Mohawks of the Bay of Quinte
Kenhteke Kanyen'keha:ka

Web: www.mbq-tmt.org *Facebook: MBQ.TMT* *Twitter: @MBQTMT*

ORÍ:WASE (NEWS)

ISSUE 7/19
Ohyarihkó:wa **(July)**

Next Newsletter Deadline:
Wiskhaton 26ht Ohyarihkó:wa , éntye niyohwistá:'e
(*FRIDAY* July 26th at Noon)

Ohyarihkó:wa (July) 2019 Council Meetings

TMC Meetings	Agenda Deadlines
Regular – **Tuesday,** July 2, 9:30 a.m.	**Tuesday**, June 25, 12:00 p.m.
Local Business – **Monday**, July 8, 7:00 p.m.	**Tuesday**, July 2, 12:00 p.m.
Regular – **Monday**, July 22, 9:30 a.m.	**Monday**, July 15, 12:00 p.m.
Local Business – **Monday**, July 29, 7:00 p.m.	**Monday**, July 22, 12:00 p.m.

The Mohawk Firefighters for **June 2019** responded to **7** calls**.**

2 MVA
1 Medical Assistance
3 Medical Emergency
1 Non-structural fire

This brings our total calls to **39** for the year 2019

* Fire/Rescue logo designed by Trevor Brant*

NOTICES

NEW Mohawk Community Centre Rental Rates: EFFECTIVE JULY 1, 2019

The following rental rates per floor will be in effect for the Mohawk Community Centre.

Community Centre	Capacity	RENTAL RATES		
		MBQ Program	Regular	Government
Upper Floor	289	$150.00	$300	$400.00
Lower Floor	305	$150.00	$300	$400.00
Set up/ Decorate before	5:30 pm-12:00am evening prior to rental	$150.00		
Kitchen Required	--------	$50.00		
Deposit	--------	$100.00		

Booking received after June 1, 2019, for rental dates after July 1, 2019, will be subject to the new rates.

***NEW* CONSTRUCTION HOTLINE** - Report issues or concerns (safety, traffic signals, vandalism) about the York Road watermain expansion, 24/7 for the project duration. 613-969-7174. You can also contact the Technical dept. for general inquiries during business hours, 613-396-3424, ext 109

MBQ OFFICES WILL BE CLOSED - MONDAY July 1st to observe Canada Day

Yorí:wase ne Kanyen'kehá:ka tsi Kenhtè:ke (Mohawks of the Bay of Quinte Community Newsletter) is available at:

Bayview Variety
49 Quick Stop
Sadie's Lane Sub-division
Community Wellbeing Centre
Village Variety
Smokin' Speedway
Mohawk Admin Building
L&M Variety
Smoke and Coffee Xpress
Kanhiote Library
Ferry Lane mailboxes

TYENDINAGA MOHAWK COUNCIL MINUTES
MAY 2, 2019

A special meeting of the Tyendinaga Mohawk Council held on Thursday, May 2, 2019 in the Council Chambers continued in regular.

Present: Councillors: Josh Hill, Stacia L. Loft and Carl E. (Ted) Maracle

Staff: David Souliere, Chief Administrative Officer

Regrets: Chief R. Donald Maracle at hospital with sick family member

MOTION #2: Moved by Josh Hill, seconded by Stacia L. Loft to approve that the location of the proposed new firehall be across from the MBQ Administration Office on Meadow Drive.
Carried.

MOTION #3: Moved by Stacia L. Loft, seconded by Josh Hill to approve the location of the Medical building across from the CWC building.
Carried.

MOTION #4: Moved by Josh Hill, seconded by Stacia L. Loft that this meeting be adjourned. (5:00 p.m.)
Carried.

Recorded by: David Souliere, CAO

Original signed by: Councillor Carl E. (Ted) Maracle, A/Chair

Tyendinaga Mohawk Council Minutes
May 27, 2019

A meeting of the Tyendinaga Mohawk Council held on Monday, May 27, 2019 in the Council Chambers continued in regular at 8:15 p.m.

Present: Councillors: Josh Hill, Stacia L. Loft and Carl E. (Ted) Maracle

Staff: David Souliere, Chief Administrative Officer and Shelley Bowden, Executive Administrative Assistant

Regrets: Chief R. Donald Maracle at hospital with sick family member

MOTION #2: Moved by Stacia L. Loft, seconded by Josh Hill that the Tyendinaga Mohawk Council approve the 2018 Expenditure and Petition for Expenses report in the amount of $649,908.14 to the Ministry of Transportation in support of the Roads Maintenance Program.
M.C.R. #2019/20-004.
Carried.

MOTION #3: Moved by Stacia L. Loft, seconded by Josh Hill to pay the Assured Care Consulting Inc. invoice #2167 in the amount of $17,250.00 regarding Long Term Care Facility.
Carried.

MOTION #4: Moved by Josh Hill, seconded by Stacia L. Loft that this meeting be adjourned. (9:27 p.m.)
Carried.

Recorded by:
Shelley Bowden, Executive Administrative Assistant

Original signed by: Councillor Carl E. (Ted) Maracle, A/Chair

Tyendinaga Mohawk Council Minutes
JUNE 3, 2019

A meeting of the Tyendinaga Mohawk Council was held on Monday, June 3, 2019 at 8:30 a.m. in the Council Chambers.

Present: Councillors: Josh Hill, Stacia L. Loft and Carl E. (Ted) Maracle

Regrets: Chief R. Donald Maracle at hospital with sick family member

Staff: David Souliere, Chief Administrative Officer, Angela Maracle, Senior Director of Operations and Shelley Bowden, Executive Administrative Assistant

MOTION #1: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill that Stacia L. Loft Chair the meeting in Chief R. Donald Maracle's absence.

Carried.

MOTION #2: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill that Bonny Maracle and Lorelei Maracle will return the Queen Anne Silver to the Bank of Montreal.

Carried.

Callie Hill and Karen Lewis attended to discuss potential land use by Tsi Tyonnheht Onkwawenna (TTO) to build the Kenhteke Language and Cultural Centre.

They expressed interest in the old Shannonville Fair Grounds.

In order to submit a proposal to the Trillium Foundation for funding, they require a 5 year lease.

MOTION #3: Moved by Josh Hill, seconded by Carl E. (Ted) Maracle to approve that Callie Hill work with MBQ Staff to draft a 5 year lease agreement for the use of the property located at Parts of Lot 1 & 2, Concession 1.

Carried.

MOTION #4: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill that the Tyendinaga Mohawk Council Special Minutes of May 2, 2019 be approved as corrected.

Carried.

MOTION #5: Moved by Josh Hill, seconded by Carl E. (Ted) Maracle that the Tyendinaga Mohawk Council Local Business Minutes of May 27, 2019 be approved as corrected.

Carried.

MOTION #6: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill to draft a contract with Assured Care Consulting for the design of the Long Term Care Facility.

Carried.

MOTION #7: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill Hillto acknowledge the Administrative Update from David Souliere, CAO.

Carried.

Council confirmed the following scheduled meetings:

June 4 – 6, 2019 – AIAI AGA
June 10, 2019, 7:00 p.m. - Tyendinaga Mohawk Council Local Business
June 11 – 13, 2019 – Chiefs of Ontario AGA in Batchewana
June 17, 2019, 9:30 a.m. – Tyendinaga Mohawk Council Regular
June 24, 2019, 7:00 p.m. - Tyendinaga Mohawk Council Local Business
July 2, 2019, 9:30 a.m. – Tyendinaga Mohawk Council Regular
July 8, 2019, 7:00 p.m. - Tyendinaga Mohawk Council Local Business
July 22, 2019, 9:30 a.m. – Tyendinaga Mohawk Council Regular
July 23 – 25, 2019 –in AFN AGA in Fredericton
July 29, 2019, 7:00 p.m. - Tyendinaga Mohawk Council Local Business

MOTION #8: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill that the following meetings occur outside of the Territory:
Josh: attending the COO AGA on June 11 – 13, 2019 in Batchewana;

Carried.

MOTION #9: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill to rescind the motion dated June 3, 2016 regarding the site for the new Fire Hall being located at Lot 22C-3-1, Concession A.

Carried.

Council recessed at 10:40 a.m.

Council reconvened at 1:00 p.m.

MOTION #10: Moved by Josh Hill, seconded by Carl E. (Ted) Maracle to approve to appoint Nicole Storms to the Quinte Source Protection Committee as MBQ's Representative.

Carried.

MOTION #11: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill to approve the Land Transfer from Ronald Wayne Brant to Bernard Charles Brant and Carol Ann Brant, the whole of Lot 6A-9-2, Concession 1, as shown on Plan No. RSO 6313R.

Carried.

MOTION #12: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill to approve the Land Transfer from Roger Ward Brant to Gloria Jeanette Idzenga, the whole of Lot 11A-2-2, Concession 2, as shown on Plan No. RSO 6312R.

Carried.

MOTION #13: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill to approve the new streamlined process for completing Land Transfers.

Carried.

MOTION #14: Moved by Josh Hill, seconded by Carl E. (Ted) Maracle to approve signing the Indigenous Services Canada (ISC) Agreement 1617-ON-000039, Amendment #0031 in the amount of $1,142,274.00.

Carried.

MOTION #15: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill to utilize the Casino Rama funds under the Education component in the amount of $549,994.34 for the Post Secondary Education Program for 2019-20 fiscal year. M.C.R. #2019/20-005.

Carried.

MOTION #16: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill to approve signing the 2019/2020 Aboriginal Labour Force Development Circle Daycare Funding Agreement.

Carried.

MOTION #17: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill that the Tyendinaga Mohawk Council hereby approve Councillor Carl E. (Ted) Maracle, Councillor Josh Hill, Councillor Stacia L. Loft, Lisa Maracle and Susan Barberstockas the Mohawks of the Bay of Quinte's voting delegates at the Association of Iroquois and Allied Indians Annual General Assembly being held on June 4 – 6, 2019 in Tyendinaga. M.C.R. #2019/20-006.

Carried.

MOTION #18: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill to go in private. (2:52 p.m.)

Carried.

Recorded by:
Shelley Bowden, Executive Administrative Assistant

Original signed by: Councillor Stacia L. Loft, A/Chair

TYENDINAGA MOHAWK COUNCIL MINUTES
JUNE 4, 2019

A special meeting of the Tyendinaga Mohawk Council was held on Tuesday, June 4, 2019 to discuss the request from the Tyendinaga Police Services.

Present: Councillors: Josh Hill, Stacia L. Loft and Carl E. (Ted) Maracle

Staff: David Souliere, Chief Administrative Officer; Shelley Bowden, Executive Administrative Assistant

Regrets: Chief R. Donald Maracle at hospital with sick family member

MOTION #1: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill that Stacia L. Loft Chair the meeting in Chief R. Donald Maracle's absence.

Carried.

MOTION #2: Moved by Josh Hill, seconded by Carl E. (Ted) Maracle that WHEREAS: the Tyendinaga Mohawks Council has been informed by Tyendinaga Police Service that the following person:

Timothy HAZELWOOD (DOB: 1981-03-18), Presents a demonstrated threat to the peace, security and health of the residents of the Mohawks of the Bay of Quinte:

AND WHEREAS: **Timothy HAZELWOOD (DOB: 1981-03-18)** has been involved in 123 interactions with police since 2001. He has an extensive criminal record which includes Violence, Offensive Weapons, Threatening, and Driving Convictions. Timothy HAZELWOOD has spent a great deal of time in custody, and is not a member of the Mohawks of the Bay of Quinte nor is he of indigenous decent.

THEREFORE BE IT RESOLVED: That Mr. Timothy HAZELWOOD (DOB: 1981-03-18) be prohibited from being on the Territory of the Mohawks of the Bay of Quinte for any reason. M.C.R. #2019/20-007.

Carried.

MOTION #3: Moved by Carl E. (Ted) Maracle, seconded by Josh Hill that this meeting be adjourned.

Carried.

Recorded by: Shelley Bowden, Executive Administrative Assistant

Original signed by: Councillor Stacia L. Loft, A/Chair

Federal Indian Day School Class Action Updated Information

Please register online by going to https://indiandayschools.com/en/, click on "Contact & Register", scroll down until you see " Register for the Class", click on "Complete our online registration form". *This will take you to the online registration form, complete the form to the best of your ability*

OR

Registration forms are available at Community Well-Being Centre, both sides, MBQ Administration Office (Band Office), Kanhiote Library or contact Tracey Gazley, see below for contact information

If you are interested in hearing more information or have questions in regards to the Federal Indian Day School Class Action, please call or email me using the information below.

This may be of particular interest to those who attended or who are aware of someone who attended Schools in Tyendinaga Mohawk Territory as follows;

Eastern (No 1) between 1882 and September 1967
Western (No 2) between 1882 and September 1967
Central (No 3) between 1882 and September 1967
Mission (No 4) between 1883 and October 1956
Quinte Mohawk School between October 1960 and 1997

Please call Tracey Gazley at 613-922-3617 or email greatblueheronconsulting@gmail.com OR
SEE the official website of the Federal Indian Day School Class Action at http://www.indiandayschools.com/en/
Updated information should be available within the first couple of weeks of July 2019

Tyendinaga Community Development Fund Report

Year	# of Applications	Amount Approved	Amount Requested
2006	16	$ 43,941.41	$ 72,647.91
2007	24	$ 42,888.43	$ 82,669.65
2008	36	$ 62,036.55	$ 92,854.29
2009	41	$ 40,469.74	$ 80,596.89
2010	82	$ 53,154.00	$ 133,531.22
2011	95	$ 66,240.95	$ 140,658.93
2012	75	$ 41,068.00	$ 80,519.97
2013	88	$ 44,725.48	$ 97,113.93
2014	137	$ 82,798.97	$ 138,809.87
2015	100	$ 83,096.87	$ 137,662.77
2016	80	$ 60,198.18	$ 164,476.99
2017	79	$ 71,436.48	$ 157,785.53
2018	65	$ 39,787.00	$ 100,807.43
2019	3	$ 5,400.00	$ 13,933.22
	921	**$ 737,242.06**	**$ 1,494,068.60**

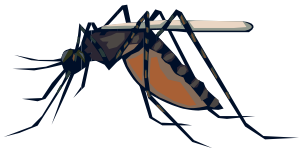
Summary:

12 1/2 years

921 Applications

$731,842.06 Approved Funding

$70,265.15 has been paid to applicants that have not completed projects



WEST NILE VIRUS is spread through the bite of a mosquito. Anyone can get sick from the West Nile Virus, but the risk of serious illness increases with age. Symptoms can include; headaches, fever, sore neck, vomiting, muscle weakness and blurred vision.

The West Nile Surveillance Program is being offered through Health Canada's monitoring program for testing.

The CHR has been setting traps this season, which contains dry ice to entice and trap mosquitoes, which are submitted to the Entomogen INC., St. Catharines, ON. Each mosquito will be identified and analyzed for the West Nile Virus. This program has been conducting the program since July and will be in effect until October 2018. There are 4 traps set at various locations of our Territory, as directed by Health Canada's programming. **Please ensure to educate your children, as these traps are set to ensure they are not disturbed, as they contain DRY ICE.**

PROTECT YOURSELF FROM WEST NILE VIRUS

* Avoiding mosquito bites is your first line of defense
* Use mosquito repellent that contains DEET or other approved ingredients
* Wear light-coloured, loose-fitting clothing
* Wear long sleeved shirts, long pants and a hat for camping, hunting or going into wooded or swampy areas.
* Make sure doors and window screens are in good shape
* When outdoors, place mosquito netting over strollers and playpens
* Take extra precautions when mosquitoes are most active; in the early morning and in the evening

CLEAN UP ALL STANDING WATER

* Mosquitoes can breed in even a small amount of standing water
* Get rid of standing water around your house
* Empty water from old tires, flower pots, rain barrels lids, toys and other out-door objects
* Store large outdoor items like canoes, wheelbarrows and wading pools upside down
* Replace water in outdoor pet dishes and other containers every other day

BIRD SURVIELLANCE PROGRAM

This program is being held in conjunction with Health Canada.

We are asking the communities participation in this program, by reporting sightings of suspicious deaths of **Crows, Ravens, BlueJays**. These birds can be submitted for testing of the WNV. If the bird is in good condition upon finding and has not started to decay, please contact The Community WellBeing Centre to report findings. The CHR will then conduct an inspection and prepare for submission to the Canadian Cooperative Wildlife Health Centre, Guelph, ON.

Other Species of Birds and Animals

CCWHC also carries out a surveillance program for diseases other than WNV in all species of wildlife. If you find the following specimens they may be submitted for an autopsy; any water fowl, ducks, geese etc. Raptorial birds (hawks, owls, etc.

If other suspicious animals are found please contact The Community WellBeing Centre for further instructions.

If you have any questions regarding WNV, please contact Crystal Maracle, CHR at the Community WellBeing Centre at 613-967-3603

AIAI 20th ANNUAL ELDER'S GATHERING

WHEN August 20 - 22, 2019

WHERE Tyendinaga Mohawks of the Bay of Quinte
TRAVELODGE |11 Bay Bridge Rd., Belleville, ON K8P 3P6 |

DETAILS Youth (ages 18-25) are also invited to attend

Registration Deadline: Friday, July 19, 2019
(Registrants must be from an AIAI Member Nation).

TO REGISTER PLEASE CONTACT:

Cindy Loft at 613-967-0122
MBQ- Tyendinaga Home Support Program

Quick Tip

Family Resorts and Water Parks.

Head Lice Prevention

Head lice have tiny spiracles which close when submerged in water. The head lice can then "hold their breath" for up to 4 hours. So if a louse falls off during a water slide or tidal pool adventure, it can pass on to another child (possibly yours).

For more information on PREVENTION please call 613-967-3603 and speak to a CHR

NERF WAR

Bears and Cubs Presents
- Outdoor Laser Nerf War

Laser Nerf Guns will be Provided

SPACES LIMITED - Lunch will be provided, Call Malory to register (613-967-0122
July 13th from 10:30 am to 1 pm in Tsi Tkerhitoten Park, 275 Bayshore Road

Provided by Family Health & Child Development
For more information contact Otsí:tsia at 613-967-0122, ext 149

Good Food Box
2019

Order & Pay By 4:30pm	Order Arrives
July 9, 2019	July 17, 2019
August 13, 2019	August 21, 2019
September 10, 2019	September 18, 2019
October 8, 2019	October 16, 2019
November 12, 2019	November 20, 2019
December 10, 2019	December 18, 2019

GOOD FOOD BOX ITEMS

Large Food Box	Small Food Box	Fruit Bag
5 lb. Potatoes	2.5 lb. Potatoes	6 Apples
2 lb. Carrots	2 lb. Carrots	6 Bananas
2 lb. Onions	2 lb. Onions	6 Seedless Oranges
1 Broccoli	1 Broccoli	1 Lemon
1 Celery	1 Celery	2 Kiwis
1 Lettuce	1 Lettuce	
1 Cucumber	1 Cucumber	
1 pkg Mushrooms	1 bunch Green Onions	
1 Green Pepper	1 Hothouse Tomato	
1 bunch Green Onions	2 Apples	
2 Hothouse Tomatoes	2 Bananas	
1 Zucchini	2 Seedless Oranges	
4 Apples		
5 Bananas		
4 Seedless Oranges		

For more info call Vanessa at 613-967-3603

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

Please note this program is available to ALL community members. The program enables everyone to have access to fresh, wholesome, and affordable healthy foods. Contents may change due to cost, availability and season.

PLEASE NOTE - PROGRAM CHANGES, AVAILABLE PRODUCTS, & COST

GOOD BABY FOOD BOX

The Good Baby Box helps any and all families stretch their dollar, reduce cost, and meet nutritional and other needs of their infants and toddlers.

Formulas: Powder ONLY, concentrated no longer available

- Carnation Good Start (powder) $16.00/can
- Enfamil lower iron (powder) $18.00/can
- Enfamil with iron (powder) $18.00/can
- President's Choice (powder) with iron $10.00/can
- President's Choice (powder) lower iron $10.00/can

Specialty Items:

Wipes, Diaper cream, Breast pads, Infant Cereal, Infant biscuits, Soap, Shampoo, Lotion

Infant:-$6.50
20 pack of diapers
1 choice of specialty items

Over 6 Months-$6.50
20 pack of diapers
1 choice of specialty items

Toddlers:-$6.50
20 pack of diapers
1 choice of specialty items

For more information, please contact VANESSA BONNER @613-967-3603

TYENDINAGA FITNESS RESOURCE

July 2019

Discovering the Balance by working the Mind, Body, Heart and Spirit

HOURS

Monday - Thursday
6:30am-9:00pm
Friday
6:30am –6:00pm
Saturday
8:00am –2:00pm

Fees:

Senior (55+) $20.00
Student $25.00
Adult $30.00

Contact:

613) 962-2822
tyfitness@mbq-tmt.org
14 York Road Unit
#1&2B Shannonville

SUMMER HOURS

Monday to Thursday:

6:30am - 9:00 pm

Friday:

6:30am- 6:00 pm

Saturday:

8:00 am - 2:00 pm

We will be CLOSED
Canada Day July 1st, 2019

Times:	Monday	Tuesday	Wednesday	Thursday	Friday
12:15 PM	BODY WEIGHT (30 MINUTES)	BODY SCULPT (30 MINUTES)	UPPER BODY STRENGTH (30 MINUTES)	BOOT CAMP (30 MINUTES)	ONE HIIT WONDER (30 MINUTES)
12:45 PM	ABS (30 MINUTES)	LEG DAY (30 MINUTES)	PURE CARDIO (30 MINUTES)		

FUN RUN

FUN WALK

SUNDAY, SEPT. 15TH 2019

5 & 10 K

Sandbanks Provincial Park, 3004 County Rd 12 ON

Come and join us in the Annual Sandbanks Fun Run or walk throughout Sandbanks Provincial Park, enjoying the park and lakeside views!

Sponsored by
The Diabetes Education Program
Community Health
The Tyendinaga Fitness Centre

RUN STARTS AT 10:00 AM

HELP US FUNDRAISE FOR THE TERRY FOX FOUNDATION

SIGN UP BEFORE JULY 26TH

RUN OR WALK AT YOUR OWN PACE!

JOIN THE TYENDINAGA TEAM TODAY!

CONTACT US
Jamie
613-967-3603 ex. 122
diabetespaw@mbq-tmt.org

or

Sonya
613-962-2822
tyfitnessres@mbq-tmt.org

mobileyez

EYE EXAMS AND GLASSES

JUNE - AUGUST SUNGLASS BLOWOUT 20-50% OFF
NEW! NEW! NEW! INTRODUCING INSURANCE COVERED AYA BIFOCAL SUNGLASS READERS

2019 SCHEDULE: ONCE EVERY MONTH
... JULY 05 ... AUG 28 & 29 ... SEP 13 ... OCT 18 ... NOV 08 ...

COMMUNITY WELLBEING CENTRE
50 MEADOW DRIVE, DESERONTO
TO BOOK YOUR EYE EXAM CALL MOBILEYEZ TOLL FREE: 1-866-920-6480

PLEASE HAVE YOUR REGISTRY NUMBER WHEN YOU SCHEDULE YOUR APPOINTMENT
WE DO DIRECT CLAIMS FOR NIHB, GREEN SHIELD, MANULIFE, SUNLIFE, GREAT WEST LIFE, INDUSTRIAL ALLIANCE ETC.
QUESTIONS? CONTACT MOBILEYEZ AT 416-619-0064 TOLL FREE 1-866-920-6480 INFO@MOBILEYEZ.COM

Walking Program

When: Every Tuesday

Where: Quinte Sports & Wellness Centre

Time: 10:00am to 11:00am

Pick up time will start at 9:00am for those needing transportation

If you would like to attend, please contact **Crystal Maracle at 613-967-3603**

Medical Transportation Program

We are open Mon-Fri
8:30am-4:30pm

We require 24 hours' notice for all Medical transportation requests.

Tyendinaga Home Support Program

All Home Support Programs are for Seniors 55+ or 18+ with physical challenges.

Meal Programs:
The Diner's Club meal program provides a hot nutritious meal and social integration opportunities to our senior population. Diners Club is offered twice a month and three times monthly for every month that has a 5th Wednesday. The Breakfast Club and Supper Club programs are offered on a seasonal/monthly basis.

The Meals on Wheels program offers a hot nutritious meal, delivered to a clients home three times weekly by our staff and volunteers.

Transportation Program: Transportation to our programming is provided to seniors without their own means of transportation. This is a non-emergency service focused on transportation to Home Support programs and essential community services such as banking, post office and grocery shopping. Examples of this service may include; runs to Deseronto, monthly shopping trip, social programs, day trips.

Home Maintenance Program: Assistance can be provided for household tasks beyond the individual's capability that do not require a licensed professional or fall under the scope of duties of a Personal Support Worker. Examples of this service may include: grass cutting, painting, window washing.

Social & Recreational Programs: Provides supervised activities for seniors in a group setting. Examples of this service include: ceramic classes, wii bowling, scrapbooking, day trips and seniors fitness programming.

Friendly Visiting: Provides "friendly visits" to seniors generally in their homes. Visits are made by staff and volunteers under agency supervision to help reduce loneliness and isolation.

Security and Reassurance: This program ensures the wellbeing and safety of our clients through a phone call or brief visit as little as once a month or as often as once a day upon client need and available resources.

Emergency Response: This program provides information, referrals and assistance with medical alarms. The goal of this program is to provide clients with the security and confidence to continue to live independently.

Client Intervention and Assistance: The goal of this service is to provide support and crisis intervention in critical situations, stabilize and put a plan in place for the longer term. Activities may include intervention and support for people facing homelessness, a critical or impending change in life situation or abuse and isolation.

If you are interested in any of the above programs and/or would like to start receiving our monthly newsletter, please contact Jessica Brant @ 613-967-0122, ext. 110.

Looking for fun activities for the whole family?

Community Health Programs are offering *FREE* swim, skate & gym passes

To be used at Quinte Sports & Wellness Centre
OR the Belleville Kinsmen Community Pool and Splash Pad at your convenience.

1. Stop in to CWC Health reception during business hours (8:30-4:30) Mon-Fri and pick up passes.
2. Check out the QSWC or BKCP&SP schedule, pick a time, gather the family & go!

NOTE– passes are one pass per person per activity and must be left with venue staff at the time of use.

Need more info? Please Call:
Denise Leafe, Community Health Representative 613-967-3603

JULY Play Group

CWC - Teaching Lodge

Wednesday July 3, 10, 17 & 31 2019

9am-11am

Light refreshments provided.

Provided by:
Family Health & Child Development Program

Make your Own Moccasins

July 22, 23, & 24 2019
9:00am-4:30pm each day
$40.00 per person non refundable
CWC Teaching Lodge

Come learn how to make Iroquois style moccasins as well as raised beading.

Space is limited for this event.
Please register with Social reception at the Community Wellbeing Centre, payment is required when registering.

This program is being provided by Family Health & Child Development Program.

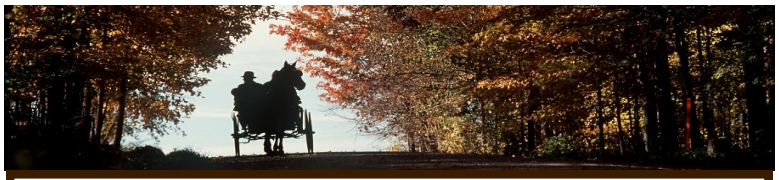
Traditional Salve making Workshop & Medicine Walk

July 25 2019
9:00am-3:30pm
$10 per person non-refundable
CWC Teaching Lodge

Lunch will be provided

Please see Social reception at the Community Wellbeing Centre to register.
If you require further information, please call 613-967-0122.

This program is being provided by The Family Health & Child Development Program & The Diabetes Education Program



St. Jacobs Bus Trip

Tuesday August 20th 2019
7:00am-7:00pm
1935 York Road Sports Complex pick up/drop off
Cost per person is $30.00 ages 10+ non refundable

Coach will leave the Ball Fields at 7:00am sharp. 15 minute stop at an En-Route on the way. Bus will drop us off at the Farmer's Market & Outlet Mall . Lunch is on your own. Stop at Picard's Peanuts for 30 minutes. Stop at En-Route coming back for 30 minutes.

To register please see Social reception at the Community Wellbeing Centre. 613-967-0122

This event is provided by The Family Health & Child Development Program

What is LYME DISEASE?

LYME DISEASE is a serious illness spread by the bite of certain species of TICKS.

Ticks are insect-like in appearance and feed on the blood of animals, including humans.
For most Canadians, the risk is fairly low however, it is still possible if you spend time outdoors.
Exposure to **LYME Disease**, however, it is still important to keep your risk as low as possible. The bacterium that a tick may carry is called **Borrelia burgdoferi**. This is normally carried by mice, squirrels, birds and other small animals. The Black-legged tick (often called the deer tick) can be found in southern and eastern Ontario. They can vary in size from 3-5 mm in length and may be red and brown in colour depending on the age of the tick. Adults full of blood can be big as a grape.

Minimizing your Risk:

- Wear light coloured clothing
- Tuck your shirts and pants inside (this prevents ticks attaching to the skin)
- Wear shoes, not sandals
- Spray clothing and exposed skin with insect repellant that contains DEET
- Check yourself thoroughly after any outdoor activity
- Check your pets as TICKS can easily attach themselves at any time and anywhere.

IF YOU FIND A TICK:

- Use tweezers to remove it. Grasp the tick's head and mouth parts as close to your skin as possible and pull slowly until the tick is removed. Be careful not to twist of crush the tick during removal. After removing, use soap and water to wash the spot (you may disinfect with alcohol).
- Save the tick (from humans only) if possible, put into a small pill bottle or in a doubled zip locked bag. Contact the CHR's at the Community WellBeing Centre to be sent for analyzing.
  If you develop a rash or any other symptoms, consult your physician!

For more information, please call the Community Well Being Centre, 613-967-3603

- ***For additional information on Ticks and Lyme Disease, www.hc.sc.gc.ca/iyh-vsv/index_e.html***

The Immunization Act of Ontario stipulates that all students be fully immunized in order to begin or remain in Elementary or Secondary schools.

Children entering Kindergarten require a 4-6 year old booster

Children entering Grade 9 MUST have their Menactra

Your teenager will also require a 14-16 year old booster.

Please note if your child will be attending Daycare, Headstart or QMS

you will need to ensure all immunizations are up to date and records have been submitted to the

Community Wellbeing Centre, Community Health Nurse

PRIOR to the first day of school

If you have not submitted your child's records prior to their first day your child will not be permitted to attend/remain until confirmation is received from the Community Health Nurse that your child is up to date.

Thank you in advance

Please note if your child has received immunizations at any location other than the Community Wellbeing Centre we do not have these records on file and therefore you will need to bring a copy in for your child's health records.

For Questions or an appointment to update your child's immunizations please call the Community Health Nurse **Michele Edwards, 613-967-3603**

Slow Cooker Meals

Come and learn some new recipes for your crockpot. These meals can be frozen for later to cook and enjoy.

Each participant will take home 3 meals.

July 26th 2019,
10:00am-2:00pm
$15.00 per person
CWC Teaching Lodge

To register please see Social reception at the Community Wellbeing Centre.

If you have any questions please call 613-967-0122. Space is limited.

This is being provided by Good minds and the Family Health & Child Development Program.

INDIGENOUS ARTISTS'
EXHIBIT & SALE

at Macaulay Heritage Park

Paintings, Photography, Sculpture, Fibre Art, Beadwork, Prints, Art Cards, Flutes, Rattles, Leatherwork, Calligraphy, and music CDs

JULY 20 to AUGUST 5

10am to 4pm

23 Church Street, Picton (Macaulay's Church)

For more information, contact museums@pecounty.on.ca OR 613-476-2148 ext. 2524.

Macaulay HERITAGE PARK

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Facebook at mohawk.agsoc
or
Email **mohawkagsoc@gmail.com**

MOHAWK FAIR

September 20-22, 2019

NEWS FROM THE OHAHASE EDUCATION CENTRE

OOPS! We made a mistake in June's newsletter about our address. We are at 1825 York Road, not 1865 as reported. Sorry for any confusion.

The 2018/2019 school year is winding down and summer is upon us. Our little garden – containing strawberries, corn, onions, potatoes, lettuce, and mint – will be ready for harvesting over the summer and into the fall. That, of course, is assuming the bunnies and chippies don't get to it first!

A reminder that the Ohahase Education Centre will be closed as of June 28 and will be open by appointment over the summer. Our building is going through extensive renovations in order to be all set for September. If you need to complete a course over the summer, please call **613-922-1769** to set up an appointment. We will be back at the school full-time on August 26th, at which time you can register for Day School, Adult Ed., or Learn While You Earn.

Remember, it's never too late to come back to school to get your diploma! There is no upper age limit in our day school classes, and Adult Learners are welcome to join them. This fall, we are offering Grade 12 college-level English and Grade 11 college-level Math, among other subjects. These two courses are generally required for admission into college programs.

We will be hosting a Grand Re-Opening in the fall and will let you know the details as it approaches.

Happy summer to all of our students; looking forward to seeing you – and some new faces! – back on September 3rd.

nya:wen for your support !

Ohahase Education Centre, 1825 York Road, Tyendinaga Mohawk Territory

"AA OPEN MEETINGS"

Mondays @ 8:00 pm, Queen Anne Parish Centre

For more information call: Dale & Lorna Vos
613-968-8586 or 613-921-8015

TYENDINAGA BREASTFEEDING CIRCLE

Services provided by Sara Maracle
International Board Certified Lactation Consultant

Our role is to Promote, Protect & Support

For more information please contact Michelle Edwards, CHN @ Community Wellbeing Centre 613-967-3603

Or Join us Tuesdays from 10:00 am -11:30 am in the Teaching Lodge at CWC, 50 Meadow Drive

Are you Expecting??

If so call now about our

'Moms-In-Waiting'

Canadian Prenatal Nutrition Program (CPNP)

Join the program for free
and receive MONTHLY gift certificates,
nutrition support and education
for the duration of your pregnancy.

For more information please call
Community Wellbeing at 613-967-3603
and speak with
Michele Edwards, Community Health Nurse

Supporting you through a healthy pregnancy!!

Kanhiote Library

Knitting/Crochet Group

Join our group each Wednesday evening to inspire and motivate each other!
No instructor, no fees, no pressure! - just fun & support!
NEW TIME! 1-3 pm @ Kanhiote.
Call Kelly-Anne at 613-967-6264

Chase the Ace!

Tickets $2 each - weekly draw, 7:00 pm, Wednesday nights, MUST claim winnings and 'Chase the Ace' for the progressive pot within 24 hrs. of weekly draw. (draws on FB Live)

Note: weekly draw 25% of that weeks ticket sales, progressive is 25% added weekly until won

Library Hours!

Tuesday	10 - 2
Wednesday	1 - 7
Thursday	1 - 7
Saturday	10 - 2

RYERSON UNIVERSITY'S SCIXCHANGE PRESENTS:

"STOODIS" SCIENCE!

THE NEUROSCIENCE EDITION

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JBARNHAR@RYERSON.CA

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Find us on Facebook
@kanhiotepubliclibrary

Genealogy Group

2nd Monday each month @ 5p.m.

Beading

Every Thursday at 6:30 p.m.

Announcements

Happy Birthday Kailey
July 31
Love Tota Wendy

THANK YOU TYENDINAGA

On June 7 the Food Bank Charity Golf Tournament was held at Briar Fox. The weather was great and a fun time was had by all.
With the help of all the golfers, all of the sponsors, all of the donors and all of the volunteers; the organizing committee is excited to turn over a grand total of (*drum roll please*)… **$39,000** to the Food Resource Centre this year!!!
All of this would not be possible without the kind and generous donations from our community. Your time and your sponsorship continue to make this golf tournament a success year after year! We as the volunteer organizing committee would like to give a big heartfelt thank you to you all!

George, Sharon, Cliffy, Barry, Rosie, Denise, Curtis

Congratulations to Braden Reid on graduating from UOIT (Ontario University Institute of Technology). Braden has been accepted at Western University for his Masters degree. Braden has been very active in rowing; competing as far as Halifax and Vancouver.

We are very proud of you Braden!

Love,

Nana, Mom (Debra), Aunt Jo, Uncle Gary, and family.

Congratulations to Raven Tabobandung on graduating from Carleton University. Raven worked as the Indigenous Programs Coordinator in her final year of studies. Raven has been accepted into the Mohawk Immersion program at Onkwawenna Kentyohkwa in Six Nations.

We are so proud of you Raven!

Love,

Nana, Mom, Dad, Aunt Debra, Uncle Gary, and family.

Thank you to our community...

Our sister, Toni Yvonne (Maracle) McWilliams, passed away on March 31, 2019 at Shannonville and her husband, Ronald John McWilliams, passed away on May 23, 2019 at Trenton.

We truly appreciate the time everyone took and the effort you all made to make such a heartbreaking situation ever so much more bearable. Thank you for the stories and memories you all shared, your words and sympathies are such a wonderful comfort and lifted our spirits as a family when they certainly needed to be lifted. Your thoughtfulness means more than any of our words can possibly express.

We can't begin to explain how much it meant to our family for the community to bring food, flowers, give donations, send cards and appear in person to offer solace. All of your compassion and care brought reassurance, relief and peace of mind during a very challenging time.

Diane Bouder, Kaila Lewis and Cherylann Brant, it would be impossible to thank all of you Godsends adequately enough for being there during this incredibly complicated stretch. We don't know what any one of us would have done without your help, consolation and calmness with all that needed to be said and done. You all are truly angels disguised as blessings disguised as real live folk.

Rod Francis and Cathie Vick, we thank you for your personally thoughtful and meaningful words during pastoral care visits and at the funeral and internment services for both Toni and Ron. You both brought strength and some ease of heart to our family when we needed it during this very overwhelming spring.

We wish to acknowledge and thank the teams of Cancer Care Ontario, Home & Community Care, Tyendinaga Home Support, Ontario Works and McGlades Funeral Home for their unwavering guidance and assistance.

Creator bless you all...
Wendy, Nita, Gail, Scott, and families

Healthy and Tasty Strawberry Sherbet

Ingredients
2 cups strawberries, fresh or frozen.
2 tablespoons of sugar.
1 teaspoon lemon juice.

Directions
Prep time- 5 minutes Ready in- 1 hour
Place strawberries in food processor and blend until smooth, about 30 seconds.
Blend in sugar and lemon, about 10 seconds more.

Freeze sherbet until solid, about 1 hour.

Nutrition Facts Per Serving. 4 Servings per recipe
63 calories; 0.1 g fat; 16.5 carbohydrates; 0.5 g protein; 0mg cholesterol; 2 mg sodium.

Traditional Uses

The strawberry plant is used to treat digestive disorders, skin problems, and to strengthen the uterus during and after pregnancy. The fruit and leaves are an excellent source of Vitamin C.

CLASSIFIEDS

WANTED

Looking for 2-3 bdrm house Hwy #49 or east of.
Call Melinda, 613-813-1748

WANTED

2+ acre building lot, preferably waterfront.
Please call 832-741-8530

WANTED

Interested in renting or rent to own.
Need 2+ bedroom house & garage.
Call David, 613-403-4421

WANTED

Looking for a 1-2 acre building lot On TMT.
Please call Karl at 613-438-3009

HOUSE FOR SALE

2 bdrm. 1400 sq ft., well (never runs out), many new upgrades, internet ready, living room, dining and 1 bath and 2 car garage on 3/4 acre lot.
Asking $200,000.00
For more information contact Balin at 343-889-1219

PROPERTY FOR SALE

Waterfront acres connects Bay with Sucker Creek on Gordon's Point
613-969-0239, Basil & Pat Miller

WANTED - HOUSE OR LOT

Looking to purchase an existing home or building lot on Territory.
Please contact: 289-217-9442 or email warrengraw@hotmail.com

WANTED

Looking for land or 3 bdrm home on TMT, reasonably priced.

Contact via text 613-438-8150 or email kennedykija@gmail.com

LOT FOR SALE

1.3 Acre Lot Overlooking BoQ
Located at 518 Ridge Road
"Great Oak Lodge" $60,000.00
Call 613-922-3137

WANTED - Property

Looking for property.
Any property would be great just NOT a building lot.
Please email:
aaronmar11@gmail.com

WANTED

Looking for 1 bdrm apartment
Non-smoker/non-drinker, no pets.

Please call Paul at 613-243-7786

LOOKING FOR

Leather jacket, good condition, mid-thigh length w/fringe on bottom, top and bottom of sleeves, chest and back. Approx. women's med-large.
Call Florence @ 613-848-8171

HOUSE FOR SALE

On York Road
Great location, needs work

TEXT ONLY
613-391-7130

HOUSE FOR SALE

145 Hwy #49, 3 bedroom, 1 bath.

Call Lisa AFTER 3:00 pm for details or to view house. 613-242-9130.

HOUSE FOR SALE

3 bedrooms 1976sq.ft water will be hooked up along York Road. Many new upgrades such as drywall throughout, Laminate flooring, new doors, 2 full baths, propane heating, paved driveway and wrap around deck.
For more information please contact sherryloft@yahoo.ca text or call 613-847-9423

MOHAWK PENTECOSTAL CHURCH

WHEN WE MEET

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

1984 York Road
Tyendinaga Mohawk Territory
Ontario Canada
K0K1X0

Church - 613.396.5329
Parsonage 613.396.5325
www.tmpc.ca

COMING EVENTS

Jul 5, 2019	Revival Service at Mohawk Pentecostal Church, 7pm
Jul 20, 2019	Men's Breakfast at MPC, 8am
Jul 28, 2019	Mohawk Pentecostal Church Picnic, from 10:30am till 3pm
Sep 21, 2019	Pancake Breakfast at Mohawk Fair, 8am till noon
Oct 5, 2019	Annual Pig Roast, Tickets available in August

To plant a garden is to believe in tomorrow.
Audrey Hepburn

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Priest:	Rev. Rod BrantFrancis, 613-396-8644
Priest Associate:	Rev. Lisa BrantFrancis
Lay Readers:	Cathie Vick, 613-922-3040
	Doug Green, 613-396-2337
Parish Office:	1295 Ridge Rd, Tyendinaga
	613-962-2787
	parish@parishoftyendinaga.org

Please join us for our Sunday celebrations at 9:30 a.m. and all other events that we share with you! We'd love to see you! All Saints Church, 1295 Ridge Road TMT

July 2 ~ QAPC Clean-up day ~ 9 a.m. rain date July 9th same time

July 7 ~ Pentecost 4 ~ Morning Prayer

July 14 ~ Pentecost 5 ~ Morning Prayer

July 21 ~ Pentecost 6 ~ Morning Prayer

July 28 ~ Pentecost 7 ~ Holy Communion … The Rev. Graham Goode

Baptisms, Marriages, House Blessings arranged upon request. Contact Rev. Rod or Rev. Lisa at the telephone numbers above.

Queen Anne Parish Centre is available for rent. A great space to use for meetings, seminars, family gatherings, etc… Please call our office at 613-962-2787 for further details.

For the most up-to-date information like us on Facebook. www.facebook.com/TyendinagaAnglican

All are Welcome in this Faith Community

Churches

All Saints' Church (and Queen Anne Parish Centre)
1295 Ridge Rd, Tyendinaga Mohawk Territory

Bishop Ordinaire The Rt. Rev. Michael D. Oulton Christ Church, HM Chapel Royal of the Mohawks
52 South Church Ln. Tyendinaga Mohawk Territory

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For Further Information Please Call:
Joy Brant at 613-967-0411 OR
Birdie Doreen at 613-396-1960

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