



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANYENK'EHA:KA

ORI:WASE (NEWS)

ISSUE 9/14
SESKEHKOWA (September)

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

MOHAWKS OF THE BAY OF QUINTE

Are Pleased and Excited to Invite you to join us

For The Grand Opening

Of Our

New Administration Centre

Tuesday, September 16, 2014

11:00 a.m.

24 Meadow Drive

Tyendinaga Mohawk Territory

Light Refreshments to follow Ceremony and Ribbon Cutting

WORKING TOGETHER TO STOP GRAFFITI

The Mohawks of the Bay of Quinte and the Tyendinaga Police Services are committed to dealing with graffiti vandalism and strive to provide a clean, vibrant, safe and welcoming community for all residents, businesses and visitors.

What is graffiti?

Graffiti is the etching, painting or placing of a mark on public or private property.

When any type of graffiti is placed on public or private property it is considered an act of vandalism and is against the law.

Where is it?

Graffiti can be found almost everywhere – in our Community it took 36 MBQ man hours, paint and supplies to remove the graffiti from the Community Centre, the Fire Hall & Parks.

The Mohawks of the Bay of Quinte would like to raise awareness in the community about the negative impact and costs associated with graffiti and about the importance of prevention and rapid removal.

Invoice

CRAG'S MOBILE WASH LTD
161 North Road
Stirling, ON
K9K 1K0 (613) 962-9722

Date	Invoice #
7/28/2014	11756

Bill To
Mohawks Of The Bay Of Quinte
24 Mission Lane
Tyendinaga Territory, ON
K9K 1X0
Attn: Deputy Chief

P.O. No.	Terms

Description	Amount
Removal of Graffiti from benches on outdoor arena and 3 Street Parks Business Number: 10118 9088	1,600.00

Please enclose the invoice number with your payment.
Thank you for your business.

GST/NET	0.00
Total	\$1,600.00

This is one of many invoices paid by MBQ for graffiti removal at the Lacrosse Box, in the amount of \$1600.00 to Craig's Mobile Wash. This amount of money could be spent elsewhere for programs and services.

How do I report graffiti?

Don't ignore graffiti – report it! The sooner you report graffiti, the sooner it can be removed and the likelihood of recurrence can be decreased by as much as 85%. If you see graffiti vandalism happening, it is considered a crime in progress and can be reported by calling the Tyendinaga Police Services at 613-967-3888

Graffiti and the Law:

The law is clear – placing graffiti on public or private property is a crime.

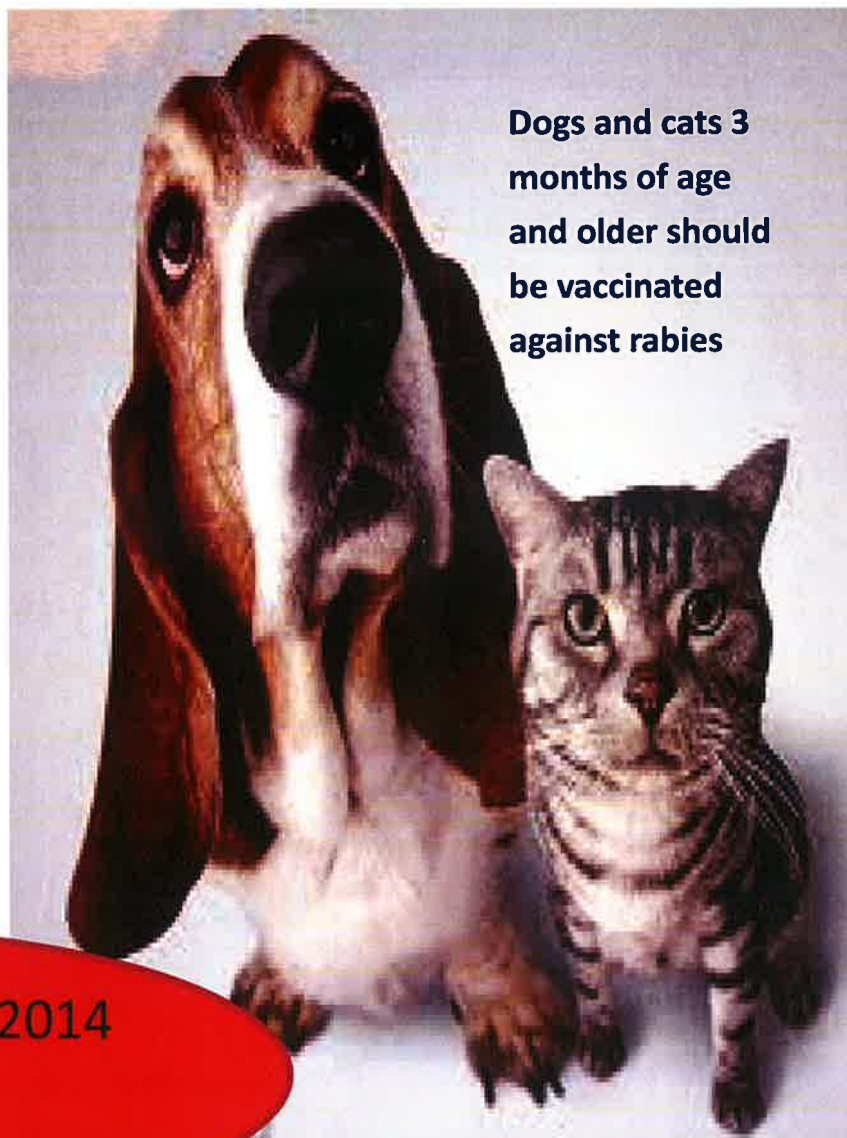
- Under the Criminal Code of Canada, graffiti is considered vandalism and the appropriate charge is “mischief under or over \$5,000”. Under the legislation, graffiti vandals may be subject to additional community service hours and or criminal charges. A conviction could result in a criminal record that can impact a young person's future including employment opportunities or travel outside the country.
- Under the **Parental Responsibility Act**, parents are financially responsible for property loss, damage or destruction intentionally caused by their children who are under 18 years of age.

Have you heard?

It's time for the 2014

RABIES CLINIC

Only \$25 per animal



Dogs and cats 3 months of age and older should be vaccinated against rabies

Saturday, October 4, 2014

9 am till noon

59'ers Hall-8011 Old Hwy 2,
Tyendinaga Mohawk Territory

For the safety of everyone's pets, all animals are to be leashed or crated



Self Employment Training Course

This course is designed for existing businesses and start-ups.

Learn how to increase your sales and how to prepare your business to become more successful.

The workshop covers the following topics:

- ♦ **Branding** - logo, tagline, brochure, labels
- ♦ **Website** - value proposition, content writing for website
- ♦ **Marketing Plan** - 4P's, SWOT, one year promotion plan, time management
- ♦ **Bookkeeping** - spreadsheets, invoices
- ♦ **Accounting** - sales, costs of sales, gross margin, cash flow statement
- ♦ **Business Plan** - writing the business plan with all the info you researched during the course

The workshop runs over five weeks with two days per week in class. Every participant has the opportunity to meet with the trainer once/twice for two hours one-on-one.

Cost: **NO CHARGE**

Where: To Be Determined

Snacks and lunch provided

To register for this workshop,
please contact:

Email: reeneb@mbq-tmt.org

Phone: 613.396.3424

Fax: 613.396.3627

Date: _____

Name: _____

Email: _____

Company: _____

Address: _____

Phone Number: _____

ABORIGINAL CONSTRUCTION RENOVATION PROGRAM



CONTACT

Deiana Gonyea email: dgonyea@loyalistc.on.ca
Tania Ardley email: tardley@loyalistc.on.ca
Dustin Brant email: dbrant@loyalistc.on.ca

OCTOBER ENTRY

PROGRAM LENGTH

16-week Ontario College Certificate

HIGHLIGHTS

- Skilled workers in construction and renovation are in high demand
- Apply your knowledge with work visits to a community construction project
- Develop valuable contacts with local employers
- Obtain industry-required certificates in the program, such as fall arrest/prevention and first aid
- Graduates may be awarded direct entry into Construction Renovation Techniques Certificate or Construction Renovation Technician Diploma programs
- The skills you acquire may assist in obtaining licences and accreditations such as Red Seal

CAREER OPPORTUNITIES

- Employers include general contractors, subcontractors, new home builders, woodworking shops and restoration contractors; there are also opportunities selling building materials in hardware stores, lumberyards and building centres.
- Training in entrepreneurship and estimating can help you work toward running your own business as an independent contractor.

PROGRAM DESCRIPTION

- Learn as you work on a community project with environmentally sound construction principles
- Get hands-on instruction in construction techniques, proper tool usage and jobsite safety
- Learn to work from blueprints, produce basic sketches, develop building details, and create computer-assisted drawings using AutoCAD
- Gain skills in carpentry, from base footings to framing, interior and exterior finishing, and fine finishing techniques
- On-site learning is supported by classroom instruction in construction principles, OBC, local regulations and by-laws, contract documents and tenders. Students learn to interpret the Ontario Building Code as it applies to renovations and new construction, and how to apply for the necessary permits

APPROXIMATE COSTS

- Tuition is free to those accepted into the program.
- Any travel expenses associated with on-site renovation projects are the student's responsibility

ADMISSION REQUIREMENTS

- Aboriginal people who are unemployed or underemployed
- To determine your eligibility, contact the Aboriginal Resource Centre at 613-969-1913 Ext. 2250 or by fax to 613-969-0411

LINK TO APPLICATION FORM

https://docs.google.com/forms/d/106S6ldbHPizl3bfKi-6_gSLVEDGltJD11zgw2WDGEEU/viewform

Tsi Tyonnheht Onkwawenna

Kawenna'on:we-

We are happy to announce that Kawenna'on:we Primary Immersion program is back for the 2014-2015 school year. The first day of class was held on Monday, August 11. With many returning students, and a few new faces, we are hoping that this will be the best year yet. With the start of our 4th year, the immersion program is ever evolving to suite and cater to the needs of the students. Being a small program of 12 students, Kawenna'on:we offers an insightful one on one learning environment in contention with current primary curriculum. Not only are the students being taught in the Mohawk language, but are learning traditional and cultural values as well.

Totahne-

The Totahne program has been running for 5 years now and is held in the home of Tewateronhiakhwa (Mina Beauvais) from Kanestate. Totahne works with children of preschool age and helps to develop the children's language skills from the earliest point possible. Located on Huron Brant Drive, Totahne is able to provide the children with a relaxing home environment where the children learn kindness, co-operation, respect, as well as life skills in preparation for school. The new session is set to start on Tuesday, September 2. There are still spots available, please contact for more information in regards to the program.

Shatiwennakarats- Our longest running program, the adult immersion program has been successful for 10 years now, and is consistently growing in popularity among our young adults and elders alike. We had a total of 14 applicants vying for a limited 8 spots, we would like to congratulate those students accepted into the program and give thanks to everyone that applied, your support is greatly appreciated. We are proud to announce that the program has now moved into a new building located at 19 Bayshore Rd., we look forward to using our new learning environment for the new school year.

The TTO Board would like to welcome Joanne Tabobandung and Rod Jeffries to the team. Joanne and Rod joined board and staff at a strategic planning meeting held at Elbow Lake Environmental Education Centre. Together, the board set in place a plan as to where we would like to be in the future and how to attain those goals. Special thanks to Terry Doxtator-facilitator.

For more info please contact Callie Hill,
Program Director, 314 Airport Rd.
Ph:613-396-1081 Fax: 613-396-1083



Fall Words

Yowistoh-It is chilly

Tsi Tehontkén:nyes- Fair

Rotiyó'tenhs Raonawehníséra'- Labour Day

Ronthenno'tsherón:tyes- They play football

Káhonk- Canadian goose

Tsi Yonterihwayenstáhkwa'- School

"BUB"

(PATRICK MURRAY MARACLE JR)

Dec,18 1973-Sept13,2011



Our Bub

Our Son

Our Nephew

Our Cousin

Our Brother

Our Uncle

Our Dad

Our Friend

Life holds so many memories

When he arrived to Us, As a Special Gift

Here on earth is only one part

He lived side by side with his Family, Friends, Community

LIVING & BEING THE BEST HE COULD BE

Caring, Giving, Helpful, Lively, Sharing, Comforting, Loving

MOST OF ALL HIS BIG HUGZZ!!

He lives in the hearts he touched

With secret tears and Loving Thoughts

Will be with Us FOREVER!!

Now embraced by those

That have walked the earth before us!!

SADLY MISSED AND ALWAYS REMEMBERED

THANK YOU!!!!

I would like to thank the following businesses for their donations (monetary/prizes) that helped send me to the Pre-Combine Hockey Draft in Grand Rapids, Michigan April 29-May 3, 2014:

Bayview Variety

Tyendinaga Computers

Tyendinaga Propane

Mohawk Collision

Arnie's Place

Rez Boyz

Two Hawks

Ruby's Fish & Chips

Mohawk Duty Free

Nation 2 Nation

Five Nations

Coffee Xpress

Deb's Restaurant

Soaring Eagle

Briar Fox

Village Variety

Joe's Personal Training & Fitness

Mohawk One/O.N.E

Eagle Orthopedics

Maracle Chiropractor

I also want to thank Dan Brant and Council for the monetary donation as well. The cost of these camps and the travel is expensive. Without the help of each and every one of these people, it wouldn't have been possible.

I was to attend another scouting camp in July, however, I was unable to attend due to a broken collarbone. It turned out that attending the one in April was good enough.

I am pleased to announce that I have signed with the Mattawa Jr. A Blackhawks out of the Northern Ontario Junior Hockey League (NOJHL) for the 2014-2015 season.



Tristan Nugent #7



Our boys from Tyendingaga who went on to become Gold Medal Champions, BANTAM LEVEL at the Whitby Lacrosse Provincials..

After both their house league team and their rep league team in Kingston folded at the last moment, these three boys were asked to play for the Nepean Knights in Ottawa. With diligence and hard work, practice and perseverance,

they helped their team go to the top!! And a big thank you should also go out to the parents of our boys who were so key in getting the boys to their practices in Kingston, with the Midget coach Kevin Wallace. We travelled thousands of miles, and in the end it all paid off. Way to go Braeden Smith-Maracle, Braiden Brant and Tannen Vruogdenhil, all of Tyendingaga Mohawk Territory!!!

We are ALL SO PROUD OF YOU!!!!



Kanyen:ke'ha: Awakening Community Consciousness

In keeping with responsible Indigenous research methods I would like to provide the community with an update on my Masters thesis project.

To date, you (the community) as my co-researchers have completed the community language survey, two Talking Circles and several one-on-one conversations. I am now beginning to compile my data and I will continue to provide updates to the community. I would to extend my gratitude to everyone who has been a part of this project, whether it was delivering surveys, completing a survey, being a part of a Talking Circle or providing me with guidance along the way. The final product, as decided by the community, will belong to the community.

Nyawenkowa

*Konwanonhsiyohstha (Callie Hill)
callieh1310@gmail.com
(613) 771-9732*



THANK YOU

I would like to thank everyone who supported me in going to the North American Indigenous Games held in Regina, SK.

It was an awesome opportunity & a great learning experience, one I will never forget.

Thank you for your financial support:

- Build All
- Sacred Circle
- Maracle Chiropractic
- Eagle Orthopedics

Thank you Gail Maracle for your effort to get my mom to the games and to Donna Hughes for taking pictures and video's, greatly appreciated.

We also sold chocolate almonds to help with travel expenses, so I would also like thank those who allowed us to put boxes at their business and to *all those with the sweet tooth that bought them.*

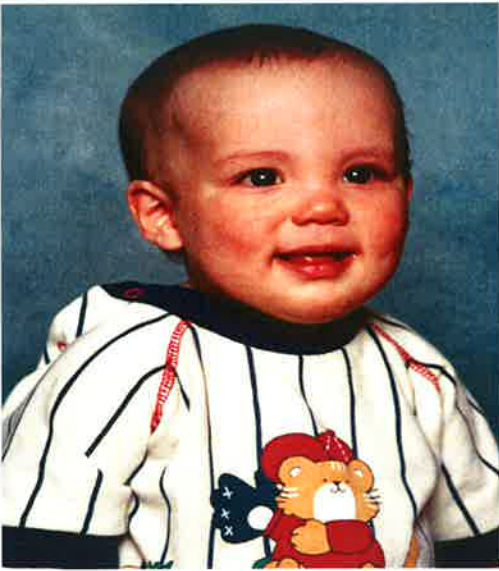
And thank you mom and Nan for your love and support always.

I apologize if I forgot anyone.

Antonee Brant



HAPPY BIRTHDAY CHAVIS



On September 9, 1996 my world changed for the better when you came into this world. Little did I know that you would make my heart grow even larger with love and with pride. We have been through laughter and tears together and we still came out on the other side of any challenge that we've had to face stronger than ever. I am proud to call you my son. You've shown through your 18 years your sense of humor, your passion for what you believe in, and the fact that you have a great big heart and are willing to help anyone when needed.

Now that you're 18 you're embarking on a new stage in life by attending Sir Sanford, in the Border Security Program. The day will be hard when I have to leave you in residence and yes there will be tears of sorrow and of happiness, for the little boy in the picture has grown the young man that you are. I am so proud of you and the love that I have for you is beyond words.

I want to wish you the Happiest of Birthdays because now you are becoming a Young Man. But always remember what my answer to you, was when you asked the question, "mom when will I no longer be your baby?" And my answer to you, was, "you will never stop being my baby, you and your brother will be old men with grey hair, children of your own and possibly grandchildren yet you still will be my babies."

*Love you more then you can Imagine,
Mom
xO*





What a wonderful 50th Anniversary party we had!!

The weather was just beautiful (thank you God for that).

The food, the music, the beautifully decorated back yard, the sweet words from Scott and Angie and the wonderful poem read by our two little beauties, Brenna and Jady. Everything was just perfect and we couldn't have enjoyed our day more.

Many thanks to our wonderful children – Scott and Angie, Suze and Sandy and Karl for all the organization and hard work they did to ensure we had such a wonderful day. Many thanks also to our grandchildren – Ian and Meagan, Malory and Jeff and Colin for all that they did as well. And we can't forget our other wonderful grandchildren, Brenna and Chrystal and our great grandchildren, Jady and Easton just for being there and loving us as they do. We thank God every day for each and every one of you.

We also thank our sisters, Marion for helping the girls with all the beautiful flower arrangements, Donna for all the excellent desserts (and Caroline for helping Donna to plate and get them ready) and Carol and her family for all the buns and for helping with the cleanup.

Thanks to sister-in-law, Wilma, for the vegetable salads and thanks to Mike and Cheryle for the use of their tent and to Mike for bringing it and helping the boys get it set up.

Thank you Cassie for helping the girls with the flowers and for taking pictures and giving us a set of them.

We also thank all of our family and friends who came to help us celebrate. It was so wonderful to have you all there helping us celebrate and your presence made us realize how truly fortunate we are to have such a great family and group of friends. Your love and friendship have certainly helped us to get to this point in our lives. We love you and thank you all.

Thank you for all the cards, best wishes and gifts we received as well. They were all truly appreciated.

Thank you.

Thank you.

Thank you.

Laverne (Fish) and Norma Maracle

THE MOHAWKS OF THE
BAY OF QUINTE

FoOd ReSoUrCe CeNtRe

We would like to extend a special thank you to **Jim Bruce of the Belleville City Mission** for his donations of food; over \$2,000.00 worth this month!! Also, a thank you goes to **Brad Smith**, Chaplain of Her Majesty's Chapel Royal of the Mohawk for donations of non perishable items.

A big Nia:wen also goes out to all the people who came to the MBQ Food Resource Centre and dropped off non-perishable items this month.

Your continued support to the Food Resource is greatly appreciated!

SEPTEMBER

NIA:WEN KOWA



**ThAnK
You!**

WHO DID WE SERVICE?

From **July 17th to August 16th**, the MBQ Food Resource Centre helped to ensure meals for **132 adults** and **109 children (241 people)** within our community! Nia:wen & thank you to everyone who has made a contribution; your generosity is greatly appreciated!

Want to make a donation? Contact Kimberly Maracle at the Community Wellbeing Centre via email at frc@mbq-tmt.org or by phone at 613-967-0122 Ext. 170.



NIHB Update for First Nations and Inuit Health Branch- Ontario Region

Changes to Methadone Maintenance Treatment

A new form of methadone called Methadose® is going to be used for your methadone maintenance treatment (MMT).

How will this change affect NIHB clients?

Methadone is a drug that can be used to help reduce withdrawal symptoms and drug cravings in people who are dealing with drug addiction. Methadone used to be available only in a powder form that needed to be prepared by a pharmacist before it could be taken. Methadone is now offered in a liquid form called Methadose®, which no longer needs this preparation. Methadose® will still be mixed with Tang but may taste slightly different than the previous methadone preparation. **As of June 26, 2014**, Methadose® is covered by the Non-Insured Health Benefits Program. Pharmacies may start to use Methadose® for your MMT prescription.

What is not different about Methadose®?

You should not notice many changes, if any at all. You will still take the same amount of methadone each day for your treatment. You should always continue to follow the directions that your pharmacist and/or physician give for taking your methadone prescription. There are no increased risks than what you have already been told about with taking methadone. All side effects and precautions may still apply. All other pharmacy procedures will remain the same such as witnessing doses and signing for dose allowed for home ingestion. Because Methadose® is now available, as of September 1, 2014, pharmacists will no longer be allowed to prepare and dispense the powder form of methadone. It will also no longer be covered by the NIHB Program in Ontario. Exceptions can be made if patients develop allergies to Methadose®. Clients are encouraged to speak with their health prescribers if they have further questions.

Sa'nikonhriyohst

(Have a Good Mind)

An Indigenous Approach to Anger Management

- o **Topics Discussed:**
- o Violence & Abuse
- o Self-Esteem
- o Patterns of Abuse
- o Shame & Guilt
- o Love & Respect
- o Relationships
- o Empathy & Trust
- o Community
- o **What you will Learn:**
- o Emotional Awareness
- o One's Self-Worth & Capabilities
- o Overcome Obstacles
- o Pursue Goals
- o Skills to Cope
- o Effective Communication
- o Develop a Plan for the Future

The program is 2 days a week for 12 weeks, from 9am to 12pm

Space is limited to 10 participants, no cost

Will be held in the Teaching Lodge at CWC

Call 613-967-0122 to register with Diana Barlow, Community Wellness Worker
or Jill Beck, NNADAP Worker

Start date is September 30, 2014



Moon Ceremony

Women / girls are invited to join us to honour and seek guidance from Grandmother Moon on Sept 8 / 2014 at Dusk (Approx. 8:30 pm).

Women / girls are encouraged to bring:

Tobacco for offering (if they would like to use their own)

A bottle of water

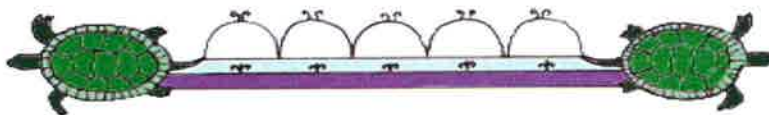
A lawn /camp chair

A small pot Luck Item

And to wear a skirt.

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

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





Prenatal Classes

Fall Session

Wednesday Sept 10th, 2014

6:00 pm - 8:00 pm

Community Wellbeing Centre

Conference Room A&B

50 Meadow Drive

Tyendinaga Mohawk Territory

For more information or to register for class

call

613-967-3603

and speak with the Community Health Nurses

Volunteers Needed!



- ✓ Are you 15-19 years of age & need volunteer hours for high school?
- ✓ Are you an adult who would like to volunteer in the community?
- ✓ Do you like working with children & youth?
- ✓ Are you available from 6-8 pm on Tuesdays or Thursdays?
- ✓ Can you provide a clear Vulnerable Sector Check?

Interested to learn more? Call Tracy Hill from the
Enyonkwa'nikonhriyohake' Program at the CWC at 613-967-0122 x 146.



Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

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

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

Mary McCauley R.N.
Community Health Nurse

Let's Talk About Diabetes

The Diabetes Education Program invites you to join us for 8 weeks of learning, laughing, sharing and PRIZES! Through games, cooking and conversation we will share tips & tricks to help you manage your blood sugar and live well with diabetes



Wednesdays 6-8pm starting September 10, 2014

Community Wellbeing Center Teaching Lodge

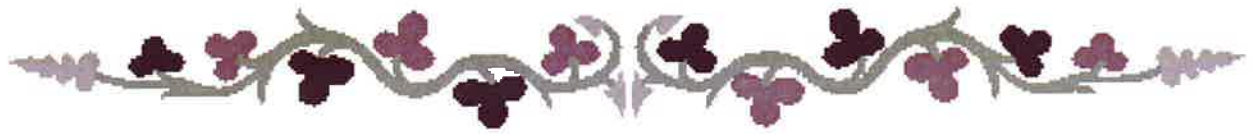
Please call Jodi or Shelly to register 613 967-3603

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

September 2014

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 OFFICE CLOSED	2 Meals on Wheels Urban Poling	3 Euchre	4 Meals on Wheels Napane Shopping	5 Meals on Wheels Handivan Des	6
7	8 Ceramics	9 Meals on Wheels Urban Poling	10 Diners Club & Bingo HOME SUPPORT @ ORANGE LODGE	11 Meals on Wheels Birthday Tea Trip to Pat's Ceramics	12 Meals on Wheels Handivan Des Scrapbooking MOHAWK FAIR	13
14 MOHAWK FAIR	15 Breakfast Club Ceramics	16 Meals on Wheels Urban Poling	17 Euchre	18 Meals on Wheels Belleville Shopping	19 Meals on Wheels Handivan Des	20
21	22 Ceramics	23 Meals on Wheels Urban Poling	24 Diners Club & Bingo HOME SUPPORT @ Community Centre	25 Meals on Wheels Trip to Cloyne	26 Meals on Wheels Handivan Des Scrapbooking Friendly Visiting	27
28	29 Ceramics	30 Meals on Wheels Urban Poling	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. 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. Friendly Visiting—12:30 to 4:00 p.m. Ceramics—1:00 to 3:00 p.m. Urban Poling—9:00 to 11:00 a.m.	



Breastfeeding Challenge 2014

**Attention all
Breastfeeding Mothers**

Register to take part in the Quintessence World Record challenge on Saturday, October 4, 2014 at

**G-Tech Training Centre
5701 Old Hwy 2
Shannonville, On**

The challenge is for the most mothers' breastfeeding simultaneously (11AM) in a set geographic area – province, territory, state or country

Mark your calendars!

To ***Pre-Register*** or for ***further information*** call: 613-967-3603

There will be sites across Canada & around the world!

Come Celebrate and have fun!

Sponsored by:





GOOD BABY FOOD BOX

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

Price List:

Infant:-\$6.00

- 20 pack of diapers
- 1 chosen speciality item

Over 6 Months-\$10.00

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

Toddlers:-\$6.50

- 20 pack of diapers
- 1 chosen specialty item

Speciality Items are:

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

Formulas:

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

Good Food Box



Calendar For 2014

Order By and Paid By 4:30pm	Order Arrives
August 12, 2014	August 20, 2014
September 9, 2014	September 17, 2014
October 7, 2014	October 15, 2014
November 10, 2014	November 19, 2014
December 9, 2014	December 17, 2014

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



Large Food Box \$15.00
Singles Box \$10.00
Fruit Bag \$5.00

COMMUNITY HEALTH

Weekly Men's Group

Offered by the Enyonkwa'nikonhriyohake' Program

Will be starting back on Tuesday September 16, 2014

6 pm to 8 pm

In the Teaching Lodge at Community Wellbeing Centre

All men 17 & up are welcome!!

Contact Jill Beck, NNADAP Worker for information, 613-967-0122



****EXCITING NEWS****

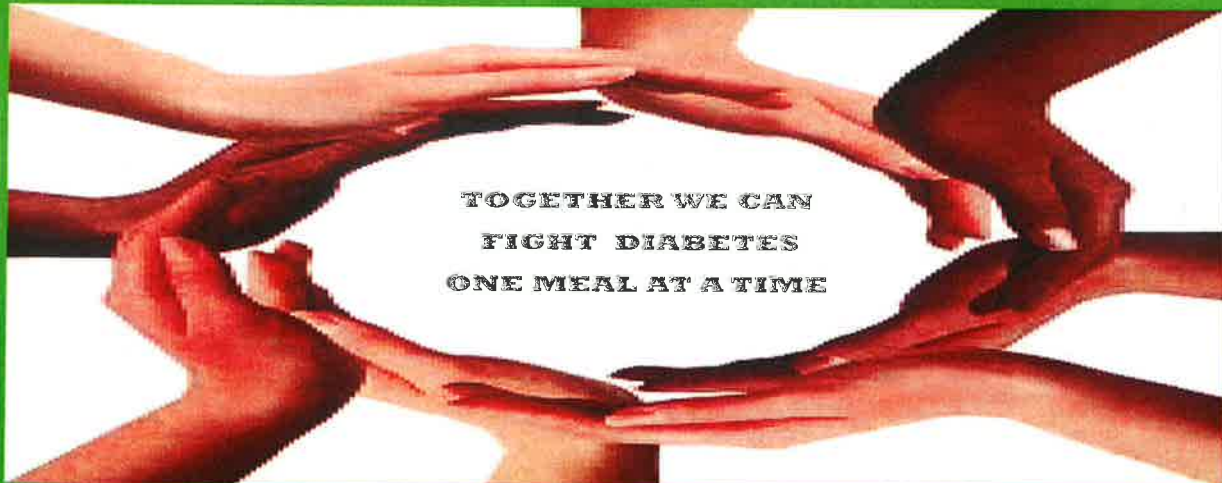
*Quinte Mohawk School staff and volunteers
along with*

Community Wellbeing Centre Staff

are pleased to announce

THE QUINTE MOHAWK SCHOOL NUTRITION PROGRAM

**WILL BE COMMENCING THE FIRST DAY OF SCHOOL IN SEPTEMBER
AND CONTINUING UNTIL SCHOOL ENDS IN JUNE!!**



GOOD FOOD BOX

(Items in each)

Large Food Box


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

Small Food Box

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

Fruit Bag

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



**KANHIOTE
LIBRARY**
613-967-6264

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

Thursday 12 to 7

Having trouble with math? Go to www.kanhiote.ca and scroll down to new resource for learning math for Britannia SmartMath Practice

OPEN HOUSE

Thanks to all who attended our Open House on August 21st. The winner of our free draw - a \$20 gift card for Chapters/Indigo Books - was **Jamie Baptiste**.

Bingo at the Fair




Saturday 10 to 4 and
Sunday 10 to 1



Movie night coming in

October -details to follow in next
newsletter



**KANHIOTE
LIBRARY**
613-967-6264

Monday, Tuesday
and Wednesday Thursday 12 to 7

**The Barnhardt & Wilson Families are hosting
our 5th annual Food Booth at the Mohawk Fair,**

Saturday, September 13

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**

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



Promote

Protect

Support Breastfeeding

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

Nursing Mothers Support Group

Tuesdays 10:30-12:00 noon

G-Tech Training Centre

5701 Old HWY 2

Shannonville, On

K0K 3A0

Lactation Consultation available

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



SAVE THE DATE

October 4th/ 2014

11 am – 2 pm

At Tsi Tkerhi'tò:ton in Tyendinaga

(Pow Wow Grounds)

According to an RCMP led report across all police jurisdictions in Canada there are 1,181 unresolved incidents of Indigenous female homicide or Indigenous female missing persons cases - 164 missing and 1,017 homicide victims.

This year the Sisters in Spirit committee is pleased to be hosting their annual vigil at the Tyendinaga PowWow grounds.

Updates will be posted on the MBQ website and newsletter.

Please join us to take a stand and show your support.

For more information contact Diana Barlow or Jessi Hill at (613) 967-0122.



Aboriginal women and girls are strong and beautiful.
They are our mothers, our daughters, our sisters, aunties, and grandmothers.



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

2014 Seasonal Influenza Clinic Schedule

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

Protect Yourself, Your Family and Your Community

No appointments necessary for the above scheduled
walk-in flu clinics

Faceless Doll Making Workshop

Sisters In Spirit

**Faceless Doll project represents the 1181 missing and murdered Indigenous women and girls throughout Canada
Come on out and make a doll to honour the women and girls**



Friday September 26 2014

1:00pm-4:00pm

Location: Community Wellbeing Centre Teaching Lodge

For more information please contact:

Jessi Hill 613-967-0122 ext:167

Enyonkwa'nikonhriyohake' Program

Youth Group



***** New Registration Process for the 2014-2015 Season! *****

How do I register my child?

- Ⓞ You may pick up/drop off your registration form from either reception at Community Wellbeing Centre, Monday-Friday 8:30-4:30pm
- Ⓞ If you are unable to pick up a registration form during those times, please call Tracy Hill (x 146) or Lyndsay Scero (x 148) at 613-967-0122
- Ⓞ Completed registration forms must be returned by 4:30pm on Thursday, September 18th- fall registrations will *not* be accepted after that date
- Ⓞ Winter registration dates to be announced later in the year



Starts September 23, 24 & 25 - new time for Wednesday!

Tuesday – ages 6-8 years from 6-8pm

Wednesday – ages 13-18 years from 3:30-5pm

Thursday – ages 9-12 years from 6-8pm

Please note: if there is a large number of children registered for Tuesday & Thursday groups, they will be split into 'Group A' and 'Group B' with attendance on alternate weeks. Once registration ends, parents will be contacted to confirm.



Family Health & Child Development Program
Community Wellbeing Centre
50 Meadow Drive
613-967-0122

September 9th is FASD Awareness day

September 9th is Fetal Alcohol Spectrum Disorder (FASD) Awareness Day. On this day we remind all women and men that there is no safe time, no safe amount and no safe kind of alcohol consumption in pregnancy.



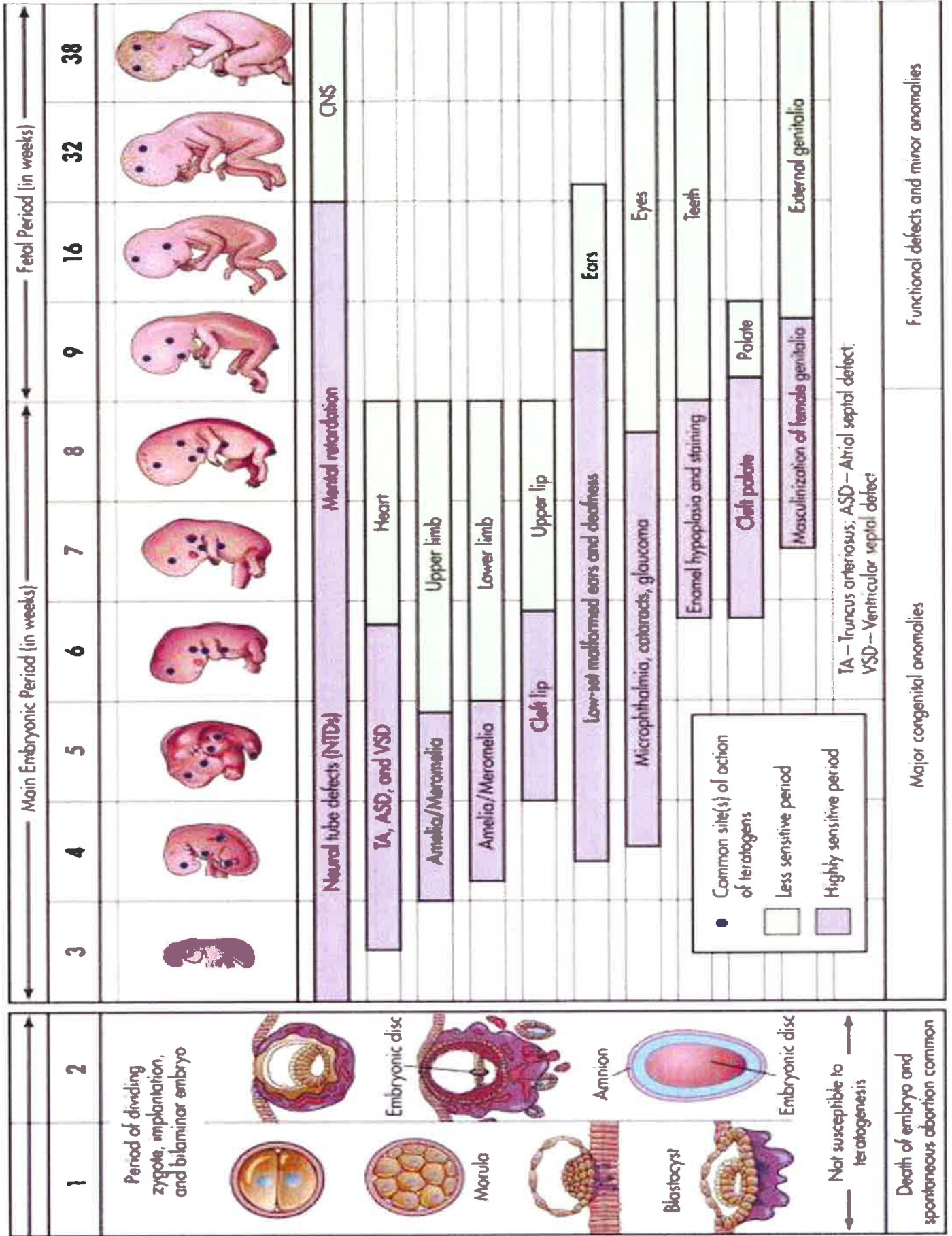
FASD is the term used to describe a lifelong disability of permanent brain damage and birth defects caused by prenatal exposure to alcohol.

FASD is:

- The leading cause of developmental disability among Canadian children
- Estimated to affect 1-2% of Canadians. Experts working in the field feel the number is much higher as most people affected by FASD are never diagnosed
- 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

Studies show that women are more likely to drink in pregnancy if their partner drinks or nags them about drinking. It is important that males understand that there is no safe time, no safe amount and no safe kind of alcohol consumption in pregnancy. Therefore, to prevent FASD the greatest impact will occur if we focus on all people in their reproductive years. Encourage partners of pregnant women to be supportive and ask how they can help to ensure an alcohol-free pregnancy.

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.



The Origins and Development of Early Mental Health: Why Recognizing & Responding to Early Mental Health Vulnerability Needs to be the New Normal

Monday October 27th 2014

Mohawk Community Centre • 1807 York Road, Deseronto

8:30am-4:30pm

\$60.00 Per person, snacks and lunch will be provided

Please call Allison Brant at 613-967-0122 extn#139 or email at allisonb@mbq-tmt.org to register

Course Objective;

The quality of mental health experienced by a baby or toddler can have lifelong consequences, yet few understand how to recognize when infant mental health may be at risk and if so, how to intervene. Many adverse outcomes can be prevented when caregivers are provided with the support and information that enables them to be optimally responsive to their infants and young children. Well planned early intervention can promote positive outcomes, even in the face of diverse cumulative risk factors. We will address how early detection and rapid response can influence a child's trajectory throughout life. We will identify and review the knowledge that practitioners need to have when working with this vulnerable population focusing on the impact of trauma. Furthermore, we will explore how the stress that accompanies trauma is associated with a very critical time in early brain development. Experiences in the early years of a child's life have a direct relation to mental health and development in a child's later life. This presentation will link directly to parents and families, nurses, other child and youth mental health agencies, child welfare agencies, early childhood programs and more.



Chaya Kulkami, BAA, M.Ed. Ed.D

Director, Infant Mental Health Promotion (IMHP), The Hospital for Sick Children, Toronto

Dr. Chaya Kulkami is Director of Infant Mental Health Promotion (IMHP), a professional coalition dedicated to promoting optimal mental health outcomes for infants, based out of The Hospital for Sick Children in Toronto. Chaya is also an Advisor to the Dolly Parton's foundation, The Imagination Library, a member of the Board at Family Day Association and a part time professor at Seneca College in the Bachelor of Child Development program. Prior to joining IMHP Chaya was VP, Parent and Professional Education at Invest in Kids, and has also served as Senior Policy Analyst and Researcher for the Office of the Official Opposition, Queen's Park.



Provided by, Family Health & Child Development Program, Mohawks of the Bay of Quinte



14 York Road, Unit #1 & 2B

Tyendinaga Fitness Resource Centre

Shannonville, Ontario

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

KOK 3A0

Sept. 2014

Discover the Balance

We have Gift Certificates

Benefits of Yoga

Discovering the
Balance

By Working the
Mind, Body,

Heart and Spirit

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 2:00pm

Fees

Senior (55+) \$20.00

Student \$25.00

Adults \$30.00

**We Are Open to
The Public**

TFRC Staff

Darlene Loft /

TFRC Manager

Sonya Maracle / P.T

Jayna Leland / P.T

Shanleigh Maracle

Jordan Hughes

Taylor-Rain
Tobobandung

We Welcome Co-op

TFRC has yoga starting back up in September. The following are just some of the many benefits that yoga has to offer:

- Yoga reduces stress
- Yoga improves your sleep patterns
- Yoga boosts oxygen flow
- Yoga can ease chronic pain
- Yoga increases range of motion, flexibility and balance
- Yoga can balance you emotions

Testimonials from our Members 2014

Great staff !!! Always feel welcome - **Thomas member since 2012**

New treadmills feel too short but are very comfy ! TFRC has otherwise been a great assist to my life. - **Dymond**

TFRC has been a great place to workout. They have been really friendly and always available to help out. The reason I started at TFRC was because they offer childcare. My daughter is 2 1/2 and now asks me to go to the "gym" and "stretch". I love how she was introduced to a healthy lifestyle at such a young age. It has been great to get myself and my girl into a routine with benefits for both myself and her. Thanks TFRC for all the help.—**member since 2012**

Thank You to Ontario Trillium Foundation

The Ontario Trillium Foundation has awarded TFRC with a grant of \$103,000 over the next 3 years. Details on the website.



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

Birth Smarts

Enhanced Prenatal and Newborn Education

Prepare for your upcoming birth and baby with 2 labour doulas and 1 postpartum doula/lactation educator.

Week 1: Pregnancy, labour and birth

Week 2: The birth environment, medical options and natural comfort measures

Week 3: Birth plans, advocacy and decisions

Week 4: Your newborn and breastfeeding

Week 5: Postpartum and newborn challenges

Week 6 for the mamas: Prenatal yoga, Dancing for Birth and meditation for birth

Week 6 for the birth partners: Caring for mom and bonding with baby

Dates: Monday November 3,10,17, 24 & Dec.1

Time: 5:30 p.m.

Location: Tyendinaga Fitness Resource Centre 14 York Rd Shannonville

Contact: Veronica mindful_doula@hotmail.com (613) 967-9773



Starting in August

Dietary Express will be providing a smoothie bar & healthy food

Dietary Express will be providing a smoothie bar & healthy food alternatives such as sprouted chia & flax blend, sprouted quinoa & broccoli chocolate.



These are traditional native food that are natural solutions for diabetes, heart disease, weight loss, cancer, hypertension & cardiovascular disease.

SMOOTHIE SENSATIONS

Serving
on
Mon.
&
Wed.
8:30am
& 12pm



If you have any questions & like to learn more go to www.dietaryexpress.ca.



WOMEN'S SELF-DEFENSE CLASS



IN SEPTEMBER

WOMENS SELF-DEFENSE IS BACK!!

Self-defense classes can offer exercise benefits such as muscle toning and strengthening, improved balance and coordination and an effective cardiovascular workout.

When: Every Tuesday & Thursday, 5:45–6:45

Where: Tyendinaga Fitness Studio

What: Self-defense class

Why: To learn basic self-defense

Fee: Starting class is free, \$75.00/ 6 weeks
or \$12.50/ per class

Dead line: Sign up before
August 30th or ASAP

BRING A FRIEND
& SAVE \$10.00



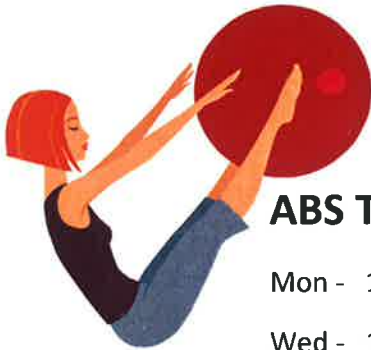
Instructor has over 30 years of experience

TYENDINAGA FITNESS RESOURCE CENTRE

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

AWESOME ABS

Program Has Been
Successful !



June 2014

CHARGING CIRCUITS

ABS Time:

Mon - 12:50 to 1:20

Wed - 12:15 to 12:45

Circuits Time:

Tues - 12:15 to 12:45

LUNCH TIME WORKOUT

No Cost

With
TFRC

Active membership

No Experience Required &
If successful program will continue

\$5.00

Without
TFRC

membership

Body Detail Workouts by our Certified Personal Trainer

Sonya Maracle

Limited Space for 10 Participant's Per Session

Never too late to Join ! Drop -In

BW Time:

Thurs - 12:15 to 12:45



Better Butts Time:

Mon - 12:15 to 12:45

Wed - 12:50 to 1:20

BODYWEIGHT

BETTER BUTTS

QMS TO KENYA

The QMS To Kenya Kids would like to let everyone know that we will be hosting an evening event to show our appreciation to the community for supporting our trip. The thank-you night will be on Friday Oct. 3rd from 6:30pm to 8:30pm at Quinte Mohawk School. We will be sharing our adventures, telling stories, showing pictures and saying many thank-yous. Refreshments will follow the presentation. Everyone is welcome to attend. Looking forward to seeing you there.

Stafford Maracle	Jennifer General
Nicole General	Shanleigh Maracle
Allison Loft	Emily Brant
Raven Tabobandung	Samantha McGuire
Kanda Rodgers	Noah Francis
Hailey Green	Adrianna Lewis
Madi Brinklow	Ben Green

Call for Craft and Performing Artisans



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

All Welcome • Free Admission

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

Deseronto Transit

Will now have transit Stops here on Tyendinaga Mohawk Territory



DESERONTO
Transit

WESTBOUND TO BELLEVILLE

- *5:20 a.m.*
- 6:55 a.m.
- 1:05 p.m.
- 4:25 p.m.

EASTBOUND TO NAPANEE

- *5:55 a.m.*
- 8:15 a.m.
- 2:35 p.m.
- 5:20 p.m.

BUS STOP

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



613-396-4008
* AT THE NEW BAND OFFICE *

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



DESERONTO
Transit

WESTBOUND TO BELLEVILLE

- *5:25 a.m.*
- 7:00 a.m.
- 1:15 p.m.
- 4:35 p.m.

EASTBOUND TO NAPANEE

- *5:50 a.m.*
- 8:10 a.m.
- 2:30 p.m.
- 5:15 p.m.

BUS STOP

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



613-396-4008
* QUEEN ST. & YORK SHANNONVILLE *

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



DESERONTO
Transit

WESTBOUND TO BELLEVILLE

- *5:15 a.m.*
- 6:50 a.m.
- 1:00 p.m.
- 4:20 p.m.

EASTBOUND TO NAPANEE

- *6:05 a.m.*
- 8:25 a.m.
- 10:50 p.m. - Thurs Only
- *11:50 p.m.*
- 2:50 p.m.
- 5:30 p.m.

BUS STOP

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



613-396-4008
* HURON BRANT AND HWY 2 *

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

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, Belleville, bottom floor on September 28, 2014 starting at 9:30 am.

The league runs every Sunday from 10:00 am - noon starting September 28th 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.





Sept. 12-14, 2014

Demolition Derby Friday •
Traditional Foods and Crafts
• MAS Member and Youth
Exhibits • School Exhibits •
Midway • Bingo • Turkey
Dinner • Kids Games and
Races • Pet Show • 4-H Calf
Club Show • Old Tyme
Contests • Classic Car Show
& Shine • Horseshoes • Live
Entertainment • Toilet Bowl

**Keep checking for NEW Information and Events!
Find the Fair Book in Print and Online!**

If you are willing to help with or volunteer at the 2014 Mohawk
Fair please contact us as soon as possible at:
mohawkagsoc@gmail.com

**UNLIMITED RIDE BRACELETS are available for
\$20.00 EACH at the Community Wellbeing Centre
before the Fair Weekend or for \$35.00 on the
fairgrounds after the opening of the fair!**



Mohawk.Fair



Mohawk Fair



@MohawkFair

WWW.MOHAWKFAIR.COM

TENTATIVE SCHEDULE OF EVENTS

FRIDAY, SEPTEMBER 12, 2014

8:00	AM	Final time for exhibits to be accepted
9:00	AM	Exhibition Hall Doors Close to Public
10:00	AM	Judging Begins in Exhibition Halls
1:00	PM	Gates & Buildings Open Crown Amusements Midway Open
5:00	PM	Kids Games on Main Track: Foot Races, Bicycle Races, Egg Toss *Children may also register for the Saturday Games: Tug-O-War, Bale Rolling, Pet Show, Greasy Pig at this time*
3:00	PM - 6:30 PM	Registration for Demolition Derby (in Fire Hall)
7:00	PM	Demolition Derby
8:00	PM	Buildings Close

SATURDAY, SEPTEMBER 13, 2014

9:00	AM	Gates & Buildings Open Crown Amusements Midway Open
10:00	AM	Pancake Breakfast (West of the School Building) Classic Car Show and Shine (West of School Building) Judging of Small Animals and Birds Begins
10:00	AM - 6:00 PM	Kanhiote Library & Language Circle Bingo (Upstairs Community Centre)
11:00	AM - 3:00 PM	Turkey Dinner - Terry Ward (Upstairs Community Centre)
11:30	AM	Gazely Brothers Magic and Juggling (Near Main Stage)
12:00	PM	Grand Opening (Main Stage) Mohawk Women's Water Drum (Near Main Stage) Judging of Native Costumes (Main Stage) Horse Shoe Competition Begins (Beside Cattle Shed)
12:30	PM	Strong Man/Woman Competition (Main Track) Kids Games on Main Track: Tug-O-War, Big Bale Roll, Pet Show
1:30	PM	Gazely Bros Magic and Juggling (Near Main Stage)
2:00	PM	Brittany Brant Music Centre Talent Showcase (Main Stage)
3:00	PM	Old Tyme Contests (Main Stage) Pony Pull (Main Track)
5:00	PM	Greasy Pig (near Cattle Shed)
5:00	PM - 8:00 PM	Picket Fences (Main Stage)
8:00	PM	Buildings Close

SUNDAY, SEPTEMBER 14, 2014

9:00	AM	Gates & Buildings Open Crown Amusements Midway Open
10:00	AM	Petting Zoo Opens (Beside Cattle Shed)
10:00	AM - 1:00 PM	Kanhiote Library & Language Circle Bingo (Upstairs Community Centre)
11:00	AM	Fancy Jingle & Hoop Dancers from Akwesasne
12:00	PM	Joyfull Noise Women's Choir (Main Stage) Toilet Bowl Races (Main Track) 4H Calf Club
1:00	PM	Fancy Jingle & Hoop Dancers from Akwesasne
1:00	PM - 4:00 PM	Napanee Old Time Fiddlers (Upstairs Community Centre)
2:00	PM	Fancy Jingle & Hoop Dancers from Akwesasne
3:00	PM	Exhibition Hall Doors Close to Public
4:00	PM	Exhibitors may pick up exhibits

***PLEASE NOTE:** Due to circumstances beyond the control of the Mohawk Agricultural Society, the above noted schedule may change at any time prior to or during the fair. We ask for your understanding.*



THANK YOU!

The Mohawk Agricultural Society would like to say **THANK YOU** to all of our very generous sponsors and supporters. We could not have the fair without you!

49 Quik Stop
Andy Maracle
Anglican Parish of Tyendinaga
Bernhardt Cabinetry &
Flooring
Bob's Toilet Rentals
Bowden's Accounting Services
Bowden Contracting
Briar Fox Golf & Country Club
Brittany Brant Music Centre
Buck or More Store
Build All Contractors
Community Wellbeing Centre
Community Volunteers
Conz Cutz
Crown Amusements
Darren Green Sandblasting
Deb's Gas Bar & Restaurant
Eagle Orthopedics
Elsie Dowdle
Elton Brant Barrister &
Solicitor
Elvin Green
Exhibit Judges
First Nations Technical
Institute
Free Flow Petroleum

Gates Men & Women
Joe Sliwa Fitness
Kagita Mikam
Kanhiote Library
KC Builders
Kevin Brant Auto Body
KTA General Maintenance
L&M Enterprises
Lewis Lacrosse
Little Turtle
Little Turtles 2
Loyalist Asphalt
MAS Members & Exhibitors
Maracle Touch Detailing
Mark Leahy
McGlade Funeral Home
McMurter Home Centre
Mike's Restaurant
Mohawks of the Bay of Quinte
Mr. Fry & Mrs. Cone
Nation 2 Nation
Native Renaissance II
OSR Performance
Post Garage
Quinte Cycle & Marine
Quinte Mohawk School
Quinte Variety Video

Randy's Leather
Rez Boyz
Security Staff
Shannonville Library
Smokin' Coffee Xpress
Smoking Pit Stop
Speedway Gas
Student Volunteers
The Lazy Gardener
The Sacred Circle
Threadworks
TNT Sound
Total Source Construction
Tsi Tyonnheht Onkwawenna
Turtle Island Deli & Catering
Tyendinaga Computers
Tyendinaga Fire Department
Tyendinaga Fitness Resource
Centre
Tyendinaga Police Service
Tyendinaga Propane
United Restaurant
Vendors & Concessionaires
Village Variety
Xpress Gas and Variety
Your Town Grocery
Ward's Gas Bar

Youth

FOR MORE INFORMATION CONTACT: Brian Hanoski @ 613-743-2357



STRONG MAN & WOMAN COMPETITION

Sponsored by:



Personal Training & Fitness

**Saturday, September 13, 2014
@ 1:00pm on the Main Track**

FOR MORE

Call or Text Joe Sliwa
613 885 5538

THE TOILET BOWL

**Sunday, September 14, 2014
@ 12:00pm on the Main Track**

Create/Build a Toilet Bowl Vehicle

with your co-workers, family members, classmates,
friends, and have fun racing our obstacle course.

Each Team Needs:

- A vehicle that a toilet can be attached to (the MAS will provide toilets)
- One (1) pilot and up to three (3) crew (pushers).
- Helmets for all Team members

AWESOME PRIZES FOR: Fastest Times (First, Second, Third)
Best Decorated Vehicle
Most Creative Vehicle



**SPONSORED BY
KTA GENERAL
MAINTENANCE**

KARONHYAK'TATYE SPORTS COMPLEX

CALENDAR OF EVENTS

Come out and enjoy a game of baseball!!

3-Pitch Rez Mixed League every Wednesday night.

Belleville Roller Derby Team practices at the Lacrosse Box every Sunday, Thursday & Friday

Canteen available at most events.

September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 3-Pitch League 6pm—10pm	4 Lacrosse Box RD 7pm—9pm	5 Lacrosse Box RD 7pm—9pm	6 Ball Tournament
7 Ball Tournament Lacrosse Box RD 3pm—7pm	8	9	10 3-Pitch League 6pm—10pm	11 Lacrosse Box RD 7pm—9pm	12 Lacrosse Box RD 7pm—9pm	13 Ball Tournament
14 Ball Tournament Lacrosse Box RD 3pm—7pm	15	16	17 3-Pitch League 6pm—10pm	18 Lacrosse Box RD 7pm—9pm	19 Lacrosse Box RD 7pm—9pm	20 Ball Tournament
21 Ball Tournament Lacrosse Box RD 3pm—7pm	22	23	24 3-Pitch League 6pm—10pm	25 Lacrosse Box RD 7pm—9pm	26 Lacrosse Box RD 7pm—9pm	27 Ball Tournament
28 Ball Tournament Lacrosse Box RD 3pm—7pm	29	30				



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)
1295 Ridge Rd
9:30 a.m.

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

UPCOMING EVENTS

Back to Church Sunday
Sun 28 Sep, 9:30 a.m., All Saints' 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! The service will be followed by a potluck lunch. If you need a ride or have questions, please call us (962-2787).

Harvest Thanksgiving Celebration
Sun 12 Oct, 9:30 a.m., Christ Church

We give thanks to God the Creator for the fruits of the earth that sustain and nourish the people.

We pray for all those who have returned 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:
Dale & Lorna Vos
613-968-8586 or 613-921-8015

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

Losers Unite, Join Us!

WINTER HOURS

Thursdays

5 - 5:30 = Weigh in
5:30 - 6:30 = Meeting
Elders Lodge
(Bayshore Rd)

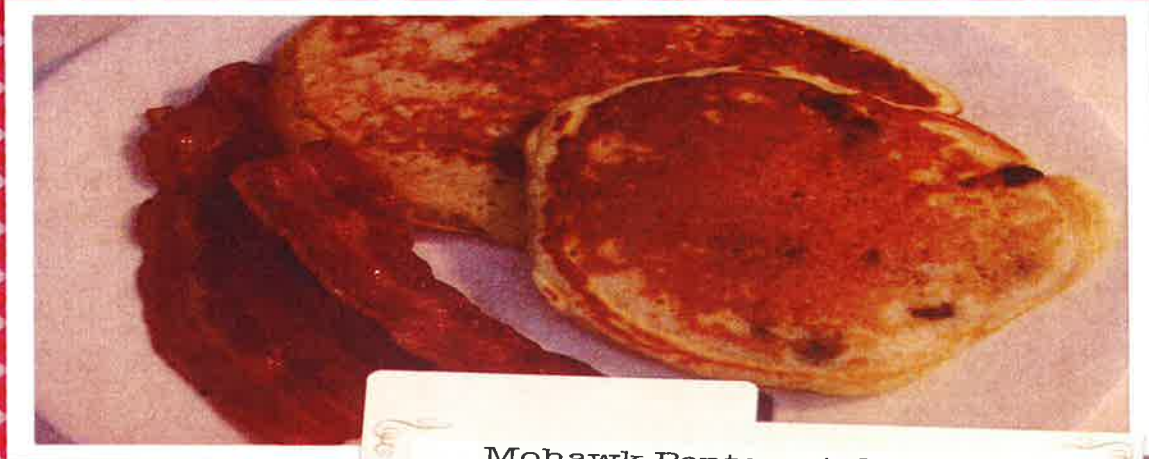
TOPS is a weigh loss meeting and support group established in 1948 as a nonprofit organization. Our goal is to help each other lose weight for better health and appearance. If you are struggling with a weight issue join us and together we can achieve our goals.

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

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

Contact: Joy Brant - 613-885-0506
Tree Good altree94@gmail.com

PANCAKES and Bacon



Mohawk Pentecostal Church
invites you

DATE: Saturday, September 13, 2014

WHERE: Tyendinaga Mohawk Fair
(Mohawk Fairgrounds)

TIME: 8am till noon

Open to all, come and join us!!!

Mohawk Pentecostal Church

2nd annual Pig and Corn Roast Dinner



Saturday, September 20, 2014

@ 3pm

Mohawk Pentecostal Church

\$12.00 admission

Music and Fellowship with
one another!!!

Tickets on sale now, and also
on event day



For more information please contact
Rev. Bowbeer @ 613-396-5329



She:kan! Skennen:kawa! 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 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)



MOHAWK PENTECOSTAL CHURCH

WHEN WE MEET

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

1984 York Road
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325

COMING EVENTS

Sep 5, 2014	Revival service, Napanee Standard Wesleyan Church
Sept. 13, 2014	Annual Pancake Breakfast
Sept. 20, 2014	Pig and Corn roast, see newsletter info
Oct 3, 2014	Promise Keepers Conference, Picton
Oct 22, 2014	Bible Study with Leket Canada @MPC

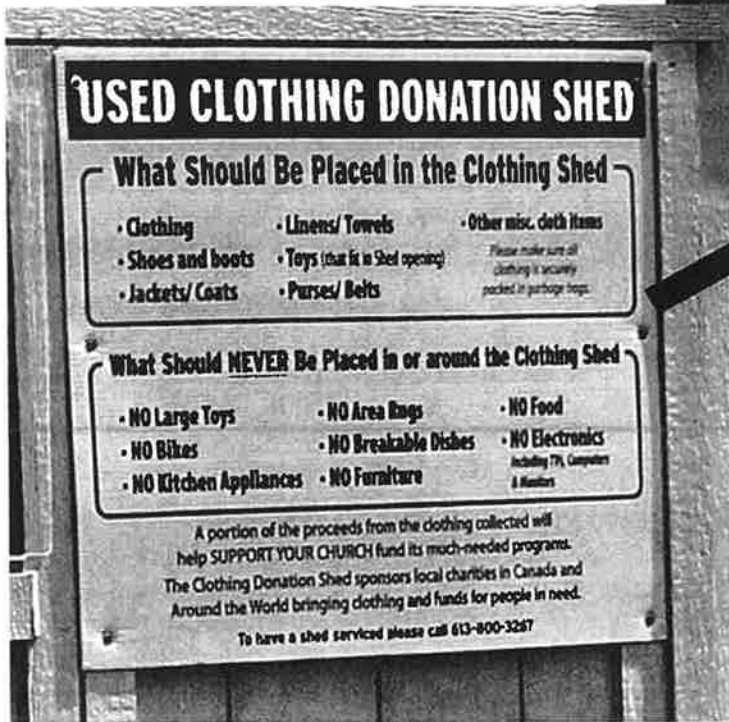
In order to succeed, your desire for success should be greater than your fear of failure.

Bill Cosby



ENVIROTEX

"Recycling what matters"



Located at 1984 York Rd.
Mohawk Pentecostal Church

Envirotex Recycling inc.
works on behalf of charities in
Canada and around the world
bringing clothing and funds
for people in need

Proceeds from all items
collected will go towards
**Tyendinaga Mohawk
Pentecostal Church's
building program**

How the shed works

1. We place a used clothing drop off shed at a local Church or Community Centre.
2. Community members donate clothing by placing it in the shed.
3. We collect the clothing donations when the shed is full and distribute them locally in Canada. We give funding to your Church for the clothing collected at the shed.
4. They, in turn, use the money as they see fit. Our partners have used the money for youth groups, sports teams, mission projects, and other community-oriented activities.

CLASSIFIED

FOR SALE

2 STATION BUNN
COMMERCIAL COFFEE
MAKER
- \$50.00 or Best Offer

Please call: 613-396-2962 or
leave a message

FOR RENT

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

Call 613-967-7920
for inquiries

LOT FOR SALE

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

Call John Maracle
1-716-826-4208

FREE

JARS FOR
PRESERVING
small-large
& also coffee cans
available

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

HOUSE FOR SALE

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

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

BABYSITTING AVAILABLE

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

Call Fran - 613-396-2393

WATERFRONT LOTS FOR SALE

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

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

FOR SALE

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

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

Call 613-849-8194 if interested.

LOT FOR SALE

HY 49 & BAYSHORE RD
Partial dwelling located there

Phone: 613-243-9079

**Mohawk
Fair
Sept. 12,13
& 14**

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:
tyendinga11@yahoo.com OR
416-938-4157 or 613-396-2151

BABYSITTER AVAILABLE

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

FOR RENT

Upper 2 BEDROOM APARTMENT

no refrigerator or stove.
- \$600/month inclusive,
- first and last month required.
- Located at 411 Airport Road, TMT
Applications available at
Build All Contractors, 5427
Hwy #2, Shannonville

FOR SALE

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

For further information, please call 613-544-7019

FOR SALE

Mahogany Dining Room Set
- Hutch w/light & Dining Table
w/large leaf & 6 Chairs.
-\$200 OBO.
Please call 613-968-5289



HOUSE FOR SALE

4 BEDROOM
- 2 full baths, split level house on Beach Rd.
- 2 car garage,
propane furnace /hot water tank /
cook stove
2 yr old pellet stove secondary
heat source in the basement
- partially completed basement
which could host another
bedroom
-large master bedroom, living
room and full bath (Jacuzzi tub)
above the garage
-main part of the house has a
large dining room, kitchen and 3
bedrooms and a full bath
-all laminate flooring throughout
-large yard with a 27 ft. above
ground pool
-\$160,000.00 negotiable

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

FOR SALE

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

Phone: 613-743-5658
for viewing

FOR SALE

**Honey Oak 2 PEDESTAL OVAL
DINING TABLE 40"X60"**
- Quality handcrafted by Tompkins
Furniture Deseronto
- Includes 2 leaves to extend it 24
more inches.
- Will fit large or small space and
includes 6 matching oak chairs.
- Price \$699.99.
- Great buy in excellent condition!

Contact Marilyn at 613-967-1129
if interested.



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Attention to the Mohawk Men of our Community

ARE YOU A MAN WHO IS LOOKING
FOR A PLACE TO STAY WHILE YOU
ARE DECIDING ON YOUR NEXT STEP
TOWARDS GETTING BACK ON YOUR FEET!
CALL 613 396 1607. ASK FOR JIM, OR LEAVE INFORMATION FOR CONTACT
ALL INQUIRIES CONFIDENTIAL!

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FOOT
JULY

HOUSE FOR SALE

41 Upper Slash Road
\$185,000

1 Acre Lot with Plenty of Road Frontage
1640 Sq. Ft – Main Level
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Attached 2 Car Garage
Shed
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BBMC is proud to announce that we are now offering DRUM and VIOLIN/FIDDLE lessons!

We also offer guitar, bass, piano, and voice lessons for all ages. Lessons are \$20/half hour. Call now to register for fall.

KINDERMUSIK CLASSES!

Kindermusik classes are group classes for parent(s) and children ages 0-7. Classes incorporate music and movement and help your child develop their social, literacy, and math skills.



JOYFULL NOISE WOMEN'S CHOIR!

Do you love to sing? Love the music of the 50's and 60's? Need a night with the girls? Join the Joyfull Noise Women's choir. No audition necessary and you don't have to read music. We meet Monday nights from 7pm-9pm at the music centre. Membership fees are \$40/month, and your first night is a free trial! (\$30 for the first month)

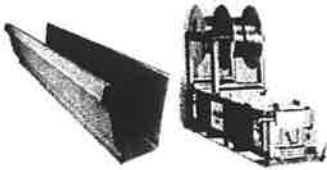
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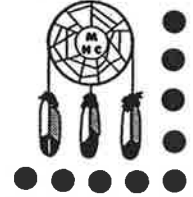
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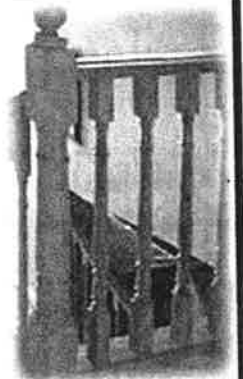
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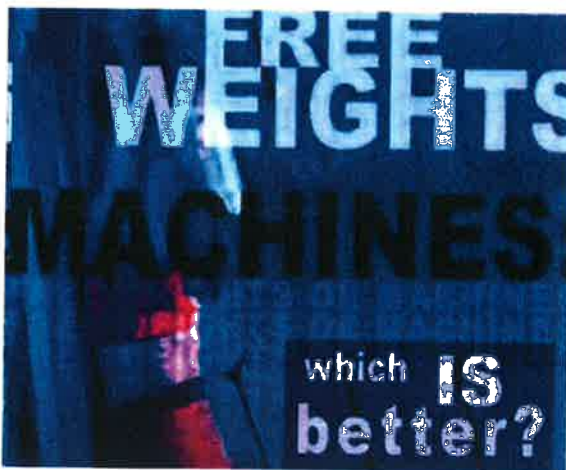
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This private fitness studio in Tyendinaga offers personalized fitness plans and functional training.

If you are not comfortable in a gym atmosphere, then this place will give you the confidence & focus you need.

NEW FITNESS CLASS

Mondays & Wednesdays at 6:00 - 7:00 pm
Resistance Boot Camp



Starting September 8th to November 26th. After 12 weeks you will know the difference between free weights & machines. There is nothing better than to see your body shape & contour the way it was intended to be. Why keep trying on your own and end up failing again?? Why not join up with others and succeed??
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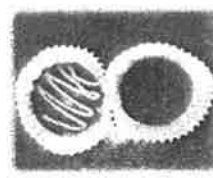
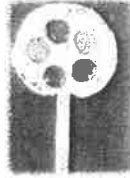
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