



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 8/12  
Seskeha (Aug.)

**ORI:WASE** (News)

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



**"Celebrating 25 Years"**

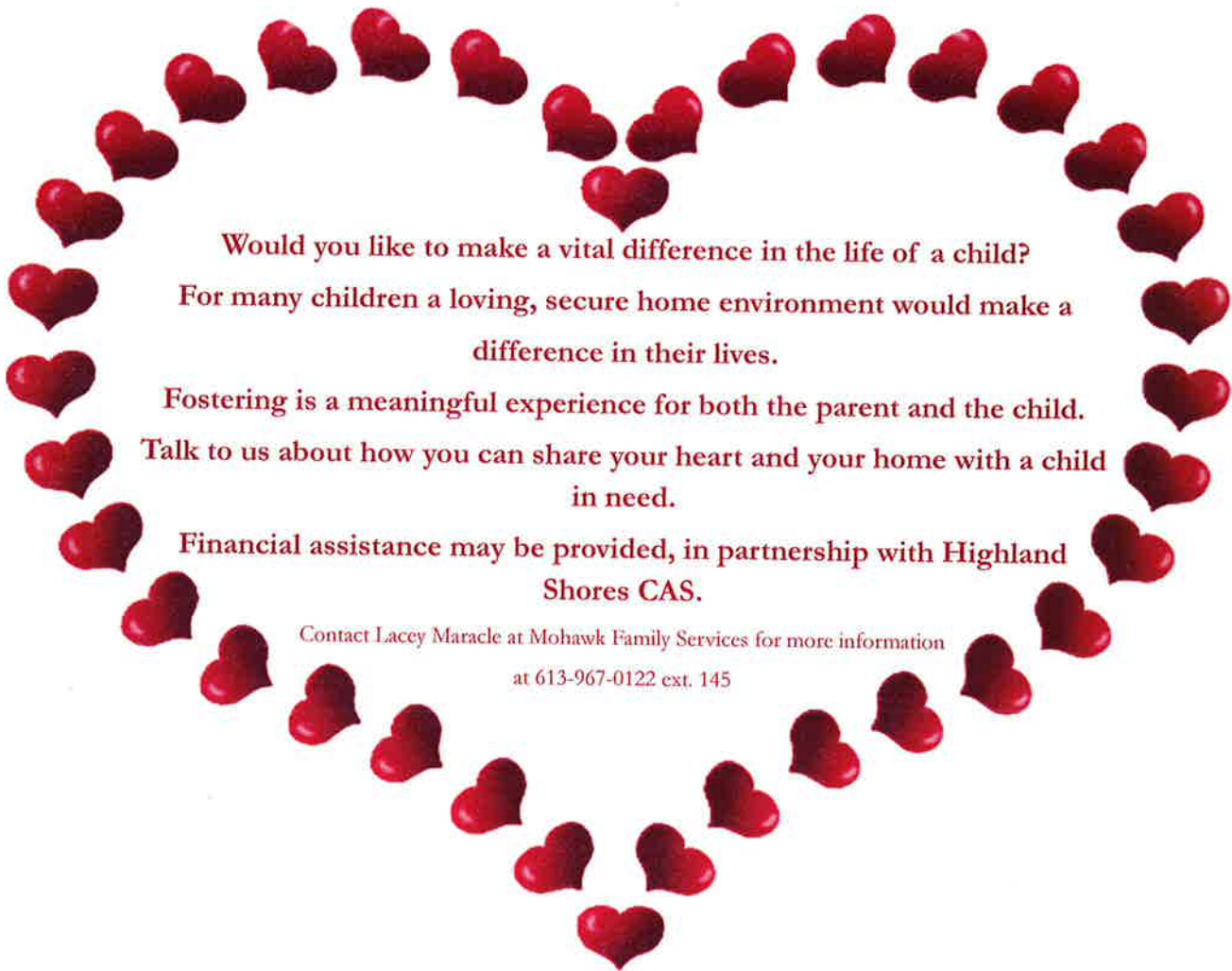
*25th*

*Tyendinaga Mohawk  
Pow Wow*

August 11th & 12th, 2012

Tsi tkerhitoton Park

Peacemakers Territory



Would you like to make a vital difference in the life of a child?

For many children a loving, secure home environment would make a difference in their lives.

Fostering is a meaningful experience for both the parent and the child.

Talk to us about how you can share your heart and your home with a child in need.

Financial assistance may be provided, in partnership with Highland Shores CAS.

Contact Lacey Maracle at Mohawk Family Services for more information at 613-967-0122 ext. 145

*Tsi tkerhitoton Park (Bayshore) Washrooms & Showers*

*OPEN*

*7 am - 3 pm, weekdays ONLY*

*CLOSED at all other times*



*To have washrooms open for an event in the Park,*

*Please contact: Housing at 613-396-3424*

**Monday - Friday 8:30 - 4:30**

## **LOW LEVEL WATER CONDITIONS FOR BAY OF QUINTE**

The Bay of Quinte is about 30 centimeters lower than normal according to Quinte Conservation Authorities. Please conserve your water as much as possible. See below tips on how you can conserve.

For more information contact the Water Department at the Administration Office,  
613-396-3424

### **UPDATE FOR WEST NILE SURVEILLANCE PROGRAM**

All First Nation mosquitoes that were trapped since July 9, 2012 and were submitted for testing have returned **NEGATIVE** for WNV.

Here is a summary of WNV Activity within Ontario:

#### **Positive Birds**

Both Middlesex-London Health Unit (city of London) and Hastings Prince Edward Health Unit (town of Rednersville) have reported positive WNV crows.

#### **Positive Mosquitoes**

Positive mosquito pools have been reported in the following Health Units: Niagara, Peterborough, Simcoe Muskoka, Toronto, Durham, Wellington-Dufferin Guelph, Halton, Peel and Windsor.

#### **Positive Humans**

There have not been any locally acquired human cases of WNV reported this year in Ontario.

#### **As reported by:**

**Trudy Stanfield**

**Regional Zoonotics Manager**

**Health Canada-FNIHB**

If you have any questions, please contact Crystal Maracle, Env. CHR, MBQ at 613-396-3424.



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

**MBQ will be participating in the West Nile Surveillance Program again this year and is held in conjunction with Health Canada.**

The Environmental CHR will be setting traps which contain dry ice to entice and trap mosquitoes which will be submitted to the Entomogen INC., St. Catharines, ON. Each mosquito will be identified and analyzed for the West Nile Virus. This program will be conducted from July until October 2012. There will 4 traps set at various locations of our Territory.

**Please ensure to educate our children if these traps are found and to ensure they are not disturbed, as they contain DRY ICE.**

### **PROTECT YOURSELF FROM WEST NILE VIRUS**

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

### **CLEAN UP ALL STANDING WATER**

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

*If you have any questions regarding WNV, please contact Crystal Maracle, ENV, CHR, at the Mohawk Administration Office, 613.396.3424, ext. 131.*

### **BIRD SURVEILLANCE PROGRAM**

This program is being held in conjunction with Health Canada.

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

### **Other Species of Birds and Animals**

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

*If other suspicious animals are found please contact the Mohawk Administration for further instructions.*



# WATER-WISE TIPS FOR KITCHENS & LAUNDRY

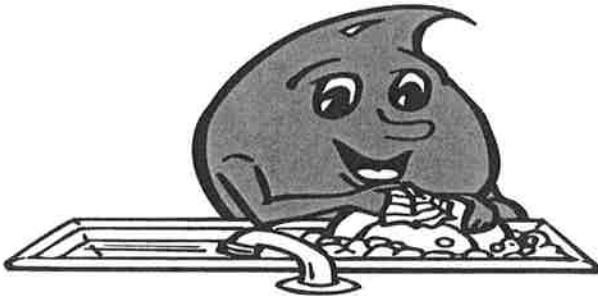
## **C**ooking and cleaning shouldn't make waste

By making a few small changes to your cooking and cleaning habits in the kitchen and laundry areas, you can drastically reduce the amount of water you use without cramping your lifestyle.

## **G**ive your dishes a quick rinse — not a shower!

If you wash dishes by hand, don't leave the water running for rinsing. If you have two sinks, partially fill one with soapy water and the other with rinse water. If you have only one sink, gather washed dishes in a dish rack and rinse them with a spray device or in a pan full of hot water.

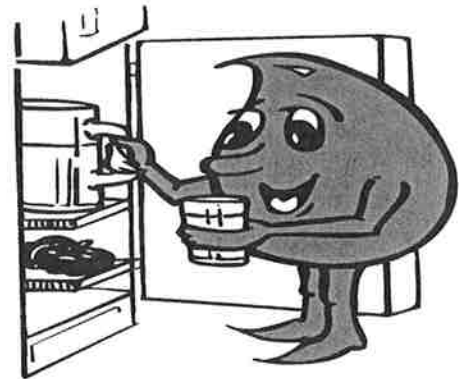
If you have an automatic dishwasher, use it only to wash full loads, and use the energy saver or shortest cycle.



## **C**lean and cook food the wise way

When cleaning fruits and vegetables, never let the tap run continuously. Instead, wash them in a partially filled sink, then rinse them quickly under the tap.

When boiling vegetables, use only enough water to cover them, and use a tight-fitting lid. Steaming uses even less water while conserving more nutrients.



## **T**he coldest drinking water comes from the refrigerator.

Keep a bottle of drinking water in the refrigerator instead of running the tap until the water gets cool each time you want some. Be sure to rinse the container and change the water every few days.

For information on Canada's freshwater resources, visit our Web site: [www.ec.gc.ca/water](http://www.ec.gc.ca/water)

## **W**ater should be the only thing that goes down your drain

Never put garbage of any kind down the sink drain. Cooking fat and greases, household cleaners, paints, solvents, pesticides and other chemicals can be very harmful to the environment and your piping system.

## **R**educe water flow from your taps

Install an aerator attachment on your sink faucets and reduce water use by 25-50% (see pamphlet entitled "Water-Saving Devices").

## **D**on't let your clothes get lonely in the laundry

Wash only full loads of laundry and make sure you don't overload. Use the shortest cycle possible. Use the "suds-saver" feature if your machine has it. If your washer has an adjustable water-level indicator, set the dial to use only as much water as is really necessary.

Use only cleaning products that will not harm the environment. Buy phosphate-free biodegradable detergents.



## **O**ne small leak can waste thousands of litres of water!

Regularly check faucets, pipes, taps, hoses and the fittings of your washing machine for leaks and repair immediately. Leaks waste water 24 hours a day, seven days a week and can often be repaired by replacing a washer, which costs only a few cents.

Always turn your taps off tightly but gently so they don't drip.



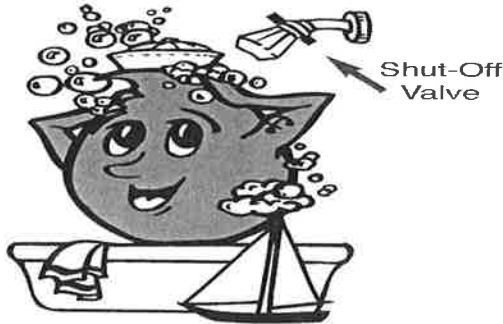


# WATER-WISE TIPS FOR BATHROOMS

## **T**ake sailor showers!

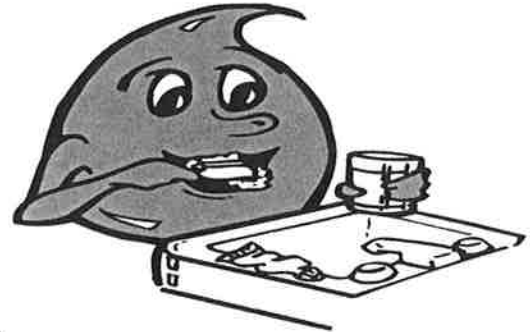
Take shorter showers whenever possible. If your shower is equipped with a shut-off valve, turn off the water while you are soaping and shampooing, then rinse off quickly — this is called a sailor shower.

If you still prefer bathing, don't overfill the tub; one-quarter full should be enough.



## **C**ontrol your water flow

Replace your showerhead with a new low-flow model. Look for one with a flow rate of 9.5 litres per minute (2.1 gallons per minute). Also, install aerators on your faucets (see pamphlet entitled "Water-Saving Devices"). Most CSA-approved showerheads and faucets will have their flow rates stamped on them, in either litres per minute or gallons per minute.



## **D**on't let your water run away on you

When washing, brushing your teeth, or shaving, never let the tap run continuously. Fill a glass with water for mouth rinsing while brushing your teeth. Rinse your razor by filling the bottom of the sink with a few centimetres of warm water.

## **B**e a leak seeker!

To check for leaks in your toilet tank, put a little food colouring in the tank. If, without flushing, the colour begins to appear in the bowl you have a leak that should be repaired immediately. Regularly check faucets, pipes, and the base of your toilet for leaks, and repair promptly.

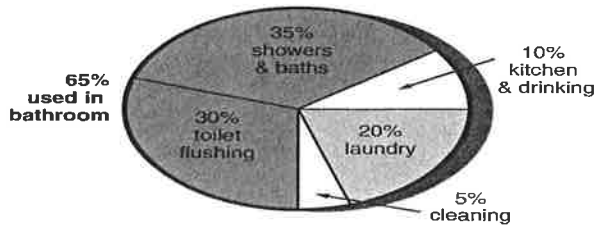
**REMEMBER** the WISE USE OF WATER will save you money and help improve our environment.

## **Y**ou're only a flush away!

The next time you flush your toilet, think about how much water you use each time. On average, each of us uses up to 100 litres of water a day just flushing the toilet!

Toilets account for 30% of your total indoor water use.

Combined with showers and baths, the bathroom represents about 65% of your home's total indoor water use.



## **Y**es you can retrofit your toilet!

Your toilet is by far the biggest water-guzzling appliance in your house. There are many products that you can install in the tank of an existing toilet to reduce the amount of water used in a flush cycle. These devices fall into three generic categories:

- ◆ water displacement (plastic bag or bottle)
- ◆ water retention (toilet dams)
- ◆ alternative flushing (early closure or dual-flush).

See your local plumbing supply or hardware store to find out which type will work best for your toilet.

Don't put rocks or bricks in your toilet tank because they can break down over time and cause damage.

## **D**on't flush your money away!

If your toilet is more than ten years old, it's probably a water waster. Replace it with a new efficient 6 litre ultra low-flush toilet and use between 50% and 70% less water per flush. Ultra low-flush toilets use a smaller water tank and a specially designed bowl to give you the same flush power but with much less water.

## **Y**our toilet is not an ashtray

Never flush garbage of any kind down the toilet. Household cleaners, paints, solvents, pesticides and other chemicals can be very harmful to the environment. Paper diapers, dental floss and plastic tampon holders all create problems at wastewater treatment plants. Use durable containers to store hazardous products and then dispose of them properly.



Bag Tags for your Waste Disposal  
are available at the following businesses:

Bayview Variety  
49 Quick Stop  
Village Variety  
L. & M. Enterprises  
Administration Office

## SPORTS COMPLEX

If you would like to rent the ball diamonds or lacrosse box please call Cassie at the  
Community Wellbeing Centre 613-967-0122.

**Ball Diamonds** (\$50.00 deposit\*) \$100.00 per day per diamond Light Fee  
\$25.00

**Lacrosse Box** (\$25.00 deposit\*) \$50.00 per day Light Fee \$15.00

\*\*All deposits will be returned to the renter after the event upon inspection of the  
facility.



**MOHAWK FIRE DEPARTMENT**

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The Mohawk Firefighters in July responded to  
13 calls:

- 1 Medical Assists**
- 3 Grass / Brush Fires**
- 1 Tanker Assist**
- 1 Unattended Fire**
- 3 Motor Vehicle Accidents**
- 1 C.O. Alarm**
- 3 Mutual Ads**

This brings our total to 58 calls for the year 2012



MOHAWKS OF THE BAY OF QUINTE  
ECONOMIC DEVELOPMENT AND EMPLOYMENT OFFICE  
PRESENT:

August 2012

## Business of the Month



### Hours of Operation

Monday to Friday—8am to 8pm

Saturday—9am to 7pm

Sunday—10am to 6pm

5965 Old Highway 2 East, Shannonville, ON

613.966.2553

Turtle Island Deli & Produce is the August 2012 Business of the Month!

Owned by Jim Brant, this new local grocery store has everything you could want at prices you can't beat!

Whether you're looking for a quick dinner idea or for a fast meal for lunch, they have everything from rotisserie chicken to fresh fruits and vegetables to fresh subs and sandwiches. But it doesn't stop there, they have deli meats, baked goods and of course, many grocery and convenience items. They even have kool-kid slushies available for a refreshing drink on those hot summer days!

Another highlight of Turtle Island Deli and Produce is the specific health food products they carry. They have diabetic friendly products as well as delicious gluten free products. Make Turtle Island Deli and Produce your first stop for all your grocery needs!

# Support Local Business

**Don't forget we've moved!!**

**Economic Development is now located at the Band Office and  
Employment is now located at the Community Wellbeing Centre!**



**Hi, my name is Keelan Maracle. This summer I am the Tourism Development Student. I will be working on ways to promote the shops, locations, and events here in Tyendinaga. Tyendinaga is full of unique and rich culture that we should share with everyone. It is a beautiful place full of discovery and learning.**

**I am working on ideas to promote everything that Tyendinaga has to offer. Let's tell everyone why they should visit us here in Tyendinaga!**

**If you have any ideas or suggestions you can contact me at 613-396-3424 or by email [mbqtourism@gmail.com](mailto:mbqtourism@gmail.com).**

**Economic Development now has a variety of books to help anyone interested in starting, growing or marketing a business!  
Stop in and check them out!**

**"To be successful, you have to have your heart in your business, and your business in your heart.**

**- Thomas Watson Sr.  
(Chairman & CEO of IBM)**

### **August's Tip**

#### **Use Google to Market Your Business**

- ◆ Register your business with Google Local - Google has been offering local businesses a chance to register their business address and phone number in its local listings.
- ◆ Register your products or services with Google Merchant - another helpful and free service from the search giant, Google Merchant is a place for businesses to upload a data feed which includes products or services
- ◆ Consider Paid Search - Google Ad-words is the largest sponsored search result program. While this marketing channel isn't free, it does fall under budget marketing ideas for new businesses simply because you are able to manage it yourself within a small budget.

**THIS NOVEMBER 22<sup>ND</sup> & 29<sup>TH</sup> WE WILL BE HAVING A WORKSHOP THAT WILL WALK YOU THROUGH HOW TO CREATE YOUR OWN WEBSITE!**

**THE FIRST SESSION WILL BE SPENT INTRODUCING YOU TO THE PROGRAM, WHILE THE SECOND SESSION WILL BE GIVING YOU THE OPPORTUNITY TO WORK ON YOUR WEBSITE**

**Keep watching for more details!**

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

**Sandy Sero**

Employment and Training  
Coordinator

Phone: 613.967.3603

Fax: 613.967.3816

Email: [sandys@mbq-tmt.org](mailto:sandys@mbq-tmt.org)

Or visit us on our website at:

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



## FNTI Music Lending Library

The *FNTI Music Lending Library* consists of a collection of various musical instruments that are available to the community members to borrow at no charge. The instruments are housed at FNTI and administered by the Tyendinaga Justice Circle.

We are excited to join in partnership with Joe's M.I.L.L and thank the staff for their generous donation of musical instruments.

Adding to our current collection, Joe's M.I.L.L has graciously donated: one electric guitar, one acoustic guitar, one classical guitar, two full drum kits, a trombone, three keyboards (ranging from beginner to advanced), a clarinet, 120 key bass accordian and a balalaika for your enjoyment.



We are always looking to build on our collection of instruments to serve you better, so if you would like to make a donation, we are looking for:

- used/new instruments
- instruments that need repair
- music books
- microphones, etc.

We are also looking for community volunteers interested in sharing their musical gifts (including vocals) with others. For more information please contact Mark Brinklow at (613) 396-2122 ext. 166.



My name is Amanda Brinklow, married into the Brinklow family of Donny and Patti to their oldest son, Tyler. I am very honoured and excited to be the new Aboriginal Youth Justice Worker for the year here at FNTI in the Tontakaieri'ne (it has become right again) Tyendinaga Justice Circle, covering the maternity leave of Shannon Butcher. We are all very excited for the birth of their happy and healthy baby girl.

I am a graduate of the University of Guelph from the Child Youth and Family Studies program. I have worked with the Children's Aid Society, went on to work in preschool room at Abigail's Learning Center as well as work at Eksa O'kon Child Care Center.



Tyendinaga Justice Circle  
Tontakaieri'ne  
(It has become right again)

I look forward to providing culturally appropriate education and awareness about justice; through numerous programs focusing on youth and helping them regain connection with their culture.

Stay tuned for a *Glam Girl Spa Day* coming August 24<sup>th</sup> for teen girls, as well as *First Nations Sensitivity: The Experience*, for professionals who work with our youth, August 29<sup>th</sup> and 30<sup>th</sup>.



Kway! I would like to introduce myself, Sonia Proulx, as I am an East Representative for the Deaf First Nations of Ontario. DFNO is very excited to host the 2nd Gatherings at Tyendinaga Mohawk Territory on the 9th till the 12th of August 2012

The DFNO committees and I had a great meeting with the Chief Don Maracle and the staff members Lynn, Jessica, Brandi and Anna Strati-Morrison, The Canadian Hearing Society to discuss about hosting our 2nd Gatherings. We want to thank them for their support and for welcoming us to their beautiful land for the whole weekend.

The purpose of the 2nd Gathering is that we, DFNO want to provide services and support to Deaf Native People in Ontario and increase awareness of DFNO. We also will provide a workshop to increase knowledge of culture, language and spiritual tradition. A special thanks goes to John Brant and Amy Leween for inviting us to attend their beautiful home and teach us about the Mohawk culture. I believe we will cherish their culture forever.

What's more there is an exciting event for us to attend a traditional POW WOW on that weekend and to learning about their heritage and traditions.

We are looking forward to meeting you all at the Community Centre on Thurs. August 9. Please feel free to ask us any questions about our Deaf culture and our newly established DFNO.

Meegwetch

Sonia Proulx

Eastern Representative  
abenaki1970@gmail.com

# HEALTH CANADA –steps to ensure safe BBQ Foods

**OTTAWA** - Barbecue season has begun and Health Canada would like to remind Canadians of steps they can take to avoid foodborne illness caused by bacteria such as *E. coli*, *Salmonella* and *Campylobacter*.

Eating undercooked meat and other foods that have come into contact with raw meat can cause foodborne illness. Symptoms can include severe stomach cramps, vomiting, fever and diarrhea.

You can help lower your risk of foodborne illness by handling and cooking raw meat carefully.

## Storing:

Raw meat should always be stored in a refrigerator or cooler at 4°C (40°F) or below.

If you are storing raw meat in a cooler, make sure that it is packed with ice and that it stays out of direct sunlight. Avoid opening it too often.

Ensure meat products are well sealed so their juices don't come in contact with other food products, thus avoiding cross-contamination.

## Clean:

Remember to wash your hands and other utensils, like cutting boards, countertops and knives, carefully with soap and warm water before and after handling raw meat. This helps to avoid cross-contamination and prevent the spread of foodborne illness.

## When you grill:

Colour alone is not a reliable indicator that meat is safe to eat. Meat can turn brown before all bacteria are killed. Use a digital food thermometer to be sure.

To check the temperature of meat that you are cooking on the barbecue, take it off the grill and insert a digital food thermometer through the thickest part of the meat.

If you are cooking a beef hamburger, take the patty from the grill and insert a digital food thermometer through its side, all the way to the middle.

If you are cooking more than one patty, or several pieces of meat, be sure to check the temperature of each piece.

Use clean utensils and plates when removing cooked meats from the grill.

Remember to wash the thermometer in hot, soapy water between temperature readings.

Always remember to keep hot food hot until it is ready to serve.

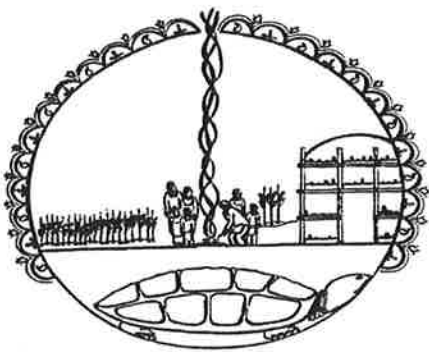
Always follow these safe internal temperatures to make sure that the food that you are cooking is safe to eat:

Food	Temperature
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Beef, veal and lamb (pieces and whole cuts)	Medium-rare Medium Well done	63°C (145°F) 71°C (160°F) 77°C (170°F)
Pork (pieces and whole cuts)		71°C (160°F)
Poultry (e.g, chicken, turkey, duck)	Pieces Whole	74°C (165°F) 85°C (185°F)
Ground meat and meat mixtures (e.g, burgers, sausages, meatballs, meatloaf, casseroles)	Beef, veal, lamb and pork Poultry	71°C (160°F) 74°C (165°F)
Egg dishes		74°C (165°F)
Others (e.g, hot dogs, stuffing, leftovers)		74°C (165°F)

It is estimated that there are approximately 11 million cases of food-related illness in Canada every year. Many of these cases could be prevented by following proper food handling and preparation techniques.

#### COMMUNITY HEALTH



**Community Wellbeing/Community Health**  
**50B Meadow Lane, Tyendingaga Mohawk Territory**

**Health Canada notifies Community Health Department regarding  
 Food/Product Alert on regular bases.**

**For more information call Community Health- 613-967-3603**

**Copies of the Alerts are posted at reception on the Health Side of the Building.**



# GO Ihsten'a

"GO Mom"

*Tyendinaga Fitness Resource Centre is partnering with the Healthy Moms Healthy Babies Research Project to offer these healthy events at **NO COST** to participants:*

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*Special Funding from "Mother's In Motion" for 2 months of the following:*

- \*Dancing with baby*
- \* Urban Pole walking*
- \* Stroller Fitness*
- \* Social Time & learning*
- \* Social fitness*
- \* FREE Childcare*

**FREE & SPECIAL PRIZES FOR PARTICPANTS**

*Bus Tickets available*

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## **WE NEED YOUR INPUT!**

**We are currently seeking feedback from moms on best days and times.  
Call TFRC (613) 962-2822 or HMHB (613) 967-3603 x166**

**Program begins in September. Start tentatively scheduled for Sat. Sept. 22. Schedule may be adjusted in response to needs of participants and providers.**

**Space Limited. Please Register!**

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_ Alternate #: \_\_\_\_\_

Best day or times to come \_\_\_\_\_ Will you need bus tickets (Deseronto Transit) ? Y N



## Let's Walk & Beat Diabetes Together!

### Upcoming Community Healthy Lifestyle Events in September!

Tyendinaga Fitness Resource Centre is partnering with UWO's Healthy Mom's, Healthy Babies Project to provide these healthy events at **NO COST** to participants.

**Free childcare** is provided:

**Mom & BB Dancersize \* Urban Pole Walking \*Stroller Fitness**

*For more information and to Register Early please contact Gale or Dorothy at 613-967-3603 ext 166!!!*

**Tuesday Morning Gentle Walk @ 9am:** A gentle paced walk, that may be divided by rest breaks as needed. Suitable for families with babies or toddlers along, and anyone who desires a more relaxed walk. Approx 30 min. Come prepared as above. Meet @ Community Wellbeing Social Services east door or waiting room.

**Thursday Evening Walking Group @ 6pm:** Walk at your own pace, weather permitting. Approx 30-minute walk. Quinte Mohawk School Track, please use Sadie's Lane entrance

#### **SAFETY TIPS to consider when out Walking:**

**Smog & Humidity:** It is recommended you pay attention to smog and humidity warnings. Try to fit your walk in early in the morning or later in the evening to avoid the heat, humidity and smog.

**HEAT:** If it is too hot outside there are plenty of walking spaces in malls. If a mall is not convenient consider getting a treadmill for your home or consider a different activity such as swimming.

**WATER:** Be sure to drink water before and after your walk. Carry a water bottle with you while you walk.

Yonata'kari:te Konwati'nihstenha,  
Yonata'kari:te Rotiwirá:a'

*Dorothy Green & Gale Hayward*

Healthy Moms, Healthy Babies  
Community Healthcare Professionals  
Community Wellbeing Centre  
50 Meadow Drive

Tyendinaga Mohawk Territory, ON K0K 1X0  
Phone: 613-967-3603 Extension 166 Email: [chp\\_cwb@mbq-tmt.org](mailto:chp_cwb@mbq-tmt.org)



# August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 ○ Full Moon	2 Evening Walk @ 6pm QMS track	3	4
5	6	7 Gentle Walk @ 9am CWB	8	9	10	11
12	13	14 Gentle Walk @ 9am CWB	15	16 Evening Walk @ 6pm QMS track	17	18
19	20	21 Gentle Walk @ 9am CWB	22	23 Evening Walk @ 6pm QMS track	24 ● New Moon	25
26	27	28 Gentle Walk @ 9am CWB	29	30 Evening Walk @ 6pm QMS track	31 ○ Full Moon	

## BREASTFEEDING CIRCLE

*"I have found a lot of breastfeeding information in books, magazines and on the internet. How do I decide whether the information I have found is accurate, reliable and supportive?"*

IMPORTANT THINGS TO CONSIDER ABOUT ANY BREASTFEEDING INFORMATION:

**WHO IS PROVIDING THE INFORMATION?**

*Beware of biases....for example:*

**SOMEONE'S PERSONAL WEB PAGE.**

This information may not be reliable but could have useful experiences from breastfeeding mothers

**FORMULA COMPANIES**

Promoting breastfeeding is not the goal of formula companies

**ONLINE STORES SELLING PREGNANCY, BREASTFEEDING / BOTTLE FEEDING SUPPLIES**

Although some have very good information, be careful. Providing breastfeeding information is also not the main purpose of the site.

**LOCAL DOCTORS OFFICES, HEALTH CENTRES, HOSPITALS, CLINICS**

Be cautious. Some do not realize that the info and magazines they are passing out may contain outdated information and advertising propaganda which undermine breastfeeding.

**WHERE IS THE INFORMATION COMING FROM? IS IT ACCURATE?**

*Here are some excellent, reliable, professional lactation websites to check with, some with helpful video clips, or contact info :*

[www.drjacknewman.com](http://www.drjacknewman.com)

[www.kellymom.com](http://www.kellymom.com)

[www.breastfeedingonline.com](http://www.breastfeedingonline.com)

[www.breastfeedingmadesimple.com](http://www.breastfeedingmadesimple.com)

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

[www.infactcanada.ca/FactSheets.htm](http://www.infactcanada.ca/FactSheets.htm)

<http://massbreastfeeding.org>



### NOTICE Re: BREASTFEEDING SUPPORT

Gale Hayward, IBCLC  
is on Leave of Absence  
due to family need.

Please call Mary McCauley  
@ 613-967-3603

For Information re: Meetings  
or  
Obtaining Breastfeeding Help

*The Availability of the  
NURSING MOTHERS' GROUP  
which usually meets  
Weekly on Tuesdays  
@ Community Wellbeing  
is Uncertain  
at the time of  
this newsletter deadline*

*Sorry for any inconvenience*

Tyendinaga Home Support Program  
 Community Wellbeing Centre  
 50 Meadow Drive, Deseronto ON K0K 1X0  
 613-967-0122

# August 2012

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> Diners Club <i>Deseronto</i>  Euchre Night @ the Lodge	<i>2</i> Meals on Wheels  Blvl Shopping	<i>3</i> Meals on Wheels  Handivan Des	<i>4</i>
<i>5</i>	<i>6</i>  <b>OFFICE            CLOSED</b>	<i>7</i> Meals on Wheels  Library	<i>8</i> Diners Club HOME SUPPORT	<i>9</i> Meals on Wheels  Birthday Tea @ the Lodge	<i>10</i> Meals on Wheels  Handivan Des	<i>11</i>
<i>12</i>	<i>13</i> Breakfast Club 8:00 to 9:30a.m. Community Centre	<i>14</i> Meals on Wheels  Library	<i>15</i> <b>BINGO</b>  Euchre Night @ the Lodge	<i>16</i> Meals on Wheels  Trenton Shopping	<i>17</i> Meals on Wheels  Handivan Des  Scrapbooking @ the Lodge	<i>18</i>
<i>19</i>	<i>20</i>	<i>21</i> Meals on Wheels  Library	<i>22</i> Diners Club HOME SUPPORT	<i>23</i> Meals on Wheels	<i>24</i> Meals on Wheels  Handivan Des	<i>25</i>
<i>26</i>  Wii Tournament 1pm Comm Centre	<i>27</i>	<i>28</i> Meals on Wheels  Library	<i>29</i> Diners Club HOME SUPPORT  Euchre Night @ the Lodge	<i>30</i> Meals on Wheels  Casa Loma Trip	<i>31</i> Meals on Wheels  Handivan Des  Scrapbooking @ the Lodge	



# BEARS AND CUBS

(ORIGINALLY CALLED DAD & ME)



# SCAVENGER HUNT

**August 16th, 2012 - 6:00pm to 8:00pm**

**Come take a walk with us and discover nature!**

We will be participating in a scavenger hunt around the Community Wellbeing Centre. Each Bear & Cub will receive a list that will be completed by solving clues and riddles to win fun prizes! This is a great bond building and literacy activity for everyone participating!



When all clues have been solved there will be a craft to make and take home. This will be a super fun learning adventure with lots of twists and turns. Don't miss out!!!!

Supper will be provided to all participants. Please inform us when you register if there are any food allergies we should be aware of. Nya:wen



**All participant must register by calling:**

**The Community Wellbeing Centre**

**613 967 3606 Ext. 149 or 143**

Programming provided by:





# COMMUNITY CIRCLE



AT THE COMMUNITY WELLBEING CENTRE (HEALTH ENTRANCE)

**August 13th, 2012 @ 6:00PM – 8:00PM**

**\*\*\*THE CIRCLES FOCUS WILL BE ON HEALING JOURNALS\*\*\***

"The Circle has healing power. In the Circle, we are all equal. When in the Circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The Sacred Circle is designed to create unity. The Hoop of Life is also a circle. On this hoop there is a place for every species, every race, every tree and every plant. It is this completeness of Life that must be respected in order to bring about health on this planet."

**FOR MORE INFORMATION PLEASE CALL 613 967 3603 EXT 149.**

**THE CIRCLE IS OPEN TO ADULTS 18YRS AND OLDER.**



# BABY FOOD MAKING CLASS



## **Have you always wanted to make your own baby food?**

**This class focuses on introducing solid foods to babies and answers common questions parents have about first foods. Parents will also learn how to make their own homemade baby food and properly store it. We will also have a special guest dietician who will give a presentation on healthy eating habits.**

AUGUST 23 RD, 2012

FROM 6:00PM—8:00 PM

Community Wellbeing Centre

**\*\* ALL PARTICIPANTS MUST REGISTER \*\*\*\***

**If you are interested in participating please call:**

**The Community Wellbeing Centre**

**613 967 3603 Ext.139**

# FAMILY BUS TRIP

## TORONTO METRO ZOO



Healthy Babies, Healthy Children & Maternal Child Health would like to invite you and your family to join us on a fun filled, family oriented bus trip to the Toronto Metro Zoo. This bus trip is open to all ages. We will be taking a school bus to the zoo.

The bus will be leaving from the Community Wellbeing Centre at **8:30am SHARP on Monday August 20th, 2012.** Our approximate arrival time at the zoo will be 10:30am.

The bus will be departing the zoo at 4:00pm and returning home at approximately 7:00pm. There will be a bathroom break stop on route and supper stop coming home.

We encourage you and your family to pack a lunch and snacks for this trip! What a great place to have a family picnic! Check out our newsletter for picnic ideas!

**\*\*\* PAYMENT IS DUE UPON SEAT RESERVATION \*\*\***

Trip cost per person:

3 Years & Under— Free

HBHC & MCH CLIENTS : \$5.00 Per Person  
\*\* (This includes 2 adults and any children over 3 yrs. living in clients home)\*\*

Elders ( 65+yrs) - \$12.00

Adults ( 13—64yrs) - \$15.00

Children ( 4 - 12yrs) - \$12.00



For more information:  
Contact the Community Wellbeing Centre  
613 967 3603  
Julie Brant (MCH) - EXT. 149  
Or  
Johanna Goodfellow (HBHC) - EXT. 123

## *Nyawen*

*Thanks again to all our friends  
and family for your support.  
Kahyakwas loves her new diapers!  
I would like to send a very special thank you  
to the health care team at CWB;  
specifically Gale Hayward and Dorothy Green.  
You went above and beyond sharing  
your knowledge and resources with me and my  
family, all to ensure we had a comfortable and  
positive birth and post-partum experience.  
This is what caring community  
professionalism is all about!  
Nyawen tahnnon kwanoronhkwa.*

*Shannon, Kahyakwas and family*

### News Release

On June 9, the Briar Fox Golf Club was the site of a charity golf tournament organized by a volunteer community group from the Territory. The group had been meeting for almost a year, organizing, planning and setting out the event that turned out to be a very successful venture. The purpose of the tournament was to raise money for the Tyendinaga Food Bank and the tally at the end of the event was \$8,300. The money was donated to the food bank on July 10, 2012.

The idea was put forward by Dick Brant and he enlisted the help of a number of people including, all Volunteers, Clifford Brant, Junior Brant, Mary McCauley, Sandra Lewis-den Otter, Dan Brant and a special thanks to the work by George and Sharon Hill.

The food bank services about 80 families on the territory and with the help of this fund raising campaign, there will be funds to assist when people really need help. The committee would like to give a special thanks to some very generous people and organizations that gave generously to support the fund raiser. We would also like to thank the many people who participated in the tournament and contributed to the funds raised.

The tournament was organized to be a fun event and as such, there was no "winner" but everyone was a winner and most of all, the fact that a community effort helping those who need help was the best outcome that could have resulted. Our many thanks again.

## SPONSORS AND DONORS

Tyendinaga Propane	Salmon River Enterprises	K.C. Builders
Arnies Frozen Foods	Village Variety	G.D. Jewell Engineering
Lewis Lacrosse	Work Gear	Arrowhead Golf
Time For You Salon	Free Flow	McMurter Builders
Tyendinaga Computers	Lazy Gardner	Conz Cutz
Rez Boyz	Two Hawks Tobacco	United Restaurants
Great Oak Lodge	Westlake Enterprises	Turtle Island Deli and Produce
Hair Team International	Captain George's Fish N Chips	Bill's Glass & Mirror
Discount Auto Parts	Hawkins Cheezies	Jumpin Johnny's
Dewe's Independant Grocer	Rudolph's Bakeries	Napanee Golf Club
Rochester Night Hawks	Ironworkers Local 721	Nation 2 Nation
Benton Fry Ford	Carl Cox RV	Quinte Cycle
Four Seasons Sports	Build-All Contractors	Mohawk Duty Free
Golftown	Money Concepts	Soaring Eagle
Maracle-Moore Corp	Chisolm's Lumber	Bank of Montreal-Belleville
FNTI	Assembly First Nations	Quinte Trade Services
Aboriginal Healing Foundation	New Relationship Trust BC	No Frill-Napanee
Delta Hotel-Ottawa	Cree Commission	Nick & Vicki
Baz Auto	IDA-Deseronto	Briar Fox Golf Club
Lalond Auto Repair	Village Concrete	Mohawks of the Bay of Quinte
CIBC-Deseronto	Giant Tiger-Napanee	St. Lawrence College
Home Hardware-Napanee	MyFM -Napanee	
Sacred Circle	Smokin Coffee Xpress	





# COMMUNITY GARDEN DONATIONS & VOLUNTEERS

We would like to thank the following businesses who donated towards the building of a community garden at the Old Shannonville Fair Grounds.

Also, I would like to thank **Stan & Patsy Kring, Kevin Maracle,** and **Andrew Kring— Bay of Quinte Property Service** for all your hard work in building the boxes and planting!



Trevor Lewis  
Owner

5717 Old Highway # 2,  
Shannonville, ON K0K 3A0  
*In the Village of Shannonville  
on the Tyendinaga Mohawk Territory*

Phone: 613-967-7920  
E-mail: trevor\_lewis@sympatico.ca

Bowden Contracting  
Licensed Carpenter

Home Renovations  
New Construction  
Free Estimates

Ron Bowden  
Cell - 613-848-5331



613-962-0082



Trevor Lewis  
Owner

Royer • Terra • Cat  
Timberland • JB Goodhue  
Tough Duck • Work King  
High Visibility  
Watson Gloves

5717 Old Highway # 2, Shannonville, ON K0K 3A0  
*In the Village of Shannonville on the Tyendinaga Mohawk Territory*

Phone: 613-967-7951 • Fax: 613-967-7941  
E-mail: trevor\_lewis@sympatico.ca

## Build All

### CONTRACTORS

5427 Hwy #2,  
Shannonville, Ontario  
K0K 3A0

Phone: (613) 969-1315  
Fax: (613) 969-9806  
E-Mail: buildall@bellnet.ca



Trevor Lewis  
Owner

C-Store  
Lotto - Grocery - Confectionary  
Gasoline - Diesel  
Propane

5717 Old Highway # 2, Shannonville, ON K0K 3A0  
*In the Village of Shannonville on the Tyendinaga Mohawk Territory*

Phone: 613-969-8938 • Fax: 613-967-7941  
E-mail: trevor\_lewis@sympatico.ca



**Free Flow Petroleum**  
**PH: 613-968-5344**  
**FAX: 613-966-4678**

July 22, 2012.

I want to thank everyone so much through this newsletter for sponsoring me at my international bowling tournament in Reno, Nevada.

Words cannot express what the sponsorships I received meant to me. The Chief & Council sponsored me and so did the 59 Club. Both sponsorships were very generous and they paid for my flights there and back.

But more important, just knowing I had the support of my people back home helped me do my best when I was so far away.

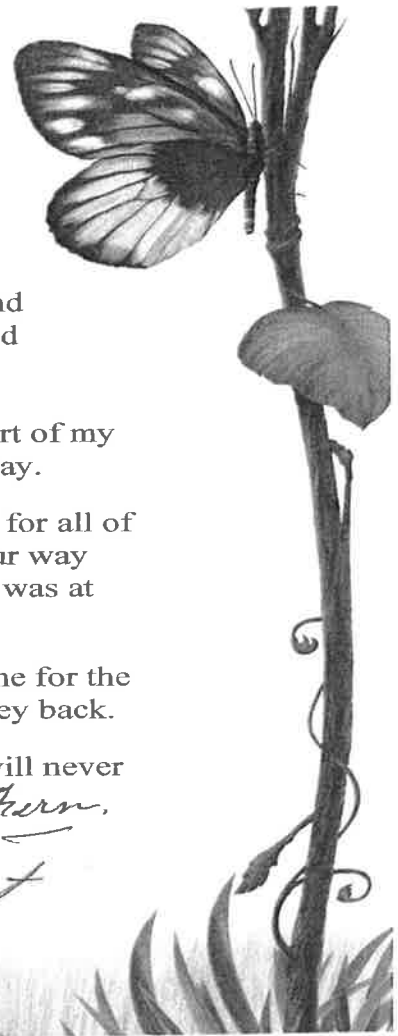
I can't believe that I placed fourth in my age group for all of the United States and Canada. We stopped off on Vegas on our way home and I have to admit I was way luckier at bowling than I was at gambling.

The sponsorships also helped me get on that airplane for the first time in my life. I didn't want to have to give all that money back.

You were very kind and supportive to me and I will never forget it. Thank you very much to all my people. *and Fern,*

Sincerely,

*Thank you! Wilbert*



**Happy Birthday!**



☆ Happy Birthday Bird!

☆ Jordan

☆ A big 15, August 31

☆ Love Duda & Pops

☆

☆ Happy Birthday Brother!

☆ Love, Auntie, Jeffy and

☆ Ledgie

☆

☆ Happy Birthday Echo!

☆ Love, Auntie, Jeffy and

☆ Ledgie

☆

☆ Happy Birthday!

☆ Keven - August 2<sup>nd</sup>

☆ Love Marilyn, Rick, Sam &

☆ Emmett

☆

Happy 1st Birthday!

Matthew—Aug 4

Lots of love, Aunt Marilyn,

Uncle Rick, Sam & Emmett

Happy 1st Birthday!

Zoey- Aug. 17

Lots of love, Aunt Marilyn,

Uncle Rick, Sam & Emmett

Happy 17<sup>th</sup> Birthday!

Paige - August 23<sup>rd</sup>

Love Aunt Marilyn, Uncle

Rick, Sam & Emmett

Happy 32<sup>nd</sup>  
Anniversary!

Harry & Eileen

August 30<sup>th</sup>

Love Marilyn, Rick, Sam &

Emmett

Happy 2nd Anniversary!

Donna & Mike

Aug 14th

Love Aunt Marilyn, Uncle

Rick, Sam & Emmett





**Tyendinaga Fitness Resource Centre**  
**(613) 962-2822 tyfitnessres@mbq-tmt.org**

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

Aug 2012

**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 /  
Fitness Staff & P.T

**Part -Time Staff**

Marina Wager

Dylan Garey

Reagan Leween  
(summer student)

**Safety Tips for Outdoor Activity**

- Carry ID or write your name and phone number in your shoe, also carry any medical information
- Carry water with you or plan a water stop if you are going to be out for an extended period of time
- If you wear head phones, use the type that does not block out noise, you need to be able to hear cars or other dangers
- Dress appropriately for the weather
- Use extra caution if out in very cold or hot and humid weather
- Avoid midday heat, use sunscreen and wear a hat

**NEW STAFF - Summer Student**

Reagan Leween - Hey everyone! My name is Reagan, and I'm currently attending St. Theresa Catholic Secondary School and going into my 3<sup>rd</sup> year. I was raised and currently live on the Tyendinaga Mohawk Territory. I look forward to helping you achieve your fitness goals!

**Something New at TFRC!**

Stop in and see our newly painted fitness centre! During the week of the July 23<sup>rd</sup> to the 28<sup>th</sup> we were closed due to painting. Well now it's done and it looks fantastic!

**Website for Fitness & Health**

**Gardening - [www.organicgardening.com](http://www.organicgardening.com)**

**Prevention - [www.prevention.com](http://www.prevention.com)**

**Best Health & Fitness - [www.healthfitnessites.com](http://www.healthfitnessites.com)**



Tyendinaga Fitness Resource Centre Phone: 613-962-2822 tyfitnessres@mbq-tmt.org

**www.mbq-tmt.org under community services**

### Teen Programs & Summer Walking & Biking

If anyone is interested in a walking or bike program

Please call and talk to our Summer Student.

**Check out the Movie & Fitness nights in August.**



### Individual Run

Our staff will do an individual run with you in Shannonville, just call and setup a time.

### PRESENTERS WANTED FOR SEPTEMBER:

We are looking for group presenters to share fitness/health tips, advice, and knowledge.

### FITNESS INSTRUCTORS WANTED!

For more details please contact us at 613.962.2822

**TFRC is Having their 5th Anniversary**

**Saturday September 29/12**

We are Welcoming Ideas for a **FUN CELEBRATION**

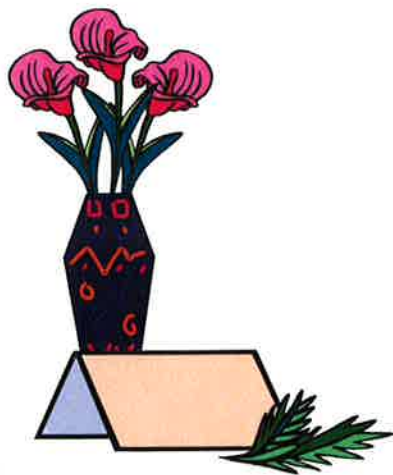
Please email us or call (613) 962-2822

tyfitnessres@mbq-tmt.org

**“It Has Been a Great 5 Years at TFRC”**

**Thanks to all our Great Staff & Members**

**It'll Be a Family Event With Prizes**



# *Walking & Biking & Running*

☆ ***Prizes for Participants!***

The Tyendinaga Fitness Resource Center is offering a **Free** Walking & Biking & Running Program during the Summer



**Starting on Aug. 7/2012**  
Biking - Tues @ 10:00am  
Running - Wed @ 6:00pm  
Walking - Thurs @ 6:00pm

**TFRC**  
Outreach Program (613) 962-2822  
[www.tyfitnessres@mbq-tmt.org](mailto:www.tyfitnessres@mbq-tmt.org)  
Also on Facebook



## *Summer fit month*

For the **Month of August** at the **Tyendinaga Fitness Resource Centre** it will be **FREE** for Youth ages 12—18!  
Come in anytime during the hours of:  
**3:00pm—7:00pm, Monday to Thursday**  
**Friday August 10 and 17** will be **movie night's** to come in and workout while watching your favorite show with friends!  
The Movies will start at **4:00pm.**



**FREE FUN**

Tyendinaga Fitness Resource Centre (613) 962-2822



## Ask the Doctor:

My daughter is starting school this fall and I heard we should get a specific type of backpack designed for little kids versus just something off the rack. Is this correct? Are not all backpacks the same?

-Linda

Hi Linda,

Sadly no, they are not the same. Backpacks should be specifically picked and fitted for each child. Strapping on a backpack is a daily ritual for students, as they struggle to stuff in the necessities of school. But, is your child's backpack well designed and comfortable? Or is it continually overloaded and awkwardly designed? Consider the following questions to see if your child's backpack is packed light and worn right.

1. Is it positioned below your child's shoulder and above their hipbone?
2. Is it made of lightweight material?
3. Does it have adjustable, padded shoulder straps that are at least two inches wide?
4. Is it made with a padded back for added protection and comfort?
5. Does it have with a hip strap or waist belt, which helps redistribute the weight/contents?
6. Does it have several individual pockets instead of one large compartment?
7. When packed does it weigh less than 15 per cent of your child's body weight (10 per cent for elementary students)?
8. Are heavy, bulky items packed closest to the body?
9. Does your child carry their backpack over both shoulders?
10. Can your child stand upright comfortably while wearing the backpack?

If you answered no to three or more of the above questions, your child's backpack could be improperly designed and over packed. This could place him/her at risk of causing stress and potential irritation and injury to their spine, joints and muscles. Since most kids have lockers or cubbies at school try to teach them how to better utilize them versus transporting everything daily. The North Face Company created great backpacks designed for all sizes and ages. Trailhead in Kingston carries a wide range of backpacks for all your students. In August Trailhead will be holding a FREE backpack fitting and safety workshop.



Dr. Jason Maracle Young DC, CSCS  
Maracle Chiropractic

If you have questions regarding health and wellness please feel free to ask at [maraclechiropractic@gmail.com](mailto:maraclechiropractic@gmail.com) or mail Maracle Chiropractic Box 1216, Shannonville, ON K0K 3A0.

Don't throw yourself a curve by carrying the weight of the world in your pack.



Gotta hunch you're not gonna want to look like this. But you could, unless you lighten your pack.



S-s-straighten up! Unless you wanna be leaning like this all your life, lose some of the load off your shoulder.



Get the lead out of your pack! And always bend your knees to lift. If you don't, you'll be heading for back trouble.

So what's the best way to carry a pack?  
Pack it light. Wear it right.



That load'll seem a lot lighter if you pick a pack with plenty of compartments.



You've got two shoulder straps. Wear 'em both. Place your pack on the table, and put it on one strap at a time.



Carry the heaviest items closest to your body. Use your waist belt, and adjust the straps.



The Ontario Chiropractic Association  
Association Chiropratique de l'Ontario

[www.chiropractic.on.ca](http://www.chiropractic.on.ca)

Toll Free: 1-877-327-2273

Chiropractic.  
Treatment that  
stands up.

# Pack it Light. Wear it Right.

Hey! You're not leaving home. Why break your back with your pack?  
Lighten it up. You'll be glad you did. And your back will thank you.



Check out just how much all that stuff you haul around every day actually weighs.

shoes	1 kg/2 lbs
wet towel	1 kg/2 lbs
6 text books	2.7 kg/6 lbs
2 binders	1.5 kg/3 lbs
20 CDs	.5 kg/1 lb
Game-Boy	.25 kg/.5 lb
water bottle	.25 kg/.5 lb
sports gear	4.5 kg/10 lbs
lunch/snacks	1 kg/2 lbs
laptop computer	2.7 kg/6 lbs

## Get Smart! Check the Chart:

If you're hauling more than 15% of your body weight (10% for younger kids), lighten up. Now!

### If you weigh.....only carry

23 kg/50 lbs	2.2 kg/5 lbs
32 kg/70 lbs	3 kg/7 lbs
40 kg/90 lbs	6 kg/14 lbs
50 kg/110 lbs	7 kg/16 lbs
59 kg/130 lbs	9 kg/19 lbs
68 kg/150 lbs	10 kg/22 lbs
77 kg/170 lbs	11 kg/25 lbs
86 kg/190 lbs	13 kg/28 lbs

# 25<sup>th</sup> Annual Tyendinaga Traditional Pow Wow

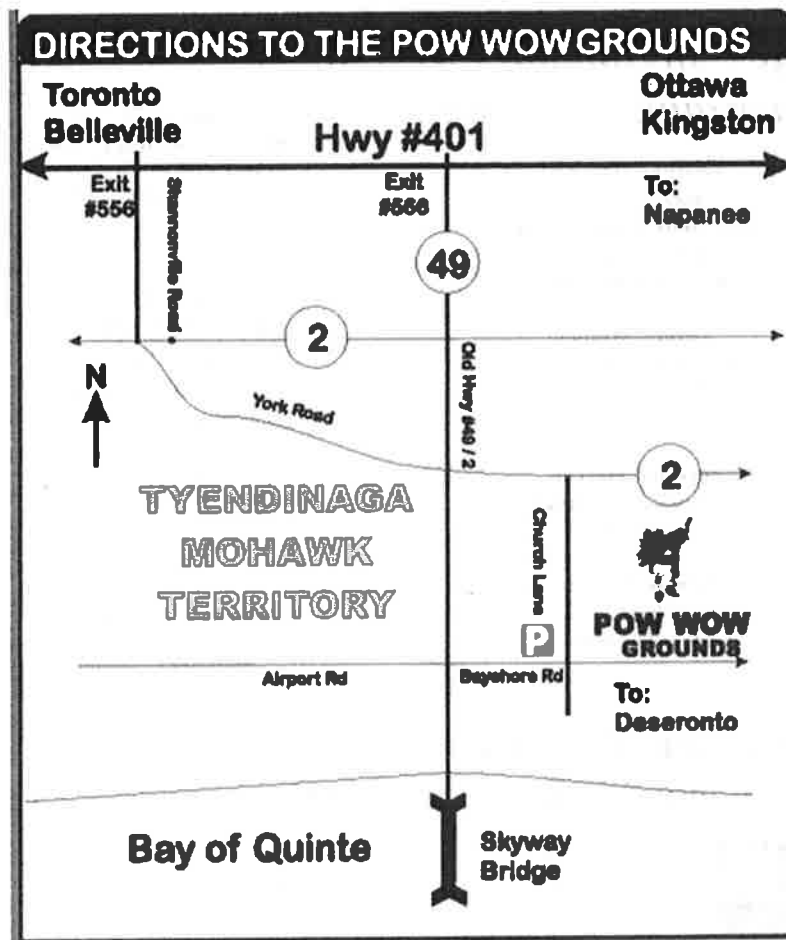
"Celebrating 25 Years"  
August 11<sup>th</sup> and 12<sup>th</sup>

## 2012

Everyone  
Welcome!!



Mohawks of the Bay of Quinte  
The Peacemakers Territory



## Tyendinaga 25th Annual Pow Wow Celebrating 25 Years

- Master of Ceremonies**
- Lance Delisle
- Arena Director**
- Greg Meekis
- Water Drum**
- Tyendinaga Singers/Young Mens
- Social Water Drum**
- Dave Jock
- Host Drum**
- The Taabik Singers
- Guest Host Drum**
- Old Town Boys
- Lead Dancers**
- Disiree Whitebean
- Robert Lazore
- Lead Youth Dancers**
- Dio Maracle
- Austin Maracle
- Staff Carriers**
- Dana McKinney
- Bernard Nelson
- Exhibition Dances:**
- Aztec Dancers
- Special Guest:**
- Micheal Jacobs. TN

- Main Contacts**
- Ruby Maracle**  
Craft Booth Registration  
613-396-5365  
jokeaway@kos.net
- 
- Millie Maracle**  
Food Booth Registration  
613-396-6179
- 
- Beverley Maracle**  
Pow Wow Co-ordinator  
613-396-6107
- 
- Melissa Maracle**  
Treasurer  
613-396-5264

- Agenda of Events**
- Sunrise Ceremony at 7am**
- Grand Entry:**  
Saturday 12 pm and 6:30pm  
Sunday 12pm  
Social Saturday evening
- Gates open at 9:00 am**
- Park admission**  
**Adults \$5.00**  
**Seniors/Students \$3.00**  
**12 years & under free**
- Native Craft Venders Fees \$100  
Native Food Booth Fees \$150  
(Band card required for all vendors and food booths. Prices are for the weekend)
- Camping \$40 for the weekend**  
Washrooms and Showers available on premises

Everyone Welcome  
This is a Drug and Alcohol Free Event



**Thursday, August 16, 2012**

# **INDIAN TACO FUNDRAISER**

**Come out and support the Skatne Summer Camp at our last fundraiser of the year! You can make your order ahead of time by calling it in to Andrew Brant, the camp coordinator at (613) 243-7445, or just drop in!**

**There will be both regular and vegetarian tacos, so don't be shy!**

<b>Indian Taco</b>	<b>-</b>	<b>\$6.00</b>
<b>Vegetarian Taco</b>	<b>-</b>	<b>\$5.00</b>
<b>Fry Bread</b>	<b>-</b>	<b>\$3.00</b>
<b>Juice and Water</b>	<b>-</b>	<b>\$1.00</b>

**Toppings include lettuce, tomato, green pepper, red onion and cheese!**

**The event will be held at the sports complex between 11:00am and 2:00pm, see you there!**



**Menu**

Roast Pig w/dressing  
Baked Potatoe  
Baked Beans  
Coleslaw

Corn on Cob  
Rolls  
Fresh Pie for dessert  
Beverage  
Coffee & Tea



# DENIM & DIAMONDS PIG ROAST

August 19, 2012

5:30 pm

Orange Lodge

1825 York Rd TMT

1 FOR \$15.00

2 FOR \$25.00

Youth 6-12 \$8.00



GREAT DOOR PRIZES OF DENIM & DIAMONDS

*The Anglican Parish of Tyendinaga*

*With gratitude and heartfelt thanks to everyone who made our Annual Strawberry Social possible and so very successful.*

*Thank you to our generous donators, all the fabulous performers, food suppliers and volunteers. Most of all THANK YOU to the guests (from Tyendinaga to Toyko) who joined us for such a wonderful summer day by the water.*

*See you next year.*

# First Nations Sensitivity: The Experience

**August 29 & 30<sup>th</sup> (overnight on the land)**

This two day training will have open circle discussions from professionals in our community on a wide range of topics including: first nations policing, childcare, justice, education, and holistic healthy living.

Participants will also have the opportunity to experience a sweat ceremony as well as other teachings.

(Schedule to follow)

**Who should attend:** lawyers, childcare providers, youth workers, social service workers, addictions counsellors, and anyone who may provide services to First Nations people.

**Registration Fee:** \$250.00 includes: all meals and accommodations. Subsidies are available.

For more information or to register,  
please contact Mark Brinklow at 613-396-2122 x125



# CLASSIFIED

## LAND FOR SALE

- approx. 11 acres
- Upper Slash & Norways Side Rd.

Call Fern: 1-403-237-9879 & leave a message or email maracle1@live.ca

## FOR SALE

- BALES OF STRAW
- 4 x 4 round
  - small square bales

Call: William J. Brant  
613-967-1129

## 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

## LAND FOR SALE

70 acres located on the Lower Slash road just east of the Road Shed building and office on the same (south) side of the road.

Contact Wm J. Brant:  
613-967-1129 for further details.

## FOR SALE

- BUILDING FOR SALE
- negotiable with terms

Call: Calvin  
613-827-4338

## FOR SALE

- 4 BEDROOM HOME
- eat in kitchen
  - dishwasher, fridge & stove
  - 2 bathrooms (updated 4 piece) & 3 piece bath, laundry room
  - large family room with a new wood stove
  - upgraded well
  - new roof & deck

Please contact:  
tyendinaga11@yahoo.com or  
416-938-4157 or 613-396-2151

## HOUSE FOR RENT

Non smoking couple looking to rent immaculent 1/2 Double House on the Bay of Quinte

- Available Immediately
- 3 Bedrooms, 1.5 baths
- all like new appliances (stackable washer & dryer, refrigerator, freezer, stove, microwave, dishwasher etc.)
- Central air, jacuzzi air tub, central vac
- lovely landscaped property
- water access

-\$1300.00 monthly, all inclusive with first & last required

- No pets.

Call: 613-396-3957 for viewing or more information

## 2 HOUSES FOR SALE

- Both on large double lots
- 1- 2 Bedroom
  - 1- 1 Bedroom
  - large workshop
  - small workshop
  - carport
- Many upgrades, beautiful interior decor
- Lots of new renovations
  - \$150,000.00 (both)

Call: 613-967-0778 or 613-813-3142

## FOR SALE

- Has been converted into 2 apartments
- 3 Bedrooms upstairs & 1 downstairs
- Large Bachelor apartment downstairs
- Natural gas heating, central air, 1 bedroom apartment contains fireplace
- Municipal water supply, with access to municipal sewage hook up
- New roof recently done
- Property is approximately 1 acre
- Located on Old Hwy #2

Serious inquiries only  
Call: 613-396-5879

## FOR SALE

- 4 BEDROOM HOUSE
- 376 Beach Rd in Shannonville
  - 3300 square ft. living space
  - full basement
  - 2 full bathrooms
  - 2 car garage
  - 27' above ground pool
  - utility shed

Please call Bill: 613-966-1092

## Babysitter Available

Are you looking for a full-time reliable babysitter? If so please give Sandy a call at 613-967-0091

## LAND FOR SALE

- 11.4 acres
- North end of Norways Side Rd. On the west side

Call 1-403-237-9879

## FOR SALE

- 60 ACRES OF LAND
- located on the Slash Rd (Near Hwy 49)
  - \$90,000.00

Please call Bill: 613-966-1092

We are  
on  
the web  
Check it  
out!

www.mbq-tmt.org

### HOUSE FOR RENT

- 2 Bedroom Duplex
- Newly renovated, clean, modern
- \$775.00 per month
- includes heat and hydro
- Suitable for adults only  
or adults with older child
- 1 bedroom on main level,  
1 bedroom on lower level.
- Available for September 1, 2012
- 207 Bayshore Rd. Tyendinaga Territory
- For Viewing please call: Kelly 613-929-7355

### BUSINESS FOR SALE

Well established eatery  
for sale  
Regular customers  
Clean establishment  
Great location  
Great menu  
Great sales

For information contact  
[maraclechris@yahoo.com](mailto:maraclechris@yahoo.com)

### FOR SALE

*Are you looking for  
investment property on the  
Territory?*

Turn key operation for sale of 2  
new rental units located on the  
corner of Bell's Rd & Hwy #2  
Serviced on town water &  
tenants pay hydro. Good return  
on your investment.  
Asking \$200,000.00  
Contact Jim McMurter  
613-396-1607

### FOR SALE

LAND approx. 23.89 acres  
- surveyed  
- York Rd. frontage and backing  
onto the Slash Rd.  
- creek, good land  
- well & roadway

Best reasonable offer

Call: 613-967-8935

### FOR SALE

FIREWOOD  
- cut firewood  
- Ash, Maple & some Poplar  
- \$200.00 per cord

Please call: 613-967-4704

### HOUSE FOR SALE

- 2840 # 49 Tyendinaga  
Territory
- lot 150' X 200'
- House, Garage, Store front,  
Utility shed
- 1735 sq. ft. main floor
- full basement
- 4 bedroom, 2 bathroom  
on suite has jacuzzi tub
- above ground pool
- large deck
- 5 X 10 pool table included
- appliance included/and some  
home decor
- sunroom - leads from master  
bedroom to pool area

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

### HOUSE FOR SALE

- 3 BEDROOM RANCH
- full basement
  - garage, 20 X 20 deck
  - lot 200 X 300
  - all plywood construction
  - brick house, good well
  - rod & rebar in basement walls
  - 2 bathrooms
  - electric heat & central air
  - Anderson windows & wooden  
interior doors
  - located at 821 York Rd.

Call 613-577- 4770 and leave a  
message

Classifieds are "Free"  
Please call: 613-396-3424



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

**KERISTOS NE KORAH:KOWA**

**CHRIST THE KING**

*Under the Patronage of Blessed Kateri Tekakwitha*

*A Catholic Anglican-Use Parish*

*Tyendinaga, M. T.*



**Morning Prayer with**

**Communion from the Reserved Sacrament**

**10:00 AM → 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Sundays**



**Holy Eucharist (Complete Mass):**

**11:15 AM → 2<sup>nd</sup> Sunday of the Month**

**Services are held at: The Elders' Lodge Common Room**

**For additional parish information, please call:**

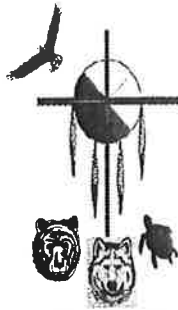
Mr. Charles E. Maracle, Rector's Warden, at 613-396-3089

OR

Ms. Lorna J. Moses, People's Warden, at 613-396-2538

OR

Minister Gérard Trinque at ☎ 1-888-831-4145 ✉ [gplus@yahoo.com](mailto:gplus@yahoo.com)



The Cross represents our *Christ-Centred Faith* adorned with the colours of the "Four Sacred Directions" which indicate the redeeming power and truth of the Gospel of Jesus Christ for all places, times, and nations. The four eagle feathers represent the four Gospels of Saints Matthew, Mark, Luke, and John. They remind us of the *good news* of salvation in Christ given for the whole world. The wolf, turtle, and bear explicitly represent our Mohawk clans, blessed by the light of the Gospel and called to faith in Jesus Christ. The eagle, which flies the closest to Heaven, symbolises the grace and power of God in receiving and answering our prayers.



**"For the word of the cross, to them indeed that perish, is foolishness; but to them that are saved, that is, to us, it is the power of God." (1 Corinthians 1:18)**



**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**

**August 3 · Revival Service Mohawk Pentecostal Church at 7:00pm. also the held first friday of each month locations to be announced.**

"CANADA, BEING A YOUNG COUNTRY, IS AWORK IN PROGRESS, IN FACT, A SUCCESSOR STATE, AND HAS A RESPONSIBILITY TO UPHOLD TREATIES THAT WERE MADE WITH FIRST NATIONS BEFORE CANADA WAS EVEN FORMED. WE CAN'T WORK IN ISOLATION. THE STATUS QUO HAS TO BE SIGNIFICANTLY CHANGED, AND THESE YOUNG PEOPLE IN THE COMMUNITIES WHERE I GO NEED TO SEE, TASTE AND FEEL RESULTS SOONER THAN LATER."

NATIONAL CHIEF OF THE ASSEMBLY OF FIRST NATIONS SHAWN ATLEO





## THE ANGLICAN PARISH OF TYENDINAGA

*To be a Spirit-filled and life-giving place where  
strangers become friends and friends become disciples.*

Parish Priest

The Venerable Brad Smith  
962-2787

### SUNDAY CELEBRATIONS

All Saints' Church (Upper Church)  
And Queen Anne Parish Centre  
1295 Ridge Rd  
8:30 a.m.

Christ Church (Lower Church)  
52 South Church Ln  
10:30 a.m.

*On Sunday 19 August, the parish will worship together  
at Christ Church at 10:30 a.m.*

Blessing of the Backpacks  
Sun 2 Sep, 10:30 a.m.  
Christ Church

A service to pray for students and teachers as the new  
school year begins. Bring your backpack to have it  
blessed. Join together for prayers for a successful  
academic year. Barbecue lunch to follow.

### UPCOMING EVENTS

Parish Fun Night  
Wed 15 Aug, 7 p.m.  
Queen Anne Parish Centre  
Bring a game, a friend, and a snack!

Men's Breakfast  
Sat 25 Aug, 8 a.m.  
Small Town Cafe, Deseronto  
The men of the Parish (and friends) gather once a  
month for breakfast and fellowship.

Denim & Diamonds Pig Roast  
Sun 19 Aug, 5:30 p.m.  
Orange Lodge, 1825 York Rd  
Dinner includes roast pork with dressing, baked  
potatoes and beans, coleslaw, corn on the cob, rolls,  
fresh pie, beverages. Tickets \$15 each or 2 for \$25,  
youth 6-12 \$8. Door prizes.  
Tickets available from parishioners.

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

## **"AA OPEN MEETINGS"**

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

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

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

*Losers Unite, Join Us!*

### **Thursday Evenings**

**Summer**

**Weigh In: 5 - 5:30 p.m.**  
**Meeting: 5:30 - 6:00 p.m.**  
**Elders Lodge**

**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](mailto:altree94@gmail.com)

**INTRODUCING  
AUNT SADIES  
NEW DAILY SPECIAL EVERY WEEK**

CALL FOR TODAY'S SPECIALS

**DAILY SPECIALS - \$7.50 EACH**

**Offered from 11:00 - 1:30 pm**

For example:

**MONDAY**

- SHEPHERD'S PIE/TOSSED SALAD
- BEEF STROGANOFF/GARLIC BREAD

**TUESDAY**

- MAC N' CHEESE/TOSSED SALAD
- MEATPIE/POTATOES/VEGETABLES

**WEDNESDAY**

- STUFFED PEPPERS/TOSSED SALAD
- MEAT LOAF/POTATOES VEGETABLES

**THURSDAY**

- PASTA & MEATBALLS/GARLIC BREAD
- SPAGHETTI HAM BAKE/TOSSED SALAD

**FRIDAY**

- CABBAGE ROLLS/POTATOES/VEGETABLES
- LASAGNE/CAESAR SALAD/GARLIC BREAD

**SATURDAY**

- BARBECUED PORK SANDWICH/POTATOE WEDGES
- SIRLOIN STIR-FRY ON RICE

**Hours - 7:00 a.m. to 2:00 p.m.**

<b>Everyday Delicious Sandwiches</b>	<b>\$4.75 - \$6.75</b>
<b>Sausage on a Bun/Pickle/Veggie Chips</b>	<b>\$5.00</b>
<b>Steak-Eze on a Bun/Pickle/Veggie Chip</b>	<b>\$5.00</b>
<b>Chicken Burger/Pickle/Veggie Chips</b>	<b>\$5.00</b>
<b>Hamburger/Pickle/Veggie Chips</b>	<b>\$5.00</b>
<b>Hot Dog/ Pickle/Veggie Chips</b>	<b>\$5.00</b>
<b>Corn Soup/Biscuit</b>	<b>\$5.00</b>
<b>Soup of the Day</b>	<b>\$3.95</b>
<b>Soup/Sandwich Combo</b>	<b>\$8.00</b>
<i>Fish Burger/ Pickle/ Veggie Chips</i>	<i>\$5.00</i>
<b>Homemade Dessert of the Day</b>	<b>\$2.50</b>

**We are still serving our regular Breakfast:  
Hungry man's Breakfast, Aunt Sadie's Breakfast  
Muffin, Regular Breakfast, Scones, Pancakes,  
French toast and more.**

**Lunch Menus: Salads, Soups, Sandwiches and our  
Daily Specials**

**Veggie and Fruit and Dessert Trays available**

**Don't forget our Drive-Thru is open  
Order ahead for Pick-up 613-961-1524 or delivery  
for orders over \$20.00**



I have felt that I was called to Aunt Sadies a couple of years ago. I could envision many stories in the house that needed to be told. This was a teaching place and a turning stone for our Territory. Our community coming together, gathering to hear our Elders talk of yesteryears. In my vision was; *"Our Elders are having a cup of tea visiting with young adults offering knowledge to their protégées who are listening to shared stories and wisdom that have been acquired throughout their past history"*. A keepsake to take with you that can only be truly valued from the voices of our Elders. What better way to invite our community mentors to teach us, than meeting in a warm and friendly atmosphere.

We opened, April 30, 2011. Sadies house is around 150 years old. The history of this farm house dates back to the time of Joseph Brant and John Deserontyon. Sadie had a large family. Stories have been told of the great times they have had here, growing up, and visiting around her kitchen table eating her amazing meals. Oddly enough at Aunt Sadie's house, as stories have been told there was "no smoking" in the house. That rule still stands today.

When entering Sadies, the colours were chosen through a vision of mine. After many hours of searching in a wallpaper store and online trying to decide the interior, the vision came to me while gathering wood. "Hey! Deb", I said. "I have the colours. It just came to me. This is what we will do." The beige wainscoting is (Mother Earth) and the sky blue walls are (Father Sky) and the dream catchers above are mother and father joining to create their dreams. The silver curtains is the silver lining in the clouds We tried to keep everything original and anyone who is a family member of Sadie's is very delighted to come into her house with all the similarities.

Healthy portions was also a concern of mine since there is a high volume of people in our Territory with Diabetes and other health concerns because of the food we choose to eat. If I could assist in making a healthy community by offering better food choices I wanted to. We do not have a fryer at Aunt Sadie's Café. We cook fresh, healthy foods with options of Gluten Free and Diabetic varieties.

We hope you enjoy your visit at Aunt Sadie's and look forward to a long relationship with our Community.

*Jim McMurter, and Deb*

# *Time For You Salon*

613-968-9459

## *Welcomes:*

Chelsey Green    Hairstylist Graduate Art and Technique 2010  
Corissa Maracle    Esthetician Graduate Loyalist College 2011  
Rheana Maracle    Photographer Graduate Humber College 2011  
Make Up Artist Graduate 2011

**"NOW OPEN SATURDAYS!"**

Photography sessions can also be booked by appointment in studio or on site

## **ATTENTION MORTGAGE HOLDERS**

It has come to our attention that many insurance companies will ONLY notify the MOHAWKS OF THE BAY OF QUINTE if your existing house insurance policy has been cancelled however will NOT when the policy has been renewed. This creates a problem when incentives, rewrites and renovations are requested. You will not qualify if your house insurance policy on file is not up to date. In order to ensure your policy is current, we ask that you mail, fax or deliver renewal form when received.

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**Greg Lewis**

**967-1407**

**Aunt Sadie's  
Café &**



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*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**

*Rheana Maracle Photography*

*613-967-4722*

*Shannonville, Ont.*

*Cell: 613-921-2241*

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Mohawk Mammoth Monday  
Every Monday in August  
5 lb OR BIGGER  
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Regular size chicken is 3-4lb

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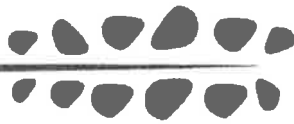
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Bill

# Belleville Bakery



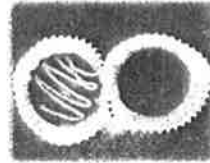
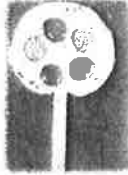
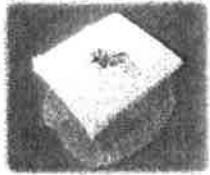
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