5 years - 5 years

and

Toddler - 18 months - 2.5 years available

If you are interested and meet the following criteria:

- Must be working or attending school on a full time basis
- Must be a member of Mohawks of the Bay of Quinte, including children
 - Must live on Tyendinaga Mohawk Territory

For more information please contact the Centre @

613-967-4401 to make an appointment!

We are open 7:00 am – 5:00 pm



Tahatikonhsotóntie Head Start Program

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

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

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

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

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

613-396-6716

**DO YOU WANT TO EARN EXTRA MONEY?
ARE YOU ATTENDING HIGH SCHOOL?
ARE YOU BETWEEN THE AGES OF
14-19?**

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

FOR MORE INFORMATION CONTACT:

KRISTEN BIRD 613-885-7750

OR

MATT SAGER 613-885-4454



News from the Ohahase Education Centre

July 27th marked a momentous occasion for the 14 adult learners who graduated with their Ontario Secondary School Diploma. We are proud of the dedication and perseverance they displayed during this part of their educational journey. Please join us once again in congratulating the following graduates:

David Bolton Ashley Brant Benjamin Harvey Brent Hill
Dakota Hill Jessica Hill Christopher Jacobs Hunter Lucas
Chelsey Maracle Marni Maracle Matthew McDonell
Kylea Smart Dee VanEvery Clayton Weistche

Have you been thinking of going back to school to get your Grade 12 diploma? Ohahase Education Centre always accepts new registrations for our Adult Ed program, and most adults can achieve their OSSD by completing as few as four credits, depending on life and work experience. Drop by the Centre any time between 8:30 and 4:30 and we'll get the process started.

We are also accepting registrations for our regular high school program, which now includes Grade 11. We've got a great line-up of courses being offered, and two new teachers added to our team - Karihwawishon Joe Brown, and Melissa Lentini. Meet the Teacher/Open House is on Thursday September 19th, from 4 - 6 pm. We look forward to seeing you there, and we look forward to another great year!

Ohahase Education Centre
3 Old York Road
Tyendinaga Mohawk Territory
613-396-2122

Kanien'keha:ka Women's Council Update

Coming from the homelands of our Rotinohson:ni ancestors', we reaffirmed our strength and the importance of our roles and responsibilities as Kanien'keha:ka women...To be role models within the confederacy and to encourage proper consultation.

Our clans have been holding both community and national clan meetings at various times in various locations this past year. As a result, the wolf clan women of the Kanien'keha:ka sent out an invitation Kanien'keha:ka longhouses inviting our women from our territories; calling for an exchange of information and ideas that are vital to the strength of our nation...Especially for our children and those yet to be born.

With grandmothers, mothers, aunties, sisters and future mothers of the nation gathered, there was much to be discussed with our clan families concerning the matters of sovereignty of our nation.

This past Saturday, August 24, we were hosted in the longhouse at the Kanien'keha:ka territory of Tyendinaga; the land of the Peacemaker. We began with our traditional Ohen:ton Karihwaterkwen/"words that come before all else" spoken on our collective behalf by one of our clan mothers who addressed and gave thanks to all that was created in the natural world.

Matters to be discussed were: Roll call of longhouses and communities represented; brief review/sharing previous clan meetings; "Where do you envision your clan to be?"; clan discussions; clan feedback; Kanien'keha:ka clan families; clan name registry; resource registry development; jurisdiction issues; upcoming events and other new matters.

With our children and those yet to be born in mind, we valued eachothers' participation and had gathered our minds as one at this nation Women's Council; where we agreed to work together for the Kaianere'ko:wa/Great Law of Peace, keeping in mind the three original teachings of peace, strength and righteousness.

It was echoed that too often everyday life gets in the way of resolving matters that need to be accomplished, or even initiated. We were able to affirm that our social structure of family: (at home and within the confederacy) needs be maintained and preserved to begin to eliminate the institutional thinking our people have adopted due to colonization.

Clan discussions met with both good humor and sincerity.

This gathering was a beautiful experience as well as an educational one, as it provided the opportunity for our women to get acquainted with eachother and use our voices to work together on our collective matters of concern.

The casual discussions that occurred during lunch break led to new friendships as well as rekindling our lasting friendships. It was wonderful to enjoy traditional healthy foods and a welcoming environment.

The gathering with women from our Kanien'keha:ka territories was the beginning of many more to come; to inspire all of us to strengthen our ties with one another.

Kanien'keha:ka Women's Council Update

It was agreed that our Women's Council be held seasonally to allow for the opportunity for the clan families to meet as a whole and to prepare for upcoming councils.

Our next gathering will be hosted in the Mohawk Nation Council of Chiefs the longhouse at the Kanien'keha:ka territory of Akwesasne, Sunday, November 17th, 10 a.m. to 3 p.m. following the day after our traditional event "the Sing". Future meetings will be arranged to coincide with other national events if possible.

We are hopeful that more women come to share their minds with us at our next Kanien'keha:ka nation Women's Council.

A closing was spoken in Kanien'keha by another one of our clan mothers.

For further information or to make carpooling arrangements contact:

Angela Elijah Akwesasne 613-790-9073
Lynne Norton Kahnawake 450-632-7639
Bonnie Jane Maracle Tyendinaga 613-967-6316

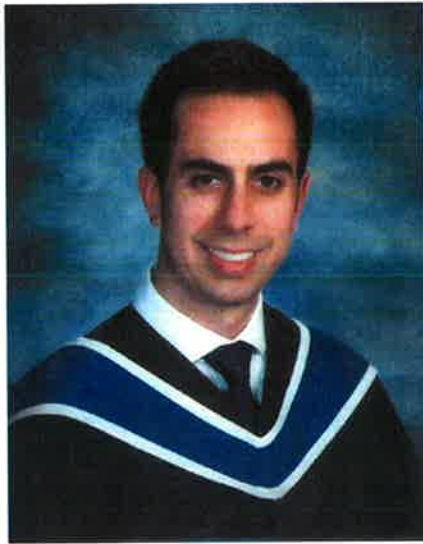
Skennenhkó:wa/In Peace and Friendship,

~Kahienes Sky, Wolf Clan/Wakathahion:ni
~Jan Hill, Turtle Clan/Kanonhsyonni, Wakeniahton, Tekarihoken
~Cheryl Diabo, Bear Clan/Kahawinóntie Wakhskaré:wake, Tehana'kari:ne
Kanien'kehá:ka Territory

In loving memory of a beautiful daughter and little sister
Ava Rachel Christine Barker
July 9, 2013 – July 17, 2013

Loving you is easy
We do it every day
Missing you is a heartache
That never goes away

Always loved and never forgotten
Mommy, Daddy and big brothers Jeremy & Matthew
Grandparents, aunts, uncles, cousins and family
Forever in our hearts



CHARLES T. VINCENT

graduated from Queen's University, Faculty of Law on
14 June 2013. He received his Juris Doctor Degree.

Charles is looking forward to starting his
Ontario Bar Admission Articles of Clerkship with
Borden, Ladner, Gervais Law Office in Ottawa.

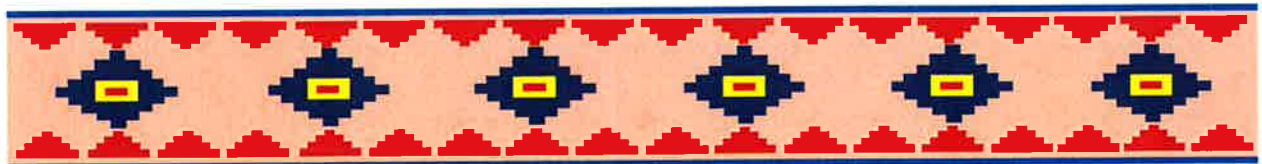
Congratulations Charles!

We are extremely proud of you.

Love,
Mom, Dad & Family



Congratulations
To
Julie Brant
For
15 years
as of September 9th, 2013,
at
Eksa o'kon:'a Child Care Centre
Nya:wen,
For all your hard work and dedication!





We would like to send a big thank you to Chief and Council, the Recreation Committee and Choice Roofing (Dean & Glenna Brant) for their support to help our team to the Aboriginal Fastball Championships in Curve Lake.

We played very well and finished 4th in the tournament.

It has been a long 7 years since we participated in the event, but we made it and couldn't be happier with our performance.

Thanks again for your support!!

Tyendinaga Thunder Ladies Fastball Team

The Tyendinaga Food Bank Charity Golf Tournament was held on June 14, 2013 at Briar Fox Golf and Country Club. The organizing committee is pleased to announce that the amount raised from this tournament was \$15,000.

We would like to thank the businesses, organizations, individuals and the 147 golfers from this community as well as surrounding communities who supported this worthwhile cause. Their generous donations and sponsorship made it possible to surpass the amount of funds raised last year for the Food Bank.

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

Nia:wen/Thank you

Happy Birthday!

★ Happy 12th Birthday!
★ Trinity - Sept. 7
★ Love Mom, Dad, big Sis & the hounds

★ Happy Birthday to one of
★ Tyendinaga's Finest!
★ Aunt Donna - Sept. 12

★ Happy Birthday Aunt Marion!
★ & all the best on your day.



★ Happy Birthday POPPY VENTON
★ Love Tristian and Darrian

★ Happy Birthday POPPY
★ Love Jason, Adam and Whitney

★ Happy Birthday DAD,
★ Love Deb and Steve

★ Happy Birthday GRAMPA DOREEN
★ Love Tristian and Darrian

★ Happy Birthday GRAMPA
★ Love Jason, Adam and Whitney

★ Happy Birthday DAD (POSSUM)
★ Love Steve and Deb

★ Happy Birthday IAKOHENTIIO
★ From Steve and Deb

★ Happy Birthday NOREEN
★ From Steve and Deb

★ Happy Birthday T. SLICK
★ From the Gang on Ferry Lane

★ Happy 5th Birthday
★ Reyna – September 3rd
★ Lots of Love Aunt Marilyn, Uncle Rick, Sam,
★ Emmett, Phill & Hayden

Happy Birthday
Donna – September
7th

Love Aunt Marilyn,
Uncle Rick, Sam,
Emmett, Phill &
Hayden



Happy 26th Birthday
Leah – September 8th
Love Marilyn & Rick

Happy 26th Birthday
Leah – September 8th
Love Sam, Emmett, Phill & Hayden

Happy 2nd Birthday
Shyla – September 16th
Lots of Love, Aunt Marilyn, Uncle Rick, Sam,
Emmett, Phill & Hayden

Happy Birthday
MJ – September 17th
Love Marilyn, Rick, Sam, Emmett, Phill &
Hayden

Happy 11th Birthday
Hayden – September 17th
Love Marilyn & Rick

Happy 11th Birthday
Hayden – September 17th
Lots of Love, Dad, Sam & Emmett

Happy 12th Birthday
Colin – September 25th
Lots of Love, Aunt Marilyn, Uncle Rick, Sam,
Emmett, Phill & Hayden

Happy 50th Birthday
Mike – September 26th
Love Marilyn, Rick, Sam, Emmett, Phill &
Hayden

Happy Anniversary
MJ & Bill – September 25th
Love Marilyn, Rick, Sam, Emmett, Phill &
Hayden

OPEN YOUR HEART AND HOME TO A CHILD IN NEED

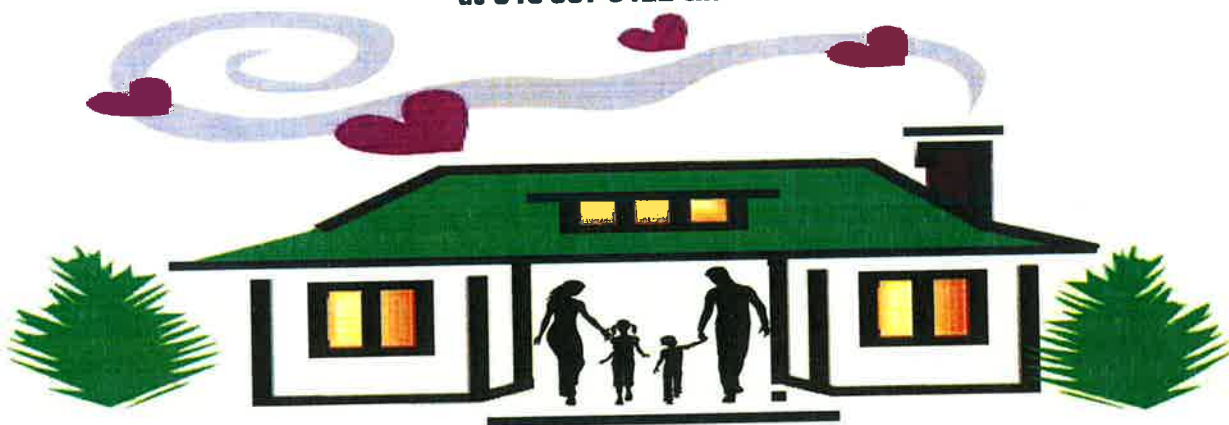
For many children, a loving and secure home environment
would make a huge difference in their lives.

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

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

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

Contact Lacey King at Mohawk Family Services
for more information
at 613-967-0122 ext. 145



SAVE THE DATE

November 24, 2013

Mohawk Family Services is hosting the
7th Annual Christmas Merchandise Bingo
\$2 Admission Fee

Location: Mohawk Community Centre
Doors open at 12pm
Bingo starts at 1pm
Children Over 6 years of age are welcome!

Please see October's newsletter for more details
regarding the sale of admission tickets!

**OPERATION
PROM / GRAD DRESS 2014!!!!!!
Let's get ready!!**

Clean out those closets....Vintage is great too!!!

Lets come together this year and help those families in need, stretch their dollar and enjoy this special occasion and milestone with their families.

Donate a dress or suit to Red Cedars Shelter.....

Red Cedars is now accepting the following to help our graduates of 2014.....

Dresses, suits, traditional regalia, shoes, purses and costume jewellery.



For more information please contact Red Cedars Shelter at 613-967-2003.

The prom dress/suit program is pending of donations from the community.

REMINDER

Red Cedars Shelter is in need of women and children's clothing of all sizes. Donations can be dropped off at Red Cedars shelter.



More program information to come as we get closer to Graduation preparation.

Good Food Box




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

Large Food Box \$15.00

Singles Box \$10.00

Fruit Bag \$5.00

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



For more info, or
to place your
order, call

Vanessa, at CWC

COMMUNITY HEALTH

Community Food Box Program

Orders and Payments are due by the 2nd Tuesday of every Month.

If we have not received your payment by the due date, we will NOT order a food box for you.

NO EXCEPTIONS!!

UNFORTUNATELY WE ARE NO LONGER ABLE TO ACCEPT TELEPHONE ORDERS.

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



Pick up is every 3rd Wednesday of the Month

If you are interested in knowing more about the Good Food Box please
contact:

Vanessa @ 613-967-3603



GOOD BABY FOOD BOX

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

Price List:

Infant:-\$6.00

- 20 pack of diapers
- 1 chosen speciality item

Over 6 Months-\$10.00

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

Toddlers:-\$6.50

- 20 pack of diapers
- 1 chosen speciality item

Speciality Items are:

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

Formulas:

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

Family Health & Child Development Program
(Maternal Child Health, Healthy Babies Healthy Children & Early Childhood Development)
Community Wellbeing Centre
50 Meadow Drive
613-967-0122

Why should you care about FASD?

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

FASD is not a label

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



What do I need to know about FASD?

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

Upcoming events in October...

October 5th ABC Fair 10:00am-1:00pm

October 8th Thanksgiving Craft and dinner 6:00-8:00pm

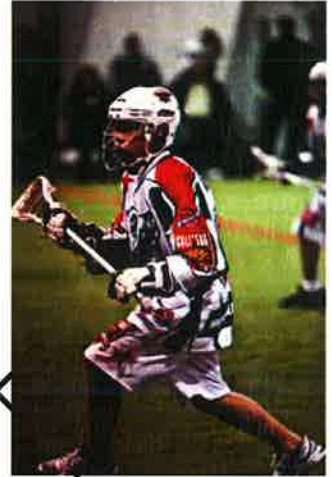
October 16th Bears and Cubs 6:00-8:00pm

October 30th Halloween craft and dinner 6:00-8:00pm

BEARS AND CUBS

SEPTEMBER 18TH, 2013

6:00PM - 8:00PM



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 off their new found skills. We will meet at the Lacrosse box instead of the Teaching Lodge.

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 AT 613 967 0122 EXT.149 - Julie Brant



COMMUNITY CIRCLE



SAVE THE DATE!

September 16th, 2013

Just a reminder to our Community Circle participants!

September is fast approaching and it's almost time to start up our circles once again!! I hope you are all having a great summer and snapping those photo's to create your Thanksgiving books. If you require another list of the items that are needed to complete your book please feel free to contact Julie Brant at 613 967 0122 ext. 149 or by email at julieannb@mbq-tmt.org. September and October circles will be focused on creating and completing our books in time for Thanksgiving.



The circle is open to men and women 18 years and older.

"The Circle has healing power. In the Circle, we are all equal. When in the Circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The Sacred Circle is designed to create unity. The Hoop of Life is also a circle. On this hoop there is a place for every species, every race, every tree and every plant. It is this completeness of Life that must be respected in order to bring about health on this planet."

The Community Wellbeing Centre





Let's Walk & Beat
Diabetes Together!



September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Labor Day</i>	3	4	5 ● New Moon	6	7
8	9	10	11 Prenatal Class 6:00-8:00pm CWB	12	13	14
15	16	17	18 Prenatal Class 6:00-8:00pm CWB	19 ○ Full Moon	20 *Mohawk Fair	21
22	23	24	25 Prenatal Class 6:00-8:00pm CWB	26	27	28
Weekend						
29	30					

UPCOMING EVENTS FOR SEPT 2013

Wednesday, Sept 11th: Prenatal Class 6-8pm CWB

Friday-Sunday, Sept. 20th-22nd—**Mohawk Fair**

Come Visit Us at Our Booth at the Fair!!

“Nia:wen Kowa” to Marilyn Brant
for “Volunteering Her Time and Energy”
to instruct us in
Canning Tomatoes!!



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@mboq-tmt.org
www.tndms.ca/HMH-B-Tyendinaga.html

CURRY PICKLE

(Like Bread & Butter pickles, only better!)

Zucchini (small) and onions, thinly sliced – to fill 4 or 5 qt/
litre jars

Salt brine to cover zucchini and onion

6 cups vinegar

6 cups sugar

2 Tablespoons celery seed

2 Tablespoons dry mustard powder

4 Tablespoons curry powder

2 Tablespoons turmeric

6 whole cloves

8-10 slices ginger root

1 teaspoon Tabasco sauce

Soak zucchini and onion slices in salt brine overnight.
Drain and pack into jars.

Combine remaining ingredients, bring to a boil and
pour over vegetables.

Seal jars and let stand a few weeks before eating.

*Also good over beans... ie. bean salad,
or as a dip for raw vegetables.*

HONEY PICKLED BEETS

2 quarts/litres small beets, or beet slices

1 ½ cups white vinegar

1 cup honey

1 cup water

1 teaspoon salt

1 teaspoon allspice

2 cups onion rings

In a spice bag: 2 teaspoons each: whole cloves &
mustard seed, + 2 cinnamon sticks

Cook the beets and slip off the skins.

Combine the vinegar, honey and water in a large
saucepan and add to this the salt and allspice.

Drop the spice bag in and simmer for 5 minutes.

Add the beets and onion rings and simmer gently for
20 minutes.

Pack into hot sterile jars, cover with liquid and seal.

Makes 4 pint-sized jars.





ARE YOU A JUNK WALKER?

“Do hunter-gatherers “take a 3-mile walk” on their daily to-do list? Nope. Their yearly mileage was much more likely to come from: shorter walks throughout the day, days of mid-range distance, days of extensive mileage, and days of rest. Why is this important? If you always walk 3 miles a day, you won’t develop the tissues and the tissue strength necessary to walk farther. Walking 21 miles a week with different mileage on different days (two miles on four of the days, a 12-mile day, a day of rest, a one-mile day) creates a different body than walking three miles a day for seven days. Variety is both the spice of life and the backbone of human adaptation.”

– Katy Bowman

Katy Bowman is a biomechanics scientist in California who has focused her physics expertise on the mechanical causes of human disease, rather than genetic or hormonal causes. She believes and teaches that proper body alignment is crucial to wellness, and that our current lifestyles and even our patterns of exercising are promoting unnatural alignment, muscle weakness that does not support our organs, and ailments which can be corrected – often simply. She has brought us an awareness of the necessity to see mechanical causes of pelvic floor disorders, bone degeneration, and foot problems. She is known for taking pelvic floor strengthening a step further than Kegels exercises, which many women find hard, ineffective, or forget to do. Her exercises are easy to learn and do.

Katy says that even our bursts of exercising, such as *working out at the gym*, using a *treadmill*, and going for major walks to compensate for the rest of the time we spend sitting are all unnatural and can contribute to poor alignment. What is healthier and more natural is to find ways to keep moving in as many ways as possible throughout the day, as our ancestors did. Going for a separate “workout” instead of being active throughout the day, she says, is like junk food to our bodies. Junk food could be lifesaving to a starving population in a famine situation, short-term, if that’s all that was available, but it is not a long-term solution for health and wellbeing! Processed food is not the stuff that health is made of....

“You can apply this model to movement as well. For most of us time limitations have eaten away the space in our lives for the all-day, life-long varying whole-body movement required for biological function. In lieu of a “natural movement” diet, we partake of short, daily bouts trying to manipulate variables so that we might create a similar effect, in 60 minutes, to what we would have gotten over a 24-hour period. Exercise is convenient, for sure, but it can also be a highly processed version of what our body requires from movement. Exercise can fall way short of the nutrients movement provides. In short, exercise is the junk food of moving.” **-Katy Bowman**

So here’s the thing... You’ve been going for “workouts” to at least get some exercise? Good for you, don’t stop. Just fill in the gaps with natural movement! Too busy or too hot to exercise? Need breaks? Don’t feel guilty...just fill in the gaps with more natural movement (swimming, singing and showering count!) Busy mom/dad/grandparent with no gaps? Here’s the fun part: We are giving you a movement challenge each month for the next 2-3 months. This month’s challenge is to **follow a toddler’s movements for the day** (ok...an hour? Half an hour? 20 minutes a day?...) We did this as part of a yoga class this month where everyone got to be an animal in turn, whose movements we all copied. The kids had no trouble. It was fun and good movement for all of us, builds relationships, and helps us practice listening to our kids.

We would love to hear from you about your experiences of following your toddlers or kids, or how you fit in more natural movement into your days this coming month!

Email Dorothy and Gale at: chp_cwb@mbq-tmt.org.

“Junk Food: Something you eat that provides short-term satisfaction at the expense of long-term health....”
Junk Movement: A way of moving that provides short-term fitness benefits at the expense of long-term health.”

- See more at: <http://www.alignedandwell.com/katysays/junk-food-walking/#sthash.yGmdwQD6.dpuf>





Moon Ceremony

Women are invited to join us to honour and seek guidance from Grandmother Moon on Sept. 19 / 2013 at Dusk (Approx. 8:00 pm)

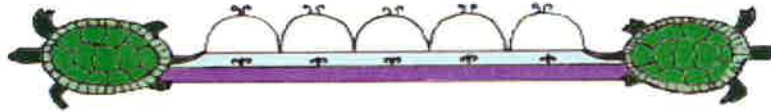
What to bring:

- 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 or Betty Ext. 102.



Fall Session Traditional & Western Prenatal Classes - 7 Weeks starting

Wednesday Sept 11th, 2013

6:00 pm - 8:00 pm

at the Community Wellbeing Centre

50 Meadow Drive, Tyendingaga

Mohawk Territory

For more information and to register
please call 613-967-3603
and speak with a Community Health
Nurse or Aboriginal Midwife

Classes are free

We encourage partners/support
persons to participate

Lots of information and giveaways for
parents and babies

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

September 2013

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Office Closed	3 Meals on Wheels Library	4 Diners Club Deseronto	5 Meals on Wheels Napanee Shopping	6 Meals on Wheels Handivan Des Scrapbooking Blvl Park	7
8	9 Chair Exercise Ceramics	10 Meals on Wheels Library	11 Diners Club & Bingo HOME SUPPORT @ Community Centre Euchre	12 Meals on Wheels Birthday Tea Pat's Ceramics Trip	13 Meals on Wheels Handivan Des	14
15	16 Breakfast Club Chair Exercise Faceless Doll Making Workshop	17 Meals on Wheels Library	18	19 Meals on Wheels Blvl Shopping	20 Meals on Wheels Handivan Des Blvl Park	21
22	23 Chair Exercise Ceramics	24 Meals on Wheels Library	25 Diners Club & Bingo HOME SUPPORT @ Community Centre Euchre	26 Meals on Wheels Steven & Chris Show	27 Meals on Wheels Handivan Des Scrapbooking	28 Open House 11:00am to 2:00pm
29	30 Chair Exercise Ceramics	Breakfast Club—8:00 to 9:30 a.m. Diners Club—12:00 to 1:00 p.m. Handivan Departure—9:00 a.m. Meals on Wheels delivered between: 11:30 a.m. to 12:30 p.m. Bingo/Lunch—12:00 to 3:00 p.m. Scrapbooking—10:00 a.m. to 3:00 p.m.		Birthday Tea—2:00 to 4:00 p.m. Euchre —6:30 to 8:30 p.m. Wii Bowling—7:00 to 9:00 p.m. Library—2:00 to 4:00p.m. Chair Exercise—10:00 to 11:00 a.m. Ceramics—1:00 to 3:00 p.m.		

Some memories give you a nice warm feeling.



Together we can help ease the pain.

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

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

For more information, please contact:

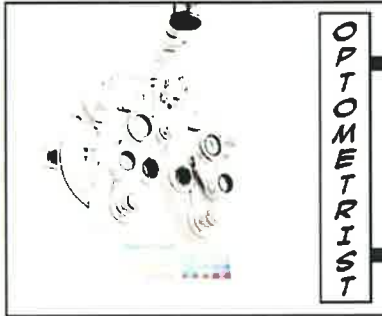
Seaira Maracle

613-967-0122 Ext. 100





EYE EXAMS & GLASSES FOR THE ENTIRE FAMILY



OCTOBER 11TH, 10AM - 5PM
TYENDINAGA MOHAWK TERRITORY
COMMUNITY WELLBEING CENTRE PARKING LOT
50 MEADOW DR., DESERONTO, ON



TO BOOK AN EYE EXAM CALL TOLL FREE

1-866-920-6480

COMPREHENSIVE OPTOMETRIST EYE EXAM

WE DO DIRECT INSURANCE CLAIMS
BOOK EARLY, SPACES FILL FAST

OUR MOBILE UNIT WILL BE PARKED AT THE
COMMUNITY WELLBEING CENTRE



The Enyonkwa'niknohriyohake' Program

is providing a:

Free Community Breakfast

Date: September 13, 2013

Time: 7:30 – 10:30 am

**Where: Teaching Lodge @ the Community
Wellbeing Centre**

**IN RECOGNITION OF WORLD
SUICIDE PREVENTION DAY!!**



The theme of World Suicide Prevention Day this year is,
Stigma: A Major Barrier to Suicide Prevention.”

SUICIDE FACTS:

- Leading cause of death in the world
- Affects young people more
- 1 million die worldwide by suicide every year
- Exceeds the number of deaths due to homicide & war combined.
- Higher rates in Indigenous communities

**Together we can break down the barriers and
overcome the STIGMA!**

**TAKE 5
TO SAVE LIVES**
World Suicide Prevention Day

Enyonkwa'nikonhriyohake' Program Presents:

Youth Group!

All activities are FREE

Starts **SEPTEMBER 10, 11 & 12, 2013**



**New for the 2013-2014 Season of Youth Group at the Canteen
(formerly called Youth Drop-in):**

- New dates and age groups
- **MANDATORY** registration for all ages (must be completed on 1st visit)
- Limited attendance (to be determined)
- Questions? Please call Tracy Hill at CWC @ 613-967-0122 x 146

Tuesdays

AGES: 6-8

TIME: 6-8PM



AGES: 13-18

TIME: 6-8PM

Wednesdays

Thursdays

AGES: 9-12

TIME: 6-8PM



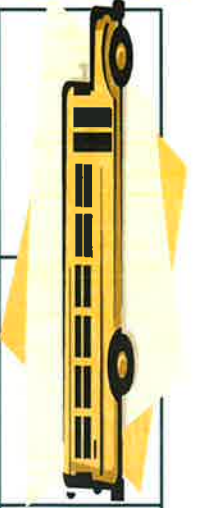
SEPTEMBER

COMMUNITY HEALTH

Gastric Bypass Support Group
 Starting September 24th at CWC
 Contact: Denise@ 613-967-3603

Immunization Clinic
 By Appointment for Sept 12 & 26
 Contact: Mary @ 613-967-3603

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Breastfeeding Support Parish Church 10 am-12pm	4	5	6	7
8	9	10 Breastfeeding Support Parish Church 10 am-12pm	11 Prenatal Classes CWC-6pm-8pm	12	13	14
15	16	17 Breastfeeding Support Parish Church 10 am-12pm	18 Prenatal Classes CWC-6pm-8pm	19	20	21
22	23	24 Breastfeeding Support Parish Church 10 am-12pm	25 Prenatal Classes CWC-6pm-8pm	26	27	28
29	30					





Please join us at the Community Wellbeing Centre
at 8:45 a.m. on September 9th.

At 9:09 a.m. we will acknowledge FASD Day with a moment
of silence & a brief ceremony.

Bring your rattle and participate.

We will have FASD information on hand & snacks!!

Contact Jill Beck for more information.

613-967-0122/jillb@mbq-tmt.org

Proudly offered by the Enyonkwa'nikonhriyohake Program

FETAL ALCOHOL SPECTRUM DISORDER

Coming Soon!! 2 Day FASD Workshop

Presented by Three Sisters Inc.

September 26-27, 2013

Fetal Alcohol Spectrum Disorder Workshop

Workshop Theme is:

“I Love You, I Just Don't Like Your Behaviour”

Raising awareness of FASD & providing interventions through Haudenosaunee

Teachings as well as Medicine Wheel Teachings

Please contact Jill Beck to register

613-967-0122/jillb@mbq-tmt.org

First International FASDAY

September 9, 1999



In One Magic Minute, We Changed the World: 1999/9/9 9:09 am

"Trust your crazy ideas," says a sign on Bonnie Buxton's bulletin board. Along with her husband, Brian Philcox, and Teresa Kellerman, Buxton came up with the idea of International Fetal Alcohol Syndrome Awareness Day in early 1999.

Buxton, Philcox, and Kellerman are parents of children with Fetal Alcohol Spectrum Disorders (FASD), a group of disabilities caused by maternal drinking during pregnancy. FASD is now the leading cause of mental retardation in western civilization, one which could be totally prevented. FASD affects about 1 in 100 people in North America. (There are about 3 million people with FASD in the U.S., and 300,000 in Canada, most undiagnosed.) In Eastern Europe and countries of the former Soviet Union, the rate of undiagnosed FASD may be higher.

The original volunteers were mainly adoptive and foster parents, plus a small but committed number of mothers in recovery, who have been working hard to inform and support other women with substance abuse problems. All of them lived daily with children whose pre-natal damage caused mental retardation or learning disabilities, plus severe acting-out behavior that disrupted their lives and their classrooms, and often physical problems requiring much medical attention. For most of the parents, life revolved around their children's crises: most mothers had been forced to abandon any thought of full-time career.

Frustrated by the lack of public awareness of FASD by both public and professionals, they had sought help for their problems on the online support group, Faslink, for two years or more. And on one winter morning in January 1999, Buxton began to wonder:

When they were digging out their cars from the great Toronto snowstorm, Buxton said, "What if, on the 9th minute of the 9th hour of the 9th day of the 9th month of the year 1999, we asked the world to remember that during the 9 months of pregnancy, a woman should remain alcohol free? And, what if we also asked the world to remember those millions of people who will never fulfill their genetic potential, because of prenatal alcohol exposure? At this magic minute in history, could we begin to change the world?"

In late February of 1999, Bonnie and Brian traveled to Arizona and talked Teresa into helping them begin this international movement, and this small group of burned out parents set out to change the world.

The three began to work on it right away, building alliances, with only the help of the Internet. The group grew quickly to include about 70 volunteer coordinators in eight countries. The northernmost volunteers are in Alaska, Yukon and Nunavut, the southernmost in New Zealand. There were FAS Day proclamations issued in many cities and towns, and several U.S. states.

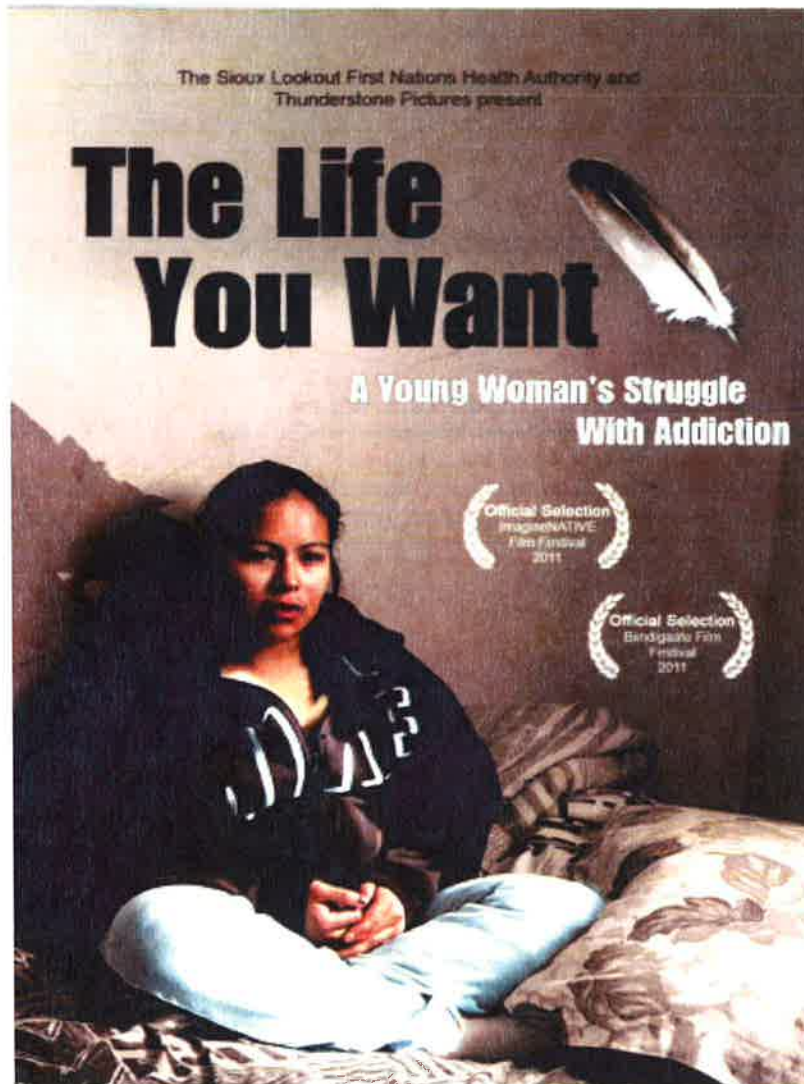
The first FAS Day began on September 9, 1999 in Auckland, New Zealand, where "Minute of Reflection" bells rang at 9:09 a.m., at Mt Albert Methodist church. Then it moved to Adelaide, Australia, and then to South Africa, where at 9:09 a.m., Cape Town volunteers gathered to hear the War Memorial Carillon that rang when Nelson Mandela was released from prison. Volunteers in Italy, Germany and Sweden held events – and then FASDay crossed the Atlantic. There were events in every time zone across Canada and the U.S., including ringing of carillons in Toronto, Niagara Falls, Hastings, NE, and Austin & San Antonio, Texas. The westernmost activity was the community breakfast on the tiny island of Kitkatla, B.C., near the Queen Charlotte Islands, where the village bell rang at 9:09 a.m. followed by prayers in the native tongue by village elders.

Over the years, the movement continues to grow: FASD Awareness Day activities are celebrated in England, France, Sweden, Germany, Madagascar, and the Netherlands, as well as every Province and State in North America. FASD Awareness Day is promoted by the National Organization of Fetal Alcohol Syndrome in Washington, D.C., as well as the Canadian and United States government health agencies. Learn more about FASD Awareness Day at www.fasday.com.

DOCUMENTARY VIEWING

At Community Wellbeing Centre

September 17, 2013 at 7 p.m.



"In a remote northern reserve that is caught in the grips of a prescription drug abuse epidemic, a young woman named Doris is determined to overcome her addiction to Oxycodone."

Please join us to view this 34 minute documentary.

Light refreshments will be served.

Presented by Jill Beck, NNADAP, Enyonkwa'nikonhriyohake Program.

Call 613-967-0122, ext 125 for more information.

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

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

September 2013

Discover the Balance

We have Gift Certificates

Get Started With Exercise

Discovering the
Balance

By Working the
Mind, Body,
Heart and Spirit

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 2:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

We Are Open to
The Public

Staff

Darlene Loft /
Recreation Manager

Sonya Maracle /
Fitness Staff & P.T

Part -Time Staff

Mahaley Brant

Damon Brant

Shanleigh Maracle

We Welcome
Volunteers & Co-op

Cardio - Cardio is one important component of exercise. It helps you condition your heart, protect you from heart disease and it helps you manage your weight.

Strength Training - Strength training has been proven to: strengthen bones, muscles and connective tissue, prevent injuries, improve balance, coordination, endurance and strength. It also increases metabolism.

Flexibility - Being flexible is another part of being healthy. Tight muscles can lead to pain and injury as well as a shortened range of motion. Stretching regularly can enhance physical performance and help relieve any muscle tightness or tension many of us feel after sitting all day.

Grand Opening for Unit # 2 - Friday Sept. 27/13
1pm to 3pm

Maracle Chiropractic Clinic & TFRC Fitness Studio

TFRC would like to welcome everyone to drop by to see the NEW Space, we will have a **Special door prize draw coupon** for anyone that stops in.

Special Nia:wen to the Ontario Trillium Foundation for the funding for the **renovations and NEW fitness equipment.**

Also thank you to all the construction workers & the Tech Department for completing the task in a reasonable timeframe. **Also for our TFRC members** for being patience with this process.

NEW FITNESS PROGRAMS WILL START IN OCTOBER

Check out the website or check out Us on FACEBOOK

www.mbq-tmt.org under Administration



An agency of the Government of Ontario
Relève du gouvernement de l'Ontario





PILATES

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.

Starting date- Monday, October 7, 2013

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

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

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

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

Deadline to signup - September 30/13

(613) 962-2822

or email tyfitnessres@mbq-tmt.org

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



Tompkins Martial Arts

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

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

Thursday: 6:30pm -7:45pm

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

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

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

Introductory special: 3 months membership,

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



The Instructor Shihan Denny Tompkins

is a:

-6th Dan Black Belt

-Kempo 5th Dan

-Goju-Ryu

-5th Dan Aiki-Justu

-2nd Dan Wado-Ryu

-Kick-boxer



Email for more information :

tompkinsmartialarts@hotmail.com

Phone: 613-962-2822

NOTE: Program will continue if successful



Tyendinaga Fitness Resource Centre

(613) 962-2822

2013 INTERNATIONAL IROQUOIS BEADWORK CONFERENCE
September 27, 28, 29

For all who love Iroquois beadwork

Beadwork workshops, exhibits, contests with cash prizes, lectures
Conversations with beadworkers and collectors of Iroquois beadwork
Sales of historic and new beadwork
Sales of beading supplies
Silent auction
Banquet of native foods

Tyendinaga Mohawk Territory, Bay of Quinte, Ontario
Events at Loyalist College, Travelodge Belleville, Orange Lodge

Details and registration forms soon at www.otsiningo.com
Contact Dolores at 607-729-0016 or email isa1@otsiningo.com



Coming Soon
September 2013



Maracle Chiropractic Healthy Life Centre



Our mission is to create a beautiful environment that promotes healing and optimal health from our family to yours.

Services:

Chiropractic
Reikki
Massage Therapy
Naturopath
Homeopathic
Life Coaching
Midwifery

Nutritional and Healing Aids:

Isagenix	Pressure Garments
Metagenics	Ice Packs
Douglas Labs	Traumeel
Biofreeze	Custom Foot Orthotics

www.maraclechiropractic.ca

14 York Rd Unit 2



OPEN HOUSE

**Community Wellbeing Centre &
Tyendinaga Police Services**

Meadow Drive, Tyendinaga Mohawk Territory



**Saturday, September 28, 2013
11:00 a.m. to 2:00 p.m.**

**Lunch, Children's Activities, Horse & Buggy Ride,
Entertainment, Tours of the buildings, Draw Prizes**

ALL WELCOME



Let's Talk About Diabetes

The Diabetes Education Program invites you to join our group information sessions. Through games, cooking and conversation we will share tips & tricks to help you manage your blood sugar.

8 weeks of learning, laughing, sharing and PRIZES!!

Wednesdays 6:00-8pm starting September 11, 2013

Community Wellbeing Center Teaching Lodge

Please call Jodi or Shelly to register 613 967-3603



DROP IN

*Come join us on Sept. 8/2013
At the 59'ers Hall to wish
Marie Brant
a very Happy 85th Birthday
2:00 - 4:00*

Best Wishes only, Your presence is presents enough.

✪ **8th ANNUAL** ✪

TYENDINAGA MOHAWK FAIR

✪ **STRONGMAN/WOMAN COMPETITION** ✪



SEPTEMBER 21 2013

We are looking for **local talent** with a drive for strength

You are invited to push, pull & lift.

Different events for the men and the women. This is the time to strut your stuff.

List of events:

600 lbs Tire Flip, Specialized Dead-Lifts, Farmers Walk, 45 lbs bb Curls, Atlas Stones, Truck Pull and Much Much More...

Mohawk Fair Grounds 1807 York Rd Tyendinaga On

\$25.00 for registration in advance or at the event on Saturday Sept 21

Please call Joe Sliwa 613 967 0410 or 613 885 5538 (call or text)

**The Barnhardt & Wilson Families are hosting
our 4th annual Food Booth at the Mohawk Fair,
Saturday, September 21
with all proceeds donated to the
*Anglican Parish of Tyendinaga.***



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

*“Containers available to take soup or
chili home!”*

A regular meeting of the
**Mohawk Agricultural
Society (MAS)**
will be held at
MAS School Building
At 7PM

Every Wednesday until the week of the FAIR

Your support and ideas are needed for
Mohawk Fair

Sept 20, 21, 22, 2013

PLEASE NOTE:

Ride Coupons are now available at the Community
Wellness Centre

\$20.00 advance until Thursday September 19, 2013 (add
\$15 on Fair weekend)

Please come and bring a friend

Mohawk Agricultural Fair Garden Results

Thank you to all who participated in this year's garden competition. Enclosed you find the judge's comments and your garden score.

The top garden in each category are as follows:

Adults:

Flowers (10 Gardens) - tie for 1st place

1. Evelyn Turcotte
1. Dave & Lynne Wilson
3. Carol John

Vegetable Garden (6 Gardens)

1. Ken & Lois Claus
2. Barb Hill
3. Joe & Randi Brant

Youth

Vegetable Garden (1 Garden)

1. Iakohentiio Claus

Wishing you continued success with your great gardening skills!

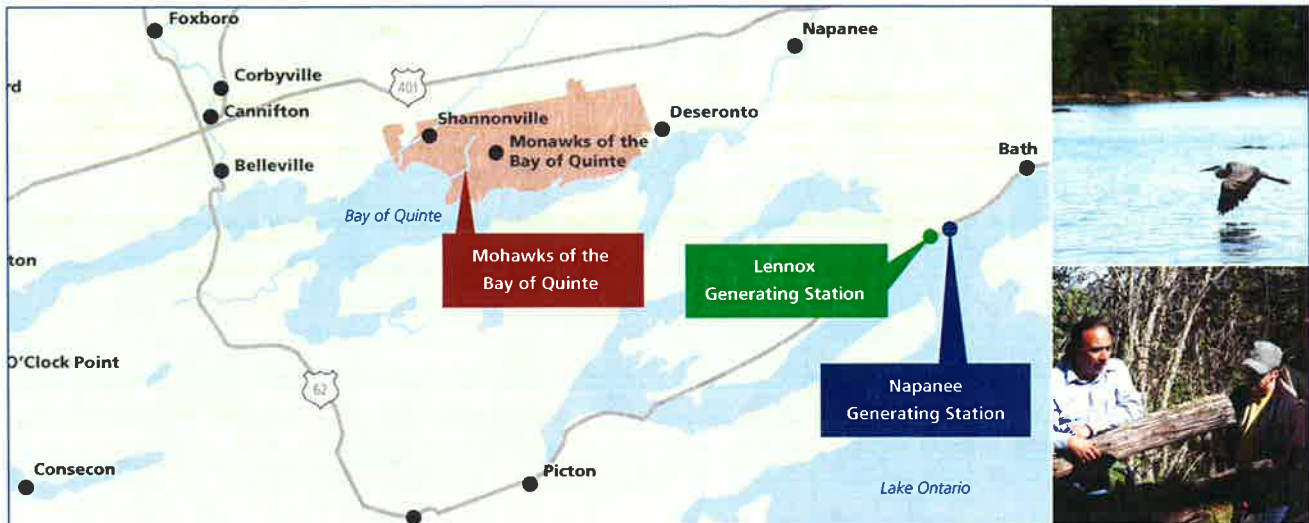
Danielle Lucas

Garden Director

Date Judged: August 14, 2013

Prizes 1st \$50.00 2nd \$30.00 3rd \$20.00

\$10.00 for all other gardens with a minimum score of 50 points. To receive prize money the competitor must exhibit a minimum of 5 items from his/her garden at the Mohawk Fair and pay the \$10.00 membership fee to the Agricultural Fair.



Napanee Generating Station

Mohawks of the Bay of Quinte First Nation Open House

Come learn more about the proposed Napanee Generating Station and the opportunities it brings!

TransCanada Energy Ltd. (TransCanada) has commenced planning for a 900 megawatt high efficiency combined cycle natural gas-fuelled, electricity generating station. The proposed Napanee Generating Station (NGS) will be located on the existing Ontario Power Generation Lennox Generating Station site in the County of Lennox and Addington in the Town of Greater Napanee.

The NGS project is subject to the Environmental Screening/Review Process as described in the Ontario Ministry of the Environment's "Guide to Environmental Assessment Requirements for Electricity Projects" (January 2011). The Environmental Screening/Review Process has two possible stages – the Screening stage and the Environmental Review stage. Although only required to prepare a Screening Report, TransCanada has voluntarily chosen to undertake the more comprehensive Environmental Review Report.

Tuesday, September 10th, 2013

First Session: 2:00 p.m. – 4:00 p.m.

Second Session: 6:00 p.m. – 8:00 p.m.

**Mohawks of the Bay of Quinte
Community Hall – 1807 York Road**

For more information contact Don Armitage:

Email: don_armitage@transcanada.com

Phone: 416-970-4375

Or visit our office at:

TransCanada – Napanee Project Office

113 Richmond Blvd., Unit 4

Napanee, Ontario K7R 3Z8





TYENDINAGA
NATIVE WOMEN'S ASSOCIATION

**30TH ANNIVERSARY
CELEBRATION**

OCTOBER 26TH, 2013

MOHAWK COMMUNITY CENTER
YORK RD

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

Tickets \$10.00 each (dinner only)

Available from
Carol LaVecque, Donna Crouse,
Delores Maracle-Whalen, Carol Potts

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

Congratulations and Greetings from Special Guests

Stop by and enjoy a piece of our anniversary cake!



TYENDINAGA NATIVE WOMEN'S
ASSOCIATION

**YARD/BAKE SALE
CORN SOUP AND BANNOCK**

21 September, 2013

Bayshore Rd, West

9:00 AM

**ALL PROCEEDS TO THE NWA
BUILDING FUND**



Tyendinaga Native Women's
Association

Thanksgiving Purse Auction

12 October, 2013

10:00 am

59er's Club

**ALL PROCEEDS TO THE NWA BUILDING
FUND**



REQUEST FOR VENDORS

FESTIVAL *of* NATIVE ARTS



The Aboriginal Resource Centre at Loyalist College will be hosting

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

ARTS AND CRAFTS • WORKSHOPS • TRADITIONAL FOODS • PERFORMANCES

All Welcome • Free Admission

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



3rd Annual

Patty's Boys

Ball Tournament

In memory of Bub & Patty Maracle

October 5th & 6th

Tyendinaga Sports Complex

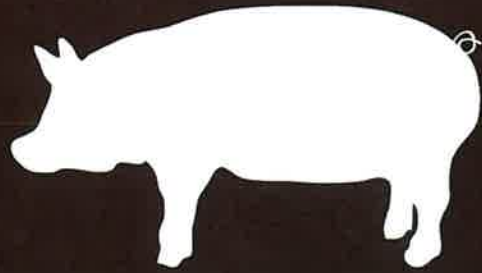
COED 3-PITCH - \$300.00 per team

(Prize money based on number of teams entered)

***All standard softball rules apply, every team must have at least 3 women on the field,
Maximum of 12 player per team.***

To register call Dustin Brant @ 613-885-3195 or
Kevin Brant @ 613-849-5636

Proceeds will help support the Bub Maracle
active lifestyle fund.

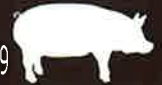


Mohawk Pentecostal Church
Pig & Corn Roast Fundraiser

Proceeds are going to the Church Building Fund

Saturday Sept 14, 2013 @ 1pm
in the Tsitkerhetoton park "Amidst the trees"

For more information and to purchase tickets
Please call 613-396-5329 or Donna @613-396-2229



ATTENTION: YOUTH DART PLAYERS

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

Registration is at the Royal Canadian Legion, Pinnacle Street, bottom floor on September 22, 2013 starting at 9:30 am.

The league runs every Sunday from 10:00 am - 1:00 pm starting September 22nd until early April.

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

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

If you need any more information, please contact Marilyn Loft at 613-849-6383.



THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest

The Venerable Brad Smith
962-2787

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

SUNDAY CELEBRATIONS

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

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

UPCOMING EVENTS

Parish Fun Night
Wed 18 Sep, 7-9 p.m., QAPC
Bring a game, a friend, and a snack!

Men's Breakfast
Sat 28 Sep, 8:00 a.m., Small Town Café, Deseronto
A time of fellowship and food for Christian men.

Back to Church Sunday
Sun 29 Sep, 9:30 a.m., Christ Church
All are welcome any Sunday, but we especially invite those who haven't been to church in a while to reconnect with the parish on Back to Church Sunday. Come as you are! If you need a ride or have questions, please call us (962-2787).

Harvest Thanksgiving Celebration
Sun 13 Oct, 9:30 a.m., Christ Church
We give thanks to God the Creator for the fruits of the earth that sustain and nourish the people.

We pray for all those who are returning to school this month: for those who learn and those who teach. May we all grow together in wisdom and understanding.

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

“AA OPEN MEETINGS”

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

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

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

Winter Hours!

5 - 6 = Weight in
6 - 7 = Meeting
Elders Lodge
(Bayshore Rd)

TOPS is a weight 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



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
Tyendingaga, 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 Trinqué at ☎ 1-888-831-4145 ✉ gplus@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)



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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 14 · Pig & Corn roast fundraising dinner, open to the community. Tickets available.

Sept 21 · Mohawk Fair Breakfast 8am to noon. Pancakes, sausage and coffee available. proceeds to building fund

Dec 14 · Christmas Dinner...info to be announced

Our freedom can be measured by the number of things we can walk away from.

Vernon Howard

CLASSIFIED

HOUSE FOR SALE

BAYSHORE RD WATERFRONT
- 3 bedroom bungalow
- on Municipal water & sewer

Call: 613-539-2710 for appointment

HOUSE FOR SALE

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

BUSINESS FOR SALE

BY OWNER-OPERATOR

Dumpster bin rental service for construction, demolition, garbage, clean-ups, scrap metal, etc. Comes with transferable garbage license.

Currently located on T.M.T. but can be relocated by buyer. Many established & repeat customers with high turnover of bins from spring to fall. Owner retiring but would stay indefinitely to help new owner get established & provide his services as backup if required. Price & Terms negotiable.

Please contact:
vintage67@outlook.com

WATERFRONT LOTS FOR SALE

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

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

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

FOR SALE

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

Call: William J. Brant
613-967-1129

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

Call: 613-967-6397

FOR SALE

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

PRICE RECENTLY REDUCED
(Serious offers will be considered)

Please contact:
tyendinaga11@yahoo.com OR
416-938-4157 or 613-396-2151

2 HOUSES FOR SALE

26 ACRES, 2 HOUSES
- includes apartments for extra income
- ponds, ATV trails, quiet rural location near Deseronto
- Owner will hold mortgage for qualified buyer with down payment
- Make a reasonable offer.
- Owner is retiring

Call: 613-847-9761

FOR SALE

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

A Koss free standing mike - \$2.50

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

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

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

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

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

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

If seriously interested Call Narda 613-396-3863

HOUSE FOR SALE

4 BEDROOM

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

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

- partially completed basement which could host another bedroom

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

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

-all laminate flooring throughout

-large yard with a 27 ft. above ground pool

-\$160,000.00 firm

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

*** LOOKING ***
For Deer Antlers
Any size
613-967-8135 or leave
a message

HOUSE FOR SALE

4 BEDROOM BUNGALOW

-sunroom

-27 yrs old, electric furnace

-wheelchair accessible

-new windows, insulated full basement

-metal roof

-bathroom renovated 2 yrs ago

-new flooring (3 yrs ago)

-includes fridge, stove, washer & dryer

-L shaped deck with roof

-double wide driveway

-2000 gallon holding tank

-sheds & 1 acre

\$135,000.00

Please call for a viewing appointment. 613-962-3748

FOR SALE

2001 DODGE DAKOTA SPORT

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

Call Carman or Judy:
613-962-6811

FOR SALE

Just over 12 acres. Currently being used for hay/pasture. Located towards the Shannonville end of Upper Slash.

Inquiries please email wilkssus@gmail.com or phone 905 376 4214

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Executive 3 BEDROOM apartment

-available immediately.

-Non-Smokers Only need apply.

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

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

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

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EMAIL: service@lafc.ca



House For Sale

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

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

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

Whirlpool duet front loading washer and dryer with stands.

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

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24 x 28 attached 2 car garage

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

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

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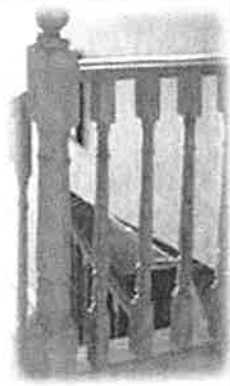
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buy 5 personal training sessions
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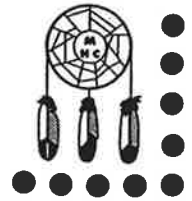
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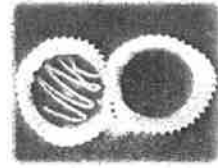
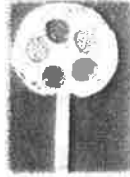
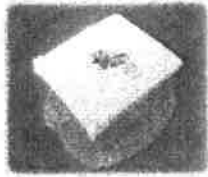
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