



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 8/11
Seskeha (Aug.)

ORI:WASE (News)

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



24th

*Tyendinaga Mohawk
Pow Wow*

August 13th & 14th, 2011

Tsi tkerhitoton Park
Peacemakers Territory

MBQ Employment Opportunities:

In order to ensure the broadest circulation of our employment opportunities, the MBQ posts ALL employment opportunities through the website at www.mbq-tmt.org, and at locations in:
the Mohawk Administration building - Reception area Community News Board
Ontario Works office
the Employment and Training Office
as well as through the Community Newsletter or
Special Flyers delivered via Canada Post

Tyendinaga Community Development Fund Applications can be pick up
at the Administration Office

Please submit your sealed application to:
TCDF Commission
c/o Shelley Bowden
Mohawks of The Bay of Quinte
13 Old York Road
Tyendinaga Mohawk Territory, Ontario
K0K 1X0

Application review dates: September 1, and December 1, 2011.

Water Delivery Services

She:kon community members.

In an effort to provide safe water to community members, Tyendinaga Mohawk Council has initiated a Water Delivery Service. This voluntary service will provide weekly water deliveries to your water storage vessel at a low cost. Please call the Mohawk Administration Office for further program details. Please note, your families' health and safety are the program priority.

Don't have a proper water storage vessel? Please call for further details on the Water Storage Tank Initiative. Components of this new service are still in the development stage, please be patient while program details are carefully developed.

For further information on the above services please contact the Mohawk Administration Office at (613) 396-3424 ex 129.

Nia:wen.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in July responded to 13 calls:

- 1 C.O. Detector**
- 1 Wires Down**
- 5 Medical Assists**
- 3 Structure Fires**
- 1 Mutual Aid**
- 1 Motor Vehicle Accidents**
- 1 Rubbish Fire**

This brings our total to 61 calls for the year 2011



MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANIENKEHA

Administration 13 Old York Rd., Tyendinaga Mohawk Territory, K0K 1X0
Phone-613-396-3434 Fax-613-396-3627

July 21, 2011

Dear Community Member:

The Hastings & Prince Edward County, in conjunction with Quinte Conservation and the Ministry of the Environment, are closely watching possible Blue Green Algae Blooms in the Bay of Quinte. We have enclosed information for your review to ensure your health and safety during the summer months.

To date, Blue Green Algae has been detected in the Bay of Quinte (Meyer's Pier), and is confirmed as Microcystin.

Microcystin: The toxins that are found within Cyanobacteria (Blue-Green Algae). As a precaution, any cyanobacteria bloom should be regarded as being potentially toxic. (*Information about blue-green algae: MOE 2005*)

Updates can be viewed on the Mohawks of the Bay of Quinte website at www.mbg-tmt.org or The Hastings & Prince Edward County Health Unit at www.yourhealthunit.ca

If you see a blue-green film or scum in the water, it may be Blue Green algae. People and pets should avoid touching or ingesting the algae. If you do come in contact with the algae and have a reaction, please consult your physician immediately.

Please contact the Mohawk Administration Office immediately if you see any signs of blue green algae in your area.

If you have any questions, please contact Crystal Maracle Environmental Community Health Representative, or Kristin Maracle, Environmental Technical Services Officer or Liz Brant A/ Water Delivery Program Manager at 613-396-3424.

Nia: wen,

Environmental Department
Mohawks of the Bay of Quinte

Red Cedars Shelter

Silent Auction

The Mohawks of the Bay of Quinte has declared the following used office articles as surplus. Red Cedars will be hosting the silent auction and sealed bids will be accepted up to August 17, 2011 at 4:30pm at Red Cedars Shelter. Sealed bids will be opened on August 18/2011 and highest bidder will be contacted to pick up article. All articles are used and sold as is. **The auction is open to the Mohawks of the Bay of Quinte Membership.**

Please contact Alanna Maracle or Holly Brant at 613-967-2003, if you have any questions.

Rules:

Bids are to be delivered to Red Cedars Shelter in a sealed envelope marked Silent Auction and must include the following information:

- article number listed below which you are bidding on
- your bid amount
- your name
- your contact number

Cash and Carry

Please note in the event of a tie – bidders who tied will be contacted to re-submit bid on that item.



Article # 1

Office Desk – 60”L x 30 W

The Nation Building Department
has moved to 1658 York Rd (former Health Centre, Downstairs)
To reach the Nation Building Department please call us at
613-967-3616 or 613-967-3617
Lands, Membership, Policy Analyst & Lands Research



Article # 2

36" diameter -glass top table, with 4 legs.



Article # 6

Small bar fridge



Article # 7

Corner computer desk



Article # 8

Sony (Trinitron) 32" Coloured T.V. with remote. Manufactured In 2006



Article # 9

Set of French Doors – Painted White

1 = 30 x 80



Article # 3

Wing back chair – Light Green with white line design in pattern



Article # 4

Wing back chair – Light Green with white line design in pattern



Article # 5

Chair – Light Green with white line design in pattern



Article #6

6- Pairs of assorted sized and coloured curtains with rubber backing



Article # 10

6- Vertical cloth blinds- assorted sizes and colour – includes hardware.



Article # 11

Pine entertainment unit

38 L x 22w x 5'9h

All proceeds of auction will go towards Red Cedars Shelter program needs.

Nia:wen Kowa



Support Local Business

Business of the Month

August 2011

Wannagolf is a wonderful addition to the list of Territory businesses. A driving range that has wonderful grounds, in a perfect location and tax free!

Chris Brant is the owner of Wannagolf, and also a certified golf instructor, as well as a member of the Canadian Golf Teachers Federation. So if you want help with your drive, or assistance on your stance, you can make an appointment with Chris and he will be happy to help you out! (Rates are \$25/hr for adults and \$15/hr for kids.)

The cost is only five bucks for a bucket of balls and the driving range is open from sun up to sun down. If there is no one out there, there is a trust box, and it is help yourself.

He offers a good quality driving range, at a very affordable rate.

Therefore, his customers don't mind honouring the trust box.

Wannagolf is located on the 49 Highway, a perfect spot when getting off the 401 after a long drive. Come on in, stretch your legs, flex your muscles and whack a few balls.

Stop on the way home from the office! What a wonderful and relaxing way to de-stress. Put your driver in your trunk and after working hard all day, Wannagolf welcomes you to come in and shoot a bucket of balls, unwinding before you head home. Or come on the weekend and bring the family.

So if you want pointers, or just want to practice, Wannagolf is for you!

255 Hwy 49 TMT
613-396-3617



For information regarding the economic development program, please contact:

Kelly Maracle

Economic Development Officer

Phone: 613.968.1122

Fax: 613.968.1128

Email: kellym@mbq-tmt.org

Or visit us on our website at:

www.mbq-tmt.org

Colour Psychology and Marketing...



BLACK

Means authority and power, stability and strength



GREEN

The colour of growth and money. It is calming and pleasing to the senses.



For more on the Psychology of colour and marketing visit

www.precisionintermedia.com/color.html

Hi, my name is Shoshanah Perron, and this summer I'm the tourism development student. Travelers are always looking for interesting places to discover, and my job is to make sure people know Tyendinaga is one of those places. Tyendinaga has unique and rich culture, a place full of discovery for tourists. I am working on ideas to help promote the shops, locations and events here in Tyendinaga. I am also creating a map and brochure for tourists, which will be distributed around TMT and at other nearby information centres. So let's tell everyone why they should visit us here in Tyendinaga!

If you have any suggestions or information please contact me at

mbqtourism@yahoo.com, or 613-968-1122.

CELEBRATING OUR BUSINESSES!

Welcome to two new restaurants on TMT...

Aunt Sadie's Café, located on Sadie's Lane

Fatman's Eatery and Healthy Foods, located at the Business Centre

If your business is celebrating, please call Kelly and we will publish in the Economic Development section of the newsletter!

CALLING ALL REGISTERED BUSINESS!!!

IF YOU ADVERTISE IN THE NEWSLETTER, CALL KELLY AND FIND OUT HOW YOU CAN ADVERTISE FOR FREE!



Employment has guests that come down from time to time to offer recruitment information sessions, etc.

Please watch for flyers on this or check the website regularly.

www.mbq-tmt.org

Or call Sandy at 613.968.1122 to see what's coming up!

"You must take personal responsibility. You cannot change the circumstances, the seasons or the wind, but you can change yourself. That is something you have charge of."

-Jim Rohn

WEBSITES WORTH CHECKING OUT!

Developing a marketing plan—www.marsdd.com/entrepreneurs-toolkit/articles/Marketing-Plan.html

Promoting and Advertising your Business—www.canadabusiness.ca/eng/89/899

Aboriginal Business Info Guide—www.ontario.ca/en/business/STEL02_040014

Journey to Success—Aboriginal Women's Business Planning Guide—www.ainc-inac.ca/ecd/pubs/js/js-eng.pdf

FOR MORE RESOURCES SUCH AS THESE, OR FOR ACCESS TO THE INTERNET, PLEASE COME AND VISIT US AT HOUSING AND SUSTAINABLE DEVELOPMENT

LOCATED IN UNIT 4 AT THE BUSINESS CENTRE (14 YORK RD SHANNONVILLE)

For information regarding the employment and training program, please contact:

Sandy Sero

Employment and Training Coordinator

Phone: 613.968.1122

Fax: 613.968.1128

Email: sandys@mbq-tmt.org

Or visit us on our website at:

www.mbq-tmt.org



Community Recognition Award 2011

Do you know someone that is managing their diabetes in a good way, or they are inspirations to others in your community?

They may have been referred to a CHR/CHN or a health program and/or service that helped them manage their Diabetes. We want to take the opportunity to recognize these people for their efforts to help raise Diabetes Awareness, whether it's in their communities or in their families.

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

It is very important to spread the word of Diabetes awareness and prevention, and to recognize those who are making a difference!!

Send me a paragraph or two about why they deserve the award, and include their contact information. The information can be send to:

Crystal MacDonald
Diabetes Prevention Coordinator
Southern Ontario Aboriginal Diabetes Initiative
Tel: 519-750-0893 Fax: 1-888-352-0485
Email: westcentral@soadi.ca

They will receive recognition at our annual event **September 23** in
Ottawa



**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

WEEKLY on TUESDAYS
10:30 am – Noon

@ **COMMUNITY WELLBEING BUILDING**

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

BREASTFEEDING CLINIC AVAILABLE :

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

FOR APPOINTMENTS
CALL: 613-396-2942



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 breastfeeds, 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 BREASTFED 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 MOMS AT POW WOW:
NEED A DRINK OF COLD WATER, A PLACE TO CHANGE YOUR BABY, ROCK AND REST, GET SOME BREASTFEEDING INFORMATION? ... COME VISIT THE BREASTFEEDING TENT, EAST SIDE OF THE VENDORS CIRCLE.



Prenatal Classes - Fall Session starting
Wednesday,
September 14, 2011
7pm to 9pm at
Community Wellbeing Teaching Lodge
50 Meadow Drive

To learn more about
Fetal Development,
Maternal Nutrition
Breastfeeding
Labor & delivery
Postpartum Care

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 wel-
comed to participate!

August 2011

Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

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

Mary McCauley R.N.
Community Health Nurse

Happy Birthday!



★ Happy 7th Birthday!
★ Mikayla
★ Aug. 18
★ Love from Daddy, Mommy, Cody &
★ Skittles

★ Happy Birthday!
★ Aunt Carol
★ (August 5)
★ Love from, Jeff, Lisa, Cody and Mi-
★ kayla

★ Happy 60th Birthday
★ Aunt Pam
★ (August 30)
★ Love From: Jeff, Lisa, Cody and
★ Mikayla

★ Happy Birthday To Our Papa,
★ Our Favourite Fishing Buddy
★ August 22
★ Love from Cody and Mikayla
★ Hugs and Kisses

★ Happy Birthday !
★ Keven
★ August 2nd
★ Love Marilyn, Rick, Sam & Emmett

Happy Sweet 16th Birthday!
Paige
August 23rd
Lots of Love, Aunt Marilyn, Uncle Rick,
Sam & Emmett

Happy Anniversary
Ron & Shelley
Aug. 20
Love Mom & Dad



Happy 1st Anniversary!
Donna & Mike
August 14th
Love Aunt Marilyn, Uncle Rick, Sam &
Emmett

Happy Anniversary!
Harry & Eileen
August 30th
Love Marilyn, Rick, Sam & Emmett



Congratulations to Kanata Ann Penn-Maracle JD

on getting the call to the Bar for Law Society of Upper Canada



Kanata is the granddaughter of Joan V. Maracle, the late Ken H. Maracle

and eldest daughter of Tom R. and Maureen Maracle.

I would like to thank my family and friends for the Wonderful Surprise 50th Birthday party. I would like to express my gratitude to Scott, Steven, Gail, Nita, Dewayne and Ron & Mary for the excellent party that they all hosted. I was truly surprised and amazed how beautiful the day went.

A BIG THANK YOU to ALL.

Also, Chrissy and Glenna for the Karaoke.

Thanks Cassie for all your help to!!!!

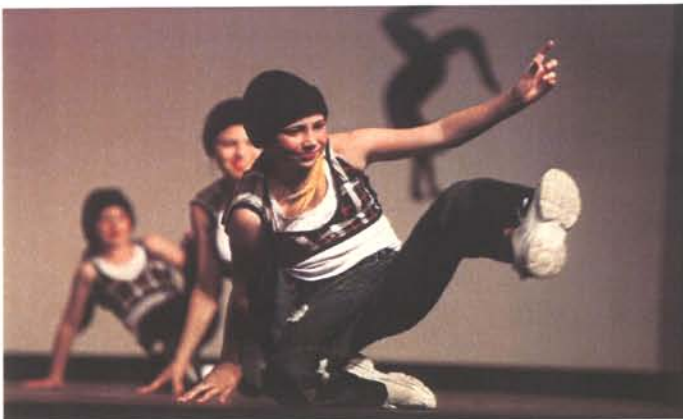
Thank You!

Nia;wen

Wendy



Thank-you!!



Kailey Sager would like to thank the **Dreamcatcher Fund** for their support with her 2010-2011 Dance season!! I had a wonderful year as part of the competitive dance team!

I couldn't have done it without you!

Thank-you!!

Kailey Sager



A BIG THANK YOU

Yes, Now I admit that I am amongst the 50 crowd !

I would like to take this time to thank my wife, Delores, for the Birthday Surprise Party on June 4th.

This was the best surprise ever, to see my son, fiancée with baby-to-be, brothers, sisters, nephews, nieces, great nephew, cousins, step-children, step-grandchildren and last but not least, my kind and consider friends.

Special thank you to Teri and Andy for the delicious cake, and to everyone that helped make my surprise party one I shall never forget.

I would like to express my gratitude for all the cards, monetary gifts, Tim Horton gift cards and words of wisdom.

Special thank you to Fr. Gerard for the kind words and prayers.

and to Leo, my brother, for ending my surprise party with fireworks.

P.S.

I would like to thank my son, Jonathon and fiancée, Lauren for giving me the most special gift ever, my grandson, Braiden Jonathon Francis Whalen, born June 24th, 2011

Nai:wen Kowa
Thank you

Dan Whalen



CONGRATULATIONS

**To my son, Jonathon and fiancée, Lauren on
their new arrival , a healthy baby boy**

Braiden Jonathon Francis Whalen

weight in

@

6 lbs 9 oz

June 24th 2011 @ 6:01pm

THE ORISKANY ALLIANCE OF TYENDINAGA
WOULD LIKE TO THANK THE FOLLOWING
THAT HELPED MAKE OUR 2ND. ANNUAL
JAMBOREE A TOTAL SUCCESS

BUILD-ALL CONTRACTORS:-TMT
SHERMAN WELDING:- R.R.#6 BELLEVILLE
FULLER NATIVE & RARE PLANTS:-R.R.#2 BELLEVILLE
ARNIE'S APPLIANCES:- TMT
LIN'S BARBER SHOP:- NAPANEE
MILL SIDE CERAMICS & CRAFTS:- TMT
MAKWAG CUSTOM DESIGNS:-MARMORA
MIKE'S RESTAURANT:-MARYSVILLE
TOWN'S EDGE BED & BREAKFAST:-DESERONTO
LALONDE AUTO REPAIR:-DESERONTO
MOHAWK DUTY FREE:-TMT
THE SACRED CIRCLE:-TMT
BOB'S PORTABLE TOILETS:-R.R.#2 SHANNONVILLE
DESIGNS BY SHEILA:- MITCHELL RD., BELLEVILLE
CHIT CHAT CAFÉ:-NAPANEE
NEW YORK CAFÉ:-NAPANEE
NATIVE RENAISSANCE II:-TMT
STEVE'S FISH & CHIPS:-TMT
DOLLAR OR MORE STORE:-DESERONTO
49 QUIK STOP:-TMT
SUBWAY:-TMT
LITTLE TURTLE'S CHIP TRUCK:-TMT
SAM'S LIL VARIETY:-TMT
SOARING EAGLE:-TMT
SIGN SOLUTIONS:-TMT
TYENDINAGA COMPUTERS:-TMT
MOHAWK FAIR BOARD:-TMT
TOTA MAZ RESTAURANT:-TMT
RUBY'S FISH & CHIPS:-TMT
JERRY FOSTER:-PICTON
LIL CROW CAFÉ:-TMT
McMURTER'S HOME CENTRE:-TMT
BRIAR FOX GOLF & COUNTRY CLUB:-MARYSVILLE
DEB'S GAS BAR & RESTAURANT:-TMT
ROXANNE'S RESTAURANT:-TMT
HILL'S VARIETY:-TMT
McGLADE FUNERAL HOME:-DESERONTO
SMALL TOWN CAFÉ:-DESERONTO
L & M ENTERPRISES:- TMT
VALERIE BRANT NATIVE CRAFTS:-TMT
THE BREW PUB:-KINGSTON
BEAR PAWZ:-TMT
AUNT SADIE'S CAFÉ:-TMT
LEWIS LACROSSE:-TMT
LOYALIST ASPHALT:-TMT
MIRACLE MART:-TMT
REZ BOYZ:-TMT
SMOKIN' PIT STOP:-TMT
VILLAGE VARIETY & GAS BAR:- SHANNONVILLE
TYENDINAGA FITNESS RESOURCE CENTRE:-TMT



August Newsletter

Maternal Child Health & Early Childhood Development Program
50 Meadow Drive
613-967-3603 or 613-967-0122



Monday Play Group

August 8, 15 & 29th, 2011

9:30 am—11:30 am

Ages 0-6

Community Wellbeing Teaching Lodge.

Come and play with all our toys and make a special craft

Make your own Submarine & Movie Night

August 18th, 2011

5:30—7:00 pm

Belleville Bowling Alley

Please call Johanna to register, 613-967-0122



BABY CLUB

Wednesdays, 1-3 pm

August 3, 10 & 17th, 2011

Community Wellbeing Building



For parents with infants 0-18 months. Older siblings are welcome. Baby Club is an excellent opportunity for you to share experiences and ideas with other parents. Information is available on a variety of topics.

Baby scales are always available each week for weighing your baby.

A Community Health Nurse is available during the Baby Club to answer your questions and concerns.

Family Prize packs

Put your name in a draw for a family fun pack every time you attend one of our events. The more events you attend, the more chances to win.

The prize will be Drawn on September 30th, 2011

FAYE LUFFMAN READS HER BOOK "PETER PENGUIN"

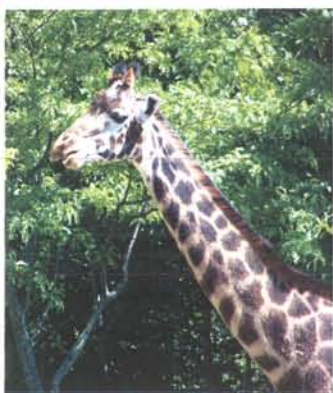
Faye joins us **September 10th, 2011** at our Saturday morning Drop In to read her storybook, sing her song along with the CD, and then children and parents will make a stick puppet.

Her book/CD/puppet and felt packaging will be available to purchase for a cost of \$39.99, there is also the book/CD/puppet for \$20.00 or the book & CD for \$10.00. You can check it out at www.zingcreations.com

Also, please call to register your child(ren). We need a minimum of 20 children for this event.

Please Register Call Allison or Julie Brant 613-967-3603

Community Wellbeing Centre Teaching Lodge



Toronto Metro Zoo Trip

August 22nd, 2011

7am-7pm

MCH & HBHC clients \$5.00 per person from ages 4 & up

Non clients are 4-12 \$11.05, 13-64 \$19.55, 65+ \$14.45 Children under 3 free.



Bus will be leaving the Community Centre at 7am **SHARP!!**

Please call to register before August 12th,

Allison or Johanna 613-967-3603

Saturday Drop In

August 13th, 2011

9:30—11:30 am

Ages 0-8

Community Wellbeing Building Teaching Lodge.

Come and enjoy a warm, friendly environment to interact with other caregivers, play with your children and get a chance to meet some of our community professionals and learn about the services they provide to our community.

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Closed	2	3 Baby Club 1-3pm	4 Stars n' Strollers Noon-3:30pm	5	6
7	8 Play Group 9:30-11:30	9	10 Baby Club 1-3pm	11	12	13 Drop In 9:30-11:30 Scrapbooking 9am-5pm
14	15 Play Group 9:30-11:30	16	17 Baby Club 1-3pm	18 Sub & Movie Night 5:30-7:00pm	19	20 HBHC Cedar Park Water Park 9am-6pm
21	22 Toronto Metro Zoo 7am-7pm	23	24	25	26	27
28	29 Play Group 9:30-11:30	30	31	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Check us out on Facebook under Maternal Child Health </div>		

Scrapbook Workshop

August 13th, 2011

9:00am-5:00pm

Community Wellbeing building left entrance

Come out and scrapbook some of your memories!

We have some tools and supplies that you can use to help you with your latest page or pages...

Call Allison at 613-967-3603



Healthy Babies Healthy Children Annual BBQ

August 20th, 2011

9am-6pm

We will be going to Cedar Park water park, transportation will be provided.

Please call to register, Johanna 613-967-0122

Clients Only!!!

August 4th, 2011

12:00-3:30 pm

Pay your own admission. Cineplex Belleville

Transportation will be provided for the first 16 people. We will leave the CWB Building at noon. Please call to register 613-967-3603 Allison or Johanna



- ☆ A baby friendly environment
- ☆ Lowered volume and dimmed lighting
- ☆ Change tables
- ☆ Stroller parking available

Upcoming Events

September 10th Faye Luffman Peter Penguin book reading CWB Building

September 8th FASD Day "Celebrating our Families" 9am-7pm Community Centre "FREE"

September 15th Client Appreciation Day 8:30-4:30 "Clients of MCH only"

If you would like to pre register for any of these events please call 613-967-3603 Allison

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

14 York Road, Unit #1
Shannonville, Ontario
K0K 3A0

August 2011

Discover the Balance

We have Gift Certificates

Discovering the Balance

By Working the
Mind, Body,
Heart and Spirit

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am– 1:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

We Are Open to The Public

Staff

Darlene Loft

Recreation Manager

Sonya Maracle / Staff & P.T

Tara Green / Part Time Staff

Summer Students

Marina Wager/ Bike Organizer

Ryder Sager / Fun & Fitness

Key Tips For New Runners

Get the right running shoe—visit a speciality store and get fitted for the right running shoe for your foot type and running style

Make sure you warm up & cool down—the warm up helps minimize stress on your heart when you start your run, the cool down allows your heart rate and blood pressure to fall gradually

Learn proper body form—hands at waist level, arms at 90 degrees, elbows at your side, posture straight

Don't worry about pace—you should be able to breathe easily and carry on a conversation

Try a walk/run approach—run for a short segment and then take a walking break

Don't do too much too soon—by building up slow you can save yourself pain and frustration and still reach your goals

Breathe in through your nose and mouth—this makes sure you are getting enough oxygen to your muscles while running. Take deep belly breathes to avoid side stitches



Summer Program Updates

Bike Organizer – Marina Wager

I am one of the Youth Summer Student at TFRC doing the Biking Program and Park events. I am going off to school in the fall to Sir Sanford Fleming College in Peterborough; I will be taking the Fitness and Health Promotion course. If you have any questions about any of the summer programs please come talk to me!

Fun and Fitness – Ryder Sager

I am the Youth Summer Student at TFRC for the Walking, Running and Park events. In the fall I am headed back to Moira for my final year. If you have any questions, or want to participate in any of the summer programs please contact me.

Calendar of Events Aug. 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED CIVIC HOLIDAY	2 Bike 9-9:45 Park 3:30-4:15 Walk 6-6:45 Run 7-7:45	3 Run 9-9:45 Walk 10-10:45 Park 3:30-4:15 Bike 6:30-7:15	4 Bike 9-9:45 Park 3:30-4:15 Walk 6-6:45 Run 7-7:45	5 	6
7	8 Run 9-9:45 Walk 10-10:45 Park 3:30-4:15 Bike 6:30-7:15	9 Bike 9-9:45 Park 3:30-4:15 Walk 6-6:45 Run 7-7:45	10 Run 9-9:45 Walk 10-10:45 Park 3:30-4:15 Bike 6:30-7:15	11 Bike 9-9:45 Park 3:30-4:15 Walk 6-6:45 Run 7-7:45	12	13
14	15 Run 9-9:45 Walk 10-10:45 Park 3:30-4:15 Bike 6:30-7:15	16 Bike 9-9:45 Park 3:30-4:15 Walk 6-6:45 Run 7-7:45	17 Run 9-9:45 Walk 10-10:45 Park 3:30-4:15 Bike 6:30-7:15	18 Bike 9-9:45 Park 3:30-4:15 Walk 6-6:45 Run 7-7:45	19	20
21	22 Run 9-9:45 Walk 10-10:45 Park 3:30-4:15 Bike 6:30-7:15	23 Bike 9-9:45 Park 3:30-4:15 Walk 6-6:45 Run 7-7:45	24 Run 9-9:45 Walk 10-10:45 Park 3:30-4:15 Bike 6:30-7:15	25 Bike 9-9:45 Park 3:30-4:15 Walk 6-6:45 Run 7-7:45	26	27
28 	29	30	31			

NEW - Advertise on TFRC Big Screen - \$200 a year call for details

Another way of Fundraising for TFRC Fitness Equipment

“Last Summer for the TFRC Out Reach Project”

Thank you to the Healthy Communities Fund 2010/11





The Workout & Win Contest

- Every time you come in during the month of August your name will be entered into our draw for a fully loaded gym bag! It will contain 1 FREE month gym membership, TFRC t-shirt, water bottle, and much more...
- The more times you come in the more chances you have to WIN!

FREE AUGUST DRAW

Tyendinaga Fitness Resource Centre

613.962.2822 Tyfitnessres@mbq-tmt.org



Student Volunteers Needed!



- ✓ Do you need volunteer hours for high school?
- ✓ Are you 15-19 years of age?
- ✓ Do you like working with children & youth?
- ✓ Are you available from 6-8 pm on Tuesdays or Wednesdays starting in September?

Interested to learn more? Call Jack Green or Tracy Hill from the Enyonkwa'nikonhriyohake Program at the Community Wellbeing Centre at 613-967-0122.



ATTENTION HUNTERS AND SHOOTERS

Interested in getting your PAL and/or Hunting Licences?

“ONE STOP” courses will be offered Aug 19/20 and Aug 26/27.
The Firearms Safety Course(PAL) portion will be Fri/Sat Aug 19/20.
The Hunter Education Course portion will be Fri/Sat Aug 26/27.
Both courses will run Fri 6-10pm and Sat 8:30am-5pm.

“ONE STOP”(Both courses) cost is \$260 or individual courses will cost \$140.

Anyone interested in challenging the firearms tests should set up a time and date in advance. The cost for a challenge is \$40.

Courses include instruction, study manual, tests and paperwork required to apply for your PAL and Hunting licences. Courses will be offered here in Tyendinaga Territory.

There is limited space.

For more information or to reserve your spot please call Ed Maracle at (613) 396-3077 or email at emaracle@xplornet.ca

Association of Iroquois and Allied Indians
Presents

ELDERS GATHERING 2011

"Connections Empowering Independence"



Hosted By Mohawks of the Bay of Quinte

August 23, 24, 25, 2011

Events/Activities include (subject to change):
Non Insured Health Benefits, The Truth About Tea, Credit Counselling & More



"STARS ALIVE"
Gala Dress Theme Contest
Wednesday, August 24th, 2011 Only



Your community contact person to register for this event is
Scott Maracle @ the Community Well Being Centre
613-967-3603

Mohawks of the Bay of Quinte community members **MUST** register by
Thursday, August 11, 2011
for event planning purposes

Registration is open to AIAI member First Nations:
Batchewana, Caldwell, Delaware, Hiawatha,
Oneida, New Credit, Tyendinaga, Wahta

Elders Gathering 2011

DRESS THEME CONTEST – – – STARS ALIVE!

Date: Wednesday, August 24, 2011
Time: All Day or, 4:00 - 7:30pm

On the day/evening of the Gala you will be issued your celebrity name tag. Although not necessary, you may register your *celebrity* name in advance.

You may wear your celebrity dress-wear all day if you like, or wait for 4:00pm to be eligible for the following prizes:



- 1st Prize: Most Original
- 2nd Prize: Most Resourceful
- 3rd Prize: Best Interpretation
- 4th Prize: Best Overall (*Must be worn all day*)



CONTEST RULES:

1. For 4th prize, dress-wear must be worn *all day*.
2. For 1st - 3rd prize, must don dress-wear the entire evening.
3. Must be willing to pose for pictures and sign autographs, time permitting.



Come out dressed as any celebrity or idol you wish. Some ideas might be, Cher, Sting, Madanna, John Belushi, Stimey, Reba, Doris Day, or perhaps your community could come as a group such as, Partridge Family, the crew from Gilligans Island, Larry, Moe and Curly, or Batman and Robin. Be as creative as you wish - hold no bars!



**Mohawk Agricultural Society
presents**

"Centre Stage: A Variety Show"

Come out & see our STARS shine!

Featuring the talents of:

**Lynn Brant * Ryland Clark * Ashley Denesha
Hazel Dainard * Michael Green * G & G Magic
Cathie Vick & Many more!**

Sunday, August 21, 2011 @ 2:00PM

Mohawk Community Centre

Tickets: \$10.00 ea / 12 & Under FREE!

(Available at Community Well Being Centre, 49 Quik Stop & Bayview Variety)

*** Light refreshments served * 50 /50 Draws * Door Prizes***

Proceeds from this event support the 2011 Mohawk Fair

HEALING OUR SPIRIT WORLDWIDE

AUSTRALIA CONFERENCE

2014

Let's get started for the Next Conference

We welcome New Committee Members & return of the first Committee

Meeting Dates

Wed. Sept.7

Oct.5

Nov.2

Dec.7

First Wednesday of every month

6pm to 7pm

At the Tyendinaga Fitness Resource Centre

Please bring a toonie to cover the rental of the space

Agenda: Fundraising plan for the year

For more information please attend the meeting, TFRC has no information on the committee, they are just renting the space to get the NEW Committee started.

For more information about HOSW : www.hosw2010australia.com



SOADI 9th Annual Event
Ottawa



Planting the Seeds of Health and Wellness

Save the Date!

September 23rd, 2011



Métis
Nation
Ontario



www.soadi.ca



Moon Ceremony

WHERE: COMMUNITY WELLBEING CENTRE

WHEN: **August 13** at approx. 8:30 p.m.

Please wear a dress/skirt and
bring tobacco (if you have it)

& a food item for the feast afterwards.

Please come to the left when entering the building
at 50 Meadow Drive and enter the door there.

*We welcome all
women to come out
and join us!*





JUST A REMINDER!

Enyonkwa'nikonhriyohake Program Presents:

Survival Camp

August 29-September 1

Facilitated by: Shoh'terayen (Chris Auten)

- * 20 Spots available-open to boys & girls ages 12-17
- * No cost to attend
- * Smoke & Electronic-free experience  
- * Will have 1 overnight experience in woods

Campers will learn:

- Essential survival skills
- Emergency First Aid
- Traditional teachings
- Compass usage
- How to find food
- Emergency shelter building



Sign up deadline: Friday, August 12th: 4 pm

To register, please call Jack Green or Tracy Hill
at the Community Wellbeing Centre: 613-967-0122

Mohawk Fair!

List of Announcements!

Mohawk Fair Meeting

Aug. 8 at the School Building on Fairgrounds

Come out & help **Work Day** Aug 6/11 from 9:00 till 3:00 at the Fairgrounds

Crown Amusements wristbands on sale at **\$20.00** each at the Community Well Being Centre
See Wendy Maracle or Norma Maracle on behalf of the Mohawk Agriculture Society.
There will be 12 rides this year.

Centre Stage Variety Show Fundraiser put on by the Mohawk Agriculture Society. August 21/11 at 2:00 at the Mohawk Community Centre. \$10.00 per person. 12 & under "Free"
Light refreshments, 50/50 draws & door prizes. Tickets at 49 Quick Stop, Bayview Variety, Wendy Maracle at the Community Well Being, Pat Brant & Murray O'Coin.

Mohawk Fair Book to ready around Aug. 12/11. Watch for it at businesses & the library. You can call Pat Brant 613-396-2132 for more information.

Businesses that will have the Fair Books will be: **Bayview Variety, 49 Quick Stop, Village Variety, Native Renaissance II.**



*YARD
& BAKE
SALE!*



*Aug. 13 & 14
Saturday & Sunday
Elders Lodge*

COMMUNITY WATER INFORMATION WORKSHOP

At the Mohawk Community Centre

Monday August 29, 2011 - 6:30 p.m. – 9:30 p.m.

Guest Speakers: Kim Yee, Coordinator, Water Wells,
Ministry of the Environment & Angela Gully, Hydrogeologist

For more information contact Crystal or Liz at the Mohawk
Administration Office, 613-396-3424.
Special thanks to the Union Gas Centennial Grant Program for assisting
with funding to make this workshop possible.

"AA OPEN MEETINGS"

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

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



TYENDINAGA MOHAWK TERRITORY

1984 YORK ROAD

CHURCH · 613-396-5329

PARSONAGE · 613 · 396 · 5325

SERVICE TIMES

Sunday

10:30 am Worship Service

11:30 am Children's Church

6:30 pm Worship Service

Wednesday

7:00 pm Bible Study

Saturday

7:00 pm Prayer

Coming Events

Revival Services first Friday of every month

Various locations call church for details

Fellowship lunch last Sunday of every month

Communion held every second Sunday

LOOKING FOR OLD PICTURES OF THE CHURCH CONTACT:

Stephen Sliwa 613-966-1484

Ella Story 613-967-1540

Donna Crouse 613-396-2229

Joanne Venneker 613-771-1788

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

Losers Unite, Join Us!

Thursday Evenings

5:00 - 6:00 p.m. - Weigh In

6:00 - 7:00 p.m. - Meeting

Elders Lodge
(Bayshore Rd)

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

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

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

Contact: Joy Brant - 613-967-0411
Tree Good altree94@gmail.com



THE ANGLICAN PARISH
OF TYENDINAGA

Parish Priest
The Rev'd Brad Smith
962-2787

SUNDAY CELEBRATIONS

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.*

**Both churches worship together
21 August at 10:30 at the Rectory*

UPCOMING EVENTS

Parish Fun Night
Wednesday 17 August, 7-9 p.m.
Queen Anne Parish Centre
Bring a game, a friend, and a snack!

Parish Worship and Picnic
Sunday 21 August, 10:30 a.m.
Rectory, 321 Bayshore Rd

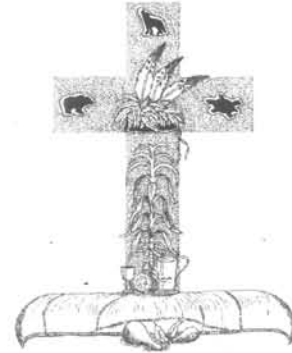
The annual tradition of worshipping together outdoors on the Rectory lawn continues. Following the Sunday Celebration will be a potluck lunch. Please bring a dish to eat and your feast basket (including plates, cups, utensils etc). If you have cold food or drinks, please supply your own cooler. Please keep disposable items to a minimum. Rain location: Christ Church.

A PRAYER FOR RECREATION

God our Creator, in this summer time let us all find time to rest and to enjoy the wonderful earth you have made. Enable families to spend time together so they may build up the bonds of affection. Give workers time to rest from their labours. Prepare students for the school year ahead by easing their minds and giving them spirits free from care. Help each one of us to let go of things that eat up our time and prevent us from being recreated and renew our energy so we may return to our tasks restored and enlivened. Amen.

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE
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 Trinque, OHI, SSM, Officiating
Every Sunday—10:00 a.m.

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

Traditional Anglican Services
Using the long-established
Book of Common Prayer (1962)
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!"

CLASSIFIED

WANTED

Looking for transportation to & from Kingston weekdays (Or if you know anyone who might travel this route)

Please call: 613-243-4093

FOR SALE

-G.E. Smartwater natural gas hot water heater.
40 US gallons, hooked up but never used. \$300.

Call 613-968-8955.

FOR SALE

BALES OF STRAW
4 X 4 round

Call: William J. Brant
613-967-1129

FOR SALE

2002 SATURN S11
- silver blue, new tires
- saftied
\$4,200.00

Call: 396-2470

FOR SALE

2011 HYUNDAI ACCENT
- 4 CYC. 1.6 L
- 4000 km.
- asking \$14,000.00

Call: 613-396-3599

FOR SALE

LEATHER COUCH & LOVE SEAT
- cream coloured
- nice condition
- welcome to come & have a look
-\$250.00 for the set
Call: Teresa: 613-391-1617

FOR SALE

NURSING UNIFORMS
-Nursing tops or pants
\$5.00 each at Lofts Variety
(656 Norways Side Rd.)

613-969-8924

LAND FOR SALE

- located on the York Rd
- approx. 23.8 acres (can be severed into building lots)

For more information please call: 613-967-8935

Seeking Tyendinaga Residents

with the last name Cole to share important family information. If anyone could pass this information to any Cole families or individuals it would be greatly appreciated. Please contact Glenna Mae at glennamae@hotmail.com or call 705-357-3330

FOR RENT

3 BEDROOM MOBILE HOME
- located on Church Lane on water/sewer
- \$800.00 a month plus heat & hydro

Call: 613-849-3436

AVON CALLING!!

My name is Theresa Brant and have been selling Avon for 3 years now.....and I am LOVING it! If you want to own your own business, work your own hours, and not have to answer to anyone...give me a call. If your wanting a book, free samples, or free products JUST for picking up your Avon, then let me know at 613-391-1617...or.. smilingt19@yahoo.ca

FOR RENT

4 PLEX RENTAL
- 2 bedroom, Upper apartment
- all inclusive
- located at 411 Airport Rd.

Contact: 613- 969-1315

FOR SALE

24 FOOT ABOVE GROUND POOL BY TREVI
- Hayward filter/with pump
- 4 yrs old, from Sears
- used very little
- includes new pole and skimmer for end of the pole, vacuum/hose, blocks for each column, all chemicals (if needed) backwash hose, all hoses to pump & filter
- liner is still good, ladder
Paid \$2,500.00
Asking \$1800.00 or B.O.

Contact Christine at 613-967-0410

HOUSE FOR SALE

263 Gordon Rd.
- waterfront with boat launch
- completely renovated kitchen and bathroom
- laminate flooring throughout
- plenty of potable water, with ultraviolet purification system
- many extras
Large lot with the option to purchase adjoining lot complete with drilled well
Can be seen by appointment:
Call 613-968-3917
(Leave a message)

HOUSE FOR SALE

3 BEDROOM HOUSE
- 6 years old
- in floor heat, on town sewer and water, ceramic tile & carpet
- open concept
- 2000 sq. ft includes 2 car garage
- living room has vaulted ceiling and view of Bay of Quinte on (TMT)
613-827-1513

Pelletier Law Firm

Bonnie Pelletier
Barrister-Solicitor-Adjudicator

Is pleased to announce beginning May 5th, 2011
Pelletier law firm will be offering

Free Legal Advice Clinic
Wednesday's from
2:00-4:00 pm
by appointment only

If you need assistance with court documents or have
general questions regarding child protection matters
(CAS), family law issues, Wills, Estates and
Power of Attorney

Call 613-969-9000
to book an appointment

RB Contracting

Excavations, Renovations
Doors/Windows, New Construction
Free Estimates
Licensed Carpenter

613-813-4011

Bill



Time for You Salon

613-968-9459

*Hair Styling for the
Whole Family!*

Gift Certificates Available!

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

*Welcome
Corissa!*

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in manicures,
pedicures,
facials & other
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Needs



Bob Vrooman
CFP CLU CH.F.C.

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Phone: 354-2726, Fax: 354-3585, E-mail: service@lafc.ca

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391 BEACH ROAD

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Greg Lewis

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613-965-5802
613-661-2209

Green Gardens

MARKET GARDEN & C.S.A

Community Supported Agriculture Deadline!
Sign up for the program by July 15.

Get on our list and reserve your fresh picked vegetables all summer long!
Non-members, Check out our roadside stand Wednesday and Saturday
Mornings, for our ultimate fresh picked produce.

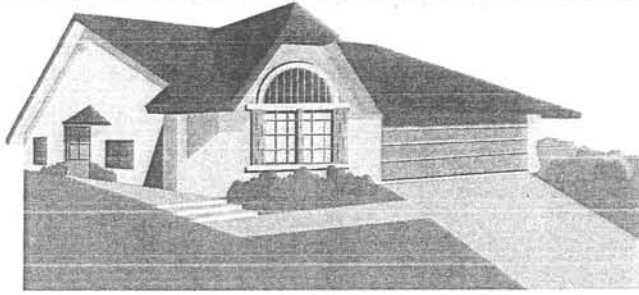
Visitors Always Welcome!

Green Gardens, A Green choice is a Smart choice.

Rheana Maracle Photography

613-967-4722

Shannonville, On.



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



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Pelletier Law Firm

formerly Maracle Law Office

Bonnie Pelletier
Barrister-Solicitor-Adjudicator

186 Ridge Road, Tyendinaga, Ont, K0K 3A0

Direct: 613-539-0056 Office: 613-969-9000
e-mail: bonnie@pelletierlawfirm.com