



MOHAWKS OF THE BAY OF QUINTE



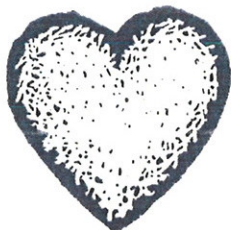
KENHTEKE KANIENKEHA

ISSUE 2/10
Ennihska (Feb.)

ORI:WASE (News)

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

Diabetes Wellness Circle



On February 9, 2010

Heart Health Presentation

With Carol Loft

From 7:00pm to 9:00pm
At the **Thayendanege Health Centre**
1658 York Road

Transportation may be provided.
For more information contact Wendy
at (613)-967-3603



MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANIENTEHA

Administration, 13 Old York Rd., Tyendinaga Mohawk Territory, ON K0K 1X0
Phone 613-396-3424 Fax 613-396-3627

NOTICE OF TWO (2) COMMUNITY MEETINGS

DATE: **FEBRUARY 11, 2010 – CN AND VIA RAIL**

TIME: 7:00 P.M.

PLACE: COMMUNITY CENTRE

SUBJECT: CN AND VIA RAIL PRESENTATION AND QUESTION PERIOD
REGARDING CN RAIL'S WORK UNDER THE GOVERNMENT OF
CANADA'S PROGRAM TO ENHANCE VIA RAIL CANADA
PASSENGER SERVICE IN THE MONTREAL-TORONTO CORRIDOR AS
IT RELATES TO THE NAPANEE TO BELLEVILLE SIDING TRACK

DATE: **FEBRUARY 22, 2010 – TYENDINAGA MOHAWK COUNCIL AND
ALAN PRATT, MBQ LAWYER**

TIME: 7:00 P.M.

PLACE: COMMUNITY CENTRE

SUBJECT: CULBERTSON TRACT CLAIM – AFFIDAVITS IN THE FEDERAL
COURT REGARDING CANADA'S SPECIFIC CLAIMS POLICY



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANIENKEHA

Administration, 13 Old York Rd., Tyendinaga Mohawk Territory, ON K0K 1X0
Phone 613-396-3424 Fax 613-396-3627

January 25, 2010

**A special thank you from Employment & Training
Mohawks of the Bay of Quinte**

I would like to take this opportunity to thank everyone for their kindness, offers to help and their input for the Career Fair on Tyendinaga Mohawk Territory.

Thank you to community members who took the time to meet with and were able to network with a wide variety of agencies and HR personnel.

To all who participated and sat up information booths, thank you.

Thanks to the Community Well Being Director and staff for their help in offsetting costs associated with the Career Fair.

Also thanks to those who donated or provided door prizes, we were able to have seven draws.

I look forward to our next Career Fair on Tyendinaga Mohawk Territory. Please plan to attend or participate.

Thank you again for your support at the Tyendinaga Career Fair.

Special thank you to:

Tyendinaga Mohawk Council
Community members
Economic Development
Defence Construction Canada
TMT Financial Centre
Community Advocacy & Legal Centre
Canada Revenue Agency
Career Edge, Sumer Jobs for Youth
Career Edge, Job Junction
Career Edge
Tyendinaga Home & community Care
Service Canada
International Truckload
Transport Safety & Compliance Systems Inc
Ontario Pipe Trades

Tyendinaga Health Centre
Bill Best, Trucking Agency
RCMP Recruiting
OPG Lennox G. S.
Algonquin College
Department of Fisheries & Oceans
Canadian Coast Guard
TD Trust
FNTI
Canada Border Services Agency
Red Cedars
Job Connect
Red Cross
Meta Vocational Services

For anyone I may have missed, sincere apologies and please give me a call
Sandy Sero, Employment & Training
1-613-968-1122 EXT 141
Thank you.

Employment & Training Mohawks of the Bay of Quinte Information Session

An information session only is being planned, with a tentative date of February 25, 2010, at the Tyendinaga Mohawk Community Centre located at 1807 York Road.

The RCMP, Corrections Canada, the Canada Border Crossing Agency as public service agencies have confirmed their attendance.

Also for your information, some community members from Mohawks of the Bay of Quinte, or other First Nations who have already taken training and are employed with the above agencies have also been asked to participate.

A representative from The United Association of Journeymen & Apprentices of the Plumbing and Pipe Fitting Industry, Mr. John Bernier, has also confirmed his attendance for those interested in a trade, such as plumbing or welding.

I am still waiting for responses from other agencies, CP Rail, CN Rail and someone from the trades industry to discuss apprenticeships.

If you wish to attend, or you have questions, and you would like to meet one on one with any of the personnel from the above agencies, please contact me to register.

Sandy Sero
Phone: 1-613-968-1122 EXT 141

A Summer Employment Opportunity

The Lennox Generating Station will be hiring summer students again this summer.

Interested applicants need to have completed the first year of college or university and be planning to attend again in the fall.

Students interested in summer employment, please mail, fax or email a resume and covering letter to the following person.

Mr. Mike Kavanagh, Manager Human Resources
Lennox G.S.
P.O. Box 1000
Bath, ON
K0H 1G0
FAX: 1-613-352-6302
Email: mike.kavanagh@opg.com

PLEASE NOTE: the deadline for applications is March 12, 2010

Thank you.
Sandy Sero

NEW INFORMATION FROM THE EMPLOYMENT & TRAINING DEPARTMENT

WILLIS COLLEGE: In partnership with TeKnoWave Inc. is announcing the Dr. William Commanda Scholarship to be awarded annually to eleven (11) Aboriginal students from across Canada who would otherwise not have the opportunity to obtain the career-oriented education provided at Willis College.

This initiative is dedicated to assisting Aboriginal students to develop their knowledge base and interest in environmental stewardship and advance respect for Mother Earth.

Evaluation and award process will take place in Ottawa. Students of Aboriginal, Metis or Inuit heritage will be chosen based on academics and community involvement along with other criteria.

The scholarship will accommodate one aboriginal person, per location, to take one program in clean energy or business valued at ten thousand dollars per year for three years. Students will choose which Willis College location they wish to attend.

For detailed information, Please contact
Rima Aristocrat
President & CEO
Willis College
Telephone: 613-233-1128
FAX: 1-613-233-9286
Email: rima.aristocrat@williscollege.com

Mohawks of the Bay of Quinte EMPLOYMENT OPPS.

Please note that Internal postings are for Territory members. Only those applications selected for an interview will be contacted.

Send resumes to:
Gail Maracle
By mail: Mohawk Administration Office
13 Old York Road, Tyendinaga MT, K0K 1X0
Via email: gailb@mbq-tmt.org
Via fax: 613-396-3627

Please contact for a detailed description

DEADLINE: February 15th, 2010 at NOON

Internal NNADAP Worker

The NNADAP Worker will possess the qualities necessary in performing extensive community outreach for the purpose of maintaining and understanding the needs of the community in regards to alcohol, drugs and solvent abuse prevention and pro

motion programming; will deliver programs in the community including, but not limited to intake assessments, guidance support, follow-up and ensuring the delivery of culturally oriented program to address community needs.

Qualifications include: Graduation from a post secondary program in Social Work, AND/OR Certificate or Diploma in Addictions, with 1 to 2 years related experience; must possess excellent communication skills, proficiency in MS Office, internet for research and Outlook email including keyboarding skills; high degree of initiative, insight and self direction; knowledge of substance abuse related to First Nations people (cause and effect); able to complete a variety of administrative functions, including monitoring of program budget; proposal and report writing; CPR, First Aid and WHMIS certificates an asset; Satisfactory Criminal Reference Check; able to work flexible hours; valid Class "G" driver's license, own vehicle and valid vehicle insurance; able to travel as required.

EMPLOYMENT OPPORTUNITY

INTERNAL POSTING

INTERNAL POSTING

Before and After School Program Assistant Term to December 2010

Position provides for in Day care and out of Day care programs and educational/age appropriate learning activities for children; assists children with personal care needs and performs classroom related domestic responsibilities. Also must work with community members, parents and network with other programs.

Essential Qualifications:

Education Requirements

- Graduate from a post secondary institution in Early Childhood Education
- Equivalent related experience
- Previous experience an asset
- CPR and First Aid
- Satisfactory criminal reference check
- Updated immunization
- Preference will be given to persons of Mohawk Ancestry

Skills/Knowledge

- Knowledge of childcare programs and other programs on and off Territory
- Good oral and written communication skills
- Knowledge and appreciation of the theories and principles related to the provision of childcare services including education, child nurturing and behaviour
- Knowledge of Day Nurseries Act
- Knowledge of current policies and procedures
- High level of confidentiality
- Good organizational and time management skills
- High level of sensitivity
- Willing to travel, ie. Workshops, conferences

Abilities

- Sense of humour
- Enjoys working with children
- High degree of mobility and dexterity
- High degree of initiative and self-direction
- Good health an asset

Duties & Responsibilities: Work Procedures

1. Responsible for providing learning activities
2. Responsible for ensuring the safety of children
3. Assists in the operation of the program and facility
4. Responsible for some lifting, bending, with prolonged periods of high energy activities
5. Work well within a team, to support and encourage.

DEADLINE FOR APPLICATIONS:

February 19, 2010 at 12:00 NOON

For a detailed position description or to apply, please contact:

Bev Hill, HR Officer
Mohawk Administration Office
(613) 396-3424 fax (613) 396-3627
e-mail: bevh@mbq-tmt.org

**Note: Eligible candidates for an Internal Posting are members of the Tyendinaga Mohawk Territory
We thank all applicants for their interest in this position but only those selected for an interview will be contacted.**

**EMPLOYMENT OPPORTUNITY
RED CEDARS SHELTER
(2) COUNSELLORS**

Job Summary:

Position is responsible for providing a safe and secure environment related to family violence, health and well being among Aboriginal women and children.

DUTIES AND RESPONSIBILITIES:

The Counsellor must be able to complete admissions/discharges in accordance with policies and procedures and to complete telephone screening intakes, evaluations, and "plans of intervention" with residents as well as case conference all clients.

The Counsellor must provide grammatically correct, clear, and concise reports as required, maintain up-to-date files and compile statistics.

The Counsellor must possess the ability to handle crisis calls and provide support, referrals and information and be non-judgemental when delivering counselling services to clients.

The Counsellor is required to deliver programs, either through educational sessions, circles or an informal means of teaching, and promote and support Community activities/projects concerning issues affecting women and children.

The Counsellor will maintain strict adherence to all security measures and Confidentiality of Information for the safety and security of the residents.

The Counsellor will maintain own health through actively following a personal wellness plan

HOURS OF WORK:

The Counsellor will work a five week rotating schedule,
Monday through Friday as follows:

07:00 a.m. to 3:15 p.m.
03:00 p.m. to 11:15 p.m.
11:00 p.m. to 07:15 a.m.

This will also include 12.25 hour shift on
Saturday and Sunday as follows:

07:00 a.m. to 07:15 p.m.
07:00 p.m. to 07:15 a.m.

Each full time staff shall work 40 hours per week, 34.5 will be "on shift" and the other 5.5 hours per week will be used for program delivery and staff meetings and will be required to be available to work "on call" or on an emergency basis on occasion.

QUALIFICATIONS:

- | | |
|--|--|
| <ul style="list-style-type: none">➤ graduation from a post secondary program in social services or related field➤ experience working in crisis situations➤ possess a valid class "G" drivers license➤ must be able to provide a clear criminal reference check➤ must have a personal wellness plan and support system in place➤ excellent written & verbal communication skills➤ good analytical and problem solving skills➤ organizational skills➤ interpersonal skills➤ ability to carry out directives | <ul style="list-style-type: none">➤ computer literate➤ Excellent working knowledge of family violence and services➤ Knowledge of Native women and family issues➤ Knowledge/understanding of Mohawk culture & traditional ways➤ To work independently➤ To work in a Team environment➤ To work shift work➤ To work in a high stress environment➤ To relate well with children➤ To take directives, be flexible and creative |
|--|--|

DEADLINE FOR APPLICATIONS: February 19, 2010 @ 12:00 NOON

For a detailed position description or to apply contact:

Bev Hill, HR Officer

Mohawk Administration Office (613) 396-3424 Ext. #132

e-mail: bevhill@mbq-tmt.org

NOTE* A criminal reference check **must** accompany ALL applications.

We wish to thank all applicants, however, only those applicants selected for an interview will be contacted.

ENVIRONMENT NEWS

Should Lake Sturgeon be placed on the Species at Risk Registry as a THREATENED Species?

Lake Sturgeon Great Lakes - Upper St. Lawrence populations

Scientific Name: *Acipenser fulvescens*

Other Names: Lake Sturgeon (Great Lakes and Western St. Lawrence populations), Lake Sturgeon (Great Lakes and Western St. Lawrence River populations)

Taxonomy Group: Fishes

Range: Ontario, Quebec

Last COSEWIC Assessment: November 2006

Last COSEWIC Designation: Threatened

SARA Status: No schedule, No Status

General Description

The Lake Sturgeon (*Acipenser fulvescens*) is a member of the family *Acipenseridae*. As a group, sturgeons are considered living fossils, having changed little from their ancestors of the Devonian Period. Lake Sturgeon is the only strictly freshwater species of sturgeon in Canadian waters. It also is the largest freshwater fish in Canada. Other common names include Rock Sturgeon, Common Sturgeon, Shell-back Sturgeon, Dog Face Sturgeon, and Great Lakes Sturgeon among others.

Distribution

The distribution of Lake Sturgeon once extended from western Alberta to the St. Lawrence drainage in Quebec, and from southern Hudson Bay drainages to the lower Mississippi drainage. Its abundance and historic range in the United States are much reduced and it is considered endangered in many states. In Canada, Lake Sturgeon occur in rivers around southern Hudson Bay, in the Great Lakes, and in inland lakes and rivers from Alberta to Quebec.

In Canada, eight designatable units have been identified for Lake Sturgeon based on genetic and biogeographical distinctions. Within the Great Lakes, Western (Upper) St. Lawrence designatable unit (DU8), this species has been identified as Threatened by the Committee on the Status of Endangered Wildlife in Canada (COSEWIC). There are 63 known existing populations in the Great Lakes and Western St. Lawrence basin (DU8); however, only 20 are known to spawn successfully, and only four populations are considered to be large.

Habitat and Life History

Lake Sturgeon are bottom-dwelling fish found in large rivers and lakes, at depths generally between 5 and 10 m, sometimes greater. Spawning occurs in the spring in fast-flowing water at depths between 0.6 and 5 m over hard-pan clay, sand, gravel and boulders. Sexual maturity is reached at 18 to 20 years in males and 20 to 24 years in females. The number of eggs may range from 50,000 to over 1,000,000 depending on the size of the fish, and incubation takes about 7 to 10 days in water of 13 to 15°C. Larvae are negatively buoyant until the swim bladder starts to form about 60 days after hatching. The young-of-the-year grow rapidly and may reach 20 cm by the end of the first summer.

Diet

Lake Sturgeon feed on a variety of benthic organisms depending on the season, location and type of substrate. Some food items include small benthic fishes, molluscs, crayfishes, insect larvae, and on occasion, fish eggs. They may also feed in the water column on pelagic zooplankton such as *Daphnia*, and occasionally on insects at the surface.

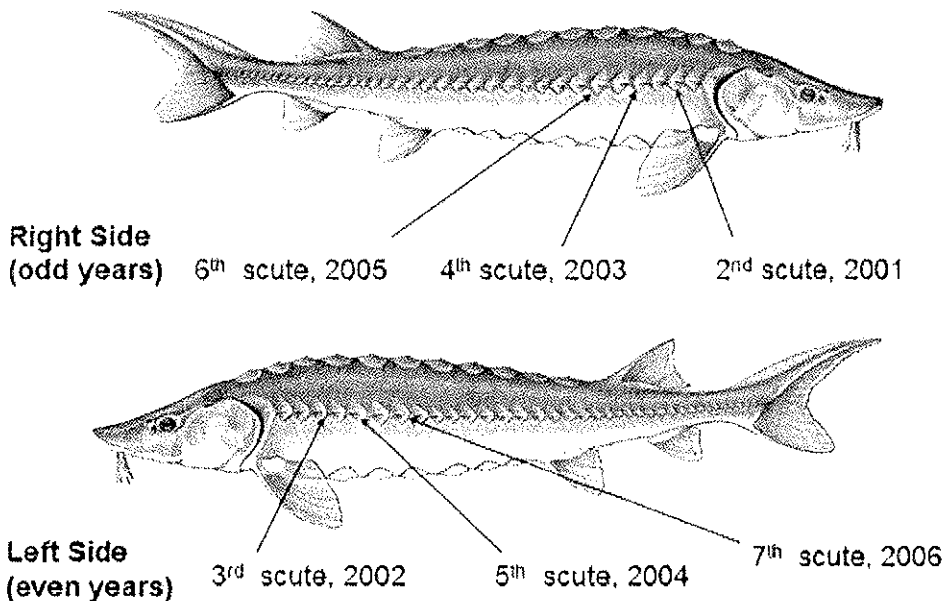
Threats

Human activities represent the most important threat to Lake Sturgeon. Historically, commercial fishing caused precipitous declines in many Lake Sturgeon populations. None of these populations has fully recovered. More recently, the direct and indirect effects of dams pose important threats. Dams result in habitat loss and fragmentation, altered flow regimes, and may increase mortality by entrainment in turbines. Habitat degradation resulting from poor land use and agricultural practices also has had an adverse impact on many populations. Other threats may include contaminants, poaching and the introduction of non-native species.

If you have any questions or concerns about the SARA Registry or Lake Sturgeon, Please contact Kristin Maracle, at your earliest convenience at 396-3424 ext 125.

Sturgeon Yearclass Marks, 2001-06

Scute removal





Mohawk Family Services Presents

Triple P

Positive Parenting Program – Level 2

“Because every parent has questions”

Dates: March 22, 23, 24, 2010
Time: 7:00 – 9:00 pm
Location: 59ers Senior Hall
8011 Old Hwy 2 (corner of Hwy 2 & 49)
Cost: Free

Instructed by Accredited Practitioners

Topics for Level 2 Seminar Series:

- *The Power of Positive Parenting*
- *Raising Confident Competent, Children &*
- *Raising Resilient Children*

- *Triple P builds on your strengths & knowledge as a parent.
- *Increases parents' confidence in parenting.
- *Increases positive behaviour from children.
- *Increases understanding of your children.
- *Developed by Matt Sanders at the University of Queensland, Australia

***To register please call 613-968-1144
or 1-877-968-1144***

Triple P is funded in part by The Ministry of Children and Youth Services &



**United Way
of Quinte**



Tyendinaga Home Support Program
1306 Upper Slash Rd

Phone: 613-9662-6653 Fax: 613-962-1702

For Seniors 55+ or 18+ Physical Challenges

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Breakfast Club (Full) Ceramics Wii Bowling	2 Breakfast Club (Continental) Meals on Wheels	3 Breakfast Club (Continental) Diners Club Deseronto Bowling	4 Breakfast Club (Full) Shopping Trip (Belleville) Fitness	5 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	6 Supper Club
7	8 Breakfast Club (Full) Ceramics Wii Bowling	9 Breakfast Club (Continental) Meals on Wheels	10 Breakfast Club (Continental) Diners Club ELDERS LODGE Bowling	11 Breakfast Club (Full) Fitness Birthday Tea	12 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	13
Happy Valentine's Day 	14	15 Breakfast Club (Full) Ceramics Wii Bowling	16 Breakfast Club (Continental) Diners Club Deseronto Bowling	17 Breakfast Club (Full) Fitness	18 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking	19 Supper Club
20	21	22 Breakfast Club (Full) Wii Bowling	23 Breakfast Club (Continental) Diners Club ELDERS LODGE LAST Bowling	24 Breakfast Club (Full) BINGO	25 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting	26
27	28 Breakfast Club - 8:30 a.m. - 9:30 a.m. Diners Club - 12:00 p.m. - 2:00 p.m. Supper Club - 5:00 p.m. Handivan Departure - 10:00 a.m. Meals on Wheels delivered between: 11:30 a.m. - 12:30 p.m. Friendly Visiting - 1:00 - 4:00 p.m.	29 Birthday Tea - 2:00 p.m. - 4:00 p.m. Bingo - 12:00 p.m. - 3:00 p.m. Wii Bowling - 7:00 - 9:00 p.m. Fitness - 9:00 - 11:00 a.m. Scrapbooking - 1:00 - 3:00 p.m. Ceramics - 1:00 p.m. - 3:00 p.m.				

All programs are held at the Elders Lodge unless otherwise stated.

Introducing the “**Good Minds**” Program: **Enyonkwa’nikonhriyo:hake**

(You all & I will have a good mind)

We are working to build an exciting wellness program for Mohawks of the Bay of Quinte. The “Good Minds” program is a new program that is looking at increasing our capacity to meet the needs of the community. The Good Minds program includes the Traditional Practitioner program, Youth Worker, NNADAP worker and Addictions program.

We are revising some of the current programs and working to provide quality services. We believe that each call received is a priority, and want to let you know that we are working hard to ensure that each call is followed up on....right now we are in a back log due to staff shortages....we are asking for your patience while we build the program....

During this transition, we are asking for **your understanding** as we grow...

Currently our staff consists of:

- **Good Minds Coordinator** - Betty Carr-Braint, BSW, MSW
- **Apprentice** - Kayla Brant (F/T)
- **Apprentice** - Candice Hegland (P/T)

Please call one of the three staff as listed above, who will be available to answer calls...

- **Traditional Practitioner** - Banakonda Kennedy-Kish Bell (P/T – 5 days per month)
- **Traditional Practitioner** - TBA
- **Youth Worker** – TBA
- **NNADAP Worker**- TBA
- **Addictions Counsellor** – TBA

We are very excited to be offered the opportunity to work for our community and to build a wholistic wellness program. We will also be doing **strategic planning**, if you are interested in attending this session, please call us.

We are located at the Thayendanega Health Centre (downstairs). You can reach us at (613) 967-3603. If you have any suggestions, comments, and/or feedback, please feel free to contact us.



ESI Canada
Health Canada / First Nations & Inuit
Health Branch

Non Insured Health Benefits Update

Please be advised that effective December 1, 2009, ESI Canada is the new claims processor for the Non-Insured Health Benefits (NIHB) Program of the First Nations & Inuit Health Branch (FNIHB) of Health Canada.

The former claims processor, First Canadian Health Management Corporation, Inc. (FCH), will no longer process claims as of December 1, 2009.

Please be aware of ESI Canada's Address, Telephone and Fax Information:

Main Office

ESI Canada
5770 Hurontario Street
10th Floor
Mississauga, Ontario
L5R 3G5
Tel: (905) 712-8615
T/F: (888) 677-0111
Fax: (905) 712-4341

Regional Office

ESI Canada
625 President Kennedy Avenue
16th Floor
Montreal, Quebec
H3A 1K2
Tel: (514) 844-4420
T/F: 1 866 844-4420
Fax: (514) 844-4421

NEEDED

Volunteer drivers for the Medical
Transportation Program.

If this is something you might be
able to help with and
would like more information about the
program, please contact

Norma

at the Thayendanege Health Centre at
613-967-3603.



**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
with

**BREASTFEEDING CLINIC
AVAILABLE :**

FRIDAY February 12, 2010

&

FRIDAY February 26, 2010

at Thayendanega Health Centre

10:30 am - Noon

PLUS

THURSDAY FEBRUARY 11:

??? SPECIAL EVENT ???

A VALENTINE DATE FOR YOU & BABY

10:00 am - 1:00 pm

Please call Health Centre to Confirm

FOR BREASTFEEDING HELP

CALL HEALTH CENTRE:

967- 3603 or 396-2942

when Health Centre closed

BREASTFEEDING CIRCLE

A Child Is Compensation

*You are the trip I did not take,
You are the pearls I cannot buy,
You are my blue Italian lake,
You are my piece of foreign sky.*

*You are my Honolulu moon,
You are the books I did not write,
You are my heart's unuttered tune,
You are a candle in my night.*

*You are a flower beneath the snow,
In my dark skies a bit of blue,
Answering disappointments' blow,
With, "I am happy," I love you.*

(Anne Campbell)

February 2010 Moms – In – Waiting Canadian Prenatal Nutrition Program (CPNP)

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

**Mary McCauley R.N.
Community Health Nurse**

Urgent action

Urge Health Canada to *protect breastfeeding* and *ban nutrition and health claims for infant formula and complementary foods for infants and young children*

INFACT Canada is asking you to contact the following:

Minister of Health, Hon. Leona Aglukkaq, Aglukkaq.L@parl.gc.ca

Minister of Industry, Hon. Tony Clement, Clement.T@parl.gc.ca

With copies to the Health Critics:

Bennett, Carolyn (Liberal Party of Canada) Bennett.C@parl.gc.ca

Malo, Luc (Bloc Quebecois) Malo.L@parl.gc.ca

Wasylycia-Leis, Judy (New Democratic Party):

Wasylycia.L@parl.gc.ca

Please also send copies to INFACT Canada: essterken@infactcanada.ca

We are asking you to demand that Health Canada, the Canadian Food Inspection Agency and Industry Canada enforce Canada's legislation that prohibits nutrition and health claims for infant formula and foods for infants and young children and enforce consumer protection from deceptive labeling.

Stop putting our children at risk

Canada's infant and young child nutrition policy recommends that mothers exclusively breastfeed their children for the first six months of life and continue breastfeeding to two years while gradually adding high nutrient and energy dense complementary foods.

When infants are not optimally breastfed they are at risk for increased illness such as higher rates of gastrointestinal and respiratory infections, allergies, cancer, obesity, cardiovascular disease and diabetes and even death. **The risks of not breastfeeding are even greater for vulnerable populations such as First Nations peoples.**

Why is Canada not implementing measures to support mothers to breastfeed?

The World Health Organizations International Code of Marketing of Breast-milk Substitutes endorsed by Canada in 1981 and the subsequent World Health Assembly Resolutions relating to infant and young child feeding require governments to give meaningful implementation to the

protection of breastfeeding by banning all forms of direct advertising of breastmilk substitutes and related infant and young child feeding products. This includes prohibiting nutrition and health claims that are designed to project artificial feeding products as similar to breastmilk.

Claims are deceptive and misleading

Nutrition and health claims for infant formulas are misleading and deceptive. It is impossible to replicate the biological complexity of human milk. The manufacturers of infant formula are lying when they claim that chemical additives derived from non-human sources can have similar biological effects as those in human milk. The rigorous scientific substantiation that is required to validate nutrition claims is seriously lacking.

Claims made by the manufacturers of infant formula on labels and in their advertisements are marketing tools to glamourize these products. In actual fact these artificial feeding products contribute to our health burdens, contribute to environmental damage, contribute to our national health costs and contribute to the coffers of an industry obsessed with prioritizing profit over the health of children and mothers.

Urge Health Canada to stop the lies; to implement measures to stop the promotion of artificial feeding products; and to put an end to the undermining of breastfeeding in Canada.

Thanks for your support.

Elisabeth Sterken,
Director,
INFACT Canada,
6 Trinity Square, Toronto, ON M5G 1B1
Tel: (416) 595-9819 Fax: (416) 591-9355

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

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

MOHAWK SANTA DAY COMMITTEE

Candies For Kids

THANK YOU FOR YOUR SUPPORT!

Re: Mohawk Santa Day – Nov. 29, 2009
Christmas Candies for Kids

On behalf the planning committee and the families in our community who attended, we extend a heartfelt thank you to all who helped make our fifth annual Mohawk Santa Day a huge success.

It is impossible to list all of the hardworking Elves, but we know who you are and we are truly grateful to each and every one of you for your part in making this day a special one. In addition to the Photography Elves, Kitchen Elves, and Office Elves, we give acknowledgment and thanks to the following:

- Santa and Mrs. Claus, for taking time out of their busy schedule to come and visit
- Elf Audrey and Lynn for their delicious homemade doughnuts
- The 59'ers Seniors Club for the use of the hall
- Bill & Doreen Doyle for the work done on Santa's sleigh and chair
- L&M Enterprises
- Dollar Giant
- Pat Miles
- Monetary donations courtesy of:
 - Parish of Christ the King
 - Native Womens Association
 - Soaring Eagle
 - Tyendinaga Community Development Fund

Thank you as well to all who purchased Santa calendars, the proceeds of which went to help with the costs of this event.

Sincere thanks once again to everyone, and we look forward to another successful Santa Day in 2010. All the best in the New Year!

Sincerely,

Dan Whalen / Teri Ward

Dan Whalen / Teri Ward
Mohawk Santa Committee



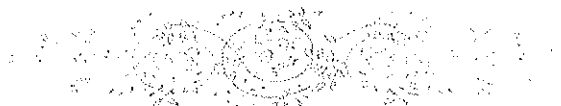


**In Loving Memory
Of
Brandon Claus**

*It's been ten years since you've been gone,
But in our hearts you still live on.*

*There is always a face before me,
A voice I would love to hear,
A smile I will always remember,
Of a Son I loved so dear.
Deep in my heart lies a picture,
More precious than silver or gold,
It's a picture of our son Brandon,
Whose memory will never grow old.
We miss you deeply!*

*Always Loved &
Remembered
Cheryl, Alfred & Shannon*



Pete Hill

*We would like to thank our family, friends and
the community for all of your
love and support shown to us during our
time of great loss. Special thanks
to Lorne, Joby, Dan, Uncle George, Jimmy
and Ronny for being pall bearers.
Thanks also to Lenny and Sadie for speaking
at the funeral. To everyone who
donated food, it was greatly appreciated.*

Lisa, Josh and Becca

Many Thanks!

Many thanks to the Band Office, Health
Centre, Home Support for the many
gifts.

Niawen
Evelina Hill, Volunteer Driver



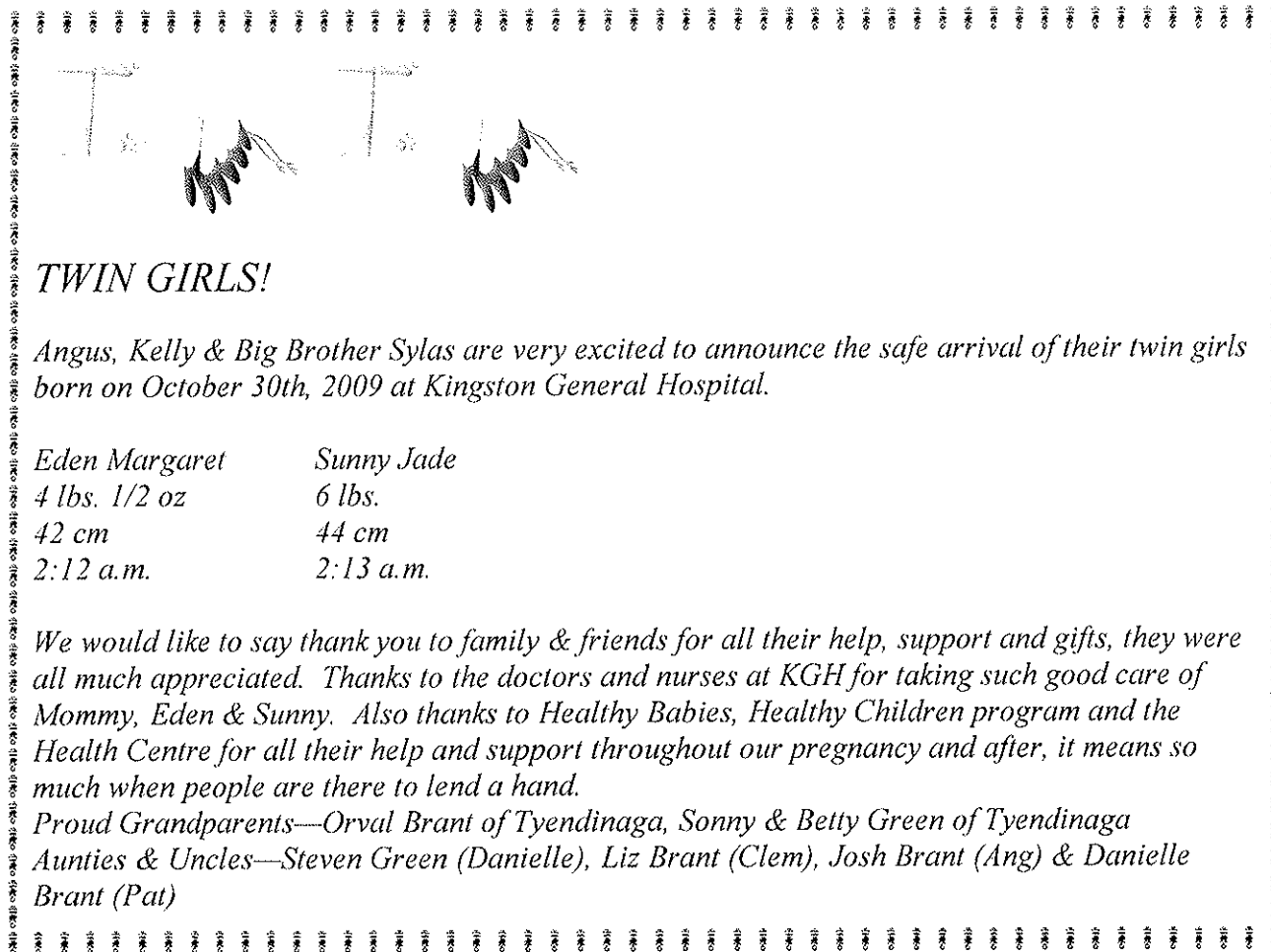
TWIN GIRLS!

*Angus, Kelly & Big Brother Syllas are very excited to announce the safe arrival of their twin girls
born on October 30th, 2009 at Kingston General Hospital.*

<i>Eden Margaret</i>	<i>Sunny Jade</i>
<i>4 lbs. 1/2 oz</i>	<i>6 lbs.</i>
<i>42 cm</i>	<i>44 cm</i>
<i>2:12 a.m.</i>	<i>2:13 a.m.</i>

*We would like to say thank you to family & friends for all their help, support and gifts, they were
all much appreciated. Thanks to the doctors and nurses at KGH for taking such good care of
Mommy, Eden & Sunny. Also thanks to Healthy Babies, Healthy Children program and the
Health Centre for all their help and support throughout our pregnancy and after, it means so
much when people are there to lend a hand.*

*Proud Grandparents—Orval Brant of Tyendinaga, Sonny & Betty Green of Tyendinaga
Aunties & Uncles—Steven Green (Danielle), Liz Brant (Clem), Josh Brant (Ang) & Danielle
Brant (Pat)*



SYLVIA ROBINS

July 17th, 1949 - February 22nd, 2009

The people of Tyendinaga and surrounding communities, had a good friend in Sylvia Robins. Sylvia and her husband George lived in Napanee for many years, operating their business, The Napanee Motel and lucky for KWE Radio, were long-time listeners of the radio station.

Encouraged by Sylvia and her sister Lorraine, George, who is blind, joined KWE Radio, creating his own show called "Crossover Hits" starting with the station in the Summer of 2002. Sylvia's role during the programme, along with Lorraine, was to assist George with operating the complex on-air equipment, answering the phone, taking requests, locating songs from George's collection, reading on-air public service announcements (PSA's), weather forecasts and so-on. Without this needed assistance, "Crossover Hits" would not have been possible let alone becoming one of KWE Radio's most popular and long-running shows of seven years.

We, of KWE Radio, deeply appreciate Sylvia's commitment to the station. Without this kind of help to George, her dedication to the people of Tyendinaga for seven years, our Sundays with Sylvia, George and Lorraine would never have happened. On February 22nd, 2009, in keeping her unspoken promise as a volunteer, while on her way to the radio station with Lorraine and George, Sylvia lost her life at the intersection of York Road and Hi-way #49 when an impaired driver at high speed, ran the red light and broadsided Lorraine's car.

On Sunday, February 21st, at 11:00 a.m., there will be a memorial wreath placed at the site of the accident and we welcome those who can attend. Following the wreath-laying, volunteers of KWE Radio will spend the rest of the day and perhaps early evening, (this, to be arranged), on-air dedicating their shows to Sylvia's memory. Sylvia's husband George, will take his place on-air with the volunteers as will her loving sister Lorraine.

On behalf of KWE Radio, all the volunteers past and present who had the pleasure of working with, and getting to know this wonderful, gentle woman of the "good mind," it is an honour to submit this memorial not only for Sylvia (Tweety #1), but for her sister Lorraine Thinel (Tweety #2) and Sylvia's loving husband George Robins a.k.a. "Rockin' Robin."

From Kwe Radio and the people of Tyendinaga,

Nia:wen

ORISKANY ALLIANCE AND WHAT WE ARE ABOUT

We are a group from both sides of the border which includes historians, S.A.R., D.A.R., U.E.L., re-enactors and composers. We started in 2007 with a five member executive and we are still active. The duties of our committee is to gather information of Six Nations individuals that made history but not in our history books. In Sept. 2008 our committee hosted seven Operatic Plays of Molly Brant, and they were performed in upper New York State including Mohawk Valley. The treasurer of the committee composed the music for these plays, and immediately put on CD. In 2009 these plays were nominated for NAMY's under the category of Best Historical CD. The 11th. Native American Music Awards and ceremony took place at the Seneca Nation, October 2 and 3 of 2009. The composer for the plays is the treasurer of the committee, Augusta Cecconi-Bates and she attended the awards nights. While there Augusta was asked if she would like to present an award or perform a song from her own CD. To make a long story short she had met and made friends with a Jennifer Stevens, a soprano and Oneida-Lakota from Green Bay, Wisconsin. With thousands in attendance 76-year-old Augusta played key board to the soprano singing "But, What of My People?" and this performance was well received. We did not win the award but what an honour just to have been nominated. Our committee will continue to do what we started out to do. At this time I would personally like to thank the sponsors that helped make the plays successful and they are:- Mohawks of the Bay of Quinte, Flint and Feather, Mohawk Nation Drummer of Tyendinaga Mokawk Territory, Quinte Branch of United Empire Loyalists, Bowes Realty of Clayton, N.Y., Akwesasne Mohawk Nation, Phinney's Chevrolet of Clayton, N.Y., Kingston Ont. Brewing Company, Bell & Bernard Ltd., River Shack Records of Cheamont, N.Y., Iroquois Auctions of Brewerton, N.Y., and Robbins Grandjean Agency of Cape Vincent, N.Y. We the committee would also like to thank Adrian Weldon for his generous contribution of art design on the cover of "Molly of the Mohawks" booklet. Keep watching the papers of upcoming fund raising events on and around Tyendinaga hosted by this same committee. If there is anyone wishing to become members of said committee please contact James Maracle at the Elders Lodge at 613-396-2796.

James Maracle
Oriskany Alliance Inc.
President




Maternal Child Health & Early Childhood Development

613-969-1835

Queen Anne Parish Center (downstairs)

1295 Ridge Road

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Kinder Gym 9-10:30am	3 Aqua-tot Napanee Pool 10-11am Scrapbook workshop 6-8pm	4 Drop In 9-10:30am	5	6
7	8	9	10 Aqua-tot Napanee Pool 10-11am	11 Evening Kinder Gym 6-7:30pm	12 PA Day Event Grades 1-2 9am-3pm	13
14 Valentine's Day 	15	16 Kinder Gym 9-10:30am	17 Aqua-tot Napanee Pool 10-11am	18 Drop In 9-10:30am	19	20
21	22	23 Kinder Gym 9-10:30am	24 Aqua-tot Napanee Pool 10-11am	25 Social Potluck 6-8pm	26	27
28						



Aqua Tot's

Every Wednesday February 3,10,17 & 24th 2010

Napanee Indoor pool

10:00-11:00 a.m.

If you have any questions please feel free to call

613-969-1835

Kinder Gym

Every Tuesday February 2,16 & 23rd 2010

Queen Anne Parish Center

9:00-10:30am

0-6 with a parent / caregiver

Healthy snack provided

If you have any questions please feel free to call

613-969-1835



EVENING KINDER GYM

Thursday February 11th 2010

6:00pm-7:30pm

Queen Anne Parish Center

1295 Ridge Road

We are inviting you to an **Evening Kinder gym** for all parents with their children
0-6 years of age!

Come out and see our **new kinder gym equipment** and have some fun!

Snacks and refreshments will be provided!!

For more information please contact:

613-969-1835



Drop In

Thursday February 4 & 18th 2010

Queen Anne Parish Center (downstairs)

9:00-10:30am

0-6 with a parent / caregiver

We will be providing a chance for children and there parents or caregiver to get together
and learn a new skill, prepare crafts, and just a chance to meet new people.



Infant \$5.75

- 20 pack of diapers
- 1 chosen specialty item

Over 4 Months \$9.00

- 20 pack of diapers
- 6 small jars of baby food or 4 junior jars of baby food
 - 1 choice of cereal, cookies, or juice
 - 1 chosen specialty item

Toddler \$6.00

- 20 pack of diapers
- 1 chosen specialty item

Good Baby Box

Specialty Items

Baby:	Toddler:
Wipes	Juice
Bottles	Cookies
Shampoo	

Formulas

- Powder \$15.00 per can/1 can per week
- Concentrate \$2.00 per can /8 cans per week

If you would like to order a Good Baby box please call: 613-969-1649 or 613-969-1835



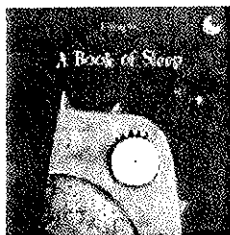
Bookshelf

A BOOK OF SLEEP

By: Il Sung Na

Ages: 2-5

\$14.43



JACOB TWO TWO ON THE HIGH SEAS

By: Cary Fagan

Ages: 6-9

\$11.23



BIRD CHILD

By: Nan Forler

Ages: 4-8

\$15.87



Scrapbooking



Wednesday February 3rd 2010
1295 Ridge Road
(Queen Anne Parish Center downstairs)
6:00 - 8:00pm
Please call ahead to reserve your spot.
613-969-1835

\$2.00 per person
Some supplies available.

PARENT & ME SKATE



Deseronto Arena
Every Wednesday February 3,10,17 & 24th 2010
2:00pm-3:00pm
\$2.00 per person children under 3 free



If you have any questions please call, 613-969-1835



SWIMMING LESSONS

We are currently looking at offering Swimming lessons at the Napanee Pool. The swim lessons will be in a group setting, but groups will be separated by age. It would be every Wednesday evening from 6:30-7:30pm and would run for 6 weeks. You must attend all classes. Starting February 3,10,17,24 March 3 & 10th 2010. If you are interested in attending please call to reserve your child(ren) spot 613-969-1649 or 613-969-1835 for more details.

*If you do not attend all sessions you will be charged a small fee.

SOCIAL POTLUCK

Thursday February 25th 2010
6:00-8:00pm
Queen Anne Parish Center
1295 Ridge Road

For families with children aged 0-6
If you are interested in attending please call, 613-969-1835

We are updating our files if you would like to receive your newsletter via email, please call us with your email address. 613-969-1835

Thanks
Allison



Evening Kinder Gym & Information sessions

Queen Anne Parish Centre

February 11th 2010

6-7:30pm

There will be 2 information sessions, one will be for the new fiber optic services that are coming to the community i.e. internet, phone, television services. The other will be housing and rental information.

Any questions please call Allison 613-969-1835 or Sarah 613-354-6318





**KANHIOTE
LIBRARY**
613-967-6264

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

***First Nations Public Library Week
Celebrating Our Culture
and Language
February 14 to 20, 2010***

Join us at 59ers Feb. 18 from 10 to 2
Social History of Tyendinaga with Trish Rae
Discuss the old Chiefs, Eastern families and
more

Lunch provided!

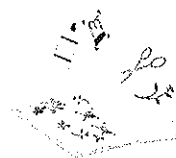
*Don't have a library membership yet? It's free -
we just need your name, mailing address and
phone number.*

Have overdue library material? Not to worry. No
fines charged in February!!

Upcoming Events

Digital Scrapbooking

Feb. 8 and 22
12:30 TO 1:30



TRIVIA CHALLENGE

SUNDAY, MARCH 7

\$5.00 Per Person

Place to be determined



*Call to enter your
team!*

613-967-6264



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in January responded to 4 calls:

- 1 —Medical Assist**
- 1 —C.O. detector**
- 2 —Vehicle Fires**

This brings our total to 4 calls for the year 2010

T.O.P.S. ON#5258

Take Off Pounds Sensibly
We **"DO NOT"** promote any diets

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

WHEN: Thursday Evenings

TIME: 5 p.m.—7 p.m.
Weigh in 5—6 p.m.
Meeting & Discussion 6—7 p.m.

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

**WIN FREE
PRIZES!**

SAVE YOUR LUNGS,



SAVE YOUR LIFE!

Association of Iroquois & Allied Indians

Tobacco Cessation Project

in Partnership with

Ontario's "Driven to Quit" Challenge

**This is a FREE Challenge for members of the
MOHAWKS of the BAY of QUINTE**



Challenge Details *(must be 19 years of age or older to participate):*

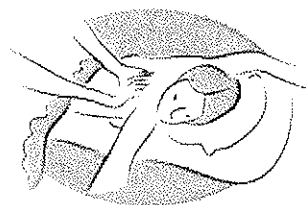
- Quit Smoking for the month of **March 2010**. Participants will be subject to a Carbon Monoxide test before and after the challenge.
- Each participant will be entered in the Ontario's "Driven to Quit" Challenge for a chance to win a **brand new 2010 automobile!**
- Successful participants will also be eligible to win **NINTENDO WII with Fit Boards; bicycles; and Nike Native N7 running shoes.**
- **Participants will be required to attend an information session to be held in your community in February 2010.** You will be notified once the exact date and time of the information session has been confirmed.



**If you would like to compete in this challenge or you would like
a copy of the challenge rules:**

CONTACT: Tina Brant, CHR @ 613.967.3603

This project is made possible through the contribution provided by Cancer Care Ontario's Aboriginal Tobacco Program



WOMEN'S FAIR AND PAMPERING DAY

Come out for a day of pampering, and health related information to keep physically, emotionally and spiritually well

- Massages
- Hair Care and cuts
- Manicures
- Health Related Booths on Site (Diabetes, Nutrition, etc.)
- Giveaways and Free Samples

DATE: Saturday March 6, 2010

TIME: 9am until 3 pm

LOCATION: Mohawk Community Centre

Light Lunch and Refreshments Provided

Open to all Women ages 19 and over

Registration is free. Please call Mohawk Family Services to Register by Wednesday February 24, 2010 613-967-0122



INFANT MASSAGE CLASSES

**Come out and learn infant massage.
Some of the benefits of Infant Massage are that it
promotes parent—infant relationships, may help
relieve colic or “gassy spells”, helps baby learn to
relax and babies may have a longer and deeper
sleep.**

**WHERE: TAHATIKONHSOTONTIE HEAD START
HOW LONG: FIVE WEEKS**

**DATES: FEB 11TH , 18TH, 25TH
MARCH 4TH AND ENDING ON MARCH 11TH**

**WHEN: THURSDAY MORNINGS
FROM 10 AM TO 11:30 AM**

**MAXIMUM OF FIVE BABIES BETWEEN 3 MONTHS AND
7 MONTHS AND THEIR CAREGIVERS.**

**IF YOU ARE INTERESTED PLEASE
CALL MJ TO REGISTER AT 396-6716**



Walking Group

Need a Place to Walk During the Winter Season?

COME JOIN THE WALKING GROUP!!

Starting *February 16th* till *April 6th*, (every Tuesday)

we'll be walking from *5:30 pm – 6:30 pm*

in the halls of *Quinte Mohawk School*, plus

Strength Training—every other Tues.



For more information, contact:



Tina, CHR
613.967.3603

12 Hr Dance -a- Thon!

Heart and Stroke
Fundraiser
• Spectators Welcome
• Silent Auction Tables
• Art and Craft Sales
• Delicious Food

**Come Out and Show
Your Support!**

- Pledge forms still available
- Big Breakfast at 6 AM
Free for Participants
\$6.00 for Non Participants

Highlights

- Soul On Guard!
- Angela Maracle School of Dance!
- Stepdancing Show!
- Photography, Pottery, Paintings and Jewelry For Sale!

**Mohawk Community Centre, 1807 York Road
Tyendinaga Territory**

High school students get your Community Hours for participating!
Contact person: Kristin Maracle 613.848.0151 or kristinm@mbq-tmt.org

Time: 6 PM - 6 AM

Date: Friday February 12, 2010

OPEN HOUSE

We would like to take this opportunity to invite the community
to an Open House for Vince's Welding School at

303 Airport Road

Tyendinaga Mohawk Territory

Saturday February 20th 2010

From 10:00 am until 2:00 pm

Vince's Welding School is celebrating its first birthday on
February 2nd and we would like to invite the community to see
just exactly what they do at 303 Airport Road.

This is an excellent opportunity for anyone who is interested
in learning how to weld, or if you need updates for already
acquired tickets, anyone interested in working towards credits
for their OSSD, or if you would just like to come out and see
what's going on in the community.

We look forward in seeing you on Saturday February 20th

Coffee and Snacks will be provided

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

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

February 2010 **Discover The Balance / We have Gift**

Discovering the Balance

**By Working the
Mind, Body,
Heart and Spirit**

Hours of Operation

Monday - Thursday

7:00am-8:00pm

Friday

7:00am-6:00pm

Saturday

8:00am- 4:00pm

Childcare Hours

Monday - 9 to 3

Tuesday - 11 to 7

Wednesday - 9 to 3

Thursday - 11 to 7

Friday - 9 to 3

Saturday - only if you bring your
own child care sitter

Therapy Appointments :

Massage- Sonya Maracle

Reflexologist - Rose Green

Massage - That Green Touch

Thai Yoga Massage— Barbara

TFRC Out Reach Program 2010/2012

The project is about introducing outdoor programs by starting programs inside the TFRC as well as health promotions & physical activity education. Our Goal is to start walking, running and biking programs in Shannonville. As well as getting new mom/dad baby stroller program, youth fun exercise and family fitness boot camps in the park. This is a fun and exciting new program.

Fitness Programs

We have some exciting and creative programs to start in February and if the programs are successful we will continue with them same time next year. Watch for the flyers in the community, the following are the start and end dates.

Bingo Fitness - Feb.2 to May 2/10

Couples Lose to Win - Feb.8 to April 2/10

Hario Oksa Healthy Lifestyles # 4 - Feb.11 to March 4/10

Fit for 2 - Friday Feb.19 to March 31/10

Fitness Exercise Programs continue every week - Yoga / Kick Boxing
and Belly fit, they have been very successful.

New Staff

Marina Wager - I'm a grade 12 student at Moira Secondary School in Belleville. I am enjoying my time at the fitness and resource centre, and I hope to meet all the new faces!

Christopher Maracle - Loyalist student, he will be at TFRC during some night shifts & Saturday's

Youth Volunteers - Megan John & Jamie Kring: We're St. Theresa student's and we've loved our 72 hours that we completed at the TFC. We both had a blast!

Devon Robertson: Volunteer youth student from Quinte Secondary School, Grade 11

Amber Loft: Volunteer youth student from Moria Secondary High School, over 40 hours.

New Personal Trainer & Fitness Instructor




Mandi Tisdale: Elite personal Trainer and will be introducing Fitness Boot Camps

Thank You / Nia:wen - To Jamie, Megan, Amber & Devon for their volunteer time

Also great idea from a lovely lady - a girls club, to come out and just talk about life, call us if you are interested.

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

Calendar of Events February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All programs will continue if successful during the month.	Saturdays now open 8am-4pm	Fitness Bingo Challenge	<u>Cardio Kick</u> <u>Boxing</u> Women Only 6:00-7:00 7:00-8:00	<u>Yoga</u> 5:15- 6:15 <u>Belly Fit</u> 7:00-8:00	Last day of registration for Lose to Win Contest	<u>Belly Fit</u> 9:00-10:00 <u>Kick Boxing</u> 10:30-11:30
7 Sign Up Today for the Fitness Programs. Never too late	8 Lose to Win Couples Contest	9 Welcome Volunteers'	10 <u>Cardio Kick</u> <u>Boxing</u> Women Only 6:00-7:00 7:00-8:00	11 <u>Yoga</u> 5:15- 6:15 <u>Belly Fit</u> 7:00-8:00 <u>Hanio Workshop</u> 6:30-7:30	12 Open Friday 7am to 6pm	13 <u>Belly Fit</u> 9:00-10:00 <u>Kick Boxing</u> 10:30-11:30
14 <u>Membership</u> \$20.00 a month Seniors \$10.00 a month	15 No TAXES No hidden Fees	16 Fit for 2 Mentor Program	17 <u>Cardio Kick</u> <u>Boxing</u> Women Only 6:00-7:00 7:00-8:00	18 <u>Yoga</u> 5:15- 6:15 <u>Hanio Workshop</u> 6:30-7:30	19 <u>Fit For 2</u> 1pm-1:30pm 5:30pm-6pm	20 <u>Belly Fit</u> 9:00-10:00 <u>Kick Boxing</u> 10:30-11:30
21 	22 Take 5 minutes and walk during your lunch	23 Thank You For Exercising At TFRC	24 <u>Cardio Kick</u> <u>Boxing</u> Women Only 6:00-7:00 7:00-8:00	25 <u>Yoga</u> 5:15- 6:15 <u>Hanio Workshop</u> 6:30-7:30	26 <u>Fit For 2</u> 1pm-1:30pm 5:30pm-6pm	27 <u>Kick Boxing</u> 10:30-11:30
28 We Welcome College Students	Laugh Today		Childcare Tuesdays & Thursdays 11am-7pm		 We Have FREE Coffee for Clients	Childcare Bring your own Sitter or call our youth volunteers

New Programs



Fit for 2 Mentor Program - February 15 to March 31

Lose to Win Couples - February 8 to March 31 / Singles - April to May

Fitness Bingo - February 2 to May 2/10

Just call or email us for details on each program sign up Feb. 8/ 2010

Tyendingaga Fitness Resource Centre
(613) 962-2822



FREE

Fit for 2

WE WANT YOU !

For the Fit for 2 Mentorship Program

**We are looking for 20 people to take part in a
“Beginner Fitness Program”**

The program is FREE for 2 months

Every Friday February 19th to March 31st 2010

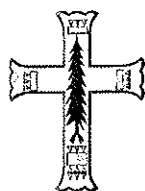
Two program choices: 1pm to 1:30pm or 5:30pm to 6pm

Details of the program :

- 1) Sign up with a friend or family member / one person to be the Encourager.
- 2) Attend the program every week, sign up by Feb.12 / Doctor's note might be required.
- 3) Program is about educating the first steps of fitness by a Professional Personal Trainer
- 4) The rewards & benefits are pricelessa new beginning of a healthy body !
- 5) Free membership at Tyendingaga Fitness Resource Centre
- 6) This is for Tyendingaga community residents that have not experienced TFRC

Discovering The Balance

By Working the Mind, Body, Heart & Spirit



THE ANGLICAN PARISH
OF TYENDINAGA

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

SUNDAY SERVICES

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

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

*On 21 February, the only service is at All Saints'

UPCOMING EVENTS

Wed 10 February, 7 p.m., All Saints'
Parish Fun Night
Bring a game, a friend, and a snack!

Tue 16 February, 5-7 p.m., All Saints'
Shrove Tuesday Pancake Supper
Adults \$6, Kids 6-12 \$3, Under 5 free.

Wed 17 February, 7 p.m., Christ Church
Ash Wednesday Liturgy

Sun 21 February, 10 a.m., All Saints'
Annual Meeting of Vestry

If you are not receiving parish mailings and would like to be kept up to date by being added to the mailing list, please call 396-3797.

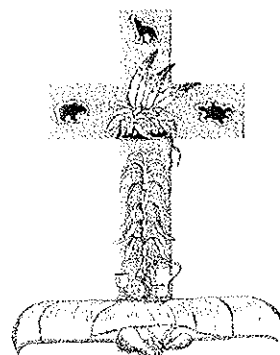
REACHING OUT TO THE COMMUNITY

We believe that part of our mission as Christians is to make a difference in the world through reaching out. Recently, the people of the Parish of Tyendinaga have touched the lives of others through:

- Donating to the Tyendinaga and Deseronto Food Banks
- Donating to the Canadian Red Cross and the Primate's World Relief and Development Fund for earthquake relief in Haiti
- Donating to Millside Ceramics Marlene Murphy to assist with travel and accommodations expenses at the Olympics

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE
WWW.PARISHOFTYENDINAGA.ORG

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



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

Holy Communion

Fr. Gérard Trinque, OHI, SSM, Officiating
Every Sunday—10:00 AM

ASH WEDNESDAY

February 17th, A.D. 2010—6:00 PM
In the

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***



**"REMEMBER, O MAN, THAT THOU ART DUST
AND UNTO DUST SHALL THOU RETURN."
(Book of Common Prayer, Canada, 1962, Page 614)**

CLASSIFIED

LOOKING TO PURCHASE

A SMALL HOME

- 2 bedroom
- 1 bathroom

Please call: Wayne Blackburn
1-705-439-1201 or
Email: wblackb@hotmail.com

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

HAND MADE BABY
SWEATER SETS - \$20.00

KNITTED DISH RAGS - \$1.25

Call Kathy: 613-396-2197

FOR SALE

12 BUSHEL BAGS OF WHITE
CORN

Call: 613-962-5470

FOR SALE

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

Call: 968-3917

FOR SALE

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

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

FOR SALE

BOWFLEX REVOLUTION
HOME GYM
\$2500.00 OBO

Phone: 613-967-3886

CHILD CARE

Unlicensed Child Care
\$15/Day, 6 A.M. - 6 P.M.
All Ages
Call: Amanda (613) 309-9134

HOUSE FOR RENT

BRIGHT & SPACIOUS HOUSE
- 3 bedrooms, clean, freshly painted
- eat in kitchen, dishwasher
- 2 bathrooms/ updated 4 piece) and 3
pc. Bath
- laundry room, large family room
with woodstove
If interested please request
application at:
mohawkrentalproperties@yahoo.com

Utilities not included
No smoking/no pets

FOR SALE

Lyed Corn

Beans, Potato Beans, Northern
Beans, Navy Beans, Pork Hocks,
Bulk White Corn by the quart

Call: 613-962-5470



HOUSE FOR SALE

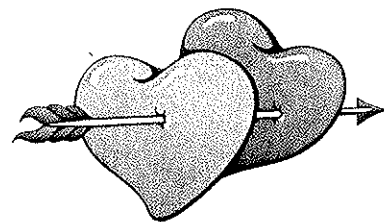
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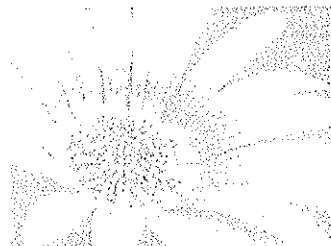
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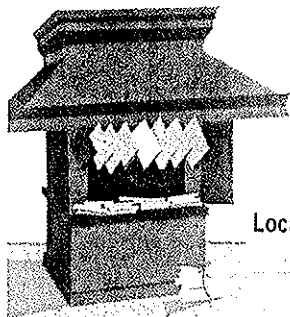
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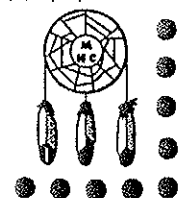
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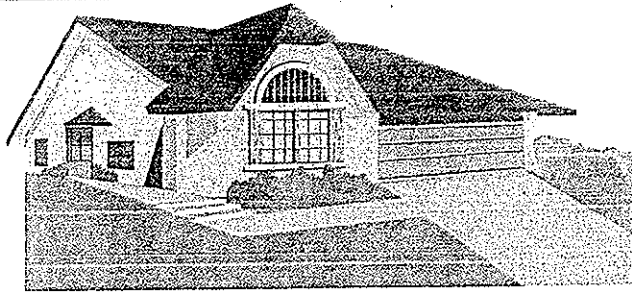
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