



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 8/10  
Seskeha (Aug.)

**ORI:WASE** (News)

*We are on the web [www.m bq-tmt.org](http://www.m bq-tmt.org)*

*Congratulations 2010 graduates!!*

**FNTI**

Sharing and Learning



*More graduation pictures inside!*

## Portraits of the Four Indian Kings

now on exhibition at the Canadian Museum of Civilization.

The official opening (and date this photo was taken) was June 17<sup>th</sup>, 2010.

They will be on exhibition until September, and then travel to the Woodland Cultural Centre.



Photo: Steven Darby,  
©Canadian Museum of Civilization

L-R: Jameson C. Brant, MBQ Band Member and Coordinator, Aboriginal Training Program in Museum Practices, Canadian Museum of Civilization, Chief R. Donald Maracle, Mohawks of the Bay of Quinte Councillor Keith Sero, Mohawks of the Bay of Quinte

For articles about the opening of the exhibition, google "Four Indian Kings, Canadian Museum of Civilization."

### **\* Please Note \***

Applications for Ontario H.S.T. Refund  
are available at the Administration Office



## MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in June responded to 7 calls:

- 1 Tanker Assist**
- 1 Burn Complaint**
- 1 C.O. Alarm**
- 1 Service Call**
- 1 Cable Fire**
- 1 Motor Vehicle Accident**
- 1 Vehicle Fire**

This brings our total to 51 calls for the year 2010

The Mohawk Firefighters in July responded to 7 calls:

- 1 C.O. Alarm**
- 3 Rubbish Fires**
- 1 Fuel Leak**
- 1 Medical Assist**
- 1 Structure Fire**

This brings our total to 58 calls for the year 2010

# ONTARIO GOVERNMENT NOTICE NOTICE OF CONSTRUCTION

**Highway 49, at the North Bound approach to the Bay of Quinte Bridge**

**Contract 2010-4300  
G.W.P. 4122-05-00**

Please be advised that the Ministry of Transportation will be awarding a contract for concrete removal and replacement with new granular material and hot mix asphalt on Highway 49, at the North Bound approach to the Bay of Quinte Bridge.

The contractor is expected to commence work in September or October, 2010. It is anticipated that the work will take approximately one week to complete. Traffic over the bridge will be reduced to one lane during daylight hours while construction activities are taking place. Portable Variable Message Signs will be in place one week prior to the work taking place advertising the upcoming lane restrictions

Every endeavor will be made by the contractor to minimize disruption to both adjacent property owners and the traveling public during this period. We would appreciate your co-operation in the upcoming construction.

If you should have any questions, please feel free to contact the undersigned, by cellular phone or by email.

For further information, please contact:

Mr. Dave McNeely  
Project Manager  
Ministry of Transportation  
138 Hope Street North  
Port Hope Ontario L1A 2P1  
Phone: (613) 334-1367  
E-mail: David.Mcneely@ontario.ca

Ce document hautement spécialisé n'est disponible qu'en anglais en vertu du règlement 411/97, qui en exempte l'application de la Loi sur les services en français. Pour de l'aide en français, veuillez communiquer avec le ministère des Transports, Bureau des services en français au: 905-704-2045 ou 905-704-2046.

**FREEDOM OF INFORMATION AND  
PROTECTION OF PRIVACY**



# Check it out...



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

- ◆ Tyendinaga news & press releases
- ◆ Community Calendar
- ◆ Tyendinaga Mohawk Council
- ◆ MBQ programs & services
- ◆ Sign up for email alerts
- ◆ Photo galleries
- ◆ Job opportunities & tenders for service

....And much more!

## MBQ has a new website!

Contact MBQ Administration Office: 613-396-3424



### *Stay informed!*

Sign up for MBQ news & notices on the  
[www.mbq-tmt.org](http://www.mbq-tmt.org) homepage!

This will put you on an automatic email list to receive updates on monthly newsletters, upcoming events news releases and more.



# KANHIOTE LIBRARY

613-967-6264

Monday, Tuesday and Wednesday 10:30 to 5:30  
Thursday 12 to 7

First Nation Communities Read  
2010 Title Selection  
Powwow Nights

The First Nations public library community in Ontario congratulates co-authors David Bouchard and Pam Aleekuk, illustrator Leonard Paul and recording artist Buffy Sainte-Marie and Red Deer Press.

For the last 7 years a group of First Nation librarians have chosen a title for all our communities to read. This year's selection **Powwow Nights** is bilingual (English and Mi'kmag) and includes a CD with readings in both languages and music by Buffy Sainte-Marie. Powwow Nights can be borrowed from the library.

**Download Audiobooks, eBooks, Music, and Video Anytime, Anywhere**  
*Enjoy popular titles from the comfort of home*

Kanhiote Library is proud to offer you best-selling and classic audiobooks, eBooks, music, and video available 24/7 from the library's website, <http://www.olsn.ca/kanhiotetyendinaga/>

You can browse the collection, check out with your library card, and download to PC, Mac®, and many mobile devices. To get started, you will need to install free software. For audiobooks, music, and video: OverDrive® Media Console™. To read eBooks, you'll need Adobe® Digital Editions. Titles can be enjoyed immediately or transferred to a variety of devices, including iPod®, Sony® Reader™, and many others. Some audio titles can also be burned to CD to listen on-the-go. Titles will automatically expire at the end of the lending period. There are no late fees!

With hundreds of popular fiction and non-fiction titles to choose from, the new collection is guaranteed to have something for everyone. You can download best-selling novels, well-known classics, self-improvement guides, and much more.

This new service, powered by OverDrive, is free with your library card. To get started downloading audiobooks, eBooks, and more, visit <http://www.olsn.ca/kanhiotetyendinaga/>



The Community Digitization Project is a project of Our Ontario, a service of Knowledge Ontario, in partnership with OLS-North and SOLS. The project is being funded by the Ontario Ministry of Culture's \$15 million investment in public libraries through SOLS in collaboration with OLS-North.



The Kanhiote Tyendinaga Territory  
Public Library is hosting a  
**DIGITIZATION DAY**  
**at the Mohawk Fair**

**AUGUST 21st,**  
**2010**

from 10 am to 5 pm  
**at the Community Centre**

*Share photos of family wedding pictures of your grand  
parents and great grand parents....*

The library is digitizing its collection and working to bring our history to you! We need your help in making sure that our history is complete!

Bring out your historic photographs of Tyendinaga Territory's People, Landmarks or Events and we will digitize them to be displayed through the Our Ontario website!

<http://www.ourontario.ca>

You will keep your photographs or artefacts but lend them and their history to us so that the entire community can benefit from increased access to our heritage!

If you have any questions, please contact Karen Lewis at [karenl@tyendinaga.net](mailto:karenl@tyendinaga.net) or (613) 967-6264.





Prenatal Classes - Fall Session  
begin

Wednesday  
September 15, 2010  
7pm to 9pm at  
Thayendanega  
Health Centre

A series of six classes will be offered to help you to learn about pregnancy, the value of healthy eating (nutrition), labour and delivery, breastfeeding, etc.

For more information or to register for classes call 613-967-3603 and speak with a Community Health Nurse

Partners/Supports are really important and are welcomed to participate!

August 2010

Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

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 at 613-967-3603 and speak with the Community Health Nurses who will outline the program

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

Mary McCauley R.N.  
Community Health Nurse

## BREASTFEEDING CIRCLE

### *Do babies need additional water?*

Breastmilk contains all the water a baby needs, even in the hottest summer weather. Exclusive, unrestricted breastfeeding keeps infants in a well-hydrated state and prevents diarrheal disease that can lead to dehydration. Feeding an infant water can introduce disease-causing bacteria and other contaminants, especially if safe water is scarce or unavailable.

Breastmilk is 88% water and so quenches a baby's thirst as well as a baby's hunger. A baby's stomach is small and filling it with water or juices leaves no room for the highly nutritious breastmilk that is needed for baby's rapid growth and development. If a baby seems thirsty, then breastfeeding will satisfy the thirst. It is normal for a baby to want to nurse more frequently on hot days, and care should be taken to not postpone the baby's requests to nurse more, and for the mother to drink lots of water and nutritious fluids to meet her own needs also. As well, the more a baby breast-feeds, the more milk (and water) a baby receives. Too early displacement of breastmilk puts a baby at a nutritional and immunological disadvantage.

**"EXCLUSIVE BREASTFEEDING MEANS THAT AN INFANT RECEIVES ONLY BREASTMILK. AN EXCLUSIVELY BREAST-FED BABY SHOULD NOT RECEIVE INFANT FORMULAS, MILKS, CEREAL, JARRED BABY FOODS, OR ANY OTHER FOODS, FLUIDS, TEAS OR JUICES FOR THE FIRST SIX MONTHS OF LIFE."**

**NURSING MOTHERS' GROUP  
OF  
TYENDINAGA  
INVITES\*  
BREASTFEEDING MOTHERS  
AND BABIES  
AND EXPECTANT MOTHERS  
(\*Interested women and girls also Welcome)**

To their ongoing series of meetings:

**FRIDAY August 13, 2010  
at the Pow Wow Circle - East Side 10:30 am - Noon  
WEATHER PERMITTING  
(otherwise at Health Centre)**

and

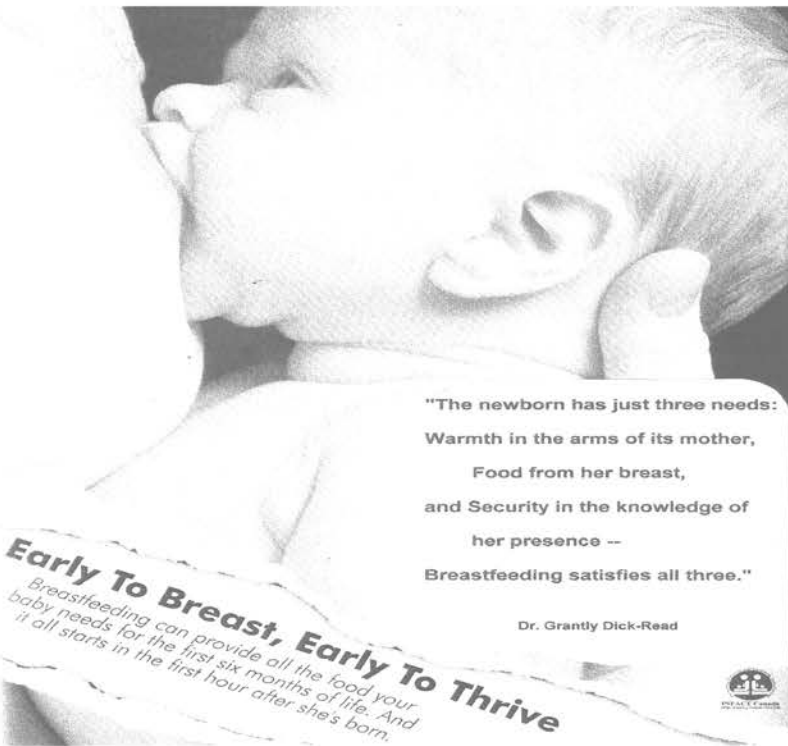
**FRIDAY August 27, 2010 at Thayendanega Health Centre  
10:30 am - Noon**

***DISCUSSIONS ON A VARIETY OF TOPICS  
RELATED TO THE CHALLENGES AND JOYS  
MOTHERHOOD LIBRARY, & MOTHER-TO-MOTHER  
HELP***

### **BREASTFEEDING CLINIC AVAILABLE**

**\*\*If having problems, please call for an appointment\*\***

**FOR APPOINTMENTS for BREASTFEEDING HELP  
CALL HEALTH CENTRE: 967- 3603  
or 396-2942 when Health Centre closed**







Tyendinaga Home Support Program  
Phone: 613-396-4005

## For Seniors 55+ or 18+ Physical Challenges

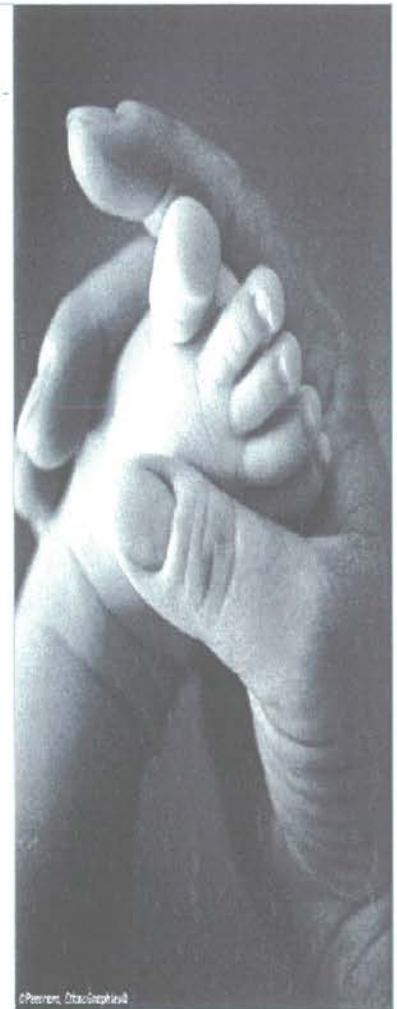
# August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>OFFICE CLOSED</b>	3 Breakfast Club (Continental) Meals on Wheels	4 Breakfast Club (Continental) <b>Shuffleboard</b> Diners Club Deseronto Bayview Plaza	5 <b>Breakfast Club (Full)</b> <b>Shopping Trip (Belleville)</b> Meals on Wheels	6 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	7
8	9 Breakfast Club (Full) Ceramics Euchre Night	10 Breakfast Club (Continental) Meals on Wheels	11 Breakfast Club (Continental) <b>Lawn Games</b> Diners Club ELDERS LODGE Bayview Plaza	12 <b>Breakfast Club (Full)</b> Meals on Wheels Birthday Tea	13 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	14 Supper Club 5:00 p.m. Elders Lodge
15	16 Breakfast Club (Full) Ceramics	17 Breakfast Club (Continental) Meals on Wheels	18 Breakfast Club (Continental) <b>Shuffleboard</b> Diners Club Deseronto Bayview Plaza	19 <b>Breakfast Club (Full)</b> Meals on Wheels	20 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	21
22	23 Breakfast Club (Full) Ceramics Euchre Night	24 Breakfast Club (Continental) Meals on Wheels	25 Breakfast Club (Continental) <b>Lawn Games</b> Diners Club ELDERS LODGE Bayview Plaza	26 <b>Breakfast Club (Full)</b> Meals on Wheels BINGO	27 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	28
29	30 Breakfast Club (Full) Ceramics	31 Breakfast Club (Continental) Meals on Wheels	Breakfast Club - 8:30 a.m - 9:30 a.m. Diners Club - 12:00 p.m. - 2:00 p.m. Supper Club - 5:00 p.m. Handivan Departure - 10:00 a.m Meals on Wheels delivered between: 11:30 a.m. - 12:30 p.m. Friendly Visiting - 1:00 - 3:00 p.m.	Scrapbooking - 10:00 - 3:00 p.m. Ceramics - 1:00 p.m. - 3:00 p.m. Birthday Tea - 2:00 p.m. - 4:00 p.m. Bingo - 12:00 p.m. - 3:00 p.m. Euchre - 6:30 - 8:30 p.m.	<p><b>All programs are held at the Elders Lodge unless otherwise stated.</b></p>	



Early Childhood Development Program  
Maternal Child Health Program  
Healthy Babies Healthy Children Program  
1295 Ridge Road  
Queen Anne Parish (downstairs)  
613-969-1835 or 613-969-1649  
Allison Brant

## August Newsletter



©Perren, Ottawa/Gepland

### Babysitting Kit

Make baby sitting fun....

Use a tote bag

- Index card with your cell phone number, neighbour phone numbers, and other contact numbers you think would be helpful.
- Age appropriate story books a couple
- Craft supplies to match the children's interests and age
- DVD for the children and maybe microwave popcorn
- CD of appropriate music for children
- Card game with simple instructions for the children to play
- Small treats or granola bars for the children

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#### SPECIAL POINTS OF INTEREST

- Learning their numbers

## BOYS ROCK

1. You, Mom, are the number one woman in their life. When they tell you you're beautiful, they actually mean it.
2. Boys are daring, impulsive and high energy. They make you try things you haven't done since grade four.
3. When you play superheroes with them, Mom always gets to be Wonder Woman-unless you are being bad guys, in which you get to be Cat Woman.
4. No dressing drama. They'd wear the same shorts and shirt every day if you would let them.
5. They love to help with chores, such as taking out the garbage and digging in the garden.
6. Boys look like warm, fuzzy bear cubs when they are wrestling-until they get hurt and then they look like the babies they once were.
7. They don't look you up and down and disdainfully ask, "What are you wearing?"
8. In their eye, Dad is the strongest, smartest, funniest guy ever...
9. You can always make boys laugh with two words: fart and poo.
10. On warm spring days, they will come inside and hand you the wilting bouquet of dandelions they picked just for you.



### KIDSUMMER

If you are looking to enjoy games, activities, and special deals for the month of August check out [kidssummer.com](http://kidssummer.com)

Want to play Freeze Tag or What time is it, Mr. Wolf? But you can't remember the rules? Find them and other game rules at [Todaysparent.com/gamerules](http://Todaysparent.com/gamerules)

## HOMEMADE BUBBLES

1/2 cup (125mL) liquid dish soap

4 cups (1L) water

1/2 cup (125mL) glycerine (available at drug stores)

Gently mix together water, detergent and glycerine in a container with a lid. Allow the mixture to stand for a day or two. The longer you let the mixture set, the bigger the bubbles will be.

### WOODSY WONDER



**Play Leaf Detective:** gather and inspect different leaves, then have your little ones categorize them-by size, shape and color.

**Rub-a-dub-dub bark:** Hold a sheet of paper against a tree and rub it with a crayon to make bark impressions then compare the different barks

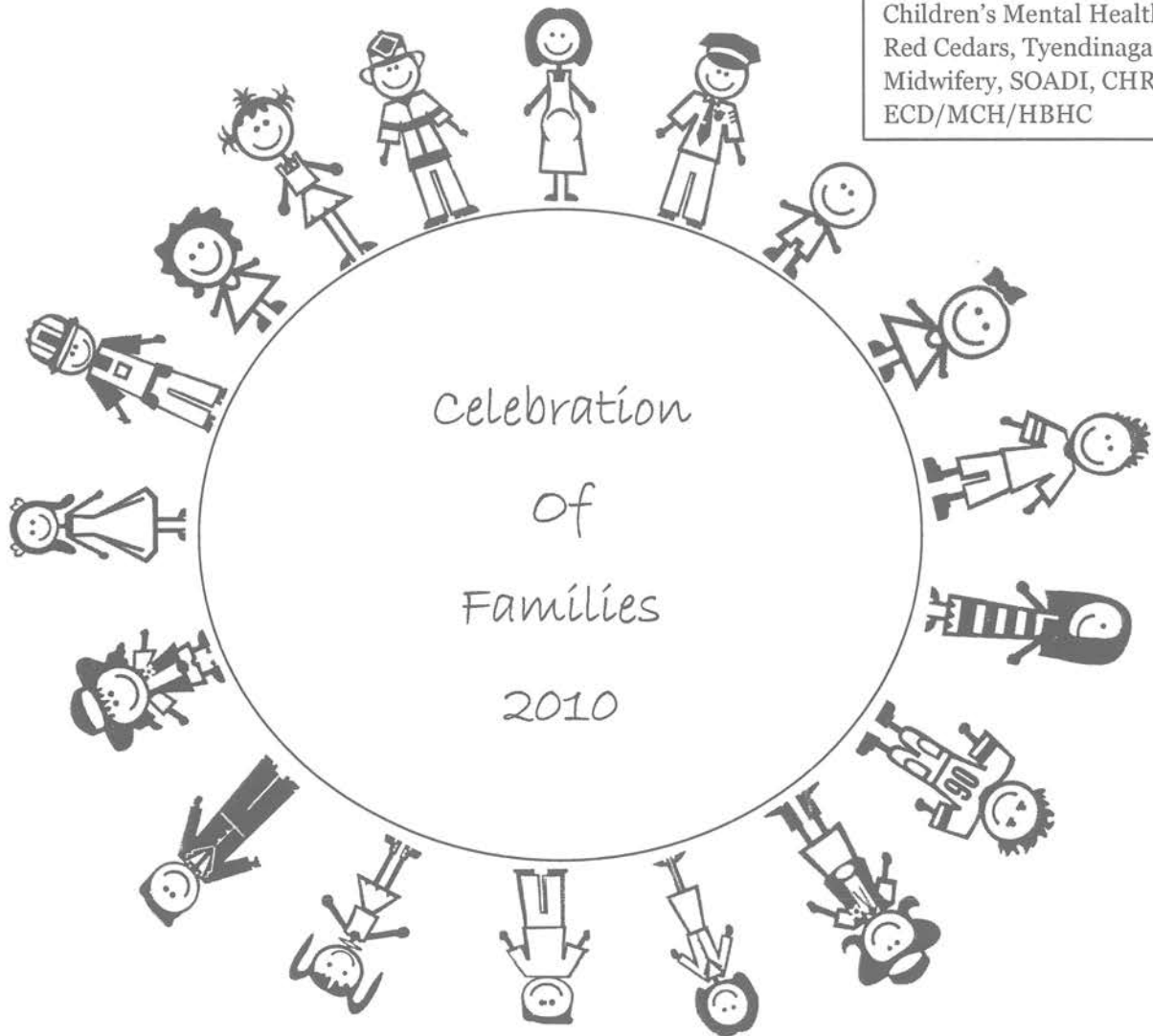


Early Years Centre,  
Breastfeeding Support  
Home Support  
Prenatal, Youth  
Program, Scholastic  
Books, FASNET

# September 9<sup>th</sup> 2010 Community Centre

9:30am-3:00pm & 5:00-8:00pm

Head Start , Daycare, NADAP,  
Children's Mental Health,  
Red Cedars, Tyendinaga Fitness,  
Midwifery, SOADI, CHR'S,  
ECD/MCH/HBHC



Local and surrounding area Organizations and Vendors, Lot's of Crafts and activities for all ages...

Norwax, Epicure, The Chocolate Room Gold Canyon Candles, Birdies Nook, Rosewood Spa, Chair Massages, Baby Food Workshop, Quick

John Gazley, Pampered Chef, Mary Kay, Miss Molly Maternity, Baby Gators, Naturally Kids, Bead Girl, Creative Memories, Kelly's Photo's

# August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Office Closed	3	4	5 Evening Kinder Gym 6:00-7:30pm	6	7
8	9	10	11	12 Drop In 9:00-12:00	13	14 Pow Wow
15 Pow Wow	16	17	18	19	20 Mohawk Fair	21 Mohawk Fair
22	23	24	25	26 Drop In 9:00-12:00	27	28
29	30	31				

## Evening Kinder Gym

Thursday August 5th 2010

6:00pm-7:30pm

Queen Anne Parish Center

1295 Ridge Road

0-6 years of age



Come out and see our **kinder gym equipment** and have some fun! Snacks and refreshments will be provided!!

For more information please contact:

613-969-1835

## LEARNING THEIR NUMBERS

Give young kids their allowance in coins so that money becomes tangible: By about four or five, they can understand that one loonie is worth the same as four quarters.



*Don't forget to come out to the Mohawk Fair August 20th & 21st.....*

## Girl 's Rule

1. They want to be just like Mom when they grow up.
2. Tea Parties are hosted daily and you are the guest of honour, sometimes that goes to the favourite doll.
3. I have yet to meet a boy who says, "I love your hair , Mommy!"
4. Two words: Shopping buddy!!!
5. Their favourite mode of transportation is Daddy's shoulders.
6. Dreams of being a prima ballerina will come rushing back the first time you see your girl in a tutu.
7. No spray at diaper time.
8. Ariel, Belle, Jasmine, Aurora, Cinderella-girls love that you know all their favourite princesses names.
9. Pink clothes, pink toys, pink bedroom. There can never be too much pink.
10. Their favourite thing to draw is Mom and Dad dressed as a king and queen.

## Drop In

Every Thursday August 12th & 26th 2010

Queen Anne Parish Center (downstairs)

9:00-12:00

0-6 with a parent / caregiver

Healthy snack provided.







## A BERRY GOOD TIME

Connie Perron and Pam Detlor thank everyone involved in making this years' Strawberry Social such a wonderful day of fellowship and music.

To the berry pickers, to the servers, to the prize donators, to the bakers and ticket takers, to all of our guests, your gifts of kindness and generosity are very much appreciated.

The money raised will be used to help with the much needed repairs to All Saints Church and Christ Church. Your help, in preserving their important role in the life of our community, will make a difference.

NAE:WEN TO ALL.

We look forward to next year. Pam & Connie

*"How beautiful a day can be when kindness touches it" George Elliston.*

### *The Good Samaritans (Betty Maracle)*

*We had a car accident on the corner of York Road and number two in June. The ambulance took my daughter Val Brant, the next ambulance took my other daughter Rose Brant. I was in the van when a wonderful women came along, she took me to the hospital, she sat there with me, checked on how my daughters were doing and then she brought me and Val home. This women was on her way on a holiday weekend but stayed to tend to me. My heart can never give a big enough thank you! Thank you Betty and Jack, we're are so grateful for your act of kindness, not many people would stop in todays society, but you went above and beyond, so again from me and my girls. Thanks.*

*A huge thank you also to Father Gerard Trinquie for driving me to the hospital to check on Rose and bringing her home from the hospital.*

*From all of us. Thank you!!!*

*Mick Brant*

*Rose Brant*

*Valerie Brant*

**RENDELL, Rose (nee Green)** - Formerly of Mohawks of the Bay Quinte, TMT Peacefully at Village Green LTC, Monday, June 7, 2010 at the age of 93. Beloved wife of the late Albert George, dear daughter of the late Levi and Louise Green. Loving mother of Louise Haycock(Fred), Carl(Alice), Connie Chambers(Dale), and the late Clara Sherrard. Loved sister of June Lott, Evelyn Woodcock, and the late James, Gordon, John and May Alkenbrack. Rose will be sadly missed also by her many grandchildren, great grandchildren and great great grandchildren, as well as her nieces, nephews, son-in-laws Jerry Haycock, Al Chambers, and friends. At Rose's request cremation has taken place and there will be no service. If desired donations to the Lennox and Addington Hospital would be greatly appreciated by the family in Rose's memory.

ARRANGEMENTS ENTRUSTED TO  
LIMESTONE CREMATION SERVICE

200-184 Wellington Street  
Kingston, Ontario  
(613) 507-5727

11953934

# **FNTI**



**Sharing and Learning**

*... graduates*





*80 students. Congratulations!*







Community Member Volunteers Wanted  
for the Tyendinaga Education Committee

The Tyendinaga Education Committee (TEC) is one of the oldest committees of Council and is comprised of community members and professionals from every education program within the community. We provide a forum for committee members and parents to bring issues and concerns to Council and an opportunity for members from education programs and schools to report on past and upcoming events. The TEC meets once per month.

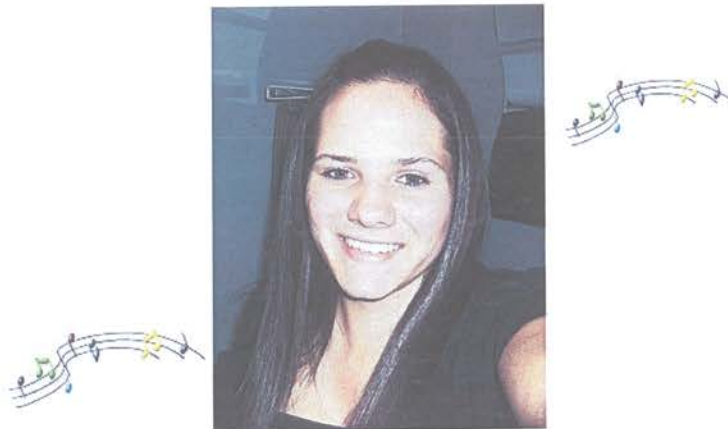
We would like to keep a full complement of seven (7) regular members, six (6) of whom should be parents of children/students in one of our education programs (Headstart to postsecondary) and one(1) general community member who does not have a child in our education system; and one (1) youth member aged 18 to 24.

If you would like to join this committee or would like further information, please contact LaShelle Brant or Bonnie Thompson at the Administration Office, (613) 396-3424.

**VOTE FOR BRITTANY BRANT!**

**SINGER/SONGWRITER BRITTANY BRANT FROM TYENDINAGA  
IS LOOKING TO WIN A RECORDING CONTRACT!**

**HERE'S HOW YOU CAN HELP...**



- 1) GO ONLINE TO [INDISCOVER.NET](http://INDISCOVER.NET)**
- 2) CLICK ON MUSIC CHANNEL -> STAR SEARCH CONTEST**
- 3) CLICK ON BRITTANY'S PICTURE/NAME, LISTEN TO SOME OF HER ORIGINAL MUSIC, THEN CLICK "VOTE NOW!"**

**SUPPORT OUR LOCAL TALENT**

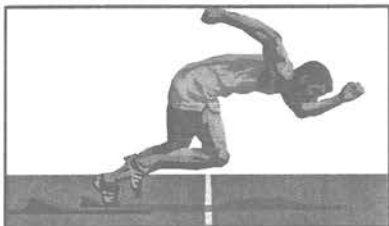
# 110<sup>th</sup> Annual Mohawk Fair

## Attention All Kids!!

Don't forget to get your fair entries ready! There are over 90 categories for youth. Some include, dream catchers, photography, homemade jewelry, and decorated t-shirts.

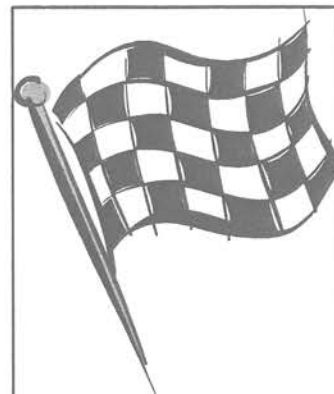
\*\*\*New this year; the youth who enters the most exhibits overall will receive a memorial trophy and have their name engraved on a plaque in memory of Roger Brant. \*\*\*

Come join the foot and bike races on Friday to compete for the title of Fastest Kid at the Fair! And don't miss our magician, The Amazing Blackpool on Saturday at 4:00PM!



### *1<sup>st</sup> Annual Great Zucchini Race*

Join us on Saturday for our 1<sup>st</sup> Annual Great Zucchini Race! Zucchini's will be available for decorating in the school building on Friday and Saturday before race time. Come decorate your zucchini car and try to win the race!





# The Amazing Blackpool

*Magician ~ Hypnotist*



Blackpool has studied and practiced magic and hypnosis for over 30 years.

He is a regularly featured performer in The Kingston Buskers Rendezvous, appears on local television, and entertains in venues ranging from tableside in restaurants to crowds of 5000. His client list includes the Canadian Cancer Society, Desert Lake Resort, The Girl Guides of Canada and Tim Horton's.

In addition to his work as an entertainer, Blackpool is a Certified Hypnotherapist through the International Hypnosis Association and has helped many individuals to overcome psychological trauma, alleviate chronic pain, shed excess weight, develop self-esteem, quit smoking, and live happier, more fulfilling lives.

Come and see his amazing show at the Mohawk Fair.

He will be doing a fun family magic show from 4pm to 5 pm on Saturday, August 21st.

There will also be an ADULT evening Hypnotist show from 9pm to 11pm on Saturday, August 21st.

This will be a licensed event.

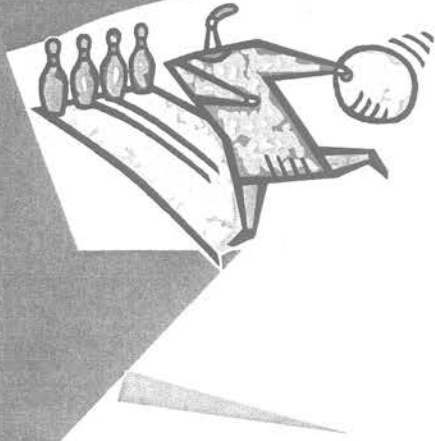
For TICKETS or information please call;

Kim @ 613-962-6217, Amy @ 613-396-5055, Murray @ 613-396 -6034

\*\*Tickets will be \$10.00 per person

COME SUPPORT YOUR MOHAWK FAIR

# BOWLING LEAGUE



*Looking for Bowlers.....*

*Are you a bowler who wants to have fun?*

*Are you a team of bowlers who wants to  
have fun?*

*Contact Kelly Maracle 613-396-5994 or*

*Ron Parkin 613-967-3968*

## **“AA OPEN MEETINGS”**

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

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

## **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: Starting July  
(Summer Hours) 5 p.m.—6 p.m.  
Contact: Rose Turcotte: 613-396-6393  
altee94@gmail.com

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

*Congratulations **Ryder!!***

On completing your first ever full marathon, 42.2 km

We are very proud of you!

Love Mom, Dad and family



*Congratulations **Tim Maracle!***

on winning a gold, silver and 2 bronze medals in ten pin bowling at the Special Olympics 2010 National Summer Games in London on July 11- 18

We are so proud of you!

Mom, Craig, Ash, Lance, Dawson, Kirby, Gram, Clint, Grampa & Gramma Judy



Thanks to *Tyendinaga Propane* for your support and making it possible for me to attend the Special Olympics National Games in London.

Tim Maracle



# Community Recognition Awards

Do you know of someone that has overcome struggles to properly manage their diabetes? Do you know a person who dedicates their time to promoting good health and diabetes management to community members living with diabetes? Perhaps there is a community member you have in mind or, you are a community member who has been the recipient of quality care and guidance by a health professional. You may know of a person in the community who promotes healthy eating and active living in an effort to prevent type 2 diabetes.

We want to take the opportunity to recognize these admirable people for their efforts in helping to raise diabetes awareness, prevent Type 2 diabetes, and assist with good diabetes management.

The "Community Recognition Awards" is an initiative that was launched in May 2005 at our Annual Event. It has been very successful, and we continue to present the awards to those who have been nominated.

Let's continue to spread the word of diabetes awareness and prevention, and take a moment to recognize those around us who continue to be a healthy inspiration.

Send the nominee's name and contact information, along with a paragraph or two, about why he/she deserves to be recognized. It can be sent to:

*Carol Loft*  
*Diabetes Prevention Coordinator*  
*Southern Ontario Aboriginal Diabetes Initiative (SOADI)*  
*P.O. Box 1222*  
*Tyendinaga Mohawk Territory, ON*  
*(T) 613-396-3900*  
*[eastern@soadi.ca](mailto:eastern@soadi.ca)*

NOTE: Deadline for nominations is October 8, 2010





Located at Mohawk Duty Free  
777B Hwy 49  
Tyendinaga, ON

Monday-Saturday  
9-5



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## ATTENTION: YOUTH DART PLAYERS

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

Registration is at the Royal Canadian Legion, Pinnacle Street, bottom floor on September 19, 2010 starting at 12:30 pm.

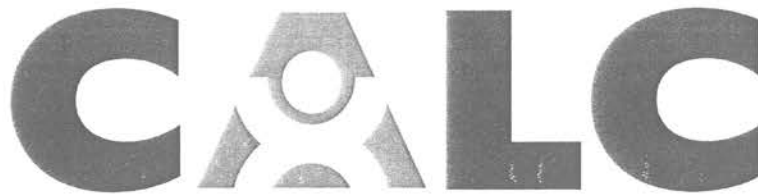
The league runs every Sunday from 1:00 - 3:00 pm starting September 19<sup>th</sup> until early April.

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

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

If you need any more information, please contact Marilyn Loft at 613-962-1727.





Community Advocacy & Legal Centre

PRESENTS:

## Community Meet 'N' Greet

Come out to learn all about the services  
provided by the legal clinic

&

## HUMAN RIGHTS WORKSHOP

Led by John No, Human Rights Lawyer

Thursday August 19, 2010

10:00 am – 12:00 pm

59r's Senior Club  
8011 Old Hwy 2  
Tyendinaga Mohawk Territory

This workshop is the first in a series of workshops presented by the Community Advocacy & Legal Centre. Watch for future workshops on Employment Law, Ontario Disability and Ontario Works and others.

For further information or to sign up, contact Michael at the Community Advocacy & Legal Centre at (613) 966 – 8686. Dial 0 for reception and ask for Michael or dial direct to extension 32.

# Girls Only



## Thayendanega Health Centre's Summer Camp for Girls Aged 12 to 16

*Camp Focuses on Teaching Healthy Eating Habits and Encouraging Physical Activity in a Fun and Relaxed Environment*

Begins on August 24<sup>th</sup> through to August 27<sup>th</sup> 2010

Daily Schedule from 8:00 AM to 5:00 PM

Located at the 59ers Hall

**There are only 15 spots and the deadline is August 18<sup>th</sup>, so register today!**

Contact **Melissa R. Maracle, CHR,CDPW** at (613)-967-3603







THE ANGLICAN PARISH  
OF TYENDINAGA

Parish Priest  
The Rev'd Brad Smith  
Mohawk Rectory, 396-3797

SUNDAY CELEBRATION

All Saints' Church  
and Queen Anne Parish Centre (QAPC)  
1295 Ridge Rd  
8:30 a.m.\*

Christ Church  
Her Majesty's Chapel Royal of the Mohawk  
52 South Church Lane  
10:30 a.m.\*

*\*On 15 Aug, the only service is at 10:30  
at Christ Church*

The Sunday Celebration each week is a multi-generational remembrance of the love of God for the Creation as seen in Jesus of Nazareth. We worship in the modern languages that we speak, using both English and Kanyen'keha. Everyone is welcome to worship and stay for a time of refreshment and fellowship after every Sunday Celebration.

UPCOMING EVENTS

Wednesday 18 August, 7 p.m., QAPC  
Parish Fun Night  
Bring a game, a friend, and a snack!

IN THE NEWS

Queen Elizabeth II presents Chapel Royal with Gift to mark 300<sup>th</sup> anniversary of Alliance  
On Sunday 4 July, parishioners of HM Chapel Royal of the Mohawk attended a special liturgy at the Cathedral Church of St James in Toronto. At the conclusion of worship, The Queen presented the Chapel Royal with a peal of handbells for use during worship. Members of the Chapel Royal are keen to learn to play the bells and we hope to have them in regular use in the next couple of months. For more information, including video and photos, please visit the 2010 anniversary page at [www.parishoftyendinaga.org/tercentenary.htm](http://www.parishoftyendinaga.org/tercentenary.htm)

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

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



**Traditional Anglican Communion**  
*The Anglican Catholic Parish of*  
**Keristhos Ne Korahkowa**  
**(Christ the King)**  
**Tyendinaga, M. T.**

***Holy Communion***

Fr. Gérard Trinqué, OHI, SSM, Officiating  
Every Sunday—10:00 a.m.

**Elders' Lodge Common Room**  
301 Bayshore Road, Tyendinaga, M.T.

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Using the long-established  
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and the time-honoured hymnal  
**Book of Common Praise (Blue Book)**

**For more information, please call:**

**Mr. Charles E. Maracle at 613-396-3089**

OR

**Ms. Lorna J. Moses at 613-396-2538**

***Food Bank Day:***  
***Third Sunday of each Month***



***"This is the Day the Lord hath made!"***



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3 BEDROOM HOUSE  
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and view of Bay of Quinte  
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- asking price \$159,000.00  
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Accessories  
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- walk in stairs, ladder  
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- Canadian made by Future Steel  
Buildings  
- purchased last year but no time  
to put together  
- Paid \$12,500.00 asking  
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- perfect condition, all nuts,  
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- building has a back wall and  
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Front

Call: (613)-969-2075

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Call Randy: (613) 827-1057

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263 Gordon Rd.  
- waterfront with boat launch  
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- plenty of potable water, with  
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(Leave a message)

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613-967-1129 for further details.

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## BABYSITTING AVAILABLE

If you are looking for a  
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Sandy a call at  
613-967-0091

## HOUSE FOR SALE

- 3 bedroom, large kitchen,  
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Please contact:  
tyendinaga.09@yahoo.ca  
or call: 416-938-4157

613 961 9434

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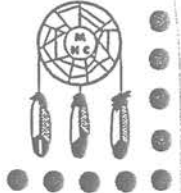
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*Rheana Maracle Photography*

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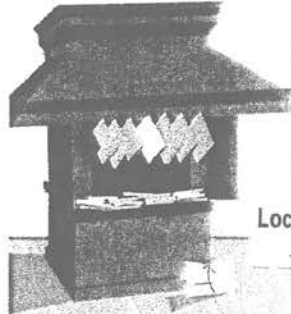
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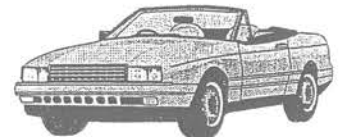
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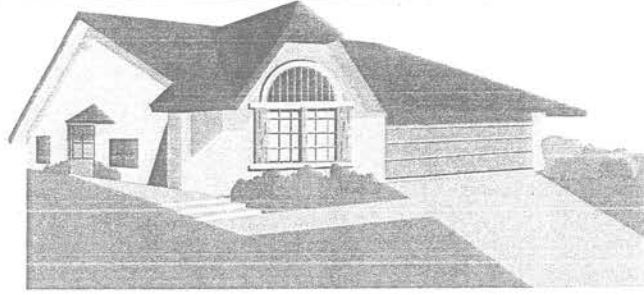
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