



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENTEHA

ISSUE 2/12  
ENNIHASKHA (Feb.)

**ORI:WASE** (News)

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

## Diabetes Wellness Circle



**Tuesday, February 14/12**

Community Wellbeing Centre

50 Meadow Drive, TMT

**7 PM**

Teaching Lodge

**Featuring- Healthy Heart Cooking**

Circle open to anyone living with diabetes, anyone that cares for someone living with diabetes, or anyone wanting to learn ways in preventing diabetes.

Ministry of Transportation  
Environmental Section  
Eastern Region  
1355 John Counter Blvd  
Postal Bag  
Kingston, Ontario K7L 5A3  
Fax: (613) 540-5106

Ministère des Transports  
Section de l'environnement  
Région du l'Est  
1355 boul. John Counter  
Sac postal 4000  
Kingston, Ontario K7L 5A3  
Téléc: (613) 540-5106



January 5, 2012

Mohawks of the Bay of Quinte  
Administration Building  
13 Old York Rd, RR 1  
Deseronto, ON K0K 1X0

Attention: Chief R. Donald Maracle

**RE: MTO Construction Project, Hwy 49, South Approach to Bay of Quinte Skyway Bridge**

Please be advised that the Ministry of Transportation is initiating a construction project for 2012 to implement improvements to the south approach of the Bay of Quinte Skyway Bridge, Highway 49. Work will include:

- Concrete pavement removal, grading, and hot mix paving;
- Improvements are to be completed for the south approach of the Skyway Bridge only, beginning at the south end of the bridge and proceeding southerly 190 metres;
- The duration of the work is anticipated to be approximately 2 weeks;
- Traffic will be maintained in both directions on Highway 49 throughout the duration of the project by use of single lane flagging operations.

This study will follow the planning process for a Group 'C' project under the *Class Environmental Assessment for Provincial Transportation Facilities (2000)*.

If you require additional information please contact Mr. Scott Chamberlain, Technical Services Officer, Ministry of Transportation, Port Hope Area Office, 905-885-6381 (ext 202) or myself at the phone number shown below.

Yours truly,

Bill Grant  
Senior Environmental Planner  
(613) 545-4878

cc. S. Chamberlain - Technical Services Officer

***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

Mohawks of the Bay of Quinte & the Union Gas Centennial Grant Program  
present:

## **An Informational Water Workshop**

- WHEN:** Thursday March 1, 2012  
6:30 p.m. – 9:30 p.m.
- WHERE:** Mohawk Community Centre  
1807 York Road  
Tyendinaga Mohawk Territory, ON  
K0K 1X0
- WHY:** To learn about the groundwater cycle,  
water wells, well maintenance &  
construction, source water protection,  
water testing and water storage  
tanks/cisterns.
- SPEAKERS:** Ministry of the Environment

EVERYONE IS WELCOME

Door Prizes and refreshments will be available.

If you have any questions or require further information please contact the Water Department at the Mohawk Administration Office, 613-396-3424. Driving directions to the Community Centre have been provided to Mary Lynn Lister Santavy and John Bonin. Arrangements for accommodations can also be provided if required.

## *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.

If you don't have a proper water storage vessel?  
The MBQ Loan and Incentive Guidelines to install a water storage tank have been finalized. Please call to obtain further details on Water Storage Tank Initiative.

Nia:wen,

Liz Brant.

Mohawk Administration Office  
(613) 396-3424 ex 129.



**MOHAWK FIRE DEPARTMENT**

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The Mohawk Firefighters in January responded to 10 calls:

**1 Tanker Assist**  
**1 C.O. Detector**  
**4 Motor Vehicle Accidents**  
**4 Electrical Wires Down**

This brings our total to 10 calls for the year 2012

### **Do You Want a Composter!?**

Great way to reduce your waste...

Perfect for nutrient rich soils for gardening...

Cheap and easy!...

Reduce garbage smells....



Please mail, drop off, or email a written letter of interest, expressing your need and enthusiasm to:

Kristin Maracle  
Environmental Officer  
Mohawks of the Bay of Quinte  
13 Old York Road,  
Tyendinaga Territory, ON  
K0K 1X0  
[kristinm@mbq-tmt.org](mailto:kristinm@mbq-tmt.org)

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## **Trustee Report for January, 2012**

The school year appears to be passing by very quickly, as you read this article, high school students are already starting their second semester which will finish in June. The high school year is composed of two semesters.

Declining enrolment continues to be a big concern for Hasting Prince Edward District School Board, particularly in the secondary level. Trustees and senior administrative continue to look at options that will address this and related issues.

At the local level, a subcommittee of TEC has worked to create a working draft of the Tuitions Agreement that will be presented to officials of Department of Indian Affairs and Hasting Prince Edward District School Board for approval which outlines responsibilities of all parties involved.

TEC is also working to establish a better communication link with the Algonquin and Lakeshore Catholic District School Board. A significant number of our Native Students attend their Board schools and a stronger communication link to better serve Native Students is in everyone's best interest. TEC will continue to pursue this relationship.

For more details of Board and Committee Minutes please go to the Board website [HPEDSB.on.ca](http://HPEDSB.on.ca) > Board and Committee meetings.

Remember, if you have any comments or concerns, please call me at (613) 962-3595 or email me at [mbrant@hpedsb.on.ca](mailto:mbrant@hpedsb.on.ca).

Respectfully submitted  
Mike Brant Trustee HPEDSB, representing  
Tyendinaga First Nations



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

## February 2012's Business of the Month



**Open Daily—Winter Hours**

**Weekdays  
7am to 2pm**

**Weekends  
8am to 2pm**



**68 Sadie's Lane, Tyendinaga Mohawk Territory**

**613.961.1524**

Aunt Sadie's Café has been selected by the Economic Development Office as February's Business of the Month!

Whether it's a steaming cup of coffee or a freshly toasted bagel that you're craving, Aunt Sadie's always has it fresh and ready to go. For customer convenience, there is a drive thru open daily, but for those who have the time, you may sit and enjoy your meal in comfort.

Don't be fooled though, there is much more to the café than coffee. There is a variety of latte's, breakfast dishes, and lunch items and of course, baked goods.

*"Sorry, no burgers and fries"*

Aunt Sadie's prides themselves with looking after the community needs by offering a special menu, such as gluten free items, diabetic desserts and portioned meals as per the food guidelines. Ask about their school lunch program, which serves students healthy soup and sandwiches.

Don't forget they also have luncheon catering available.

## Support Local Business

### Calling All Businesses!

**There is a Trade Show happening March 29, 2012**

## February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9 Small Business Information Abbott Agency Picton 1pm-4pm	10 Social Networking Brown Bag Lunch QR Codes 12pm-1pm	11
12	13	14	15 E-Seminar Business Blog Kanhote Library 9am-3pm	16	17	18
19	20	21	22	23 Payroll Seminar Community Centre 1:30pm-3:30pm	24 Social Networking Brown Bag Lunch Business Blogging 12pm-1pm	25
26	27	28	29			

### March Events:

March 7, 2012—Bridges to Better Business (Ramada, Belleville) 6:15pm to 9pm  
 March 9, 2012—YouTube: an Intro for Business use (Brown Bag Lunch) 12pm to 1pm  
 March 13, 2012—E-Newsletters Workshop Kanhote Library 9am to 3pm  
 March 14, 2012—Bridges to Better Business (PEC Legion, Picton) 6:15pm to 9pm  
 March 21, 2012—Bridges to Better Business (Lions Hall, Napanee) 6:15pm to 9pm  
 March 23, 2012—LinkedIn (Brown Bag Lunch) 12pm to 1pm  
 March 28, 2012—Bridges to Better Business (Arts Centre Hastings) 6:15pm to 9pm

\*\* Have your website handy when registering for the items in blue \*\*

**To Register for all Upcoming Events**

**Email:**

### February's Tip

#### Learn From Unhappy Customers

As Bill Gates once said, **"Your most unhappy customers are your greatest source of learning."** Listening to the cause of an unhappy customer will go a long way. Showing understanding and willingness to learn from your mistakes will create a strong customer-business relationship. It takes small steps to show the customer what their business means to you, and this in turn can create lasting relationships.

**Tyendinaga's Career Fair is coming up this March  
29, 2012.**

**Keep watching for more details.**

**Contact Sandy Sero at 613-968-1122 if you are interested in**

Enyonkwa'nikonhriyohake (Good Minds) Program


# Youth Drop-In 6-8pm @ Youth Centre/Canteen



All events are FREE

## FEBRUARY



↓ Tuesday: ages 6-10	Wednesday: ages 11-13 ↓
<p>7<sup>th</sup></p>  <p>BINGO Night</p> <p>Prizes!</p>	<p>8<sup>th</sup></p>  <p>GAMES Night</p> 
<p>14<sup>th</sup></p>  <p>GAMES Night</p> 	<p>15<sup>th</sup></p> <p>CRAFTS Night</p> 
<p>21<sup>st</sup></p>  <p>5-Pin Bowling @ Bayview Mall*</p> <p>*Limited spaces. Please call Tracy Hill @ Good Minds by Friday, February 17<sup>th</sup> to sign up: 613-967-0122. Parent/Guardian will need to sign permission slip.</p>	<p>22<sup>nd</sup></p> <p>10-Pin Bowling @ Bayview Mall*</p>  <p>* Limited spaces. Please call Tracy Hill @ Good Minds by Friday, February 17<sup>th</sup> to sign up: 613-967-0122. Parent/Guardian will need to sign permission slip.</p>
<p>28<sup>th</sup></p>  <p>CRAFTS Night</p> 	<p>29<sup>th</sup></p> <p>Wii Games Night</p> 

## **Enyonkwa'nikonhriyohake' Youth Leadership Program in Tyendinaga**

Hi, this is Lyndsay Scero and since October, I have had the pleasure of being the Youth Mentor working with the Enyonkwa'nikonhriyohake (Good Minds) Program to implement the Right to Play Youth Leadership Program.

The Youth Leadership Program focuses on promoting inclusive leadership and life skills among First Nations youth all across Ontario. The program consists of three components:

- **Three Youth Leader Workshops:**
  - Aim to enhance youth's leadership and teamwork skills, and provide them with tools to collaboratively plan and lead community events.
  - 20-26 hours each, facilitated by the Youth Mentor
- **Youth-Led Events**
  - After each Youth Leader Workshop, participants have the opportunity to plan, lead, and assess community events of their choosing.
  - This is an opportunity to practice leadership and teamwork while planning an event for all community members.
- **Intergenerational Tournaments**
  - Intergenerational Tournaments are an opportunity to bring the community together, to encourage cooperation and dialogue between generations, and to celebrate the successes of the participants in the Youth Leadership Program.

I have been facilitating the YLP with a group of 11 youth in Tyendinaga since October, and have seen great improvement in their leadership and their ability to work as a team towards a common goal. This group is in the final stages of planning for their first youth led event which will take place in early February. Keep your eyes and ears open for posters and radio ads promoting the event!

On January 27<sup>th</sup>, I will be hosting an Intergenerational Volleyball Tournament at Quinte Mohawk School to celebrate the achievements of the youth participants, and to bring together community members of all ages.

In addition to the first group, I will be launching the program with two new groups of youth throughout the month of February. If you are interested in taking part or learning more about the program, please contact Lyndsay Scero, Youth Mentor, Enyonkwa'nikonhriyohake' (Good Minds) Program at 613-967-0122, ext 147.

Nya:wen



# NEWS

from the  
**OHAHASE EDUCATION CENTRE**

Are you the parent of a Grade 8 student trying to decide which high school to attend in the fall?

## **CONSIDER THE OHAHASE EDUCATION CENTRE!**

We offer a wide range of both compulsory and optional credit classes, and we integrate Mohawk language, culture, and traditions into as many activities as possible. Our small class sizes mean your child will get more individualized instruction and one-on-one tutoring and support.

Come to our information night on **Monday, February 13**, from 6 – 8 pm.  
You will be amazed at what we have to offer!

We invite new students to join us for Semester II, which starts **February 6**. Courses being offered this semester are:

Grade 9 Geography  
Grade 9 Math  
Grade 9 Expressing Aboriginal Culture  
Grade 9/10 Healthy Active Living

Grade 10 History  
Grade 10 English  
Grade 10 Civics/Careers

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The next intake of the Tyendinaga Youth Program starts March 19, 2012. We are holding an Information Night at 6 pm on **Wednesday, February 29** here at the Centre. If you are between 18 and 30 years of age, have not yet completed high school, and are unemployed or underemployed, then this program is for you! Plan to attend the Info Night, and bring your resume and SIN number.

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Our **Adult Education Program** always accepts new applicants. It's never too late to achieve your Grade 12 diploma! No matter how many or how few credits you need, we can help you achieve your goals. Call us!

Ohahase Education Centre  
314 Airport Road  
613-396-6742



## Congratulations to Wilbert Maracle

A huge win for Wilbert at the Ontario Provincial Seniors' Tournament in London, Ontario on Oct. 22/23! He was in great bowling form and easily won first place in his age division!



As a result of this, Wilbert will be representing Ontario next July 9 and 10<sup>th</sup> in Reno, Nevada. He's happy he qualified but is not as excited about flying for the first time in his life to such a far-away destination!

Congratulations!



Logan!

Doug and Twila Brant, Ron and Ann Conger are proud to announce that their granddaughter Logan Conger has been chosen to play hockey for the Ontario Winter Olympics in Collingwood, Ontario March 6 -10, 2012.

As a community member and living on the Tyendinaga Mohawk Territory Logan has been active in sports and has been blessed with many skills that make her stand out in the hockey field.

Logan has also been chosen to play hockey in Italy. August of 2012 for "The Selects" which is a team owned by Gordy Howe. We are very proud of our Logan and will be doing some fundraising to help her experience of a lifetime. We greatly appreciate any and all help the community and friends have shown to allow Logan to achieve such a high honour.

Logan Conger is the daughter of April Conger (Mohawk Bus Lines) and Mike Conger licensed plumber for Congers Plumbing.

***"SHOW THEM HOW YOU CAN SHINE BABY GIRL, LOVE YA!"***

Gramma & Poppa, Gammie & Poppy

A colorful illustration of a round birthday cake with white frosting and a red layer at the bottom. Five lit candles with yellow flames are on top. The cake sits on a white plate against a yellow background.

# COMING SOON

*Featuring Fresh Veggies, Deli Meats & Grocery Items*  
&

## Healthy Diabetic, Gluten Free Choices

If you have any ideas or suggestions as to what products you would like to see Turtle Island Produce & Deli carry, please feel free to contact us. We would love to hear from you! You can e-mail us at [turtleislandpark@live.com](mailto:turtleislandpark@live.com) or you can call (613) 966-2553.



## CHRISTMAS MERCHANDISE BINGO

Mohawk Family Services offer their heartfelt thanks to the following volunteers for their dedication, support and assistance to help make the Christmas Merchandise Bingo a success.

Sheryl Anderson  
Kelly McMurter  
Kayla Torarak  
Nora Brant  
Joe Brown  
Paul Maracle  
Kahionhano:ron (Cheekers) Loft

Linda Maracle  
Darlene Loft  
Zachery Loft  
Madison Loft  
Isaiah Loft  
Orange Lodge  
McMurter Lumber  
MFS Staff

Mohawk Family Services apologizes to anyone we may have forgotten to mention.

**CONGRATULATIONS TO ALL THE BINGO WINNERS!!!**

**We raised over \$3900 for the 2012 Bingo!**

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## QMS CHILDREN'S SHOPPING DAY

Mohawk Family Services would like to thank the Community for their support through donations to the QMS Children's Shopping Day.

Mohawk Family Services offer their heartfelt thanks to the following volunteers for their dedication, support and assistance with the Children's Shopping Day.

Linda Maracle for all her time and artistic talents  
59er's Seniors Club for donating the room  
Shelley Bowden  
Gloria & Al Idzenga  
Jeff Gareau  
Sandra Lewis DenOtter  
Marie Loft  
Kahionhano:ron (Cheekers) Loft  
Helen Clare  
Noah Hill  
Lyndsay Scero  
Darlene Loft  
Mackenzie Bowden  
Mohawk Family Services Staff

Karissa Maracle  
Lisa Maracle  
Johanna Goodfellow  
Laura Wood  
Ainsley Leween  
Donna Hughes  
Bernie Hill  
Greg General & Crew  
Crystal Loft  
Bill Carr-Braint  
Amber Loft

Mohawk Family Services apologizes to anyone we may have forgotten to mention.

**Have a safe and happy New Year!!**

**In Loving Memory  
of a dear dad & poppa  
Gerald Thomas Maracle  
on January 15, 1997**

*"Our Dad was one of those special men  
Who truly knew what life was about  
Who demonstrated that his family came first  
For his actions left no room for doubt  
Our Father's greatest joy was his children  
In fact, there was no faster way  
To light up his face with an ear-to-ear smile  
Than the mention of his own children's names  
He preferred to discuss his children's accomplishments  
Rather than his own  
And loved to recall the sweet memories  
Of his young children and how they had grown..."  
So as we say goodbye and remember  
Our Father's life...the man he came to be  
He'd be happiest being remembered by all who knew him  
As a man who loved his family"*

**Always loved and cherished by  
Bonnie, Bill, Haley  
Cassie, Greg, Jared, Gage  
Bart, Melissa, Elijah, Keegan**



In loving memory of a wonderful brother,  
brother-in-law & uncle  
Kenneth Norman Carr-Braint ("Kokamo")  
October 10, 1959 – February 11, 2010

It seems like such an easy thing to do.  
To write a poem about someone you knew  
But really its hard to put into words or verse  
Without thinking a whole lot on it first

I know I will miss him so  
My Brother Kokamo...  
At least that's what he liked to be called after he  
moved out west  
He called me from time to time, to wish me all the  
best.

He loved it out there in the mountains of B.C.  
Like the Eagle, it made him feel alive and carefree.  
All of us, his brothers, sisters, friends, daughter,  
and son  
Are proud to have known such a one!

He may have died at an early age  
But I can see as I write this page  
That he lived life as he saw fit,  
Did what he wanted to do and that was it.

He loved to play the guitar and sing.  
To entertain seemed to be his thing.  
No matter where he went or where he was at.  
He made friends quite easy cause he liked to chat

He lived life to the fullest in his own way  
He had no regrets and I'm here to say  
We all live on this earth for a short while  
So we need to share a laugh, a kind word or smile!  
My final thoughts, as I write this poem,  
Is that Norman has finally found his HOME!  
Written by Bill

Always remembered, loved and  
missed so much.

Carol & Manson, Harry & Eileen, Betty, Billy  
& Nancy, MJ & Bill, Marilyn & Rick, Mike &  
Wanda, Tracey & John and families

**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**

**During bad weather, please call CWB  
to find out if meeting has been cancelled  
613-967-3603**

***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 or HELP**

**CALL: 613-396-2942**

**TEXT: 613-849-1868**

**MBQ Medical Transportation Program**



Medical transportation services are part of our First Nations federal health benefits program. They are covered in accordance with policies set out in Health Canada's Non-Insured Health Benefits (NIHB) Medical Transportation Policy Framework. This framework assists eligible recipients to access medically required health services that cannot be obtained on the Territory or in their community of residence due to a simple lack of transportation.

At this time, the program needs to make our community aware that, our Medical Transportation Program is hosted by one Patient Transportation/Health Clerk and several volunteer drivers, all of them seniors. So although the program itself is not a large operation, it is subject to providing safe transportation service to a large number of community members, often at one time. Although the program does its best to provide the necessary driver, at times this large request volume proves to be difficult to accommodate. This is when the program needs the assistance of the client in question's family members, family friends and neighbours, etc. to step in and provide the medically-essential transportation service.

The program definitely encourages that, if a family member is available to complete a Medical Transportation trip they will do so and can receive a travel stipend when a Medical Transportation Sheet (for confirmation of attendance) is completed and handed into the Patient Transportation/Health Clerk at the Community Well Being Centre.

The program will always do its best to provide quality transportation servicing to all members of our community but, there are days when we just do not have enough drivers, so we do need the support of the community to do its part as well. So, on these days, if you're able to get your Granny, Uncle, cousin, neighbour or a loved one, to their medical appointment, it is greatly appreciated and certainly helps with the program's request volume from time to time.

For more details or if you are interested in helping out by becoming a volunteer driver, please contact the Community Well Being Centre at 613-967-3603.

# It's my birthday, *give me a hug!*

## Skin-to-Skin Contact for You and Your Baby

### What's "Skin-to-Skin"?

Skin-to-skin means your baby is placed belly-down, directly on your chest, right after she is born. Your care provider dries her off, puts on a hat, and covers her with a warm blanket, and gets her settled on your chest. The first hours of snuggling skin-to-skin let you and your baby get to know each other. They also have important health benefits. If she needs to meet the pediatricians first, or if you deliver by c-section, you can unwrap her and cuddle shortly after birth. Newborns crave skin-to-skin contact, but it's sometimes overwhelming for new moms. It's ok to start slowly as you get to know your baby.

### Breastfeeding

Snuggling gives you and your baby the best start for breastfeeding. Eight different research studies have shown that skin-to-skin babies breastfeed better. They also keep nursing an average of six weeks longer. The American Academy of Pediatrics recommends that all breastfeeding babies spend time skin-to-skin right after birth. Keeping your baby skin-to-skin in his first few weeks makes it easy to know when to feed him, especially if he is a little sleepy.

### A Smooth Transition

Your chest is the best place for your baby to adjust to life in the outside world. Compared with babies who are swaddled or kept in a crib, skin-to-skin babies stay warmer and calmer, cry less, and have better blood sugars.

### Bonding

Skin-to-skin cuddling may affect how you relate with your baby. Researchers have watched mothers and infants in the first few days after birth, and they noticed that skin-to-skin moms touch and cuddle their babies more. Even a year later, skin-to-skin moms snuggled more with their babies during a visit to their pediatrician.

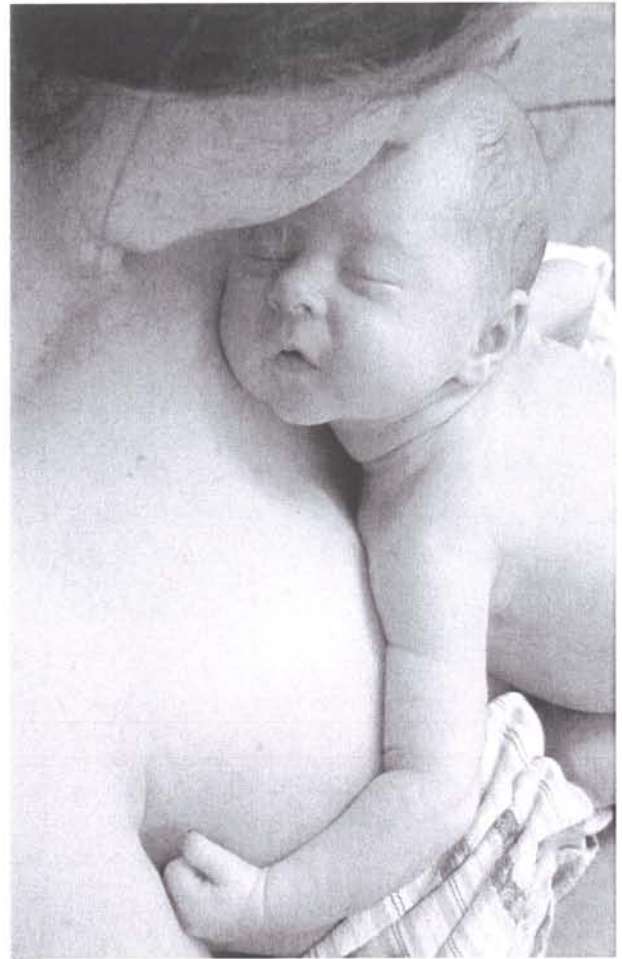


Photo © 2005 Pascale Wowak

### Skin-to-Skin Beyond the Delivery Room

Keep cuddling skin-to-skin after you leave the hospital—your baby will stay warm and comfortable on your chest, and the benefits for bonding, soothing, and breastfeeding likely continue well after birth. Skin-to-skin can help keep your baby interested in nursing if he's sleepy. Dads can snuggle, too. Fathers and mothers who hold babies skin-to-skin help keep them calm and cozy.

### About the research

Multiple studies over the past 30 years have shown the benefits of skin-to-skin contact. In all the studies described here, mothers were randomly assigned to hold their babies skin-to-skin or see them from a distance. For more information, see Anderson GC, GC. Moore, E. Hepworth, J. Bergman, N. Early skin-to-skin contact for mothers and their healthy newborn infants. [Systematic Review] *Cochrane Pregnancy and Childbirth Group Cochrane Database of Systematic Reviews*. 2, 2005.



Massachusetts  
Breastfeeding  
Coalition

254 Conant Road, Weston, MA 02493  
[www.massbfc.org](http://www.massbfc.org) | © 2005 MBC and Alison Stuebe



## February Newsletter

Maternal Child Health, Early Childhood Development  
& Healthy Babies Healthy Children

50 Meadow Drive

Community Wellbeing Centre

613-967-3603 or 613-967-0122

## "NEW" Dad's & Me Play Group "NEW"

February 16th, 2012.

6:00-8:00 p.m.

Ages: 0-10

Community Wellbeing Teaching Lodge

Please call to register, Allison, Johanna or Julie as space is limited.

This new group is for dad, grampa, uncle or the "special big guy" in a child's life.

Dinner is provided at no cost.

There will also be activities that you can do together.

### Upcoming March Events

Bingo Night Tuesday 6th ages 5-10 , 6-8pm

Drop In Monday 5th 9:30-12:00 with cooking

Play Group Saturday 24th 9:30-11:30

Dad's & Me Thursday 29th ages 0-10, 6-8pm



We're on the web!

Look for us under Community Service  
and Community Wellbeing.

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

Check us out on Facebook  
under Maternal Child Health

# Bowling Night

February 9th, 2012

5:00-8:30 p.m.

Ages: 5-10

Parents are welcome to attend, transportation will be provided.

Please call ahead to register as space is limited,

bus is leaving the Community Wellbeing Centre at 5pm sharp.

613-967-3603 Johanna, Allison or Julie



## ***WHAT IS Fetal Alcohol Syndrome/ Fetal Alcohol Effects (FAS/FAE)?***

Fetal Alcohol Syndrome (FAS) is a term used to describe birth defects caused by the drinking of alcohol during pregnancy and nursing. Alcohol causes the greatest damage to the baby's brain.

Fetal Alcohol Effects (FAE) is a term used to describe the presence of some, but not all, FAS characteristics.



***No AMOUNT of alcohol is safe  
during pregnancy.***

## ***CHARACTERISTICS of FAS/FAE***

- FAS/FAE can cause permanent brain damage.
- FAS/FAE can cause heart and other organ defects.
- FAS/FAE can deform a baby's face for life.
- Children with FAS/FAE can have trouble learning and controlling their temper.
- FAS/FAE babies weigh less and grow slower than healthy babies.
- An individual with FAS/FAE can have drug and alcohol problems, have difficulty keeping jobs, and get in frequent trouble with the law.

## **Monday Play Group**

February 20th, 2012

9:30-11:30 a.m.

Community Wellbeing Centre

Ages 0-8

Community Wellbeing Teaching Lodge.

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



Come inside and get warm with all our fun activities...

## Saturday Drop In Breakfast with Me and My Family

February 18th, 2012

9:00-11:30am

Ages: 0-6

Community Wellbeing Teaching Lodge.

Play together and enjoy a wonderful Pancake breakfast. Participate in a stimulating circle time.

Your child will explore his/her surroundings through an assortment of age appropriate activities including water play, blocks, games, books, puzzles, paint and play dough. Experience some new firsts with your child while they learn to communicate socially and learn to take turns.

Please call to register, 613-967-3603 Allison or Julie

## Quilting Class

Every Monday Night February 6, 13 & 20th, 2012

Community Wellbeing Centre

6-9 p.m.



Would you like to quilt, this class is from beginner to advance. Come out and enjoy and evening of fun male or female are welcome to join. Please call ahead if you are interested in attending.

The class will be working on a group quilt to raffle off.

Contact Allison 613-967-3603



## Scrapbooking Weekend

February 10, 11 & 12th, 2012

Feb 10th 6:30-10:00 p.m.

Feb 11th 10:00 a.m.-10:00 p.m.

Feb 12th 11:00 a.m.-4:00 p.m.

Cost \$40.00 per person for the weekend or \$20.00 per day

Community Wellbeing Centre right entrance

Come out and scrapbook some of your memories!

We will have demos, door prizes and meals and munchies!

Call Allison at 613-967-3603 to register payment is required by February 3rd, 2012.

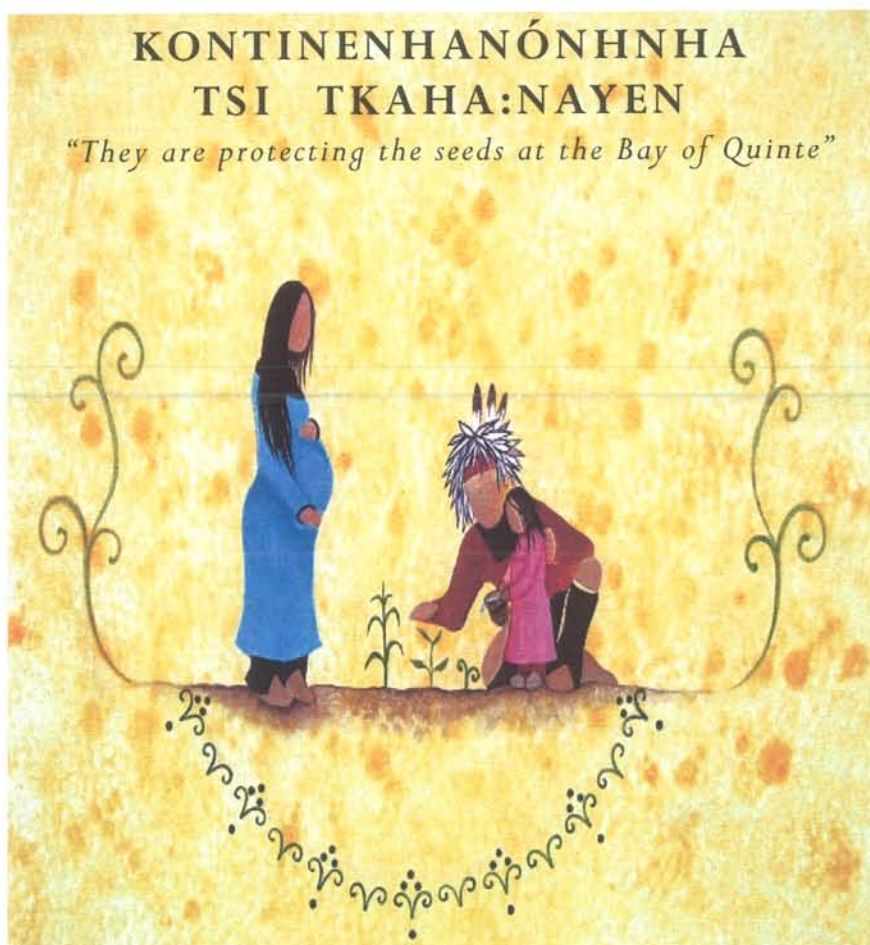
**\*\*Space is Limited to 20\*\***



# “Share Your Birth Experiences and Plan the Future of Our Community”

## KONTINENHANÓNHHA TSI TKAHA:NAYEN

*“They are protecting the seeds at the Bay of Quinte”*



### Dates:

Fri. February 10, 2012

5:30pm-9:00pm

Presentation

Workshop

*Dinner provided*

&

Sat. February 11, 2012

8:00 am-5:00pm

Workshop

*Breakfast*

*Snacks & Lunch provided*

to be held

at the

Tyendinaga Community Centre

1807 York Road

Tyendinaga Mohawk Territory

Sponsored by: 

Community Health Programs

*Mohawks of the Bay of Quinte*

*Raffles  
Door Prizes  
Giveaways*

To Register &  
for more information  
please contact:

Dorothy Green 519-732-7333  
(or [dlougreen@yahoo.ca](mailto:dlougreen@yahoo.ca))

Lynn Brant 613-967-3603

Randi Brant 613-848-0749

**THIS IS A FREE EVENT TO ALL FAMILIES LIVING ON & OFF THE TERRITORY!!!**



## KONTINENHANÓNHHA TSI TKAHA:NAYEN

*"They are protecting the seeds at the Bay of Quinte"*

Shekon Kenhtekehro:non:

I am writing to invite you to attend a **Birth Search Workshop** - *"How can our shared family birth experiences be used to advance Onkwehónwe midwifery care in our community"*? Before we can begin to envision our future, it is important to review significant events from our past. This search process begins with a review of our shared history. The history depicts major events and forces (*both external and internal*) along a chronological timeline.



This workshop is being held at the Community Centre on Friday, February 10th, 2012 from 6pm-9pm and continues through to Saturday, February 11th, 2012 from 8:30am-4:30pm (*refreshments provided*). This is an opportunity to discuss and explore an Onkwehónwe Midwifery Practice and Birthing Centre in Kenhteke.

This workshop is free to all community members.

Onkwehónwe midwifery is a community-based model of care that provides culturally safe and competent maternal and newborn care with Onkwehónwe Midwives and Birth Attendant(s). It deals with natural low risk birth alleviating the need of intervention(s) of outside agencies and provides a balance of Tsi Niyonkwariho:tens (Traditional) and Contemporary Midwifery programs and services for Onkwehónwe families in Kenhteke and surrounding urban and rural communities.

With direction from the Tyendinaga Mohawk Council, Community Health Services, Kenhtekehro:non and an Advisory Committee our intention is to design and develop programs and services that will ensure safety of the child, the well being of the family and address our need to reclaim the responsibility of life by birthing our children in the hands of our own people, on our land, using our language, traditions, culture and traditional medicines.

This is an important opportunity to motivate women to reclaim the power to make their own birth choices and take control of their health that in turn will heal and strengthen our families, our community, our clans and our nation.

Let us begin to plan our next steps towards improving and providing access to Onkwehónwe midwifery care services in our community.

Skennen Enyenakera'te (*They will be born Peacefully*),

Respectfully,

*Dorothy Green*

Onkwehónwe Midwife

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

*"A Strategy to Improve the Care and Outcome of Diabetes in Pregnancy in On-Reserve First Nations Women"*



Shekon,

Dorothy Green and Gale Hayward are the Community Healthcare Professionals who will be working together on the **Yonata'kari:te Konwati'nihstenha, Yonata'kari:te Rotiwirá:a'** (Healthy Babies, Healthy Moms Community Project): *"A Strategy to Improve the Care and Outcome of Teyakonekwenhsatsikhe:tareh (Diabetes) in Pregnancy in On-Reserve First Nations Women"*.

The Yonata'kari:te Konwati'nihstenha, Yonata'kari:te Rotiwirá:a' Project is a research study that will be examining the use of continuous glucose monitors in Yakowrayenta:sereh (pregnant) First Nations women who have been diagnosed with Gestational or Type II Diabetes. There will also be a Community Lifestyle Program, including a walking program as part of this project. Gale and I will be working on this study in partnership with the University of Western Ontario.

### **We are looking to recruit women with the following criteria for the study:**

**"Pregnant First Nations Women who live On-Reserve and who have been diagnosed with Gestational or Type II Diabetes."**

The participants will be divided into two groups based on their own preference. The first group will wear a continuous glucose monitor for a small portion of their pregnancy. The second group will be the control group and will test their glucose levels with the regular finger prick method. Both groups will be invited to participate in an exercise and healthy lifestyle program. There is no cost to participants.

At this point, we are looking to start a list of possible participants. If you meet the above criteria and would be interested in learning more about this study please email [chp\\_cwb@mbq-tmt.org](mailto:chp_cwb@mbq-tmt.org) or call 613-967-3603 extension 166 and ask for Dorothy or Gale.

This program will run until February 28, 2013. Please feel free to call or email us, if you have any questions regarding this study.

Nia:wen,

*Dorothy Green & Gale Hayward*  
Community Healthcare Professionals  
613-967-3603 extension 166  
[chp\\_cwb@mbq-tmt.org](mailto:chp_cwb@mbq-tmt.org)

## Why Participate in Yonata'kari:te Konwati'nihstenha, Yonata'kari:te Rotiwirā:a' Project?

- ✓ A chance to improve the management of diabetes and lifestyle of pregnant women which may lead to better delivery outcomes
- ✓ Reduce the risk of developing type 2 diabetes for the expecting mother and her unborn child in the future.
- ✓ Be a part of a community lifestyle program to help your community and future generations fight diabetes.
- ✓ Help increase research capacity within your community with the training and employment of a healthcare professional who will lead the Healthy Moms, Healthy Babies project.
- ✓ The project is at no cost to the women who participate or the community.



## FOR MORE INFORMATION:

**Yonata'kari:te  
Konwati'nihstenha,  
Yonata'kari:te  
Rotiwirā:a'**

### HEALTHY MOMS HEALTHY BABIES PROJECT

**Dorothy Green**  
Community Healthcare Professional  
Community Wellbeing Centre  
Tyendinaga Mohawk Territory,  
ON K0K 1X0

Phone: 613-967-3603 Extension 166  
Email: [chp\\_cwb@mbq-tmtc.org](mailto:chp_cwb@mbq-tmtc.org)

**Gale Hayward**  
Community Healthcare Professional  
Community Wellbeing Centre  
Tyendinaga Mohawk Territory,  
ON K0K 1X0

Phone: 613-967-3603 Extension 166  
Email: [chp\\_cwb@mbq-tmtc.org](mailto:chp_cwb@mbq-tmtc.org)

## Yonata'kari:te Konwati'nihstenha, Yonata'kari:te Rotiwirā:a'



*A Strategy to Improve the  
Care and Outcome of  
Teyakonekwenhsatsikhe:tareh  
(Diabetes)*

in

*Yakowrayenta:sereh (Pregnancy)  
in On-Reserve  
First Nations Women*



## What is Teyakonekwenhsatsikhe:tareh (Diabetes)?

Diabetes is a condition where a person's glucose (or blood sugar) is too high. Glucose comes from the food we eat and is made in our liver and muscles. An organ called the pancreas releases insulin which helps glucose get into our body's cells to use as energy. In a person with diabetes, the pancreas makes too little or no insulin, or sometimes the cells cannot use the insulin, so glucose builds-up in the blood. A build-up of blood glucose is not good for you and can damage your body. There are three different types of diabetes (type 1 diabetes, type 2 diabetes, and diabetes in pregnancy, often called gestational diabetes).

## What is the Diabetes Epidemic in First Nations Peoples?

First Nations peoples in Canada have rates of type 2 diabetes 3 to 5 times higher than the general population. Complications from diabetes (such as eye disease, amputations, nerve damage, kidney disease and death due to diabetes) are also more common in First Nations peoples. Sadly, these rates continue to rise. Of particular concern, First Nations women in their reproductive years have a higher risk of developing diabetes compared to First Nations men.

## What is Gestational Diabetes?

Gestational diabetes or diabetes in pregnancy occurs in women who are pregnant but who did not have diabetes before pregnancy. It occurs in 8-18% of pregnant First Nations women (compared to 2-4% in the general population). One in eight pregnant First Nations women will develop gestational diabetes.

Unlike type 2 diabetes, gestational diabetes is a temporary condition but if left uncontrolled both mother and child are at a higher risk of developing type 2 diabetes in the future. In addition, gestational diabetes increases the likelihood of complications during childbirth. However, if gestational diabetes is controlled, type 2 diabetes can be prevented and gestational diabetes disappears after delivery.

## How Can You Keep Yourself Healthy?

### EXERCISE

Regular physical activity can help control your blood sugar levels. It can also help manage stress and prepare your body for child birth.

### HEALTHY DIETS

Maintaining a healthy diet with foods from all four food groups and eating at regular times is important for managing blood sugar levels.

### CHECK YOUR BLOOD GLUCOSE LEVELS

By testing blood glucose, you and your healthcare team know that your gestational diabetes is well controlled.

## What Are Continuous Glucose Monitors?

Continuous glucose monitors are medical devices the size of a penny that continuously measure blood sugar levels throughout the day. As such, the frequency of finger prick testing is reduced. By constantly measuring blood sugar levels they can help healthcare providers better understand blood sugar level patterns and identify highs and lows which can lead to better management.



A small sensor is inserted just under the skin in your abdominal or buttock area. The sensor measures blood sugar levels every few seconds and sends the information via a wireless transmitter to a monitor which will be uploaded to a computer by your healthcare provider.



## BENEFITS OF CONTINUED GLUCOSE MONITORS

- Approved for safety and use by Health Canada.
- Recommended for use by the Canadian Diabetes Association to detect unexpected high blood sugar levels in women with gestational diabetes and to detect unrecognized low blood sugar levels in people with type 1 or type 2 diabetes.
- Small, discreet, lightweight and water resistant so you can wear it in water and it will not interfere with your normal daily activities.
- Reduces the use of glucose meters and the number of finger prick tests required each day.
- May improve diabetes care by providing information on blood sugar level patterns and how they change based on food, exercise, time of day and medication.

## What is the Yonata'kari:te Konwati'nihstenha, Yonata'kari:te Rotiwirá:a' Project?

Healthy Moms, Healthy Babies is a community lifestyle program which aims to increase awareness and improve care of diabetes in pregnant First Nations women with diabetes (type 2 or gestational diabetes). The project is comprised of a healthy lifestyle component focusing on exercise during pregnancy and use of cutting edge technology with continuous glucose monitors and glucose meters with traditional finger prick testing to monitor blood sugar levels. The program will run for 12-months and a community healthcare professional will be hired and trained to run the project.

Women will sign consent to participate and will decide whether they would like to wear the continuous glucose monitor or use the glucose meter. Research in the general population has shown that the continuous glucose monitors do a better job of monitoring blood sugar levels.

***Are you 18 years or older and pregnant  
with  
Teyakonekwenhsatsikhe:tareh  
(Diabetes)?***



You may be interested in a free  
**Yonata'kari:te Konwati'nihstenha,  
Yonata'kari:te Rotiwirá:a'**

Healthy Moms, Healthy Babies Project currently in our community that may help you have a better pregnancy and reduce the risk of diabetes problems for you and your baby.

**FOR MORE INFORMATION:**

Dorothy Green

or

Gale Hayward

*Community Healthcare Professionals*

*Community Wellbeing Centre*

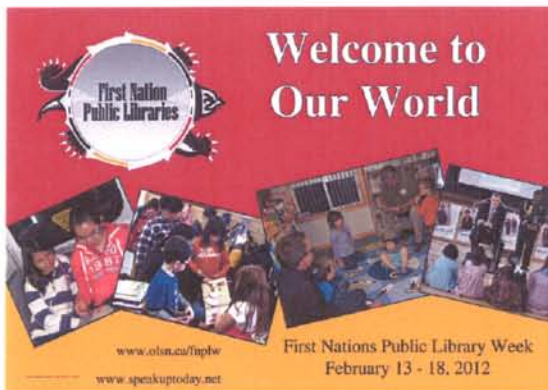
613-967-3603 ext 166

## Knitting

will start Feb.7  
from 7 to 9, for 6 wks,  
\$20/person  
making a felted needle  
case or project of your choice.



Learn to knit also *Welcome!*



*First Nation Public Library Week*  
is Feb.13 to 18

We will have bingo for seniors on  
Feb 14th at 2pm.



Our annual

## Trivia Challenge

will be on Feb. 19th at the Community Centre  
from 2 to 4.

*Check out the Canada Reads Books at  
the library and follow the debates on  
CBC radio on Feb. 6,7,8 & 9.*

Come see us  
At our new  
space!

1658 York Rd.

Kanhiote Tyendinaga Territory  
Public Library



A cultural and educational  
resource centre

## Hours

Monday	10:30 am to 5:30 pm
Tuesday	10:30 am to 5:30 pm
Wednesday	10:30 am to 5:30 pm
Thursday	12:00 pm to 7:00 pm



# CANADA READS 2012

FEBRUARY 6,7,8,9 FÉVRIER

Follow the debates on CBC Radio One, 11 am and 8 pm  
Suivez les débats sur CBC Radio One, de 11 h et 20 h

hosted by/animés par  
**JIAN GHOMESHI**

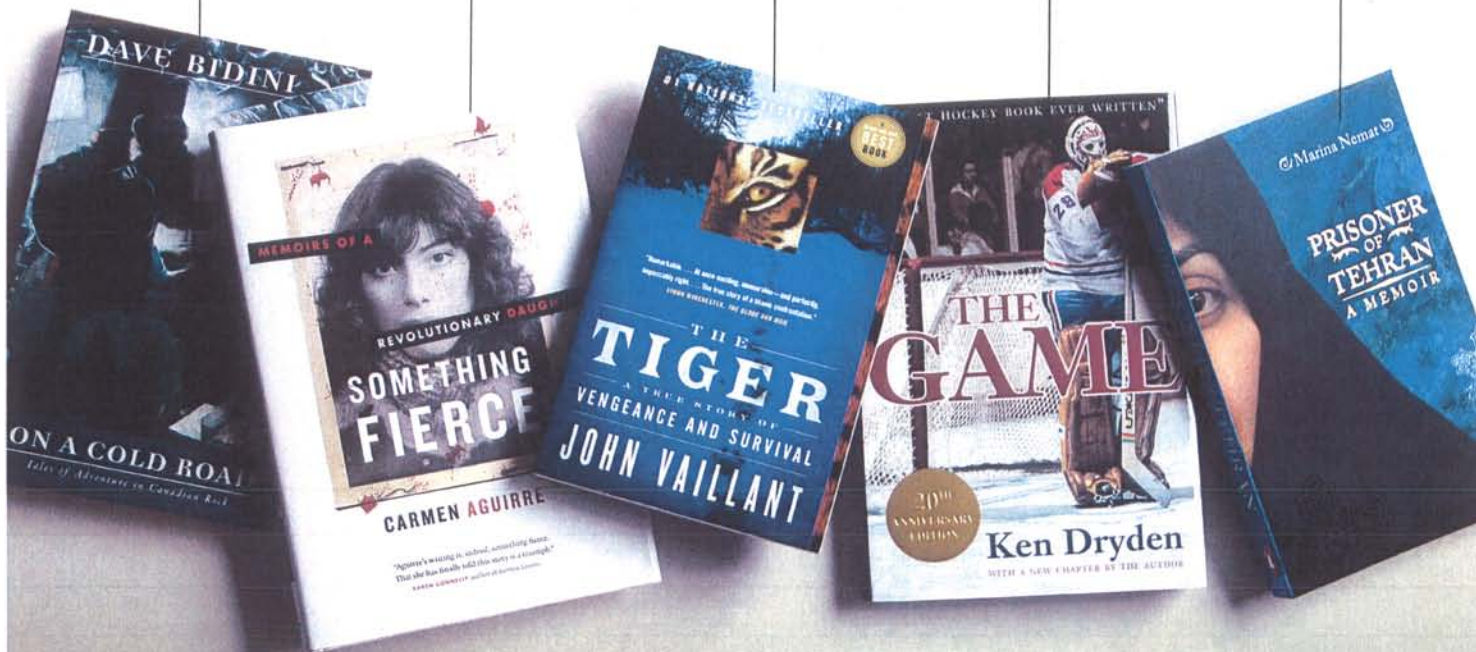
STACEY MCKENZIE  
defends/défend  
*On a Cold Road*

SHAD  
defends/défend  
*Something Fierce*

ANNE-FRANCE  
GOLDWATER  
defends/défend  
*The Tiger*

ALAN THICKE  
defends/défend  
*The Game*

ARLENE DICKINSON  
defends/défend  
*Prisoner of Tehran*



[cbc.ca/canadareads](http://cbc.ca/canadareads)



Royal Canadian Legion  
Earle J Brant Memorial Branch 280  
Deseronto, ON

## February, 2012 events...

### Saturday, February 11 CHILI COOK-OFF!

Prizes for the best judged chilis!  
(entries to be submitted by 1pm)  
with live music to follow..

**THE CONSECON QUARTET! 2 - 6pm**

### Friday, February 24 A - 1 Entertainment presents... K A R A O K E 8 - midnight

### Saturday, February 25th ANNUAL WILD GAME DINNER! 6pm This is a pot-luck dinner so it would be appreciated if you bring your own dish

## Moon Ceremony

WHERE: COMMUNITY WELLBEING CENTRE

WHEN: *Feb. 7* at approx 6:30p.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!*



### *Coming next month*

- An exciting NEW  
standard among the  
Newsletter:

Ask the Doctor.

Submit your health and  
wellness questions to  
[maraclechiropractic@gmail.com](mailto:maraclechiropractic@gmail.com)

or mail to:

Maracle Chiropractic  
PO Box 1216  
Shannonville, ON K0K  
3A0

PRESENTING

# Conversations

• 3 nights of discussion revolving around Kanienkeha culture and Christian faith. •

You are invited to join us as we gather to talk, and to listen. For three nights we will be looking at faith and culture, and how these play out in our lives and in our community.

• February 22<sup>nd</sup>, 29<sup>th</sup>, and March 7<sup>th</sup> •

• 7 to 8:30 pm •

• Mohawk Pentecostal Church •

• Presented by: Murray O'Coin •

• Session1: My History • Session2: Luggage Rack • Session3: Say What •

# Sweetheart Dinner



FEB. 12, 2012

5 – 7 p.m.

Queen Ann Parish Centre

Price: single \$18.00 / couple \$30.00

Roast Beef with the trimmings & Entertainment  
Proceeds—Anglican Parish of Tyendinaga

*For tickets contact: Gail 613-396-2367 or Shirley 613-962-6137*



# Happy 80th Birthday Gathering

## *In Honour of*

## Audrey Brant

Open House from 2:00 - 5:00 pm, February 25, 2012 in the down stairs portion of the Mohawk Community Centre.

Pot Luck Supper 5:00 pm. Everyone Welcome!!

**This will be a fun filled afternoon with visiting, food, cards, games and music. We would love it if you brought your musical instruments & old pictures.**

**We look forward to seeing you there & best wishes only please.**

*Please bring your feast baskets or paper & plastics will be provided for you.*



---

## A Call for Artists Submissions

### About Us

Native Men's Residence is a multiservice organization which delivers a variety of programs and services. Na-Me-Res offers a 63 bed Men's Shelter, Outreach Services including Housing and Aftercare support, and Sagatay, supportive housing for a period of one year. Inclusively, Na-MeRes fosters and maintains a healthy sense of community, cooperation and self-worth through the promotion of Traditional Native Culture and Values. We endeavour to build a strong foundation for our clients on their road to recovery and self-sufficiency.

### Design Brief

Submissions will be judged on their originality and their relevance to Na-Me-Res and should include elements representing the diversity of the Aboriginal populations. The Artist will agree to complete a Release Form which recognizes the artist will transfer full ownership/copyright to Na-Me-Res (Native Men's Residence) if chosen.

### The Prize

The winning entry will receive \$1,000

### Deadline for Submissions

The deadline for submissions is May 1st, 2012 at 5:00 p.m.

Please submit your artwork including a brief description of its meaning to the following

[jwabegijik@nameres.org](mailto:jwabegijik@nameres.org), or by mail to:

Attn: John Wabegijik, Administrative Officer

Na-Me-Res

26 Vaughan Rd.

Toronto, Ontario

M6G 2C4

Miigwetch!

HAPPY 60<sup>th</sup> BIRTHDAYS

ELTON & KATE



Please Join Us in Celebrating our Parents'  
Milestone 60<sup>th</sup> Birthday!

To commemorate their birth era we encourage the 'fun at heart' to dress up in 1950's apparel. The best dressed couple will be selected by our birthday couple and win a prize!!



Ladies put on a poodle skirt and guys' wear that leather jacket... It's time to twist the night away with two of the most giving "seniors" we all love!

Saturday, MARCH 31, 2012

Community Centre

7pm-1am

Please direct any questions to Sal Brant: [sal@sparksnet.ca](mailto:sal@sparksnet.ca) or  
text/call 226-228-2599 or Laura Brant: 613-483-7455

*Can't wait to see you all there!*



It's Time Again!

## Details of the Hanio Oksa Healthy Lifestyles # 6

Only one day a week to take the footsteps of change



**Thursday February 9, 16, 23 / 2012**  
**At the Tyendinaga Fitness Resource Center**  
**6pm to 7pm**

(613) 962-2822 [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)

**3 weeks FREE** of promoting a Healthy Lifestyles by implementing a balanced program of being physically active & healthy workshops with the following:

### Thursday February 9

#### **Ten Ways to Increase Your Metabolism**

By Heather Williams

Registered professional Dietitian



### Thursday February 16

#### **Ten New Super Foods**

By Michelle Meilleur

Nutritionist & Wellness Coach & Homeopath

### Thursday February 23

#### **Emotional Health**

By Kana'hwahawi

Cherylann Brant



**Each session is a ½ workshop & ½ of exercise at the**

**Tyendinaga Fitness Resource Centre**

**(Dress to be active) FUNDED BY AIAI**

**Sign- up by January 31 /2012 by email or calling TFRC (613)962-2822**

**Youth are welcome with Parents, (you do not have to sign up for all the events)**

**SPECIAL MONTHLY MEMBERSHIPS & PRIZES TO ALL THAT ATTEND all 3**

NEW FOR YOU & your HEALTH!

# Tyendinaga Fitness Resource Centre

(613) 962-2822

**SUNDAY**

**Yoga @ T.F.R.C.**

**10 am to 11am**

Yoga Only at TFRC on Sunday's

**Feb.12/12 to Mar.4/12**

The program is successful & it will continue

**The Certified Yoga Instructor  
is Barbara Roch**

For the program to be successful we require

At least 5 paid participants

For more information about the benefits of Yoga :

Email : bahi@cogeco.ca (613) 354-7503

Gift Certificates Available

**Register today : (613) 962-2822**

Or email : tyfitnessres@mbq-tmt.org

We are on FACEBOOK or [www.mbq-tmt.org](http://www.mbq-tmt.org)

**YOGA**

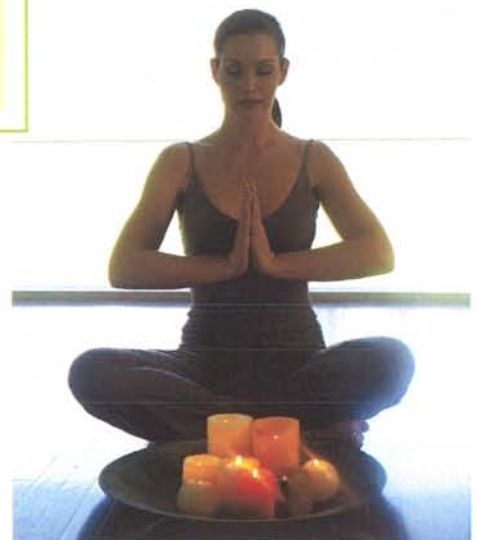
**4 classes  
for \$30.00**

Limit of 10 / Pay when  
you sign up.

**Drop-In Welcome**

Deadline to sign up by

**Feb.8/12**



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

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

February 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**

Ryder Sager

Talon Barnhardt

Tammy Brant

Isaiah Loft

***Make the Portion and Calorie Cut***

Here are a few tips to help keep your portions under control:

- If you are at home use smaller plates. This creates the illusion of eating a bigger portion
- If you are at a restaurant and you know the portions are going to be huge ask the server to put half in a doggie bag before it even comes to the table
- Share an entrée with your dining partner
- Always leave something on your plate. This reminds you that you are in control of the food, not the other way around

**NEW STAFF**

My name is Isaiah Loft, I've lived on the Tyendinaga Territory my entire life, and recently began work as custodian extraordinaire at the Tyendinaga Fitness Resource Center.

**Personal Space**

We understand it is not easy to join a gym, so we have a special space and quiet time of the day for anyone to work out. The Personal Trainer will also help you with a fitness plan to help with your success. We have a NEW flat screen for personal D.V.D fitness in our Stretch Room.

**What is Will Power ?**

Will power is the will to act to change, it's not easy and you have to practice it to have "Will Power". It takes one day at a time to change old habits and make new healthy habits, will power will help you be successful, but you have to push yourself to get started, you will feel the benefits of a healthier lifestyle in no time.

**Thank You**

To Markus Barby for volunteering / Penny for the donation of items & Dwayne for the great medicine ball stand.

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

## Calendar of Events February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sign- up Today</b>	<b>Never Too Late</b>	<b>Maracle Chiropractic</b> ↑↓	1 Call for Appointments (613) 876-5855	2 <b>Maracle Chiropractic</b> ↑↓	3 Fitness Your Style	4 Adult Membership <b>87 Cents A DAY !</b>
5 <b>Yoga 10am-11am</b>	6 <b>Say Yes To a Healthy Lifestyle</b>	7 <b>Fit For 2</b> Schedule Appointment	8 <b>Pilates 6pm-7pm</b>	9 <b>Fit For 2 Hanio Oksa Workshop 6pm-7pm</b>	10	11 Seniors Membership <b>52 Cents A Day !</b>
12 	13	14 <b>Fit For 2</b> Schedule Appointment	15 <b>Pilates 6pm-7pm</b>	16 <b>Fit For 2 Hanio Oksa Workshop 6pm-7pm</b>	17 	18 Youth Membership <b>69 Cents A DAY !</b>
19 	20 <b>We Have Childcare FUN !</b>	21 <b>Fit For 2</b> Schedule Appointment	22 	23 <b>Fit For 2 Hanio Oksa Workshop 6pm-7pm</b>	24	25 <b>We Will Save You \$\$\$ NO TAXES</b>
	27	28 <b>Fit For 2</b> Schedule Appointment	29 <b>FREE Coffee &amp; Tea For Clients</b>	<b>We Have Great Movies &amp; Magazines</b>		

***Monday, Wednesday & Friday***  
***Seniors have Transportation to TFRC***  
***Program Partner with Home Support***  
***Call 613-967-0122***

www.mbq-tmt.org - under community services We are on FACEBOOK

Tyendinaga Fitness Resource Centre (613) 962-2822

CHIROPRACTIC

# KIDCARE



When most people think of chiropractic care, they think of low back or neck pain. While many people can get great relief of these symptoms from chiropractic adjustments, that is such a tiny aspect of what we do. Patients are amazed to find out that most of the problems we have as adults began when we were children. A lot of times, these problems begin at birth (who said birth was easy and gentle???).

That is why our office focuses so much on children and babies. We believe it is easier to grow a healthy child than to fix a broken adult.

Call to book you and your families initial exam for only \$35.

**BOOK NOW**

**613-876-5855**

**OFFICE HOURS**

Tuesday and Thursday

2:00 - 6:00pm

**MARACLE CHIROPRACTIC**

14 York Rd TMT, ON K0K 3A0

[maraclechiropractic@gmail.com](mailto:maraclechiropractic@gmail.com)

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



## 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 Rev'd Brad Smith  
962-2787

### SUNDAY SCHEDULE

All Saints' Church (Upper Church)  
and Queen Anne Parish Centre (QAPC)  
1295 Ridge Rd

8:30 a.m. – Said Service (no music)  
9:15 a.m. – Christian Education/study  
10:30 a.m. – Sunday Celebration

*These times are in effect from 5 Feb to 25 Mar*

### UPCOMING EVENTS

Celebration of the 60<sup>th</sup> Anniversary of  
the Accession of Her Majesty The Queen  
Sunday 5 February, 4 p.m., Christ Church

On 6 February 1952, with the death of King George VI,  
Princess Elizabeth became the Sovereign. A traditional  
service of Evensong will commemorate this historic  
moment in the history of the Commonwealth and give  
thanks for the sixty years that Queen Elizabeth II has  
reigned over the United Kingdom, Canada, and her  
other realms and territories and been a friend to her  
allies, the Mohawks.

Parish Fun Night  
Wed 15 Feb, 7 p.m., QAPC  
Bring a game, a friend, and a snack!

Pancake Supper  
Tue 21 Feb, 5-7 p.m., QAPC  
This annual event features pancakes, bacon, and  
sausage and coffee/tea/juice. Adults \$8; Kids \$5.  
Family (2 adults and any number of children): \$20.  
Proceeds to fund parish ministries.

Ash Wednesday Liturgy  
Wed 22 Feb, 7 p.m., All Saints' Church  
The traditional start to the Lenten season with  
imposition of ashes and celebration of the Eucharist.

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

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

**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.

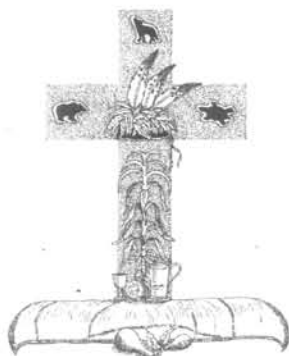
**Contact:** Joy Brant - 613-967-0411  
Tree Good [altree94@gmail.com](mailto:altree94@gmail.com)

### **“AA OPEN MEETINGS”**

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

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

*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!"**



**TYENDINAGA MOHAWK TERRITORY**

**1984 YORK ROAD**

**CHURCH • 613-396-5329**

**PARSONAGE • 613-396-5325**

**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**

**Communion**

**second Sunday of each month**

# 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 bales - \$2.50

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
  - 2 bathrooms (updated 4 piece) & 3 piece bath, laundry room
  - large family room with new Wood stove
  - upgraded well
  - new roof & deck
- Owner will consider holding mortgage for qualified buyer with down payment.  
Please contact:  
tyendinagall@yahoo.com or  
416-938-4157 or 613-396-2151

## Snow Plowing Available

reasonable rates

Call: Cliff Maracle  
613-968-4159

## FOR SALE

SEARS FLOOR MODEL  
12 inch band saw

Phone: 613-967-6082

## FOR SALE

APARTMENT HOUSE near Deseronto with 24 acres. 5 units with 1 bedroom each all newly remodeled. Outbuilding. Two wells, one spring-fed pond. Also partially complete house foundation. Land could be subdivided into nice building lots or to enjoy snowmobiling and 4-wheeling. Great investment for the future as well as current income. Owner retiring. Will hold private mortgage for qualified buyer.  
Call 613-847-9761

## FOR SALE

- Has been converted into 2 apartments
- 3 Bedrooms upstairs & 1
- 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

## SEEKING TO PURCHASE

WATERFRONT PROPERTY

Call: Terra 1-705-2281151

## 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

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Phone: 613 813 4011 ( Bill )



## Mobile Aesthetics By Natalie

Thinking about waxing?  
First time waxing?

Looking to get rid of some of your unwanted hair for the holiday season?  
Eyebrows, upper lip, underarms  
Why not try it in the comfort of your own home.  
You don't have to worry about a thing, just relax and enjoy!

### Hair Removal

Brows, Upper Lip, Chin	\$ 10.00
Underarms	\$ 15.00
Upper Leg	\$ 45.00
Lower Leg	\$ 35.00
Upper & Lower Leg	\$ 70.00
Bikini	\$ 25.00

### Hands & Feet

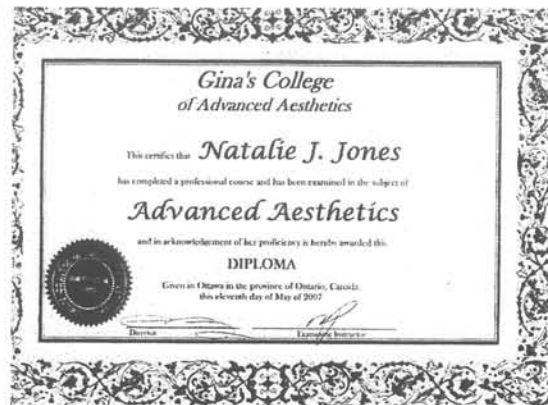
Manicure	\$ 25.00
Pedicure	\$ 35.00

Sit back & relax while I rejuvenate your tired feet. Your nails are shaped, cuticles are trimmed, calluses are removed, top it off with a foot massage and your choice of polish.

Call Natalie to book an appointment

613-813-3295

I provide all the necessary tools and linen required.



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Bill

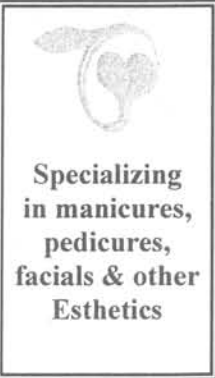
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- Ear Piercing & Facials
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## Pelletier Law Firm

*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

*Rheana Maracle Photography*

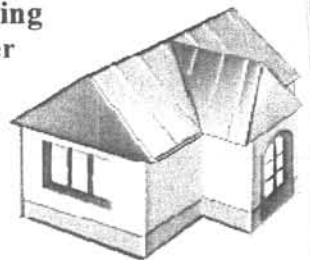
613-967-4722

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*Cell: 613-921-2241*

## Bowden Contracting Licensed Carpenter

Home Renovations  
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Free Estimates



**Ron Bowden**

Cell - 613-848-5331

**613-962-0082**

# TYENDINAGA COMPUTER SALES & SERVICE



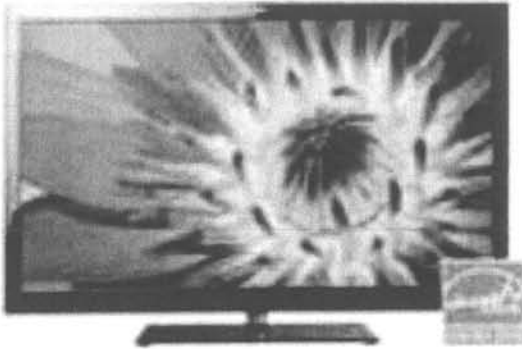
"the satisfied customer specialists"



See the new 80" Gigantic LED TV from Sharp  
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## Fujitsu Lifebook!

**3 Year Warranty**

**Limited Time**

Includes:

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**\$799.**

*Great for the Office*

Intel Core i5 2.3GHz, 3 USB, HDMI Out,  
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Includes:

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Intel Core i3 2.1GHz, 15.6" HD (1366X768)  
Dual DVD+/-RW, 500GB, Webcam, HDMI  
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## Lenovo Thinkpad!

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& Carrying Case

**\$549.**

*Perfect for Work/Travellers*

Intel Dual Core i3, 4 USB, HDMI Out,  
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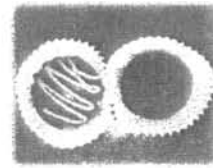


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Fresh Buns and Breads Made Daily Made From Scratch

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