

# TYENDINAGA

## NEWSLETTER



## ISSUE 8 /07

20th Annual  
Tyendinaga Mohawk

# POW WOW

"Honouring the Next Generation"

## 2007

### AUGUST 11TH & 12TH

### Traditional Gathering

**NO PETS, ALCOHOL OR DRUGS ALLOWED**

## EVERYONE WELCOME!

CONTACT: Dan & Delores Whalen 613-396-6561

WEBSITE: [www.tyendinaga.net/powwow](http://www.tyendinaga.net/powwow)

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Newsletter Deadline  
Aug. 24/07  
12:00 noon  
396-3424

*We're on the Internet*  
[www.mbq-tmt.org](http://www.mbq-tmt.org)

### JOB POSTINGS

Positions that become available with the Mohawks of the Bay of Quinte can now be viewed on the Tyendinaga Mohawk Territory Web Site.

[www.mbq-tmt.org](http://www.mbq-tmt.org)



## ADMINISTRATION

### PLEASE NOTE THAT T.M.C. MEETINGS ARE SCHEDULED FOR:

**WEDNESDAY, AUG 8 (Local Business) at 7 p.m.**  
Deadline for agenda items: Aug 2 at 12:00 p.m.

**WEDNESDAY, AUG 22 (Regular) at 9 a.m.**  
Deadline for agenda items: Aug 17 at 12:00 p.m.

### BOAT LAUNCH & DOCKING ENHANCEMENTS NOTICE

With the financial support of the Canada Ontario Resource Development Program the community now has 2 boat launches complete with docking conveniently located off the Bayshore Road on Ferry Lane and within the park adjacent to the Salmon River in Shannonville.

In addition to providing better launching, fishing and swimming opportunities, we anticipate enhanced economic growth for community business that cater to the needs of boaters, fisherpersons and other using the facilities.

We're seeking community support to ensure the sites are kept clean, safe and free from vandalism.

**To ensure everyone has equal access, Please no overnight docking.**

The docks provide an excellent opportunity for family and friends to enjoy an afternoon or evening spent fishing or simply enjoying the great outdoors.

On behalf of the Housing, Parks and Band Property Maintenance Programs we encourage community members to respect and use the sites.

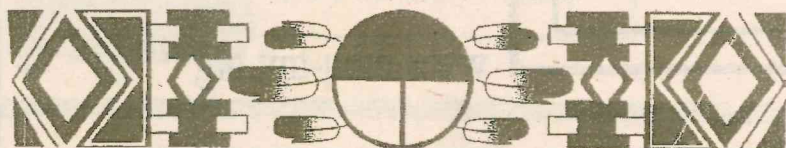
Please contact Chris Maracle, Director of Housing, Parks and BPM if you have any questions, comments or suggestions regarding the aforementioned.

Nia:wen

### NOTICE OF RIDGE ROAD CONSTRUCTION

The Ridge Road from Beach Road to Norways Side Road will be under construction beginning August 1<sup>st</sup>, 2007. If you do not live on the Ridge Road you may want to take an alternate route.

Nia:wen



### COMMUNITY SAFETY WORKING GROUP UPDATE

The Community Safety Working Group is planning a community meeting for September 2007. All community members are invited to attend. Please watch for confirmation of the date, time and location in the September newsletter.

Nia:wen

### HOUSING PROGRAM INFORMATION

Are you or someone you know considering to build or purchase a home, would you like to replace that leaky old roof or undertake major or minor renovations?

The community's housing program provides various forms of assistance to qualified applicants.

Here are some programs and options available:

- Construction, Purchase, major and minor renovation loans
- Sanitation & Purification Incentive(s)
- Residential Rehabilitation Assistance Program (RRAP)
- Rental Homes
- Inspections
- Energy Efficiency Information

For complete information please call (613) 396-3424 or visit the Housing department located within the Administration Building.

Nia:wen,

Chris Maracle  
Director of Housing, Parks & BPM

Lori Maracle, Housing Admin Assistant, ext: 128  
Wendy Hutt, Housing Account Manager, ext: 102  
Chris Maracle, Director, ext 105  
Rick Brant, Inspector, (613) 396-1471

### MORTGAGE AND RENTAL INCENTIVE - 2007

THE TYENDINAGA MOHAWK COUNCIL HAS  
APPROVED THE MORTGAGE AND  
RENTAL INCENTIVE FOR 2007.

PLEASE CONTACT CARLA BARNHARDT, EXT 124,  
FOR ADDITIONAL INFORMATION.



## ADMINISTRATION



### TYENDINAGA MOHAWK COUNCIL SIGN DECLARATION WITH IROQUOIS CAUCUS

Pictured from l-r, Councilor Blaine Loft, Councilor Roy Maracle, Six Nations Councilor Ava Hill, Chief R. Donald Maracle, Councilor Trevor Lewis, and Councilor Barry Brant at the Iroquois Caucus signing of the Declaration of Principles on Saturday, July 21, 2007 at Oakes Park, Niagara Falls, Ontario.

On December of 2005 during an Assembly of First Nations meeting held in Ottawa, five Iroquoian communities began discussions on the need to come together with one voice to address common issues affecting our communities.

It was the beginning of the Iroquois Caucus which today is represented by Tyendinaga, Kahnawake, Kanasetake, Akwesasne, Six Nations, Oneida of the Thames, and Wahta.

The mission statement is reflective of the purpose of the Caucus as it states:

***"The mission of the Iroquois caucus is to present a unified voice on common issues to protect and enhance the rights, language, culture, lands, environment and resources for the benefit of all our people."***

On July 21, 2007 the seven communities gathered at the Indian Defense League's Annual Border Crossing Celebration in Niagara Falls, Ontario and signed a Declaration of Principles to work together on common issues from a shared history and cultural perspective. Leading up to this historic signing, the Iroquois Caucus, comprised of elected officials of the seven communities, met with the Six Nations Haudenosaune Confederacy Council to start a process to discuss issues of common concern that our communities face now and in the future.

To witness the historic agreement, the Mohawks of the Bay of Quinte rented a coach bus for community members interested in attending. Many community youth attended to witness the signing, an event that will be remembered for years to come.

Through unity will we create a lasting legacy for the generations to come.

Nia:wen kowa to all who attended to support this historic event!



## ADMINISTRATION

### NOTICE

#### TO CLIENTS OF MOHAWK FAMILY SERVICES

The office at 40 York Road in Shannonville will be  
Closed on August 29, 30, 31  
For renovations.

We will be working out of various other premises  
during this time.

Please call our regular phone (613) 967-0122 to  
contact us to arrange services or for other reasons.

We thank you for your consideration while we  
undergo renovations.

**LET'S SUPPORT ALL  
BAND BUSINESSES**

REVIEWING ORGANIZATIONAL  
PRACTICES FOR  
QUALITY ASSURANCE  
&  
QUALITY IMPROVEMENT

# ACCREDITATION

BEST  
PRACTICE STANDARDS

EVALUATING MBQ SERVICE DELIVERY  
IN TERMS OF:

**RESPONSIVENESS**

**CLIENT & COMMUNITY FOCUS**

**SYSTEM COMPETENCY**

**WORKLIFE**

For information, questions, your input and / or  
a presentation to your group.....

I welcome you to contact me:

lynn brant  
accreditation coordinator  
mohawks of the bay of quinte  
613-962-9376

### WELL INSPECTIONS

Have you checked your well lately?

This is the time of year when rodents and insects may find their way into cracks and crevices of your well, if it is not properly sealed. Please call if you would like an inspection of your well.

#### CHEMICAL OR BACTERIOLOGICAL ANALYSIS

Chemical or bacteriological samples can be collected at your convenience free of charge. If you are interested in having an analysis of your well water, please contact Crystal or Liz at 613-396-3424.

Nia:wen

### FOOD PREMISE INSPECTION PROGRAM

The Environmental Health Officer is available to conduct an educational inspection for your food premise. If you have not had an inspection this year, we encourage you to take advantage of this free service which is being offered by Health Canada.

Please contact Crystal Maracle at 613-396-3424 ext. 136  
To arrange an appointment.



## MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in June responded to 7 calls:

- 1 Mutual Aid
- 2 Grass Fires
- 1 Tanker Assist
- 3 Motor Vehicle Accidents

The Mohawk Firefighters in July responded to 6 calls:

- 1 Lift Assist
- 2 Medical Assists
- 1 Burn Complaint
- 2 Motor Vehicle Accidents

**This brings our total to 50 calls for the year 2007.**



# RED CEDARS

## EMPLOYEE INTRODUCTIONS

She:kon

My name is Laura Wood. I graduated from the Early Childhood Program at Loyalist College. I worked as a casual supply at Eksa o'kon: 'a Childcare Centre and I was an ECE Teacher at Tahatikonhsotontie Head Start. I am now a Child Care Worker at Red Cedars Shelter. I am very honoured to have received this position, and excited to be part of their team at Red Cedars.

### Recognizing Child Abuse and Neglect

Author(s): Child Welfare Information  
Year Published: 2006

The first step in helping abused or neglected children is learning to recognize the signs of child abuse and neglect. The presence of a single sign does not prove child abuse is occurring in a family; however, when these signs appear repeatedly or in combination you should take a closer look at the situation and consider the possibility of child abuse.

If you do suspect a child is being harmed, reporting your suspicions may protect the child and get help for the family. Contact your local child protective services agency or police department.

#### Recognizing Child Abuse

The following signs may signal the presence of child abuse or neglect.

##### The Child:

- Shows sudden changes in behavior or school performance.
- Has not received help for physical or medical problems brought to the parents' attention.
- Has learning problems (or difficulty concentrating) that cannot be attributed to specific physical or psychological causes.
- Is always watchful, as though preparing for something bad to happen.
- Lacks adult supervision.
- Is overly compliant, passive, or withdrawn.
- Comes to school or other activities early, stays late, and does not want to go home.

##### The Parent:

- Shows little concern for the child.
- Denies the existence of—or blames the child for—the child's problems in school or at home.
- Asks teachers or other caretakers to use harsh physical discipline if the child misbehaves.
- Sees the child as entirely bad, worthless, or burdensome.
- Demands a level of physical or academic performance the child cannot achieve.
- Looks primarily to the child for care, attention, and satisfaction of emotional needs.

##### The Parent and Child:

- Rarely touch or look at each other.
- Consider their relationship entirely negative.
- State that they do not like each other.

### Recognizing Child Abuse and Neglect: Signs and Symptoms

#### Types of Abuse

The following are some signs often associated with particular types of child abuse and neglect: physical abuse, neglect, sexual abuse, and emotional abuse. It is important to note, however, these types of abuse are more typically found in combination than alone. A physically abused child, for example, is often emotionally abused as well, and a sexually abused child also may be neglected.

#### Signs of Physical Abuse

Consider the possibility of physical abuse when the child:

- Has unexplained burns, bites, bruises, broken bones, or black eyes.
- Has fading bruises or other marks noticeable after an absence from school.
- Seems frightened of the parents and protests or cries when it is time to go home.
- Shrinks at the approach of adults.
- Reports injury by a parent or another adult caregiver.

Consider the possibility of physical abuse when the parent or other adult caregiver:

- Offers conflicting, unconvincing, or no explanation for the child's injury.
- Describes the child as "evil," or in some other very negative way.
- Uses harsh physical discipline with the child.
- Has a history of abuse as a child.

#### Signs of Neglect

Consider the possibility of neglect when the child:

- Is frequently absent from school.
- Begs or steals food or money.
- Lacks needed medical or dental care, immunizations, or glasses.
- Is consistently dirty and has severe body odor.
- Lacks sufficient clothing for the weather.
- Abuses alcohol or other drugs.
- States that there is no one at home to provide care.

Consider the possibility of neglect when the parent or other adult caregiver:

- Appears to be indifferent to the child.
- Seems apathetic or depressed.
- Behaves irrationally or in a bizarre manner.
- Is abusing alcohol or other drugs.

#### Signs of Sexual Abuse

Consider the possibility of sexual abuse when the child:

- Has difficulty walking or sitting.
- Suddenly refuses to change for gym or to participate in physical activities.
- Reports nightmares or bed wetting.
- Experiences a sudden change in appetite.
- Demonstrates bizarre, sophisticated, or unusual sexual knowledge or behavior.
- Becomes pregnant or contracts a venereal disease, particularly if under age 14.
- Runs away.
- Reports sexual abuse by a parent or another adult caregiver.

Consider the possibility of sexual abuse when the parent or other adult caregiver:

- Is unduly protective of the child or severely limits the child's contact with other children, especially of the opposite sex.
- Is secretive and isolated.
- Is jealous or controlling with family members.

#### Signs of Emotional Maltreatment

Consider the possibility of emotional maltreatment when the child:

- Shows extremes in behavior, such as overly compliant or demanding behavior, extreme passivity, or aggression.
- Is either inappropriately adult (parenting other children, for example) or inappropriately infantile (example).
- Is delayed in physical or emotional development.
- Has attempted suicide.
- Reports a lack of attachment to the parent.

Consider the possibility of emotional maltreatment when the parent or other adult caregiver:

- Constantly blames, belittles, or berates the child.
- Is unconcerned about the child and refuses to consider offers of help for the child's problems.
- Overly rejects the child.

#### Where To Turn For Help:

Red Cedars Shelter – Crisis Line — 613-967-8212  
Toll Free — 1-800-672-9515

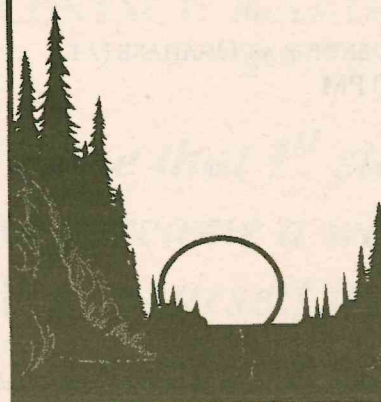
Tyendinaga Mohawk Family Services – 613-967-0122

Children's Aid Society Belleville — 613-962-9311

## Moon Ceremony

*All Women Welcome!*

**WHERE: RED CEDARS**  
**WHEN: August 28, 2007**



Please wear a dress/skirt and bring tobacco, water & a lawn chair if possible.  
Call for more information:  
969-2215 or 967-2003  
**POTLUCK MEAL SHARING**

**Facilitated by Red Cedars Traditional Practitioner Program**



## FAMILY SERVICES

### Mohawk Family Services

#### Looking for Foster Parents!!!!!!

Mohawk Family Services is taking applications for Foster Homes.

Won't you please consider opening your home so we can keep our children on the Territory.

To inquire about the process, please contact Evelyn Sparks at 967-0122 Monday through Friday between the hours of 8:30 and 4:30.

Nia:wen

### EH NONKATI NE KA'NIKONHRIIO

TOWARDS A GOOD MIND  
TYENDINAGA MEN'S GROUP

SHE:KON SEWAKWE:KON,

WE WOULD TO SAY NYA:WEN (THANK-YOU) TO SUZANNE BRANT FOR SHARING HER KNOWLEDGE WITH US ABOUT TRADITIONAL TYPES OF FOOD AND MEDICINE PLANTS (JULY 11/07) AND BRANT BARDY FOR COMING TO SHARE WITH US HIS KNOWLEDGE ON THE HISTORY OF THE TYENDINAGA TERRITORY (JULY 18<sup>TH</sup> /2007).

WE ARE STILL GATHERING DURING THE SUMMER MONTHS. IN AUGUST WE WILL BE HAVING A RATTLE MAKING (COW-HORN) WORKSHOP, DISCUSSING THE CYCLE OF CEREMONIES AND HOW THEY CAME TO BE, A KAHSTOWA (MOHAWK HEADDRESS) WORKSHOP, SWEAT LODGE, AND STORY OF THE PEACE MAKER/BEGINNINGS OF THE IROQUOIS CONFEDERACY.

GATHERINGS ARE ON WEDNESDAY EVENINGS AT OHAHASE (AT MOHAWK AIRPORT) 6:30 PM TIL 8:30 PM

FOR MORE INFO CONTACT:

ANATARAS (ALAN) BRANT  
TRADITIONAL MEN'S PRACTITIONER  
613-967-0122  
MOHAWK FAMILY SERVICES OFFICE

### Mohawk Family Services

There is a need for talent for the talent show happnin on August 23, 2007

Any one full of talent wishing to participate and have your shot at Hollywood please contact to register by August 13, 2007

MFS @ 967-0122

Ask for Esther Brant, Al Brant or Luke Jeffries

NO COST!  
THIS IS A "FREE" EVENT!



### Mohawk Family Services

Akwekon Cultural Program's Celebration of Youth

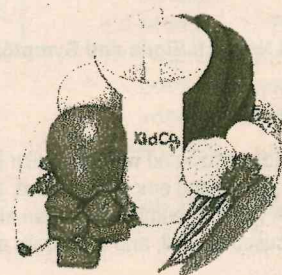
Featuring a year-end feast and talent show hosted by MFS

At Community Centre

Feast beginning at 5:30 pm

Talent show beginning at 7:00 pm

NO COST!  
THIS IS A "FREE" EVENT!





## FAMILY SERVICES & LIBRARY

### Tyendinaga Healthy Babies / Healthy Children

*Healthy Babies / Healthy Children is a free program to families with children (prenatal to age 6) living on the territory.*

*Through our friendly home visits we will provide*

- enhance parenting/caretaking awareness and healthy parenting & coping skills
- enhance healthy sexuality and lifestyle choices of teens
- provide prenatal support, services and information to expecting mothers
- provide postpartum support, services and information to mother, infants, and families
- identify the needs and goals of children (0-6) and their families- and to help them reach these goals
- offer the services of a friendly family home visitor
- ensure interdepartmental coordination of services for children 0-6
- assist children 0-6 reach their full potential
- fulfill the above goals & objectives with the integration of traditional teachings & values
- enhance nutrition, safety & breastfeeding
- referrals to families in regards to community services, events and activities
- To help Children get the best possible start to life.

**VISION:** All children (0-6) in Tyendinaga and their parents will meet their full potential.

**STRATEGIC GOAL(S):** To provide service in a holistic approach for families with children aged 0-6 who are in need.

### HOW TO CONTACT US:

**Mohawk Family and Children Services Building**  
40 York Road, Shannonville, ON K0K 3A0  
613-967-0122 Ext 105-104



Healthy Babies Healthy Babies Healthy Children  
613-967-0122 Ext 105

The Healthy Babies Healthy Children Program would like to thank everybody who came out and helped make our 3rd annual Family BBQ a success. We would like to congratulate the following people on their winnings.

Aiden Sheppard	Pool
Aurora Sheppard	Pool
Ava Bwawley	Dora Slip & Slide
Hunter Maracle	Rainbow Pool
Anthony Brant	Pool
Katlin Bernhardt	Sand pail & Shovel
Connor Bolton	Sand pail & Shovel
Shavonne Bolton	Sand pail & Shovel
Marshall	Sand pail & Shovel
Jazmin Brant	Bat & Ball
Trinity Brant	Sponge Dart board game
Kaylie Maracle	Bat & Ball
Amy Lyn Bernhardt	Water T Ball Set
Morgan Bernhardt	Bubble Maker
Carson Maracle	Baby Quilt
Dallis Atkinson	Watermelon

Once again Thank you for your support!!!!!! Should you have any suggestions for next year please give Kim or Gail a call to let us know.

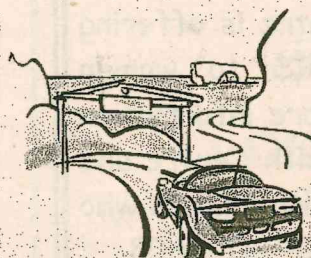
Thank you to Tracey at Head Start for the use of the Bikes

I would like to say a BIG THANK YOU to Ken Brant for all the help you gave me with setting up pools, hoses, and all the running around for me and also doing the BBQing. I would also like to say thank you to Lou Maracle for all your help with the prep work.

And the last goes to my right hand Barbara Gail Brant I could not have done it without all your hard work and dedication and Preparation for this BBQ  
THANK YOU GAIL

Kim Maracle  
AHBHC Program Manager

## WANT TO GET YOUR DRIVER'S LICENSE?



Start with a mouse.

Check out

[www.serviceontario.ca](http://www.serviceontario.ca)

At Kanhiote Library.

Review the Ontario Driver's Handbook on line, try a sample test, book your road test on line and a whole lot more...

### HOURS

Tuesday and Wednesday 8:30 to 4:30

Thursday 12 to 4 and 6 to 8

### Kanhiote Library

1644 York Road  
RR#1

Tyendinaga Mohawk Territory  
ON K0K 1X0

Phone: 613-967-6264

Fax: 613-396-3627

[karenl@tyendinaga.net](mailto:karenl@tyendinaga.net)

## DIABETES SUPPORT GROUP PRESENTS:

**DR. SALLY BRANT**  
**OPTOMETRIST**

**THURSDAY, SEPTEMBER 13<sup>TH</sup>**

**At 7p.m.**

**Thayendanega Health Centre**

**DIABETES AND EYE HEALTH**



**Everyone Welcome**

**613-967-3603**



## HEALTH CENTRE

### August 2007 Moms - In - Waiting Canadian Prenatal Nutrition Program

The Thayendanega Health Centre is offering **MONTHLY FOOD VOUCHERS** to women during their pregnancy. For more information please drop by or call the Health Centre and speak with the Community Health Nurses who will outline the program. Tel 613-967-3603  
We want you to have a healthy pregnancy and a healthy baby!

Mary McCauley R.N.  
Brenda Asselstine R. N.  
Community Health Nurses



So, you're having a baby...  
Let us help you  
Learn more about pregnancy,  
nutrition, labour and delivery  
and breastfeeding.  
Receive information through  
videos, talks and demonstrations.

Fall Prenatal Classes  
will begin Wednesday  
September 12, 2007  
7-9 pm

A series of six classes will be taught  
by  
the Community Health Nurses  
For more information or to register  
for classes, please contact the  
Thayendanega Health Centre  
Tel: 613 967-3603

Partners/Supports are really  
important, please come too.

## Free \$25.00 Food Voucher!

The Nutrition & Fetal Alcohol Awareness Programs are offering a \$25.00 food voucher plus tips on healthy snacks and lunches for young children to help families nourish their children for the upcoming school year.

All families with children ages 0-6 who reside on Territory may receive a voucher by stopping by the Health Centre **August 20<sup>th</sup> - 31<sup>st</sup>**, between 8:30- 4:30.

For more information please Brenda at 613- 967-3603



Please note: only one voucher per family

### NURSING MOTHERS' GROUP OF TYENDINAGA INVITES\* BREASTFEEDING MOTHERS AND BABIES AND EXPECTANT MOTHERS

To their ongoing series of meetings

**FRIDAY AUGUST 10**

**\*\*at the east side of the PowWow Circle\*\***  
**weather permitting**

**& FRIDAY AUGUST 24**

at **Thayendanega Health Centre**

**10:30 am : 15 MINUTE MINI-CLASS**

**FOLLOWED BY DISCUSSION & MOTHER-TO-MOTHER HELP**

**BREASTFEEDING CLINIC AVAILABLE AFTER MINI-CLASS  
AND BY APPOINTMENT**

\*Interested women and girls also Welcome.

### FOR BREASTFEEDING HELP AND BREASTFEEDING CLINIC APPOINTMENTS

PLEASE CALL HEALTH CENTRE: 967- 3603



### BREASTFEEDING CIRCLE

#### Smiles in the Night

"I don't envy mothers whose babies sleep all night . . .

My daughter Celine slept through the night for the first time when she was nine weeks old. We were ecstatic! I recorded the blessed event on her baby calendar. I proudly responded, "Of course," when asked the inevitable question, "Does she sleep through the night?"

Then abruptly, at the age of nine months, this night time co-operation ceased. We panicked. I went to the library and borrowed every "How to Get Your Baby to Sleep" book (except Dr. Sears' *Nighttime Parenting* & Tine Tevenin's *The Family Bed*). I called a radio talk show child psychologist. I listened to well-meaning friends and relatives ask, "Could it be because you're still nursing?" I tried our pediatrician's advice to do anything but nurse - all to no avail.

Then I went to my first LaLeche League (breastfeeding support group) meeting. Surprise! Other women's babies didn't sleep through the night either!

We began to listen to our hearts. I brought Celine into bed with us. Nursing her back to sleep in our bed gave me the rest I needed. I learned to love those midnight snacks - when the world was peaceful and I could catch a glimpse of her smiling angelically in her sleep.

Celine is now three years old and sleeps on the floor next to our bed, where she usually spends about half the night. As we lie down, Celine gives me a big hug, says "let's hold hands," and falls asleep. I catch a glimpse of that angel face before I doze off too.

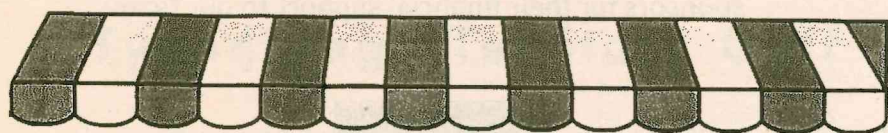
No, I don't envy mothers whose babies sleep through the night. I like my way better!" *By Maryann K. Miernicki*

Recopied from "New Beginnings" - LLL

*Nighttime Parenting* by Dr. Sears, is available for loan from the Tyendinaga Nursing Mothers' library at THC.

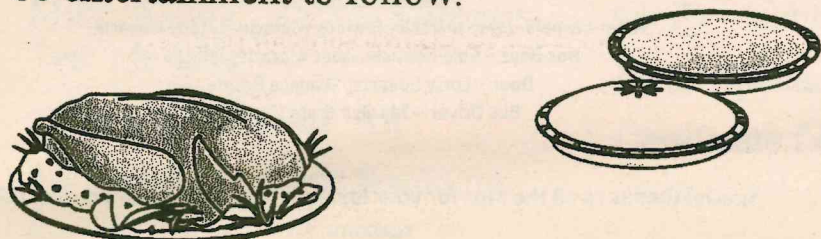


## HOME SUPPORT



### Supper Club

The Supper Club is held every Saturday evening at 5pm in the common room of the Elders Lodge. Unless otherwise stated. A hot nutritious meal is prepared by the Home Support cooks. There is a nominal fee for this service. Once a month there will be entertainment to follow.



### MEAL PROGRAMS Hot and Frozen!



Our hot **MEALS ON WHEELS** program is delivered every Tuesday and Friday between 11:30am & 12:30pm. The meals are prepared by the Home Support cooks at the Elders Lodge. The cost is \$3.00 per meal.

Our **FROZEN MEALS** program is ordered and delivered once a month. There are many to choose from. Prices vary depending on what/how many are ordered. There are entrees, soups and desserts to choose from. All entrees are microwavable!



### DINER CLUBS



**BREAKFAST CLUB** is held every Monday and Thursday morning at 8:30 am in the Common Room of the Elders Lodge. A hot nutritious breakfast is prepared by the Home Support cooks. The cost of this Program is donation only.

**DINERS CLUB** is held every 2nd 4th and 5th Wednesday of the month at 12:00 noon, in the Common Room of the Elders Lodge. A hot nutritious meal is prepared by the Home Support cooks. The cost of this program is \$3.50 per meal.

**SUPPER CLUB** is held every Saturday evening at 5:00 pm in the Common Room of the Elders Lodge. A hot nutritious meal is prepared by the Home Support cooks. The cost of this program is donation only.

If you are interested any of the above programs and would like more information or would like to order, please call Angela D. Maracle, Meal Services Coordinator at 613-962-6653 Home Support Office or 613-396-4005 the Elders Lodge.



### DINER Seniors Breakfast Club

Seniors 55 and older

Monday's and Thursday's  
8:30 am

in the Common Room of the  
Elders Lodge  
we will be offering a  
well balanced and  
nutritious breakfast  
the cost is donation only!!!



## Tyendinaga Home Support "Remember When"



### CAR SHOW & SOCK HOP

For Seniors 55 and over and 18+ with physical challenges  
A nostalgic visit back to the 50's & 60's. So start cleaning out your closets, attics, and trunks for your poodle shirts, saddle shoes, and straight cut jeans. Contests for best costume, live band and dancing, prizes and much more!!

Saturday, September 22nd, 2007  
Community Centre (downstairs)  
4:00 p.m. - 8:00 p.m.

Dinner will be served at 5:00 p.m.

No cost for this event but a donation to the foodbank would greatly be appreciated.

For more information call Charlie @ 613-962-6653

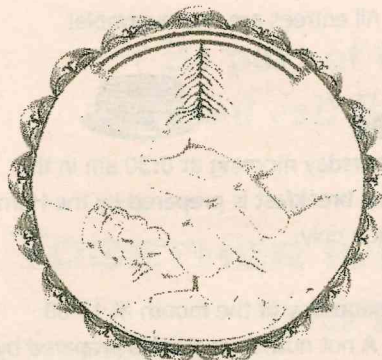




## COMMUNITY INTEREST



Tontakaiê:rine  
(It has become right again)



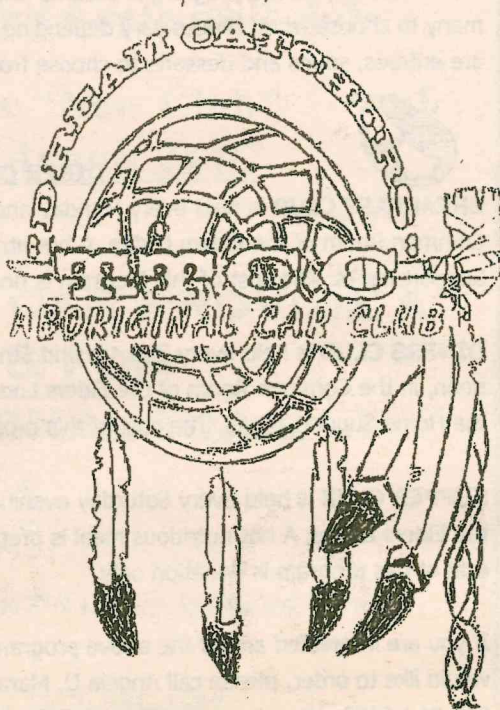
Tyendinaga Justice Circle



THAYENDANEGE  
HEALTH  
CENTRE

Tyendinaga Mohawk Territory

"Honoring The Next Generation"



Dream Catchers is a family oriented car club dedicated to family values and interaction, not only at home, but also in the community. Dream Catcher and its members will help educate youth and adults with the interest and desire to learn, the knowledge and skills needed to build and restore cars. Club members will enjoy the many opportunities and incentives available to them by being involved and participating in the hands on learning needed to acquire the skills necessary to build their own cars, with the assistance of other club members. Everyone will have the opportunity to learn skills such as engine building, suspension work plus set up, electrical, upholstery, automotive body and paint work, chopping, etc. Youths involved in the car club will receive incentives while involved in the car club. Incentives are earned through a point system, while completing certain steps and goals they set for themselves, as well as volunteering in community projects. This will enable them to achieve positive results not only for themselves, but also for the community as well. Some of the following are just a few examples of benefits the club will have for the community, and also for club members:

1. Teaching youth to work together in problem solving, putting ideas together to achieve positive results, creativity, leadership skills, and also skill building.
2. To educate youths and adults in the automotive repair trade, opening up possibilities of possible employment in the trade, through the skills and knowledge acquired through participation in the car club.
3. To develop and build skills and increase knowledge through education that will also help to build self-esteem.
4. Enhance economic opportunities for business in our community. By the increase of visitors who will attend our car shows, cruises, and other various functions.
5. Will promote social and inter-generational opportunities for every one of all ages working together in our community that will provide positive results for the Territory.

We are confident that the outcome for our community, youths, and families in general will be positive, through the commitment and dedication of Dream Catchers, Justice Circle, First Nations Technical Institute, and the Thayendanege Health Centre. Also many lives will be enhanced because of the many opportunities that will be available to everyone.

If you feel you can be of assistance in contributing any skills you may have in the automotive trade or hobby to Dream Catchers, please call Charlie or Gayle Brock @ 613-968-2794.

**\*\*Note:** Watch for September's newsletter for date and time of an informational meeting for anyone interested in this club as a member, or who can contribute to the club with any skills that would be beneficial to our club, and or community members.

The Wolf Pack lacrosse team would like to thank the following sponsors for their financial support to our team:



Reid's Dairy  
Tyendinaga Lions Club  
B.C. Roofing (Bruce Maracle)  
Mohawk Orange Hall, Nevada  
Gilmour Meats  
Free Flow Petroleum (Steve Morris)  
Hill's Variety  
Smokin Coffee Express  
Smoke Depot

Brantco Technologies (Clifford Brant)  
McMurter's Lumber & Building Supplies (Kelly and Jim)  
North Shore Tobacco (Harvey and Terry Maracle)  
Onkwehonwe Neha Enterprises (John & Rhonda Baptiste)  
Tyendinaga Community Development Fund  
Mohawk Recreation Committee  
Native Renaissance II  
Confederacy Variety

#### Big thanks to:

Score Keepers- Jessy Maracle, Brittany Maracle, Tiffany Maracle  
Box Boyz - Cole Maracle, Isaac Maracle, Jeff Hill  
Door - Lorry Spencer, Danielle Brant,  
Bus Driver - Marilyn Brant (Curly)

Special thanks to all the fans for your loyal support to our team during this season!

Nia:wen Kowa for everyones support !

July 2007

She:kon,

A group of people met in 1997 to address the issue of Diabetes and wellness. The outcome was the creation of "Tyendinaga Coalition for Healthy Lifestyles" committee. We worked with Alex McComber at the beginning, and at that time he was affiliated with the Kahnawake School's Diabetes Prevention Project. During this time, we came up with a "Wellness Vision" and "Mission Statement" for Tyendinaga. Our goal is to eventually see diabetes and its complications eradicated from our community. Diabetes, Type 2 is a disease that is preventable if we live a healthy and balanced lifestyle.

#### WELLNESS VISION STATEMENT

"All Tyendinagaro:non are empowered through education and knowledge to live healthy lifestyles in a holistic way. Tyendinagaro:non will teach and encourage our children healthy lifestyles through good nutrition and quality daily physical activity at home, in school and in the community. This community will actively promote and participate in programs stimulating the whole person to wellness".

#### MISSION STATEMENT

"The Tyendinaga Coalition for Healthy Lifestyles is volunteer community members who believe in and actively promote healthy eating and physical activity as ways to be well in our community".

The Coalition was responsible for organizing an awareness conference "Stepping Stones to Diabetes Awareness". Various fundraisers was organized i.e.) silent auction & coffee house; raffle tickets; 50/50 tickets. We participated in Sadie's Walk; assisted with Arnold J. Brant Memorial Golf tournament (they have generously donated money to help with diabetes events). A Community garden was started, and considered a success. On a yearly basis, usually from November to April, a soup program is delivered to the children at Quinte Mohawk School.

**Any one interested in being a part of the Coalition is invited to attend our meetings.** We meet the last Monday of every month. Our next meeting is August 27<sup>th</sup>, 2007 at the Elders Lodge, 4:00pm. Come check us out...new ideas always welcomed!

We have partnerships with various organizations in the community sitting on the Coalition.

If you have questions, do not hesitate to call any one of the following:

Gord Foster 613-396-5952; MJ Loft 613-396-6716; Carol Loft 613-396-3900

Nia:wen,

Carol Loft  
Aboriginal Diabetes Worker

Southern Ontario Aboriginal Diabetes Initiative  
Tyendinaga Coalition for Healthy Lifestyles



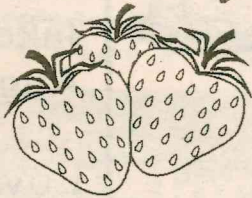
## COMMUNITY INTEREST



**Allison L. Lynn, B.F.A. (Hons)**

Allison Lynn received her degree at York University's spring convocation on Monday, June 11, 2007. She graduated on the Dean's List with a Bachelor of Fine Arts (Honours), double majoring in Visual Arts and History. She was the recipient of the National Aboriginal Achievement Foundation Arts Scholarship for 4 years, the Millennium bursary, and the York University Association Bursary for High Academic Achievement. Allison graduated as an Ontario Scholar from Nicholson Catholic College in Belleville. Congratulations from proud parents Dale and Lisa Lynn of Tyendinaga, sister Andrea, partner Bryson Dockrill, grandparents Freda Brant-Williams and Ron Williams of RR7 Belleville, the late Jim Lynn, and the late Mac and Mary Anderson. Allison is currently employed as a freelance web designer, and plans to return to school in September 2008 to begin her Master's program.

*A special thank you...*



To Jim and Patricia Green, for sharing your lovely garden,  
and to everyone who volunteered their time and talents at

**The Strawberry Garden & Tea Party**

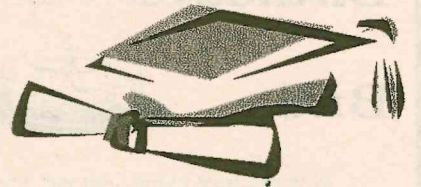
**Sunday, June 24, 2007**

We appreciate the many efforts in making this a successful event.

We'll look forward to seeing everyone again next year!!!

**The Tyendinaga Food Bank Committee**

*Congratulations!*

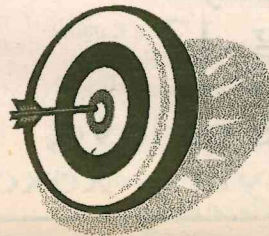


**Brenda Sager, Betty Carr-Braint, Matt Sager,  
Cindy Maracle & Danielle Brant**

*for completing the B.I.S.W. degree program through FNTI, University  
of Regina & First Nations University of Canada.*

*Congrats to Dannie on completing the B.I.S.W. degree program.  
We are very proud of you on this huge accomplishment.*

*Love the Family,  
Mom, George, Shayla, Tanya & Laverne*



**Thank You!**

*I would like to thank the following for their contributions to my trip  
to Saskatoon to compete at the National Dart tournament:*

**Tyendinaga Community Development Fund**

**Bruce & Mary Loft**

**Carol & Manson Loft**

**Joy Brant**

**Co-workers at Kagita Mikam**

**Belleville & District Youth Dart League**

**Army & Navy Wednesday Night Mixed Dart League**

**My friends from the trailer park**

*I would like to thank my family & friends for their support and  
encouragement. Thanks to everyone for making my dream possible.*

**Marilyn**

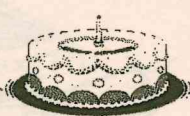












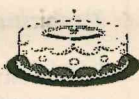
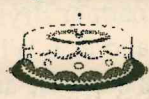

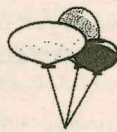
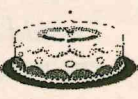








### August—Council

This is the time to offer our prayers to the chief and the councilors to enable them to conduct the business of the Tyendinaga Territory with wisdom and fairness. They have many areas of concern both on the territory as well as surrounding areas as they may affect the natives, their land as well as the viability of the entire territory. Their concerns involve distribution of monies received from various entities as well as recognizing requests for assistance. They also oversee the requests for new businesses wishing to open on the territory. This list is not inclusive of all they are thinking of but serve to show their area of concern and their need for good thoughts and prayers.



## BIRTHDAYS

<p>Happy 10th Birthday!</p> <p>Bird </p> <p>Love Duda</p>	<p>Happy 10th Birthday! </p> <p>Porky</p> <p>Love Popsy Dotsy</p>	<p>Happy 21st Birthday! </p> <p>Nikki Aug. 22</p> <p>Love Indy &amp; Glenn</p>	<p>Happy Birthday! </p> <p>Nikki Aug. 22</p> <p>Love Jordan</p>
<p>Happy 1st Birthday! </p> <p>Cooper</p> <p>Love always, Auntie, Uncle Pete, Josh &amp; Becca</p>	<p>Happy Birthday! </p> <p>Dad (Al) Aug. 23</p> <p>Love Brandie, David &amp; Mom xoxoxo</p>	<p>Happy Dirt Day! </p> <p>Sam Aug. 10</p> <p>Love Bev, Ray &amp; the rest of the Kids</p>	<p>Happy Birthday! </p> <p>Sweety (Josh) Aug. 20</p> <p>I love you! Have a great day! Love Ang</p>
<p>Happy 30th Birthday! </p> <p>George Aug. 17 Have a good one!</p> <p>Love Dannie, Tanya &amp; Laverne</p>	<p>Happy 30th Birthday! </p> <p>Daddy Aug. 17</p> <p>Lots of love, Shayla xoxo</p>	<p>Happy 30th Birthday! </p> <p>George Aug. 17</p> <p>Love Mom (Irv)</p>	<p>Happy Anniversary! </p> <p>Mom &amp; Dad (Christina &amp; Albert Maracle) Aug 10</p> <p>Love Brandie &amp; David xoxoxo</p>
<p>Happy Birthday! </p> <p>Papa Aug. 22</p> <p>Lots of love, Mikayla &amp; Cody</p>	<p>Happy 19th Birthday! </p> <p>Mark Aug. 8</p> <p>Love always, Sam</p>	<p>Happy Birthday! </p> <p>Keven Aug. 2</p> <p>Love Marilyn, Rick Sam &amp; Mark</p>	<p>Happy 27th Anniversary! </p> <p>Harry &amp; Eileen Aug. 30</p> <p>Love Marilyn, Rick, Sam &amp; Mark</p>
<p>Happy 3rd Birthday! to our little princess</p> <p>Mikayla Aug. 18 </p> <p>Lots of love Hugs and Kisses Daddy, Mommy &amp; Cody</p>	<p>Happy 12th Birthday! </p> <p>Paige Aug. 23</p> <p>Love Aunt Marilyn, Uncle Rick, Sam &amp; Mark</p>	<p>Happy 19th Birthday! </p> <p>Mark Aug. 8 Finally legal!</p> <p>Love Marilyn &amp; Rick</p>	<p>Happy Anniversary! </p> <p>Jake &amp; Shirley Aug. 18</p> <p>Love ya, Ang xxoxo</p>
<p>Happy 80th Birthday! </p> <p>Uncle George Marion</p> <p>with lots of love, Sandy &amp; Paul, Rick &amp; Diane, Harold &amp; Mary and all the kids!! xoxo</p>	<p>Happy Birthday! </p> <p>Bart (Uncle) Aug. 5</p> <p>Have a great day! Love always, Mom, Bill, Haley, Cass, Bub &amp; Jared oxoxoxo</p>	<p>Happy 7th Birthday!! Reegan July 26</p> <p></p> <p>Love, Dad, Lorrie, Mitch, Maddy, Katie &amp; Abbie</p>	<p>Happy 12th Birthday!! Mitch August 22</p> <p></p> <p>Love, Mom, Robin, Maddy, Reegan Katie &amp; Abbie</p>



## COMMUNITY INTEREST

# It's finally here...

Tyendinaga welcomes the Block Parent® of Canada Program to our community and we need volunteers!

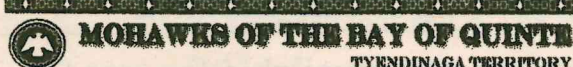
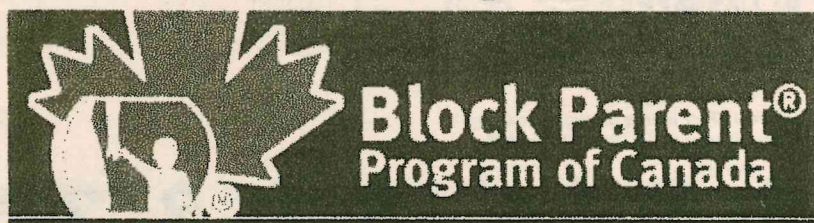
## \* What is a Block Parent?

*"Block Parents are responsible adults who care sufficiently about the well-being of children and others to volunteer their homes as a temporary refuge in an emergency. All Block Parents are screened by the police and are given instructions on the program by local volunteers. The Block Parent window sign is shown only when someone over the age of 18 is available to answer the door. If the sign is not displayed, this does not mean that no one is home, only that the Block Parent is not available to offer immediate assistance. In addition to the primary goal of making communities safer for children, the Block Parent Program deters criminals and trouble makers. The network of Block Parent homes is a visible reminder that citizens are watchful in their community".*

For more information on the Block Parent Program, please contact one of the following members:

Tammy Maracle ~ 613-967-3888  
Ainsley Leween ~ 613-396-3897  
Susan Atkinson ~ 613-396-1077

## "Keeping Our Community Safe"



### VISION

Tyendinaga, as part of the Mohawk Nation, is a healthy, sustainable Kanienkeha community, built on and united by our language, culture, traditions, knowledge and history.

We exercise our rights and responsibilities for the protection of and respect for our people, our land, our resources and the environment.

## POSTCARDS FROM THE VISION QUEST

by Joseph Brant

### Ramblin', gossipin', prattlin' fever

I'm not sure but I have a feeling that the United Restaurant in Deseronto is part of our Culbertson land claim. And if that's the case, then I'm in favor of stretching this negotiation out for another ten years.

Or maybe we can include some sort of statement in the final agreement that will allow it to stay here because, otherwise, what are we gonna do?

I suppose I could work there for a little while, just to figure out the secret recipe to make for myself the best damn pizza I've ever eaten in my entire life. Nah, that's crazy.

Another cause for concern: between the East Coast and West Coast "CW" channels on the dish I can watch the sitcom "Reba" at least four times a day, and I just realized that (now that the show's been cancelled) it's all gonna come to a grinding halt come September.

Honestly, I was never a big fan of the show until I moved back home. And given that it's on so often now, well I've just grown addicted to it. I watch it whenever I can and I find I like to catch it straight from the very beginning of the episode so I can sing along with the theme:

My roots are planted in the past  
Though my life is changing fast  
Who I am is who I wanna be

Mom claims she doesn't like the show, yet laughs harder than I do when it's on.

But don't get me started about Mom: if I'm on the Internet for more than five minutes she asks, politely, if I'm looking at porn. And if it's not porn, she's asking if I'm chatting with a stranger and that I should be careful because she doesn't want me falling in love and moving far away "to be with a stranger." Why these questions?

I gots no idea.

Remember when microwave ovens were new and the people who couldn't understand the technology got all unnecessarily afraid and concluded that we'll all get cancer? Or when the cell phones were new and they couldn't understand the technology so they, again, got all afraid and said it then, too? I think I'm dealing with the same thing here.

I thought the weeklong series of articles in the Intelligencer about life here at Tyendinaga was interesting and informative...for people who don't live here. Notice the mini-protest that came in the Letters to the Editor about how water is bad not only here but everywhere? That made me feel a tiny little bit better—like we were all in the same boat (ha!)—about conserving it as much as we have to.

Do you remember those articles? They were printed every day, back at the end of June, leading up to the great big "Aboriginal Day of"... what was it? Action? Which reminds me.

I visited the protest site at the quarry a couple times since I've been home. One of those visits was during that week: remember that day the Ministry of Natural Resources finally came in? Has anybody heard anything about that since? That was a busy week.

We met a female reporter from the Canadian Press that day. Based out of Ottawa, she said she was one of the very few people who had taken on Native Issues as one of her "beats." She said she lived outside Six Nations for a quite a few years and learned all about the differences between the Indian Act governments and the traditional people.

She asked if we planned to come back in the next couple days for the great big "Aboriginal Day of Action" festivities but we said no. I could tell she felt bad because, I think, she could sense we were just, you know, real people.

We also met a little Asian guy from CTV News. Also based in Ottawa, he didn't stick around too long after we got there but I'll tell you this much. When I noticed him grappling to define the location of the quarry, I made sure he knew we were not "at" or "in" Deseronto, but that we were "near Deseronto." I watched TV all day the next day and I'm glad to say he got it right. So now I know, with first hand experience to back me up...

Out here on the front lines: there's always gonna be tough questions like that, and they HAVE to be answered.

Surprisingly, I drove away that day with a few questions of my own.

What kind of message are we sending when we display the little kiddie playground, the jungle gym, and the trampoline so prominently?

Is there an historic relationship between Native protestors and the use of dilapidated school buses, or is it all coincidence?

Did you know that McDonald's in Canada makes a DOUBLE Big Mac? I just moved here from the land of saturated fat and fast food junkies and McDonald's down there don't make no Double Big Mac! What's that all about?

Anyway. That's enough for now, I guess. We've gotta keep our eyes and ears open and ready for the real news updates.

We're still entitled to regular updates, right?

[josephebrant@yahoo.com](mailto:josephebrant@yahoo.com)



## RECREATION

## Recreation News

(613) 396-3424 ex.107 Rec.Department

## Active News!

Recreation has received approval for 5 proposal developments. Nia:wen to the community and MBQ staff for the support letters.

The first one was with the Communities in Action Fund to use the surplus to assist with other programs within the Mohawks of The Bay of Quinte. The following programs received funding:

- 1) Mohawk Family Services for \$1,260.00 for the Culture Camp Akwekon 2007 for the 1st Aid Course
- 2) MBQ Sports camp for \$1,483.56 for the Aboriginal Experience trip to Ottawa.

The second proposal was for funding for ATV training. This is a safety initiative for community members. The Tyendinaga Police, and two community businesses (Mohawk Cycle Clinic and Daymak Tyendinaga) has partner with Recreation for this project. The event will happen Tuesday August 28, during the day, watch for the advertisement in your mail box and newsletter for all the future programs. The funding is greatly appreciated from Building Healthy Communities. Nia:wen to Jim McMurter and other community members that have shared in this idea. Also from this training a trail club will be started.

The next proposal was for Active Recreation. The funding is to enhance the following recreational programs:

- Swimming & Skating programs
- Hanio Oksa Healthy Lifestyles program
- After School Dance Program
- Active Time at QMS gym

The funding was greatly appreciated from The Tyendinaga Communities in Action Fund for \$7,000.00.

The fourth proposal is for the development of the "Tyendinaga Fitness Resource Centre" at Bayview Variety Plaza. (Shannonville) The funding is also greatly appreciated from the Trillium Foundation for the amount of \$92,000.00. The key objectives are:

- To provide a community fitness facility with exercise equipment.
- To remove the barriers for participation by providing transportation and childcare.
- To promote a healthy lifestyles in a family friendly environment.
- To provide wellness workshops for all age groups.
- To provide a gathering area for the youth, young mom's, men, seniors and children.
- To provide assistance by having a clothing exchange, food bank information, childcare sharing, and a personal trainer.

The last funding was approved for two workers in this building: A personal trainer and childcare worker. Nia:wen to Kagita Mikam.

This project is partnered with other Departments of Mohawks of The Bay of Quinte. Grand Opening attentive date is September 5, 2007. Nia:wen for the teamwork from the Focus Group.

Watch for future flyers for more details.



Nia:wen

To the following Business for the prizes donated

For June 15/07 Golf Tournament

McMurters

Tyendinaga Computer Sales &amp; Services

Rez Cresting

Skyway Northshore Tobbaco

Town's Edge Bed &amp; Breakfast

Mohawk Auto Body

F.N.T.I

Jenny Hudson

Deseronto True Value, Deseronto Foodland

Bank of Montreal

Briar Fox

Ray &amp; Jim's

Kagita Mikam

Darren Green Sandblasting

Doug Whitley Insurance

Stevenson Waplak &amp; Associates

Trent Valley, Whitley Insurance

BMO Nestburns

Mohawks Family Service

Red Cedars

Tyendinaga Recreation Department

Alarm Systems

Prizes &amp; Promos (Gordon Armstrong)

Trent Valley

Also Nia:wen to anyone that was not mentioned.  
Your Support for Child's Sports is greatly appreciated  
Darlene J. Loft, Recreation /Fundraiser Manager

## Volunteers &amp; Canteen (613) 396-5339

Nia:wen to Sheryl Garey and Greg General for volunteering their time to help with the Quinte Mohawk School ball tournament. The Recreation Department appreciates your time.

During the tournament, the school took part in the special hotdog fundraiser and received \$44.00 in proceeds for sports equipment for the school.

The canteen is only open for tournaments this summer and we welcome any volunteers to assist in these events.

We also welcome youth who need job training in this type of work environment. The summer student this year is Greg Reilly, who is doing a great job!

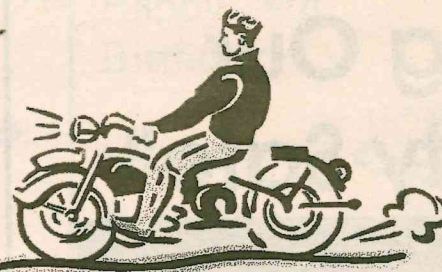
Special Nia:wen to the soccer coaches and youth baseball coaches that took time to share their nights with Tyendinaga youth.

Soccer Fields & Ball diamonds

In order to keep the place safe for all ages we are asking the community to respect the area. We welcome families and friends to come out and play baseball or a small game of football, soccer, field lacrosse or just a game of volleyball. It is a spot made for the community to be active and to have safe fun. Any questions about the area you can contact the ball diamond worker or the Recreation Department.

We are asking the ATV or bikes to stay on the back trail and not to go on the soccer fields or the ball diamonds please. Nia:wen.

We are reviewing the idea of putting another playground equipment in the area for the younger age group. Nia:wen to the Daycare for the equipment and the gravel donation.



What comes first?  
Buying the bike or ATV or taking the safety training?  
Call with your answer (613) 396-3424 ext.107

## Games Room Rental

The games room is available for rent for Birthday parties, meetings or for family fun  
**Only \$30.00**

Special Certificate & Prize for the Birthday Person

Sports equipment & games available to use

For more information contact (613)396-3424 ext.107

or (613)396-5339 24 hr. voice mail or email

darlenel@mbq-tmt.org or www.mbq.tmt.org/

Promoting Healthy Living & having fun doing it!



## RECREATION

## Tyendinaga Territory Golf Tournament 2007

9 teams attended – comments were great, they asked for the tournament again next year but for 18 holes instead of 9. Next year's date is June 13, 2008 at Briar Fox

**50/50 Draw Proceeds** – \$51.00

Winner: Bev Delaney

**Father's Day Prize Proceeds** -

\$42.75 - Winner: Dale Triol

**Golf Game Winners**

**1<sup>st</sup> Place : Union Gas**

Mike Kenny, Wayne Harrison, Ted Maracle

**2<sup>nd</sup> Place : Build All**

Tom Maracle, Scott Houlding, Paul Maracle, Brad Quaiff

**3<sup>rd</sup> Place : Greg's Team &**

**Eagle Orthopaedics Team**

Greg Loft, Isaiah Loft, Gerry Roque, Brant Bardy

Jim Brant, Darryl Brant, Cliff Brant, Marty Robertson

**Highest Score Team : Molly's team**

Molly Kohoko, Nora Brant, Karen Maracle, Mary Maracle

**Closest to the Pin Winner:**

Sharon Hill & Darryl Brant

**Longest Drive Winner :**

Molly Kohoko, Gerry Roque

**Free Special Prize Winners :**

Certificate for 9 Hole Golf – Dale Triol

Trent Valley Prize – May Maracle

Tool Box – Sharon Hill

Sports Bottle – Don Fisher

The proceeds from the event was **\$1,788.45**. Nia:wen to all the golf players for their support.

Also a special nia:wen to Brandy Maracle for her support from Mohawk Family Services.

A donation of \$500.00 from the event went to Mohawk Family Services. This went towards families in financial need, especially in the area of supporting foster care children in the Tyendinaga Territory.

The Recreation Depart. welcomes your ideas, it starts with working together one step or dream at a time.

just call or email (613) 396-3424 ext.107

darlenel@mbq-tmt.org

## Big Bike

The big Bike event raised \$2,462.00 for Heart & Stroke. Nia:wen to the Bayview Variety staff for helping with this event. A special Nia:wen to Lisa Morris from Aboriginal Expressions flower shop and Janet Hill from Bayview for all the support with the day of fun. Also Nia:wen to all the people on the bike, and to the

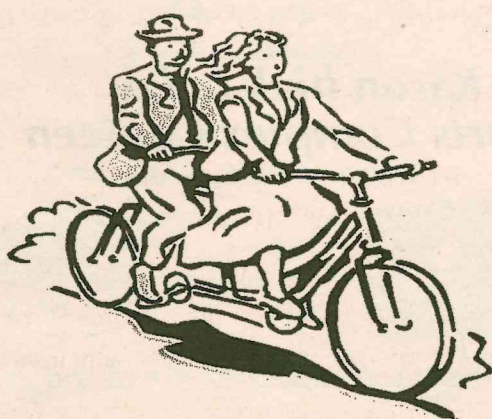
Tyendinaga Police for coming out.

Nia:wen to Tammy Maracle.

Next year will be our 7th year of doing this event. All the laughs were free.

[www.heartandstroke.ca](http://www.heartandstroke.ca)

The event next year will be at the same place around the same time.



You can sign up for 2008 Big Bike today !

*The Get caught getting active tickets had 338 ballots, the winner was Marie Lafferty from Belleville. Congratulations to Tyendinaga members that did get caught being active.*



Check out the website [www.mbq-tmt.org](http://www.mbq-tmt.org) a swing of information.



## RECREATION

### Tyendinaga's Trail Club

We are looking for all ATV or motorcycle owners, young & old to join us in starting a safe trail club.

Be part of the "New Club" and call By August 24/07

**TOGETHER WE CAN PROVIDE A  
SAFE & FUN  
RECREATIONAL TRAIL**



**LET'S RESPECT EVERYONE'S LAND & DRIVE SAFE**

Jim McMurter - (613) 396-1607  
Daniel Doreen - (613) 396-6368  
John Cummings - (613) 968-2504  
Darlene J. Loft - (613) 396-3424 ext.107

**We welcome any sponsorship & ideas for this adventure!**



### Tyendinaga's 1<sup>st</sup> ATV Safety Initiative

(All Terrain Vehicles)

Certified ATV Instructor Paul Joesifik

**Tuesday August 28/07**

**9:30 am to 3:30 pm**

(rain or shine)

**At the "NEW"**

**Tyendinaga Motorsports Park**

**On Hwy 49**

(Beside 911 # 502)

**\$35.00 a person**

Tyendinaga Recreation Department is partnering with the following business & departments for the success of this program:

Daymak Tyendinaga, Mohawk Cycle Clinic, Tyendinaga Police

The ATV safety Initiative has space for 5 youth (10 years to 16) & 5 adults

Registration & waiver form signed & payment due by August 21/07

Each person will receive safety equipment - helmet donated by MBQ Recreation & safety equipment donated by Mohawk Cycle Clinic.

2 youth & 2 adult ATV's will be rented for the day from Daymak Tyendinaga

**For more information contact**

**MBQ Recreation Department (613) 396-3424  
ext.107**

*Promoting Healthy Living*

### Food Premise Inspection Program

This certifies that Karon hiak ta'kie Sports Complex has been inspected by a Health Canada representative on 06/12/2007.

This establishment, at the time of inspection met Health Canada's requirement to operate as a food service premises.

Environmental Health Officer, CPHI(C)

Date

*Eat Smart!*

Ontario's Healthy Restaurant Program

2005/  
2006

2006/  
2007

*Award of Excellence*

Presented to:

**Karon hiak ta'kie  
Sports Complex Canteen**

For achieving excellence in providing:

- a variety of healthier food choices
- safe food handling
- a 100% smoke-free environment

*[Signature]*  
Signature

*[Signature]*  
Date



LifeWorks

Canadian  
Cancer  
Society



Société  
canadienne  
du cancer



## UPCOMING EVENTS

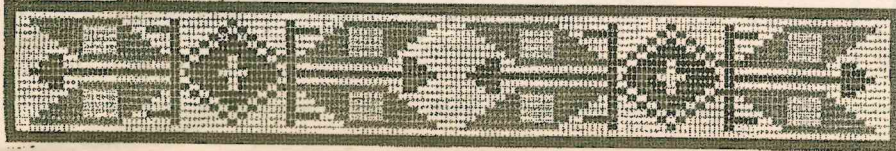


**SUNDAY, AUGUST 19**  
8 a.m. - 6 p.m.  
# 918 Lower Slash Rd.

### *Looking for Interested Lacrosse Players!*

Tyendinaga Men's lacrosse  
are looking for players to play  
pick up lacrosse on Sundays.  
Ages 16 and over.

Please call Terry: (613) 922-8212



### **Mohawk Fair Meeting**

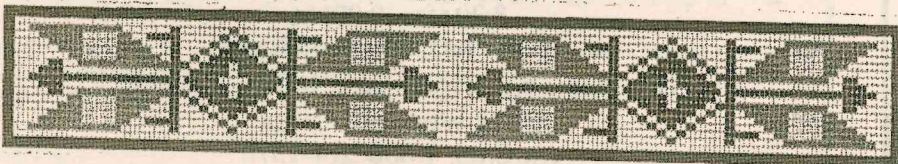
There will be a fair board meeting every Monday night  
Starting Aug, 6 at 7pm @ Pats variety.

We need your help !!!! to get ready.  
We look forward to seeing you there.

The Fair books have been put out in the various  
locations for you to take, Please go through the book !!!!!  
as there were some changes made, do not assume that  
something you entered in last year will be in this year's  
book as it may have been taken out.

We will have the exhibitor tags at each meeting !! Come  
on out to a meeting and get your tags so you will be all  
ready on the day of the fair.

Thank you  
Kim Maracle, President



*You are cordially invited  
to celebrate our  
Father's 80th Birthday!*

**GEORGE MARION**

*Saturday, August 18*

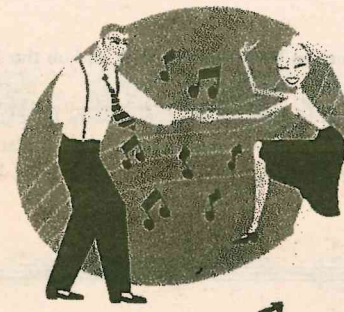
*1 p.m. - 6 p.m.*

*Veterans Service League*

*1473 Main St. E*

*Hamilton, Ontario*

*For more info call: 905-549-8356*



**Come out and support your Mohawk Fair**  
**We are having a fundraiser dance**

**Aug 18<sup>th</sup> 2007**

**Dance from 8pm - 12pm**

**Community Center**

**All Ears DJ**

**Light lunch will be served**

**Hope to see you there**



## UPCOMING EVENTS

### Angela Maracle School of Dance



- Classical Ballet
- Tap and Jazz
- Hip Hop
- Contemporary
- Lyrical and Pointe

*Exams Offered  
Recreational Classes  
Competition Teams  
Performances  
Age 2 to Adult*

Register at the Quinte Mall: September 6, 7 & 8  
During Mall Hours

or

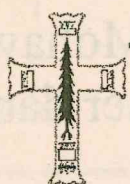
By Phone: 613-968-9902

or

By E-Mail: [angelamaracleschoolofdance@cogeco.ca](mailto:angelamaracleschoolofdance@cogeco.ca)

Locations in Belleville, Stirling and on the Tyendinaga Reserve

Angela Maracle (M) C.D.T.A Jazz, (A) C.D.T.A Tap and Ballet  
[www.angelamaracleschoolofdance.com](http://www.angelamaracleschoolofdance.com)



THE ANGLICAN PARISH OF TYENDINAGA  
IN THE DIOCESE OF ONTARIO

Parish Priest  
Father Brad Smith

#### SUNDAY SERVICES

All Saints' Church – 1295 Ridge Rd  
8:30 a.m.

Holy Trinity Church – 104 Young St, Shannonville  
10:00 a.m.

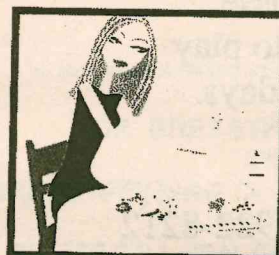
Christ Church, Her Majesty's Chapel Royal of the Mohawks  
52 South Church Lane  
11:30 a.m.

Sunday 12 August—Joint Service with the people of St Ann's,  
Amsterdam NY, at All Saints'  
10:00 a.m. (no service at Christ Church)

Sunday 19 August—Combined Parish Service at Holy Trinity  
10:00 a.m. (no other services in parish)

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE  
[WWW.PARISHOFTYENDINAGA.ORG](http://WWW.PARISHOFTYENDINAGA.ORG)

# Scrapbook Workshop



Date: August 22nd 2007

Time: 6:00pm — 8:00pm

Location:

Tahatikonhsotontie Head Start  
We are offering a Scrapbook workshop.  
The cost is \$2.00 per person and space  
is limited. So please call soon if you  
would like to attend.

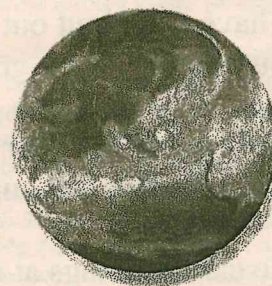
So bring your pictures and supplies and  
enjoy an evening of fun working on your  
memories. Some supplies will be  
provided.

Contact Allison White : 613-396-6716

## SOADI 6TH ANNUAL EVENT



"WATER IS LIFE"



A FAMILY GATHERING DAY TO PREVENT DIABETES  
THROUGH EDUCATION AND AWARENESS!

- KEYNOTE SPEAKER: JOSEPHINE MANDAMIN,  
MOTHER EARTH WATER WALK
- ALL DAY REFLEXOLOGY AND CHIROPODY FOR PARTICIPANTS
- MEMORY WALL: BRING A PHOTO OF ANYONE YOU HAVE  
LOST DUE TO THE COMPLICATIONS OF DIABETES

CHIPPEWAS OF NAWASH FIRST NATION  
CAPE CROKER INDIAN PARK

THURSDAY, SEPTEMBER 20TH, 2007  
8:30AM - 9:00PM

REGISTRATION AT 8:00AM

FOR PRE-REGISTRATION & INFORMATION  
VISIT [WWW.SOADI.CA](http://WWW.SOADI.CA)  
OR CALL 1-888-514-1370



## UPCOMING EVENTS



The Lions club of Amherstview  
Is looking for new groups to join  
In our Santa Claus parade. Nov 3  
11 am WJ Henderson Rec center  
Amherst drive, Amherstview. You could  
Enter a float or marching group or  
Both if you like. There is no entry  
Fee just confirm your attendance to  
The parade chairman Del Weber. Email  
Is [wweber1@cogeco.ca](mailto:wweber1@cogeco.ca) Hope to see  
Your group on parade day. Thank you



### COMMUNITY CARE FOR SOUTH HASTINGS

*"the heart & soul of the community"*  
331 Edmon Street, Deseronto, ON K0K 1X0  
Telephone: (613) 396-6591 — fax: (613) 396-6592

The Community Care Closet, located at Main & St. George Streets, Deseronto, will be holding a bag sale during the month of August. The store hours are Tuesday – Saturday, 10am – 4pm. Donations are accepted at the Community Care for South Hastings office at 331 Edmon Street, Deseronto. Something for everyone.

Remember if you have an EMERGENCY  
CALL **911**

### "AA OPEN MEETINGS"

8:30 every Monday  
Queen Ann Parish Centre

For more information call:  
Bev 962-5183 or Lorna 396-5013

*Want to Drink?  
That's your business.*

*Want to stop?*

### Alcoholics Anonymous

Discussion group meets  
every Monday night  
8 p.m.  
Thayendanege Health Centre

### T.O.P.S. ON#5258

*Take off pounds Sensibly*  
*We "DO NOT" promote any diets.*

WHERE: The Elders Lodge  
Common Room  
Tyendinaga Mohawk Territory  
Bayshore Road.

WHEN: Thursday Evenings.

TIME: 5 p.m. – 7 p.m.  
Weigh In 5 – 6 p.m.  
Meeting & Discussion 6 – 7 p.m.

CONTACT: Brenda Doreen (leader)  
@ 613 396-1482

*T.ake that 1<sup>st</sup> step.*  
*O.vercome a weight problem.*  
*P.ut yourself in a happy place.*  
*S.upport one another.*



# CLASSIFIED

## FOR RENT

- 3 BEDROOM HOUSE**
- located at 1659 York Rd across from the Health C. and QMS School
  - plenty of water, lots of kitchen cupboards, eat in kitchen, 3 entrances, mud room and large sunroom on the east side.
  - 1 full bath on the lower floor, 1/2 bath on the upper floor
  - washing facilities
  - 4 yr. Old furnace and new tank
  - new windows
  - 1st and last months rent required with references
  - rental \$650.00 per month plus Utilities
  - available Oct. 1, 2007

Call: 613-396-3957 for more info

## FOR SALE

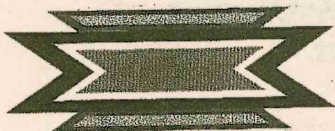
- 27 IN. COLOUR TV**
- 7 yrs old with stand, black, glass doors, works perfectly
  - \$150.00 or best offer

Call: (613) 396-2839

## FOR SALE

- 1991 CAVALIER BY COBRA**
- 32 ft.- 5th wheel, rear kitchen, micro, new fridge, 4 pc bath, oak cabinets throughout, slide out, a/c, furnace, awning, newly decorated, clean, excellent condition.
  - MUST SEE.
  - \$10,500.00

Call: (613) 396-2839



## FOR SALE

- SPACIOUS 4 BEDROOM HOUSE**
- natural gas heating plus new fireplace
  - central air
  - approx. 3/4 acre
  - laminate flooring throughout
  - municipal water and sewer supply
  - huge heated garage
  - located on old Hwy # 2

Serious inquiries only:  
Please call 613-396-5879

## FOR SALE

- BUILDING LOTS FOR SALE**
- Upper Slash Rd (lots posted on South side of road)
  - 1 acre lots with 150' of road frontage

For more information, please call Mr. Glenn Hill at 962-5470

## FOUND!!

A man's toiletry bag.  
Found at the Bayshore Park showers.  
Please contact the Housing Department at 613-396-3424 if it is yours

## FOR SALE

- HP DESKJET 1220C COLOUR PRINTER**
- with colour cartridges
  - very good printer, hardly used
  - \$240.00

Please call Karen Lewis at the Library 613-967-6264

## FOR SALE

- 3 BEDROOM HOUSE**
- close to QMS school
  - # 27 Wymans Rd.
  - asking \$100,000.00
  - inquire at the above address or call 613-969-4427 for more details.

## FOR SALE

- MOBILE HOT & COLD PRESSURE WASHER**
- all accessories included

Please call for more information:  
613-396-5879

## FOR SALE

- STOVE WOOD**
- ash, oak, maple mixed

Call: 968-3917

## FOR SALE

- BUILDING LOTS**
- located on Mark's Rd
  - 1 acre or larger

Call: 968-3917

## LAND FOR SALE

- Waterfront lots
- Hickory nut grove
- 100' frontage X approx 466
- serviced road & hydro
- will hold mortgage

Call Glenn Hill: 962-5470

## MILL TOWN MEATS

- Corn Fed Beef
- Quarters & Half Cuts of Beef
- Wrapped & Frozen
- Individual pieces sold at home
- AAA Beef

*Make your own Soup!  
Lyed Corn, Beans, Special Pork!*

Call: Glenn Hill 962-5470

## FOR SALE

- 1997- GMC SAFARI**
- 3 door
  - 4.3 litre V6
  - loaded, 98,000 km
  - e-tested and safety
  - \$5,000.00 (Firm)

Call: Jason (613) 961-9357

## WANTED

Looking for waterfront property on the Tyendinaga Territory

Please call Andy (613) 847-8423  
Or (613) 396-3333

## HOUSE FOR SALE

- 3 BEDROOM RANCH STYLE HOUSE**
- central air
  - 2 1/2 acre lot
  - located 39 Snookies Rd, Shannonville

Call: 716-833-7392

## BABY SITTING AVAILABLE

- Mother of 4 willing to babysit in my home
- Monday - Fridays
- large yard, indoor and outdoor activities
- lunch and snacks provided
- Give me a call, spaces available

Susan: 613-396-1077

## FOR SALE

- 1991 CAVALIER BY COBRA**
- 32 ft-5th wheel, rear kitchen,, Micro, new fridge, 4pc bath, oak Cabinets throughout, slide out, a/c furnace, awning, newly Decorated, clean, excellent condition. MUST SEE.
  - \$10,500.00

Call: 613-396-2839

## LAND FOR SALE

- 1 acre lot
- located on Wymans Rd.
- lot 22 Cons. 2
- culvert included
- will hold the mortgage

Call Glenn Hill:: 962-5470

## ROOM MATE WANTED

- \$300.00 per month
- # 422 Lower Slash Rd.

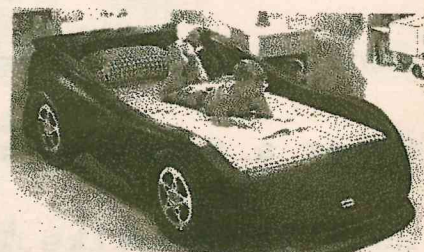
Call: 613-396-2021

## FOR SALE

- LITTLE TYKES**
- entertainment unit
  - holds a tv,
  - drawers for video games, vcr, dvd player etc
  - holders for movies, games, etc.
  - paid \$149.00 asking \$75.00

- LITTLE TYKES SPORTS BED**
- asking \$100.00

Call: (613) 771-0427



## CHILD CARE PROVIDER

- Mother of one
- C.P.R. & First Aid trained
- No pets, lots of T.L.C. in a clean environment
- healthy meals and snacks
- located in the subdivision on Huron Brant Drive

Call Angela at 613-396-6564

## BABYSITTING AVAILABLE

- in my home located in the sub division
- Mondays to Fridays (weekends on request)
- nutritious lunch
- outside activities
- any age

Call Teddy: 613-396-1610



## NEEDED IMMEDIATELY!

- ▶ Do you have a home or apartment to rent?
- ▶ Looking for a reliable tenant?
- ▶ Ready to rent your place immediately?
- ▶ If you said yes to any of the above, please call me at 613-396-3897



## COMMUNITY BUSINESSES

**Time For You  
& Salon**  
"Hairstyling and Esthetic Salon"

Diane, Esthetician & Hairstylist  
Dianna, Nail Technician

5717 Old Hwy #2 Shannonville

Call: 968-9459 for an appointment

*Hair Styling for the Whole Family*

- Waxing Services
- Eyelash & Eyebrow tinting
- Ear Piercing & Facials
- Manicures & Pedicures

\* Gift Certificates Available! \*

**August Special**

**SUMMER**  
Pedicure

Call for Details

Great Savings on all Joico, OPI,  
Hair & Nail Care Products!



**THREADWORKS**

CUSTOM EMBROIDERY

Scott & Becky Brant

Tyendinaga Mohawk Territory

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Newtonville, Ont. L0A 1J0

ph. 905.786-2226  
fax. 905.786-9824

**Gregg Powless**

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Shingles  
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**B.C. Roofing**

All types of Roofing

Rubber Roofing  
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Bruce Maracle  
Tyendinaga Territory

**VILLAGE CONCRETE**

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SIDEWALKS

Greg Lewis

967-1407

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Deseronto, Ont.  
K0K 1X0  
(613) 396-2337

**Arrowhead Golf**



Doug Green

Custom Built Clubs and Repairs  
Lie and Loft Adjustments / Frequency Matching  
Swing Speed Analysis

Located on Tyendinaga Mohawk Territory

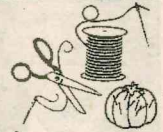
**All Ears DJ Service**

Our rates are reasonable and our music is agreeable!

Call Ky Maracle 848-7258



121 HURONBRANT DR. N.  
TYENDINAGA MOHAWK TERRITORY  
NO TAX ON PICK UPS



**Sue's Miracles**

ALTERATIONS, TAILORING, REPAIRS  
LEATHER & CUSTOM WORK

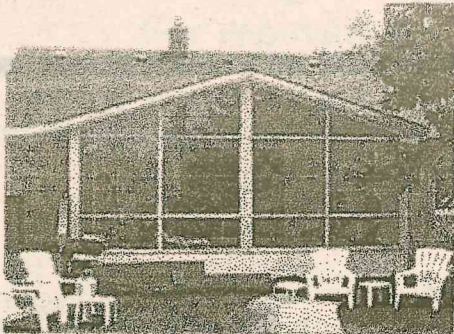
FITTINGS ARRANGED  
NAPANEE DROP  
MALL COIN WASH

SUSAN MARACLE  
(613) 396-1985



## COMMUNITY BUSINESSES

### McMurter Home Centre now installs



call for a free estimate  
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**DOUBLE J INSULATION  
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## NEEDLE NOOK

**BIRDIE'S**

*Now in Stock!*  
Alpaca Wool

**WOOL**

*Now in Stock!*  
Alpaca Wool

**CROSS  
STITCHES**

**NEEDLES**

**NOTIONS**

\* Knitting & Cross Stitch Classes Available \*

birdster@sympatico.ca  
1093 "c" SLASH ROAD  
TYENDINAGA MO-  
HAWK TERRITORY  
613 396 1960



**AMOS (BRAD) MARACLE**

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K0K 1X0

Fax 613-396-1449

**NOW OPEN**

**Soft Serve Ice Cream & Slushie Bar**

**Serving**

**cones/sundaes/shakes/blizzards  
slushies & ice cap.**

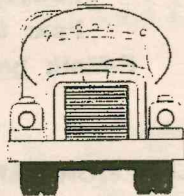


## COMMUNITY BUSINESSES

### ROLLIN' RAPIDS TRUCKING

*Locally Owned and Operated*

Bulk water / Flatbed service  
Call: 96-WATER



765 Melrose Rd  
Shannonville, Ont  
(613) 969-2837

S + G MacDonald  
Owner/Operator

### BULK WATER DELIVERY

5000 Gal - \$120.00  
3000 Gal - \$ 80.00  
2000 Gal - \$ 70.00  
1000 Gal - \$ 60.00

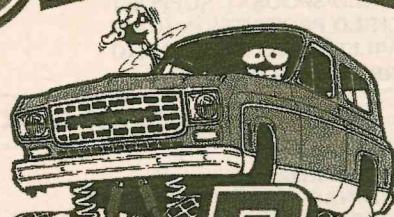
*Best Price the First Time!*

*Prices for Tyendinaga  
Mohawk Reserve!  
Summer 2007*

*Potable Water Only!*

*Call Sean at 613-969-2837*

# NOW OPEN



## Rez Boyz

CUSTOM WHEELS, TIRES & ACCESSORIES

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**ATV**  
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M/T

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AMERICAN RACING  
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FALCON  
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**DRAO TIRES**  
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M/T

### ABSOLUTELY NO TAX

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**Shannonville Exit**

-1km East On Hwy #2  
-10 Minutes From Belleville  
-40 Minutes From Kingston

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SPECIALIZING IN:  
CONCRETE FOOTINGS, FLOORS, SIDEWALKS, PATIOS  
WATERPROOFING, BLOCKS & BRICKS



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COMPARE OUR PRICE RIGHT HERE ON THE RESERVE  
31 YEARS EXPERIENCE



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Delores MaracleWhalen

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dmaraclewhalen@yahoo.ca

Custom Embroidery  
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Company Logos  
Sport Team Logos

Pay no tax



## COMMUNITY BUSINESSES

**BONNIE PELLETIER-MARACLE**  
R.N. LL.B.  
BARRISTER\*SOLICITOR\*NOTARY PUBLIC

- FAMILY LAW
- SEPARATION/DIVORCE
- CUSTODY & ACCESS
- SEPARATION AGREEMENTS
- CHILD/SPOUSAL SUPPORT
- CHILD PROTECTION (CAS)
- WILLS/ESTATE PLANNING
- FIRST NATIONS LAW

613-969-9711

FAX 613-969-9733  
186 RIDGE ROAD  
TYENDINAGA TERRITORY, ONT  
K0K 3A0

You could advertise  
your business  
here for a small fee!

Call 396-3424  
for more information.

### KIRBY'S WATER HAULAGE

- Cisterns • Swimming Pools
- Drinking Water • Watering Sod

Brian & Gloria Flake  
Tel. 476-4182 RR 2, Picton, Ont.

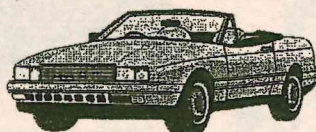


### RALPH'S AUTO GLASS

\* Over 25 Years Local Service \*

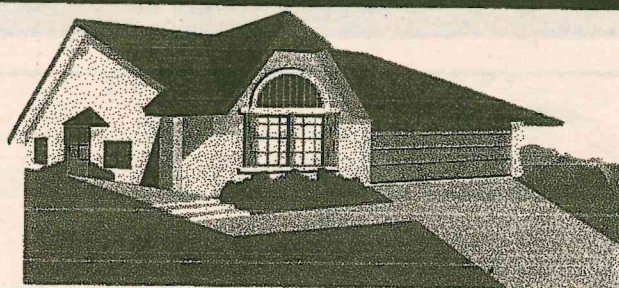
Ralph Sero  
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R.R. # 1  
Deseronto, Ontario  
K0K 1X0  
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Windshields  
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Auto Door  
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#### Free Estimates!

- Insurance Claims
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- Foreign Auto Glass
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- Truck Accessory Products



**BUILD-ALL CONTRACTORS**  
5427 HWY #2, TYENDINAGA TERRITORY  
SHANNONVILLE, ONTARIO  
K0K 3A0

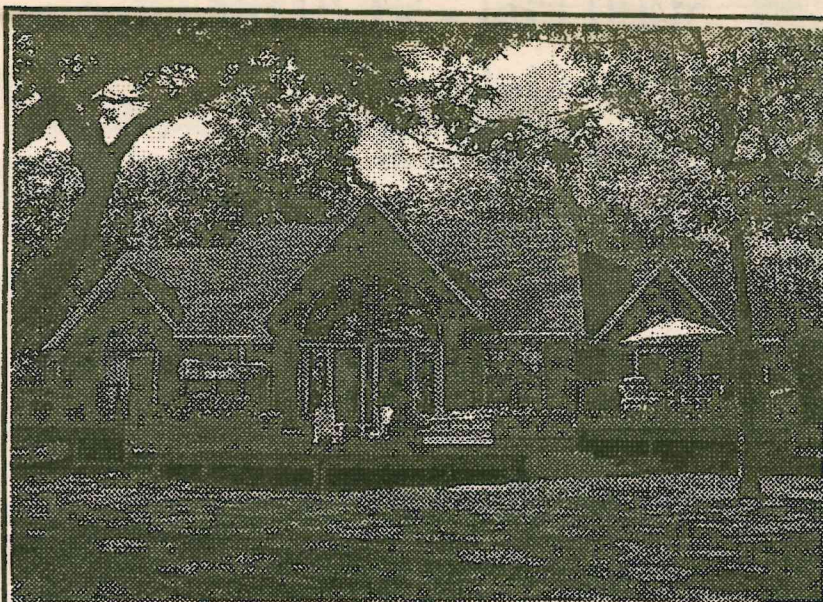
Phone: 613-969-1315

Fax: 613-969-9806

E-Mail: [buildall@bellnet.ca](mailto:buildall@bellnet.ca)

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| • DESIGN/BUILD COMMERCIAL | • WATER & SEWER     |
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| • RENOVATIONS             | • DRIVEWAYS         |
| • LICENSED SEPTIC         | • CONTAMINATED SOIL |
| • INSTALLER               | • REMOVAL           |
| • ICF WALL SYSTEMS        | • SCREENED TOPSOIL  |
| • SUBDIVISIONS            | • ROAD BUILDING     |
| • EQUIPMENT RENTAL        | • ROCK REMOVAL      |



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For more information visit our website at  
[www.greatoaklodge.com](http://www.greatoaklodge.com)