



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 2/11
ENNIHASKHA (February)

ORI:WASE (News)

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

Valentines Teen Skate & Dance



Cost is \$5.00 or \$3.00 if
wearing red; all proceeds go
towards the Angel Tree
Program and Deseronto
Minor Hockey



DATE: Friday February 11, 2011
LOCATION: Deseronto Arena
SKATE TIME: 7:00pm – 8:00pm
DANCE TIME: 8:00pm – 11:00pm

Sponsored by Community Wellbeing, HIV/AIDS Program for more information please call Melissa
Maracle CHR, CDPW or Denise Leafe CHR, RPN at 613-967-3603.

LIVE DJ AND LASER SHOW!!!!

MBQ Employment Opportunities:

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

Should you have any questions please contact: Bev Hill 613-396-3424 Ext. 132 or by email at bev@mbq-tmt.org

Water Delivery Services

She:kon community members.

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

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

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

Nia:wen.



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in January responded to 4 calls:

- 1 False Alarm**
- 1 Rubbish**
- 1 Medical**
- 1 Fire/non structural**

This brings our total to 4 calls for the year 2011.

EMPLOYMENT OPPORTUNITY - INTERNAL POSTING

MBQ ADMINISTRATION – Manager, Human Resources

JOB SUMMARY:

The Manager of Human Resources originates and leads Human Resources practices and objectives within the Mohawks of the Bay of Quinte (MBQ) that will provide an employee-oriented, high performance culture within MBQ that emphasizes empowerment, quality, productivity and standards, goal attainment, and the recruitment and ongoing development of a superior workforce.

The Manager of Human Resources is responsible for working in partnership and in consultation with the Tyendinaga Mohawk Council, the CAO and other MBQ departments to ensure the development and implementation of effective human resources strategies, policies, programs, and procedures that are consistent with the TMC's goals and priorities.

The Manager also ensures the provision of advice, guidance and assistance to MBQ management regarding human resources. The Manager is also responsible for identifying performance standards related to human resources management within MBQ, and for helping to measure and improve client service delivery across the MBQ.

The Manager has responsibility for the overall planning, administration and operation of the Human Resources Services Department, subject to direction from the Deputy CAO - Corporate Services. The Manager provides leadership to the MBQ organization in designing responsive human resources services and programs and acts as MBQ's primary authority in all matters of human resources matters.

The Manager is responsible for developing policies and programs that promote and foster a positive working environment for employees and provide for good management/employee relationships.

The Manager organizes, directs and controls all human resources management activities within MBQ, and plans and manages comprehensive human resources, labour relations and employee relations programs including administration of compensation and benefits, staffing, human resources support systems, employee assistance, employee development and training, organizational design and effectiveness, workers' compensation and benefits and occupational health and safety.

The Manager responsible for directing, designing implementing and maintaining support services and systems for managers as part of the MBQ Human Resources service strategy and service delivery vision, and for leading the planning, allocating, deploying and delivery of resources and services consistent with the MBQ's goals, priorities and policies.

The Manager ensures that human resources services are managed and delivered with due regard for efficiency, economy and effectiveness. The Manager is responsible for ensuring that financial, performance measurement and other information used for decision-making and accountability reporting related to human resources management is reliable and adequate.

Finally, the Manager directs and manages the implementation of departmental strategies, and the operations of the work group, including organization structure and job design, and manages financial and human resources of the department. The Managers is accountable for hiring and firing, performance management and discipline of Human Resources Department staff as necessary.

Qualifications:

EDUCATION:

Four (4) year university degree in business or public administration, human resources, employee relations, industrial psychology or a closely related field.

EXPERIENCE:

Minimum eight (8) years of progressively responsible and related experience in an organization of comparable scope and size to Mohawks of the Bay of Quinte, with an emphasis in administering all major phases of human resources administration and management, including labour relations, of which at least four (4) years have included supervision of professional staff, and during which time both professional and managerial capability have been clearly demonstrated .

An appropriate advanced degree and public sector experience managing in a First Nations environment are desirable

Experience must include:

- strong skills in planning and implementing strategic human resources activities
- managing and motivating staff during periods of significant internal change
- providing labour relations advice to management and elected officials
- planning, implementing and managing client service operations

CERTIFICATION/LICENSE:

- Professional Human Resource certification is preferred

KNOWLEDGE:

- Principles, practices, trends and techniques of human resources management, including labour relations and negotiations, recruitment and selection, job evaluation, compensation and benefits administration, and employee development and training
- Principles and methods, relating to goal setting, program and budget development and implementation

- Applicable federal, provincial regulations
- Management principles and practices including client relationship management practices and tools
- Benchmarking principles and practices in the public and private sectors
- Organizational design and change management models, practices and techniques
- Operation and structure of the Mohawks of the Bay of Quinte, political environment and sensitivities;
- Must possess the training, experience and knowledge to organize the work and employee performance; and
- Must be familiar with all applicable health and safety legislation, have knowledge of any potential or actual danger to health or safety in the work place, and have knowledge of appropriate actions to be taken in order to ensure the health and safety of staff in accordance with applicable legislation.

COMPETENCIES/SKILLS & ABILITIES:

- Planning, organizing, administering, reviewing and evaluating a comprehensive human resources service delivery program
- Demonstrated ability to be a strategic and innovative thinker;
- Proven experience in developing and implementing successful service delivery models, frameworks and strategies that align with and move the organization toward the TMC and MBQ goals;
- Act decisively to translate organizational and departmental strategies into concrete action plans;
- Strong skills in examining and re-engineering operations and procedures, formulating goals, objectives and policies, and developing and implementing new strategies, procedures, work standards and internal controls;
- Identify opportunities, mobilize and co-ordinate resources and deliver effective and timely results;
- Develop, understand, interpret laws and execute rules, regulations, policies and procedures;
- Excellent negotiation and influence skills; ability to reach consensus;
- Ability to plan, communicate and obtain concurrence on projects, priorities and goals, and the ability to work effectively with a wide range of clients;
- Proven ability to apply principles of change management to assist staff in dealing with change, to shift priorities and adapt to changes to meet organizational and program requirement; and
- Ability to establish and maintain effective working relationships with the TMC, the Executive group, management, staff, private and community organizations, and others encountered in the course of work in this position.

PLEASE NOTE: Preference will be given to applicants of Mohawk Ancestry

Application must be **submitted no later than NOON** on the closing date and must include notation of position applying for, resume, three professional references AND other required documents

DEADLINE FOR APPLICATIONS: Friday February 18th, 2011 at 12:00 NOON

Application or requests for information can be sent to: Reception

Mailing address:

13 Old York Road
Tyendinaga Mohawk Territory
K0K 1X0

Email:

reception@mbq-tmt.org

Fax:

613-396-3627

Inquiries please call:

613-396-3424

Note:

Internal Posting are intended for the membership of the Mohawks of the Bay of Quinte

We thank all applicants for their interest in this position but only those selected for an interview will be contacted.

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

EMPLOYMENT OPPORTUNITY - INTERNAL POSTING (TWO POSITIONS)

MBQ ADMINISTRATION – Senior Manager, Corporate Services - Senior Manager, MBQ Operations

JOB SUMMARY:

The Senior Manager - Corporate Services and Senior Manager - MBQ Operations are executive level positions that report to, and are accountable to, the Chief Administrative Officer (CAO) and to the Tyendinaga Mohawk Council (TMC). Each of the two Senior Managers is responsible and accountable for one of two portfolios, either Corporate Services or MBQ Operations. The Senior Manager provides vision, leadership and strategic direction to their assigned portfolio within the Mohawks of the Bay of Quinte (MBQ) organization.

Senior Managers develop and facilitate the development of MBQ wide strategy and policy in collaboration with other members of the MBQ executive and the Tyendinaga Mohawk Council (TMC).

Senior Managers are responsible for working in partnership and in consultation with the portfolio holders on Council, with the Council as a whole, and with other MBQ executives and managers to ensure the development and implementation of effective strategies, policies, programs, and procedures that are consistent with the TMC's goals and priorities.

Senior Managers also ensure that the MBQ's mission, TMC vision, objectives and direction are incorporated into strategic and operational activities and services offered by MBQ to the Community. Senior Managers are responsible for developing policies and programs that promote and foster a positive working environment for employees, and provide for good management/employee relationships.

Senior Managers are members of the Senior Executive Team within MBQ, and attend TMC meetings. They assist the CAO with the running of the MBQ organization, and provides guidance and direction to managers and staff. They direct the human and budget resources assigned to their portfolio, and are accountable for hiring and firing, performance management and discipline of staff within their portfolio (Corporate Services or MBQ Operations) as necessary.

Senior Managers coordinate work planning and service delivery on a horizontal level, as well as monitor and manage the service levels, effectiveness and efficiency of MBQ services. They identify and monitor performance standards within MBQ, and help to measure and improve client service delivery across the MBQ.

Senior Managers maintains a strategic focus and allow MBQ managers to concentrate on managing and maintaining service delivery in the Community. They oversee progress, reporting, and performance measurement of objectives against annual operating plans, and they develop, manage and report on budgets and assist TMC with managing the relationships with funders.

Senior Managers establish, consult, liaise and build effective and productive long term relationships with regard to policy and operational with members of the TMC, and as directed, with members of the Community, other government organizations and with members of other public and private sector business partners on behalf of MBQ.

Senior Managers supports the MBQ's mission, vision and values by personal example, and encourage others in the organization to reflect these principles in their actions.

A Senior Manager serves as the Chief Administrative Officer in their absence as required.

Qualifications:

EDUCATION:

Graduation from a university with an accredited four (4) year university degree in business, public administration, or related field.

A Master's degree in business, public administration or a related field would be an asset.

EXPERIENCE:

Minimum ten (10) or more years of progressively responsible, and related experience in a position of comparable scope and size to the Mohawks of the Bay of Quinte.

Considerable administrative experience in First Nations government, involving a wide range of complex functions.

Or, an equivalent combination of education, experience, and training that provides the required knowledge, skills and abilities.

KNOWLEDGE:

- Extensive knowledge of modern principles and practices of public policy and business administration in First Nations government and the Canadian Public sector environment;

- Sound understanding of provincial and national policy issues and legislation affecting and impacting First Nations Communities in the Province of Ontario;
- Good understanding of current social, political and economic trends and operating protocols and leading practices utilized in First Nation's governments;
- Good knowledge of Federal and Provincial programs and services available to First Nation's Communities in the Province of Ontario;
- Thorough knowledge of public finance, budgeting and long term capital planning;
- Considerable knowledge of Provincial and Federal government legislation that would be applicable to the Mohawks of the Bay of Quinte;
- Principles and methods, relating to goal setting, program and budget development and implementation;
- Leading practices in public sector benchmarking and performance measurement;
- Operation and structure of the Mohawks of the Bay of Quinte, Community priorities and needs, political environment and sensitivities.

COMPETENCIES/SKILLS & ABILITIES:

- Demonstrated past ability to provide effective leadership, vision and corporate values;
- Skill in effective, clear and persuasive oral and written communications to individuals and groups;
- Demonstrated ability to be a strategic and innovative thinker;
- Strong skills in examining and re-engineering operations and procedures, formulating goals, objectives and policies, and developing and implementing new strategies, procedures, work standards and internal controls;
- Identify opportunities, mobilize and co-ordinate resources and deliver effective and timely results;
- Ability to negotiate complex and sensitive agreements and/or reach consensus with diverse and disparate interests;
- Ability to analyze situations and make quick decisions requiring sound independent judgement, resourcefulness and initiative;
- Skill in resolving conflict and gaining cooperation among competing interest groups;
- Ability to provide leadership, counsel, motivation and constructive performance reviews to managers and senior level staff, securing their respective commitments to the TMC's goals;
- Ability to articulate and promote the MBQ's strategic Positions, including its core values, to a diverse audience;
- Skill in facilitating and collaborating with managers to determine the most effective and efficient approach to delivering services and solving MBQ and Community wide issues;
- Ability to identify the MBQ's future direction in response to changing needs in the Community, and to develop, implement and communicate a vision for appropriate plans and action steps to the TMC and the management group;
- Ability to develop and maintain productive relationships with elected officials, business leaders, other community leaders, advisory boards, employees, the general public and senior level officials in other public and private sector organizations, and to speak publically and present complex or controversial information to the aforementioned groups;
- Thorough understanding of the MBQ's political environment and culture and the ability function effectively within that environment;
- Ability to make effective recommendations and decisions including the ability to prioritize and make decisions in the face of ambiguity and under pressure; and
- Cognitive ability to understand, interpret, synthesize, and communicate complex information and direct all levels of staff.

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Inquiries please call:

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We thank all applicants for their interest in this position but only those selected for an interview will be contacted.

To better serve the community and its members, the Tyendinaga Mohawk Council has asked that the following procedure for public presentations to the Council be recognized. This procedure will ensure that the Council receives all pertinent information in order to serve you and the community. This procedure has not been established to hinder your access to the Council, but to enhance service in a timely fashion.

PROCEDURE FOR LOCAL BUSINESS

Local Business Meetings are held the 2nd and 4th Wednesday's of each month at 7:00 p.m. unless otherwise notified.

The deadline for inclusion on the Local Business Agenda is the previous Friday at 12:00 p.m. Requests made after the deadline will be placed on the following Local Business Agenda.

The Tyendinaga Mohawk Council requires that the Community member provide a written statement on the issue the member wishes to discuss by the deadline. Assistance will be provided upon request. This will allow the staff the opportunity to gather any additional information on the issue so the Council can be fully informed and that your time is well spent.

All requests are to be directed to Angela Maracle, Administrative Officer, or Shelley Bowden, Administrative Support.

The order for the agenda is determined on a first-come, first-serve basis and each slot is scheduled for 20 minutes.

Please be advised that Community members that do not follow this procedure will not be recognized to be heard at the meeting. This is to ensure that all the proper information is available to the Council so that an informed decision can be made that is fair and equitable to every member.



Congratulations!

**Lacey on winning the 2010 Colin Wasacase
Scholarship 2011**

Lacey Maracle has successfully completed her first year of studies in the Social Service Worker Program, at Loyalist College.

Trustee Report for January 25, 2011

With elections now behind us, the new term has begun and new and returning Trustees are settling into working with Director Kathy Soule and the Senior Management team to continue to provide direction for the Hasting Prince Edward District School Board. All Trustees have had an opportunity to volunteer and be placed on various committees of the Board for a one year period and after that time can have an opportunity to move to another committee. With my role of First Nations Trustee, I am asked to sit on the Equity and Inclusivity Advisory Committee as well as the Aboriginal Education Steering Committee, both of which present opportunities to represent our culture and diversity. I also sit on the Supervised Alternative Learning Committee, and Operations and Finance Committee.

All Trustees are currently being updated on all programs and departments of the Board in an effort to make us more aware of the operational side of things which ultimately helps us to make better decisions in the overall operations of the Board.

Information on the Voluntary Confidential Self Identifica-

tion process indicates that as of this date there have been a total of 641 students across Hastings and Prince Edward Counties that have self identified. This number continues to grow as students and families continue to get a better understanding of the value of this policy.

The number of native studies courses offered in secondary schools continues to grow as well with the Board's eight secondary schools, offering a total of 32 sections of various native studies courses. The staff offering these courses are all supported through in-service sessions by our Aboriginal Education Coordinator Jennifer Maracle and her team.

For more information on Board and committee meetings please go to the Board website hpedsb.on.ca > Board and Committee meetings.

Remember, if you have any comments or concerns, please call at 613-962-3595 or email at mbrant@hpedsb.on.ca.

Respectfully submitted

Mike Brant, Trustee HPEDSB representing Tyendinaga First Nations

Eksa ókon:á Childcare Centre



can offer Subsidized
Childcare if you would like to
take your child to a licensed
centre off Tyendinaga.

If you are interested in finding
out more about this subsidy
please call the Daycare at
613-967-4401
ask for Cheryl

Nyá:wen kó:wa sewakwé:kon!

Thank you, Tyendinaga, for supporting the Kawenna'ón:we Immersion School's fundraising efforts! We apologize to the many we missed due to the bad weather!

Many of you had great suggestions, one of which is to have an on-going pop can drive.

We have three locations where you are able to drop off your pop cans to support Kawenna'ón:we:

Nation 2 Nation at 123, Hwy #49, Open daily from
7 am – 11 pm

Tota Maz, York Road (across from the Council House), Open Mon – Sat from 8 am – 8 pm and
Sunday 8 am – 5 pm.

Tyendinaga Fitness Resource Centre, York Rd & Hwy 2 in Shannonville–

Open Mon – Thu 6:30 am – 8:00 pm, Fri 6:30 am – 6:00 pm and Sat 8:00 am – 1:00 pm.



MOHAWKS OF THE BAY OF QUINTE
ECONOMIC DEVELOPMENT OFFICE

Support Local Business

Business of the Month

Feb 2011

The Mohawks of the Bay of Quinte's Economic Development Department is proud to feature a business that has been in operation for over 45 years!

Mohawk Auto Body is owned and operated by Howard Brant and specializes in all types of body work and paint jobs for all of your vehicle needs..

Howard's reputation as a competent specialist ensures satisfaction from all customers. Whether it is minor repairs or a complete overhaul on a collision involved vehicle, Mo-

hawk Auto Body has the experience and excellent workmanship needed to fulfill the job for individual needs or insurance related claims within a reasonable time frame with guaranteed results.

With excellent customer service and reasonable rates, the staff at Mohawk Auto Body ensure that you vehicle repairs are done to your standard as well as taking into consideration your full schedule.

Mohawk Auto Body is a place that treats your vehicle and you with the care and respect you deserves.

MOHAWK AUTO BODY
613-962-8977



For information regarding the economic development program, please contact:

Kelly Maracle

Economic Development Officer

Phone: 613.968.1122


Fax: 613.968.1128

Email: kellym@mbq-tmt.org


Or visit us on our website at:

www.mbq-tmt.org

What's New....


If you would like to be featured as a business of the month or on our directory please contact Kelly at 613-968-1122


Tobacco Policy
If you have not been contacted but are interested in providing input on a new tobacco policy, call Barry 613-396-3827


Resources now available for use by entrepreneurs at the Housing and Sustainable Development Office!

Chamber of Commerce Meeting

On January 20th, 2011 there was a meeting at the Council House for business owners interested in striking up a Chamber of Commerce on Tyendinaga.

A few very interested businesses showed up and there was some really great conversation. The consensus from the interested group was to have another meeting, hoping that even more would come out.

NEXT CHAMBER OF COMMERCE MEETING

FEBRUARY 22, 2011 AT 7:00 pm

at the Housing and Sustainable Development Office located at 14 York Rd.

**** ATTENTION ****

HUNTERS AND SHOOTERS

Interested in getting your PAL and/or Hunting Licences?



“ONE STOP” courses will be offered March 11/12 and March 18/19.
The Firearms Safety Course (PAL) portion will be Fri/Sat March 11/12.
The Hunter Education Course portion will be Fri/Sat March 18/19.
Both courses will run Fri 6-10 pm and Sat 8:30 am-5 pm.

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

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

There is limited space.

For more information or to reserve your spot please call Ed Maracle at (613) 396-3077 or email edm@fnti.net

Recipient (Client) Reimbursement

Health service providers are encouraged to bill the NIHB Program directly so that recipients do not face charges at the point of service when receiving health care goods or services.

When a recipient does pay directly for goods or services, he or she may seek reimbursement from the NIHB Program.

As of January 1, 2011 all requests for health goods or services reimbursement must be received within one year from the date of service or date of purchase and submitted on a NIHB Client Reimbursement Request Form.

The form information is available in HTML and Portable Document Format (PDF). The HTML version of the NIHB Client Reimbursement Request Form is not an actual form. It displays the information found on the form for viewing purposes only and will not be accepted if used to request reimbursement.

If you wish to submit a request, you must use only the PDF version of the NIHB Client Reimbursement Request Form. You may find that form at the website listed below.

http://www.hc-sc.gc.ca/fniah-spnia/alt_formats/fnihb-dqspni/pdf/nihb-ssna/form-reimburse-rembourse-eng.pdf

All requests for reimbursement of eligible benefits must include:

- Original receipts with cost breakdown (for example: dispensing fees, unit cost, and the Drug Identification Number (DIN) for drugs);
- Recipient's name, address, identification number (the treaty/status, nine or ten digit number, 'N' or 'B' number), band name and family number or other health care number;
- A copy of the prescription; and
- A completed recipient authorization section on the NIHB Client Reimbursement Request Form.

To obtain a print version of the NIHB Client Reimbursement Request Form contact the local Community Well Being Centre @ 613-967-3603 or the nearest NIHB Regional Office @ 1-800-640-0642.

The advertisement features a dark background with a stylized image of a person standing on a path that leads towards a bright, glowing horizon. The text is white and positioned in the upper left and center. The Trent University logo is in the bottom right corner.

Indigenous .Transforming.

27 degrees and programs to start your future, including: Nursing, Indigenous Environmental Science, Business Administration, Forensic Science

Explore www.trentu.ca/indigenous
adamhopkins@trentu.ca

TRENT
UNIVERSITY

Payment of Non Insured Health Benefits outside Canada

The NIHB Program will provide **some** benefits outside Canada provided you possess a valid Ontario Health Insurance Plan (OHIP) health card.

What is covered?

- The cost of privately acquired health insurance for approved students or migrant workers and their legal dependents
- Transportation benefits, when eligible recipients are medically referred and approved for treatment outside of Canada by a provincial or territorial health care plan

Who can access the benefits?

- A student following a course of post-secondary training or education from a recognized institution
- A migrant worker
- A legal dependent of a student or migrant worker

What are the NIHB client's responsibilities?

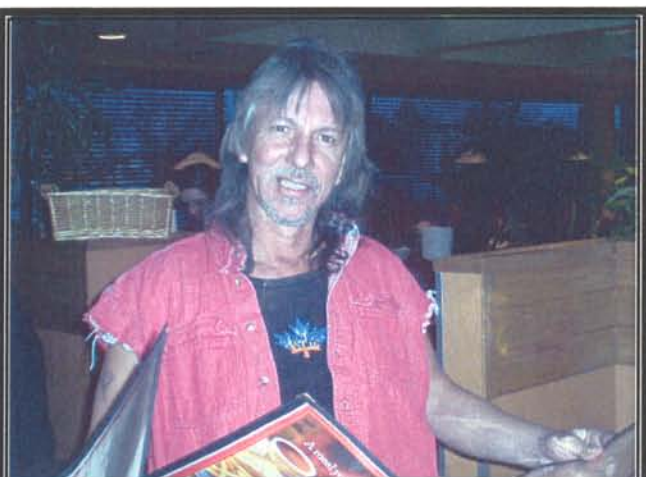
- Ensure that you have been approved by a provincial or territorial health insurance plan to obtain medical treatment in another country before leaving Canada
- Contact your FNIHB Regional Office at 1-800-640-0642 with specific questions or to discuss details of your impending request.

IMPORTANT!

PLEASE NOTE: This federal health services benefit CANNOT be used as an insurance plan when First Nations members travel outside of Canada on their own volition for leisure or recreation. Each First Nations member registered with the Canadian federal government (including minor children) must obtain appropriate private health insurance for the duration of their travel plans. This type of insurance can be privately purchased through a local travel agent, bank or insurance company. This purchase of private insurance is the responsibility of the First Nations members travelling outside of Canada and will not be entertained for reimbursement by Health Canada under any circumstance.

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

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



*In loving memory of a wonderful
brother, brother-in-law & uncle*

Kenneth Norman (Kokamo) Carr-Braint

October 10, 1959 – February 11, 2010

*Not how did he die, but how did he live?
Not what did he gain, but what did he give?
These are the units to measure the worth
Of a man as a man, regardless of birth
Not, what was his church, nor what was his creed?
But had he befriended those really in need?
Was he ever ready, with word of good cheer
To bring back a smile, to banish a tear?
Not what did the sketch in the newspaper say
But how many were sorry when he passed away.*

*Forever loved & never forgotten.
We miss you so much.*

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

Monday, January 24, 2011

Dear Family, Friends, Neighbours and Community Members

As you know on Dec. 5, 2010 we lost our home to a devastating house fire. The Mohawk Fire Department arrived quickly getting the fire under control. Our sister, Eileen Hill & Glenn Barberstock took us immediately and gave us a temporary home. The kindness, the donations and the comforting words are overwhelming. Thank you so much everyone! Knowing we have the support and best wishes from you all means a lot. It's good to have such wonderful people to lean on while we try to put our lives back in order. The whole event is still just a blur, but its important to us to recognize and thank everyone. Please accept our apologies if we have missed anyone.

Thank you so very much!

Mohawk Fire Dept., Mohawk Police

Deseronto Fire Dept., Tyendinaga Fire Dept.

Quinte Mohawk School Staff & Students

Angie Hill

The Fire Fund-Love in Action

Anglican Church –Father Brad Smith

Parish of Christ the King-Dan & Deloris Whalen

Native Womens Association

Jeff & Jackie Brant & Family

Deseronto Pentecostal Church—Ladies Auxiliary

Mary Kay—Pam Hill

Andrew Watson & Family

Jeff & Kim Chartrand

Brian & Denise Rogers

Caroline & Will Brant

John Roach & Family

Mrs. Theda Maracle

Lisa Land & Family

Angela Hill (Jig)

Bishop Lake Trailer Park Friends

A huge thanks again to Eileen Hill & Glenn Barberstock for allowing us to stay with them.

Thank you everyone!

Sincerely,

Bob & Nancy Leween and Pinkie

ATHLETE OF THE WEEK



GRIFFEN CONGER - Griffen Conger is a member of the Minor Pee wee Quinte Red Devils hockey team. He was one of two Red Devils to clinch first in the Breakaway Shutout Challenge during the Bell Capital Cup held in Ottawa earlier this month. He was successful in four of

six shots and then won the challenge in the second round.

Griffen is the son of Mike & April Conger.

The Grandson of Doug & Twila Brant

Good Work Griffen!

Love ya, Gramma & Poppa

Attention

Now that we have your attention, we would just like to say **THANK YOU** for all of your support over the years with the Mohawk Fair. We have had a great time preparing and planning for our annual Fair, and with your help it has been a success.

However, it is with great regret that we, Kim Maracle and Laura Brant, have retired from our positions as President and Treasurer of the Mohawk Agricultural Society. We would also like to thank our past executives and board members for their hard work and dedicated time to making the fair a success.

A new executive will be in place starting Feb 7, 2011. We would like to welcome them and wish them all the best in the upcoming year.

Once again, thank you!

Kim Maracle & Laura Brant

Happy Birthday!



| | | | |
|---|--|--|--|
| <p>Happy Birthday! Nita - Feb. 14 Love Wendy & Glenn</p> <p>Happy Birthday!  & Happy Valentines Day! Aunt Nee Nee - Feb. 14 Love Fishy</p> <p>Happy 6th Birthday! Rain Love Auntie Boo, Joshie, Bubba & Legend</p> <p>Happy Birthday Shelley!!!</p>  <p>Love Ron, Christopher & Mackenzie</p> <p>Happy Birthday! Ryan Brant Love Chip, Allison & Kody</p> <p>Happy Birthday! Aunt Edith Green Love Chip, Allison & Kody</p> | <p>Happy 1st Birthday! Colton Cowie Love Chip, Allison & Kody</p> <p>Happy Birthday! Dad—Feb 3 Love Reagan, Dylan & Lucy</p> <p>Happy Birthday! Uncle Dee—Feb. 10 Love Reagan & Dylan</p> <p>Happy Birthday! Erin – February 4th Love Aunt Marilyn, Uncle Rick, Sam & Emmett</p> <p>Happy 2nd Birthday! To our Awesome Grandson Ethan – February 9th Lots of love, Grandma & Papa</p> <p>Happy 2nd Birthday! to a Wonderful Nephew & Cousin February 9th Lots of love Auntie Sam & Emmett</p> | <p>Happy Birthday! Destiny-Feb 1 (Apple Dumplin) Love Grandma & Poppa</p> <p>Happy Birthday! Chris—Feb. 20 Love Mom & Dad</p> <p>Happy Birthday! D.J. – February 26th Love Aunt Marilyn, Uncle Rick, Sam & Emmett</p> <p>Happy Birthday! Alecia – February 28th Love Aunt Marilyn, Uncle Rick, Sam & Emmett</p> <p>Happy 70th Birthday! Joy – February 24th Love Marilyn</p> <p>Happy 2nd Birthday! Jordan—Feb. 7 Lots of love, Mommy, Daddy & Riley Lots of Love Your Big Bro, Ernie</p> | <p>Happy 2nd Birthday! Alvin—Feb 7 Lots of love, Duda</p>  <p>Happy Birthday! Duda—Feb. 8 Lots of love, Alvin</p> <p>Happy Birthday! Mom (Heather)- Feb. 8 Lots of love, Doris & Kevin</p> <p>Happy Birthday! Granny-Feb. 8 Lots of love, Ernie</p> <p>Happy Birthday! Duda-Feb. 8 Lots of love, Riley</p> <p>Happy Birthday! Mama-Feb. 8 Lots of love, Leland</p> <p>Happy Birthday! Alvin- Feb 8 Lots of love, Boy (Leland)</p> |
|---|--|--|--|

2011 Home Maintenance Poster Winners

CMHC Ontario's Research and Information Transfer and Aboriginal Housing Departments are pleased to announce the publication of the **2011 First Nations Home Maintenance Calendar**.

Every year, Canada Mortgage and Housing Corporation (CMHC) works with Aboriginal students (K-8) in First Nations communities to create a calendar that provides **useful tips on seasonal home maintenance**.

Along with CMHC's maintenance tips, students from various First Nations schools contribute art depicting what a healthy home means to them. In November, fifteen entries were selected to be show-cased in the 2011 calendar to help promote the concept of healthy housing.

The 2011 First Nations Calendar will be distributed to the schools that participated in the 'Healthy Homes' project as well as at the Tribal Councils and the Northern Housing



Keegin Quin, Quinte Mohawk School

Below is a list of the First Nations schools that participated.

| School | First Nation |
|---|-------------------------------------|
| J.R. Nakogee Elementary School | Attawapiskat First Nation |
| Kikendawt Kinoomaadii Gamig | Dokis First Nation |
| Lakeview School | M'Chigeeng First Nation |
| Mnjikaning Kendaaswin Elementary School | Rama Mnjikaning First Nation |
| Neskantaga Education Centre | Neskantaga First Nation |
| Peetabeck Academy School | Fort Albany First Nation |
| Pegamigaabo School | Big Grassy First Nation |
| Quinte Mohawk School | Mohawks of the Bay of Quinte |
| Wabaseemoong School | Wabaseemoong First Nation |
| Wasse Abin Junior School | Wikewemikong Unceded Indian Reserve |

Below is the list of winning entries:

| Student Name | First Nations School |
|--------------------------|---|
| Keegan Quin | Quinte Mohawk School |
| Kevilene Stephens | Peetabeck Academy School |
| Elma Hookimaw | J.R. Nakogee Elementary School |
| Sabrina Mattinas | J.R. Nakogee Elementary School |
| Christian Metat | J.R. Nakogee Elementary School |
| Summer Beaudin | Lakeview School |
| Billy Duck | Wabaseemoong School |
| Roseanne Sutherland | J.R. Nakogee Elementary School |
| Thomas Moonias | Neskantaga Education Centre |
| Gavin Manitowabi-Trudeau | Wasse Abin Junior School |
| Mackenzie Dokis | Kikendawt Kinoomaadi Gamig (Dokis School) |
| Kaylene Moonias | Neskantaga Education Centre |
| Olivia Manitouwabi | Wasse Abin Junior School |
| Emily Douglas | Mnjikaning Kendaaswin Elementary School |
| Payton Horton | Pegamigaabo School |

February 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | | |
|---|-----|--|---|---|---|---|---|--|
| All programs are held in the Common Room at the Elders Lodge. Unless otherwise stated. | | 1 Breakfast Club (Continental) Meals on Wheels | 2 Breakfast Club (Continental) Diners Club Deseronto Movie Night | 3 Breakfast Club (Full) Meals on Wheels Blvl Shopping | 4 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting | 5 | | |
| | | 6 Breakfast Club (Full) Ceramics Wii Bowling | 7 Breakfast Club (Continental) Meals on Wheels | 8 Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night | 9 Breakfast Club (Full) Meals on Wheels Birthday Tea | 10 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking | 11 | |
| | | 12 | 13 Breakfast Club (Full) Ceramics Wii Bowling | 14 Breakfast Club (Continental) Meals on Wheels Mohawk Language | 15 Breakfast Club (Continental) Diners Club Deseronto Movie Night | 16 Breakfast Club (Full) Meals on Wheels | 17 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting Moon Ceremony @ CWB 6:30p.m. | 18 |
| | | 19 | 20 Breakfast Club (Full) Ceramics Wii Bowling | 21 Breakfast Club (Continental) Meals on Wheels Mohawk Language | 22 Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night | 23 Breakfast Club (Full) Meals on Wheels BINGO | 24 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking | 25 |
| | | 26 | 27 Breakfast Club (Full) Ceramics Wii Bowling | 28 Breakfast Club (Full) Ceramics Wii Bowling | Breakfast Club - 8:30 - 9:30 am Diners Club - 12:00 - 2:00 pm Handivan Departure - 10:00 am Meals on Wheels delivered between: 11:30 am - 12:30 pm Friendly Visiting - 1:00 - 3:00 pm Scrapbooking - 10:00 am - 3:00 pm | | | Ceramics - 1:00 - 3:00 pm Birthday Tea - 2:00 - 4:00 pm Bingo - 12:00 - 3:00 pm Euchre - 6:30 - 8:30 pm Movie Night - 7:00 - 9:00 pm Wii Bowling - 7:00 - 9:00 pm Mohawk Language - 6:00 - 8:00 p.m. |

Diabetes Wellness Circle



Presenting

Heart Health

with

Heart & Stroke Foundation of Ontario

7pm

Community Wellbeing Centre

1508 B- York Road

Tyendinaga Mohawk Territory

ALL WELCOME

For More information please call Denise Leafe RPN/CHR 613-9673603



Health
Canada

Santé
Canada

ANNUAL FIRST NATION \$1000 HEALTH SCHOLARSHIP

Presented by the:
Association of Iroquois & Allied Indians

AIAI

The Association of Iroquois and Allied Indians (AIAI) is a Political Territorial Organization (PTO) established in 1969, to represent their eight Member First Nation communities at all levels of government. AIAI represents approximately 20,000 Status First Nation people from Batchewana First Nation, Caldwell First Nation, Mississaugas of the New Credit First Nation, Delaware Nation Moravian of the Thames, Oneida Nation of the Thames, Wahta Mohawks, Hiawatha First Nation, and Mohawks of the Bay of Quinte (Tyendinaga).

PURPOSE

The AIAI Health Scholarship Award was created in 1989, through contributions provided by Health Canada, to promote and recognize First Nations excellence in a Health or Traditional Healing post-secondary program. Ultimately, we strive to increase the number of First Nations people entering into a health profession as their career goal.

This Health Scholarship will be awarded to a successful candidate who is currently enrolled in a post-secondary Health or Traditional Healing/Medicine program for the current academic year 2010/2011.

The Successful applicant will receive the \$1000 Health Scholarship and honourable recognition by AIAI's Grand Chief at the 2011 Annual General Assembly.

SCHOLARSHIP CRITERIA

- All applicants must be of First Nation heritage and be a registered band member with one of the eight (8) AIAI Member Nations - Batchewana, Caldwell, Delaware (Moraviantown), Hiawatha, New Credit, Oneida, Mohawks of the Bay of Quinte (Tyendinaga), and Wahta Mohawks.
- Applicants can only accept this scholarship as a one time recipient.
- Applicants must be enrolled as a full-time student in a Health related or Traditional Healing post-secondary program for the 2010/2011 academic school year.

Applications Must Include the Following:

- A self profile describing why you are deserving of such a scholarship.
- Transcripts displaying most current academics
- One (1) letter of support from your program advisor, school counselor, or professor/instructor, etc.
- One (1) letter of support from your respective Chief confirming that you are a registered First Nation member of your community.

AIAI's Member First Nations:

- ★ Batchewana
- ★ Oneida
- ★ New Credit
- ★ Delaware
(Moraviantown)
- ★ Hiawatha
- ★ Wahta
Mohawks
- ★ Caldwell
- ★ Tyendinaga

APPLICATION DEADLINE:
March 31, 2011

NOTE: Any applications received after 4:30 pm on March 31, 2011 will not be considered.
Remember to include your contact information i.e. Return address, email, and phone number.

**All interested students please submit your
application to the attention of:**

**Cathryn Mandoka, Health Director
Association of Iroquois & Allied Indians
387 Princess Ave.
London, ON N6B 2A7**

**Phone: (519) 434-2761 Fax: (519) 679-1653
email: cmandoka@aiai.on.ca Website: www.aiai.on.ca**

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

To their ongoing series of meetings

**WEEKLY on TUESDAYS
10:30 am – Noon**

@ COMMUNITY WELLBEING BUILDING

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

BREASTFEEDING CLINIC AVAILABLE :

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

**FOR APPOINTMENTS CALL:
613-396-2942**

We provide a welcoming atmosphere to breastfeed within our facility and our community. We promote, protect, and support breastfeeding with a written breastfeeding policy.

We support breastfeeding by:

- ✓ Promoting breastfeeding as the normal way to nurture
- ✓ Teaching pregnant mothers & families why breastfeeding is important
- ✓ Helping dads to know how to help moms & babies breastfeed well
- ✓ Teaching the importance of mothers & infants remaining together
- ✓ Encouraging skin-to-skin contact ("kangaroo care") for as long and as often as mothers desire
- ✓ Encouraging mothers to respond to their baby's cues by breastfeeding whenever the baby shows signs of interest
- ✓ Not encouraging or suggesting pacifiers
- ✓ Encouraging frequent breastfeeding as normal, especially in the early days and weeks
- ✓ Teaching how to protect milk supply and feed baby if mom & baby are separated
- ✓ Supporting exclusive breastfeeding for 6 months, with gradual introduction of local, nutrient-dense table foods while breastfeeding continues

February 2011

Moms - In - Waiting

Canadian Prenatal Nutrition Program (CPNP)

MONTHLY FOOD VOUCHERS are offered to women during their pregnancy. For more information please call the Community Wellbeing 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

Mohawk Agricultural Society

Volunteers are needed to sustain the Mohawk Agricultural Society and the Annual Mohawk Fair!

Our fair is a valued event in our community and we need new faces and new ideas to make the 2011 fair even better!

Don't miss our next meeting. We look forward to seeing you!

Cut this portion off and stick on your fridge as a reminder!

=====

Mohawk Fair Meeting

Next Meeting Date: February 7, 2011

Time: 7:00pm

Place: Quinte Mohawk School

****Our meetings are always the second Monday of the Month with the exception of February****

ATTENTION
COMMUNITY MEMBERS

Mohawk Fair dates have been changed to:

September 30, October 1,

and October 2, 2011

**We look forward to having fun and exciting
entertainment for the whole community!**

Cut out the bottom portion and keep on the fridge to save the date.

=====

!SAVE THE DATE!

Mohawk Fair

September 30, October 1, October 2, 2011



February Newsletter

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

1508 York Road

613-967-3603 or 613-967-0122

Events happening in surrounding communities...

Napanee Monday February 21, 2011

Napanee Indoor pool 9:00-12:00

9-9:30 Parents & Babies

9:30-10 Family water games

10-10:30 Public Swim

11-11:30 Family swim team relays

11:30-12 Family Aquafit

Strathcona Paper Centre 1-3

Cintas rink 1-3 Public Skate

Banquet hall 1-3 Air castles

Goodyear rink 1-3 Shiny hockey

Deseronto Monday February 21, 2011

Deseronto Arena

Pancake breakfast \$3.00 per person

Tumble bus

Sledge hockey exhibition game

That's dancing demo

Magician—Nigel Harrison

Public skating/hot chocolate

Face painting & balloonologist

Storm vs. Storm Alumni - exhibition hockey game

And much much more

Upcoming March Events

Saturday March 12th, 2011

Andy Forgie attending our play group

Drop In March 7, 14, 21 & 28th

Kinder gym & Scrapbooking March 24th

Play Group March 12 & 26th



We're on the web!

Look for us under Community
Service and Community
Wellbeing.

www.mbq-tmt.org

We have moved!

Maternal Child Health, Early Childhood Development and Healthy Babies Healthy Children has moved to the new Community Wellbeing building located at 1508 York Road.

We can be reached at the following numbers, 613-967-3603 or 613-967-0122

If you are coming to any of our programming that we will be offering at our new location, please come to the left-hand side parking lot entrance.

Thank you and we look forward to seeing you soon. Allison, Barbara Gail & Julie

Evening Kinder Gym

February 10th, 2011

6:00-8:00 pm

1508 York Road

Community Wellbeing Building Teaching Lodge!!

Come out and have some fun playing with our kinder gym Equipment.

Family Prize packs

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

The prize will be Drawn on March 31st, 2011

Prize pack:

Salsa & Scoops

Popcorn

Goldfish crackers

Board game & Movie

"NEW" Monday Play Group "NEW"

February 7, 21 & 28th, 2011

10:00 am-12:00 pm

1508 York Road

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...

“NEW” Saturday Drop In “NEW”

February 5th & 19th, 2011

9:30-11:30am

Community Wellbeing building Teaching Lodge.

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

Quilting Class

Every Tuesday Night February 8, 15 & 22nd, 2011

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 or 613-967-0122

Tools of the trade.... Hands-on, open-ended toys help kids develop creativity.

Play-Doh



Bongos, maracas and tambourine



Lego Duplo Learning set.



Scrapbook Workshop

February 10th, 2011

6:00-8:00pm

Cost \$2.00 per person

Community Wellbeing building left entrance


Come out and scrapbook some of your memories!

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

Child care will be provided!

Call Allison at 613-967-3603 or 613-967-0122

February 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--------------------------------------|--|--|---------------------------|---------------------------------------|
| | | 1 | 2 <i>Swimming Lessons</i> 6:30-7:30 | 3 | 4 | 5 <i>Play Group</i> 9:30-11:30 |
| 6 | 7 <i>Drop In</i> 10:00-12:00 | 8 <i>Quilting</i> 6:00-9:00pm | 9 | 10 <i>Evening Kinder Gym</i> 6:00-8:00pm <i>Scrapbooking</i> 6:00-8:00pm | 11 | 12 |
| 13 | 14  | 15 <i>Quilting</i> 6:00-9:00pm | 16 <i>Swimming Lessons</i> 6:30-7:30 | 17 | 18 <i>PA Day Event</i> | 19 <i>Play Group</i> 9:30-11:30 |
| 20 | 21 <i>Family Day Drop In</i> 10:00-12:00 | 22 <i>Quilting</i> 6:00-9:00pm | 23 <i>Swimming Lessons</i> 6:30-7:30 | 24 | 25 | 26 |
| 27 | 28 <i>Drop In</i> 10:00-12:00 | | | | | |

Saturday March 12th, 2011

9:30-12:00

Andy Forgie will be here performing at 10:30



A musical storyteller, Andy's warm voice and gentle humour turn each Concert into a campfire sing-song. Andy's original recordings have been enjoyed throughout Ontario on CBC radio and nationwide on the History Channel's "Sketches of Our Town". He has worked with many of Canada's top family performers, Sharon & Bram, the Polka dot door stage show and has recorded with the late Bob Homme (The Friendly Giant).



Kanhiote Library



First Nation Public Library Week

Trivia Challenge –

Feb. 13 from 2 -4

\$5/ person – Teams of 6 people



**KANHIOTE
LIBRARY**
613-967-6264

Monday, Tuesday and Wednesday 10:30 to 5:30

Thursday 12 to 7

New at the library - access to:

TumbleBookLibrary (www.tumblebooklibrary.com) is an online collection of ebooks for children in grades K-6 (approximately). Existing children's books are licensed for use then animated using the existing illustrations and adding audio narration. The collection includes old time favorites such as The Paper Bag Princess by Robert Munsch, Diary of a Worm, How I Became a Pirate, Miss Malarkey Doesn't Live in Room 10, One Duck Stuck, as well as favourite fairy tales such as Jack and the Beanstalk and Old Mother Hubbard.

Also: TumbleReadables (www.tumblereadables.com) is an online collection of read-along chapter books for students in late elementary to high school

and: TumbleTalkingBooks.com allows patrons to listen to or download their favourite audio books with just a click of a button. Listen online, bookmark a spot, or download the book and access the books offline at your convenience. Patrons may download the books to any PC or MAC laptop, notebook, desktop, and to Android tablets. Downloads are for a 90-day loan period and patrons may borrow as many books at the same time as they wish!



It's Time Again!

Details of the Hanio Oksa Healthy Lifestyles # 5

Only one day a week to take the footsteps of change



Thursday February 10, 17, 24 / 2011
At the Tyendinaga Fitness Resource Center
6pm to 7pm
962-2822

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

Thursday February 10

Positive Thinking & Centering Yourself

By Sarah Brown

Family Home Visitor / Aboriginal Healthy Babies Healthy Children



Thursday February 17

Communication Blocks to Listening

By Greg Loft

MFS Family Support Worker

Thursday February 24

Benefits of Tea to the Body

Kelly Stanhope

Tea Consultant



Each session is a ½ workshop & ½ of exercise at the Fitness Centre
(Dress to be active)

Sign- up by February 8 /2011 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 TO ALL THAT ATTEND all 3 sessions

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

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

February 2011

Discover the Balance

We have Gift Certificates

Discovering the Balance

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

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 1:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

**Purchase a 12 month
membership and save**

Adult save \$50

Student save \$40

Senior save \$30

**Compare us to other Fitness
Centre's & Save Up to \$600**

A year !

We Are Open to The Public

NO TAXES

NO CONTRACTS

How can I be sure that I am doing a move correctly?

- Keep your core strong for all activities
- Keep feet on the ground when using the bench
- Maintain good posture-do not arch your back, keep spine aligned and shoulders back
- Choose a weight that allows you to keep good form during all reps-if you break form chances are the weight is too heavy
- Perform reps slowly and squeeze the working muscles to enhance the contraction

Volunteers for TFRC

We are looking for volunteers to help us with the following:

1)Childcare 2) Cleaning 3) Laundry 4) Welcoming new members

Your reward for volunteering is job experience and free membership at TFRC. This is great opportunity to complete High School community hours.

Pennies for The Soup Pot at QMS

TFRC is still collecting pennies for the QMS Soup program , in December we collected \$26.00 for the **Tyendinaga Health Coalition for Healthy Lifestyles**. Thanks everyone for your pennies.

Tyendinaga Youth Skills Employment Program

Hi everyone, My time at the fitness centre has come to an end. These last 10 weeks have gone by so quickly. I would like to thank everyone for making my time at TFRC a great experience. I would also like to give a huge thanks to Darlene and Sonya for welcoming me to the centre and allowing me to be part of the TFRC team, and including me in everything that went on at the centre. My time at the centre I have gained experience and got the chance to meet a lot of wonderful people. My time at the centre will not be forgotten.

Elizabeth Gardiner -Sayers

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

Calendar of Events February 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--------------------------|-------------------------------------|--|--|
| Join our Winter Bike & Walking Group | Come and Bike with us during the winter months | 1 | 2 Pilates 6pm-7pm | 3 | 4 Try Something New | 5 |
| 6 | 7 40 & Over Exercise Program 10:15am-11am | 8 | 9 Pilates 6pm-7pm | 10 Hanio Oksa Workshop 6pm | 11 | 12 Take Time for You |
| 13 Fitness Bingo Starts Monday | 14 40 & Over Exercise Program 10:15am-11am | 15 | 16 Pilates 6pm-7pm | 17 Hanio Oksa Workshop 6pm | 18 Exercise To Prevent illness | 19 |
| 20 3,500 Calories In one pound | 21 40 & Over Exercise Program 10:15am-11am | 22 | 23 | 24 Hanio Oksa Workshop 6pm | 25 | 26 Did You Eat Your Veggie's This Week ? |
| 27 | 28 |  | | | CHILDCARE HOURS MON-THURS 9:30 AM - 10:30AM | |

We Welcome Everyone to Join TFRC... It's A Great Place to Get Healthy !

Nature's Sunshine Products - orders go in the end of each month

www.naturessunshine.ca - no taxes 1-800-265-9163

We are also selling Certified Organic Omega Meals & Chocolate bars

www.biolivenutrition.com - no taxes

These are fundraiser's for TFRC



Four Reasons Why Couch Potato Syndrome is Bad for Your Brain & Body

- 1) Lack of physical exercise affects blood flow in the body
- 2) Increased risk of heart disease & stroke
- 3) Increase risk of high blood pressure, which could cause brain related health problems
- 4) You are not as mentally sharp as blood flow is slow to the brain.

Diabetes....So What About it?

Diabetes damages almost every organ, including the brain, by making blood vessels hard and brittle.

One of the most effective preventions against diabetes is exercise because it helps to improve insulin's ability to regulate blood glucose.

Call your local SOADI for more information about how to help yourself with diabetes:
(613)396-3900 or email eastern@soadi.ca

Resource: Change Your Brain Change Your Body - www.amenclinics.com

SOADI - Southern Ontario Aboriginal Diabetes Initiative (www.soadi.ca)

The Diabetes prevention Co-Ordinator, Carol Loft, will be visiting us 4 times a year - March, June, September & December. Carol will be presenting and setting up displays to educate and enhance our awareness about diabetes. The details will be posted in our newsletter and at TFRC.

TFRC greatly appreciates SOADI's time to present and educate.

Special Thanks To:

| | |
|---------------------------|--|
| Elizabeth Gardiner | For all your help here at the fitness centre for the past 10 weeks. We really enjoyed having you here |
| Mandi Tisdale | For donating health promotion resources |
| Cathy Wilson | For donating \$60.00 from the Ion Cleanse sessions |
| All Clients | For bringing in movies to share while working out at TFRC |

Also Special Thanks to all our Clients for their continued support!

Four Reasons Why Couch Potato Syndrome is Bad for Your Brain & Body

- 1) Lack of physical exercise affects blood flow in the body
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We really enjoyed having you here

Mandi Tisdale— for donating health promotion resources

To all clients you have brought in movies for others to enjoy while working out at TFRC

Cathy Wilson - donated \$60.00 from the Ion Cleanse sessions

Also Special Thanks to all our clients for the continue support !

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

Fitness Bingo

Let the Fun Begin !



Tyendinaga Fitness Resource Centre is starting the Annual
“Fitness Bingo Challenge Program # 2”

Fitness Bingo is a Bingo Sheet of Physical Activity Tasks & Health Challenges.

DETAILS

STARTS - February 14th to April 30, 2011 - **FREE BINGO Health SHEETS**

When you finish one Bingo sheet you start the next one, *you do not have to be a Member at TFRC, but we encourage it, a fun environment to enhance your health.*

PARTNER - You have to have a partner to sign that you completed your task, the partner can also play Bingo. Any physical task at TFRC have to be signed by a TFRC staff

AGE GROUP - 16 & up

PRIZES - Prizes for each Bingo sheet completed....will be put into a draw for a **FREE** membership package, as well as a opportunity to start a healthier lifestyle and **lose weight** when you follow all the Bingo Health Sheets.

Good Nutrition & Exercise = Healthy Lifestyle



**Time: 12:00 - 1:00
p.m.**

**Date: February 22,
2011**

**Brown Bag
Lunch Talk**

Come learn how
to make your
favorite recipes
healthier

What is your
transit time ?

Do you suffer from
indigestion?

Cost: \$5.00

donated to TFRC

**Please register by
Thursday**

February 17, 2011

Contact @ TFRC 613-962-2822

Location: Tyendinaga Fitness Resource Centre.

Kathy Wilson Herbal Consultant 613-395-5027



Winter Walking Program

2011

Benefits of Walking

- More energy
- Restful sleep
- Over all positive attitude
- Improved over all health
- Weight loss

Do you want a healthier you in 2011?

Why not join our winter walking program?

Mark your calendar beginning

TUESDAY February 15, 2011 at 6:00 p.m.

Quinte Mohawk School gymnasium.

Come for an evening of fun physical activity, health information and lots of laughs.

To register please call

Denise Leafé
RPN/CHR
613-967-3603



MARCH BREAK YOUTH CONFERENCE

~ MARCH 14 – 18TH, 2011

The Enyonkwa'nikonhriyo:hake Program will be hosting the March Break Youth Conference from March 14-18!

The Good Minds team is planning an exciting week for all youth ages 10-18, Monday to Thursday & Youth ages 12-18 on Friday....

New this year....adult information session on Thursday night which includes a complimentary dinner, prizes and exciting information....

we are very excited to bring you amazing speakers who will provide information and activities....

Lunches and snacks will be provided for the week....

There will also be fantastic prizes for the youth who attend the entire week!!

The Enyonkwa'nikonhriyo:hake team will be providing more information in the upcoming weeks!

WATCH FOR INFORMATION POSTERS!!!

Coming of Age Ceremony

We are looking for people interested in being involved
in getting this ceremony started in Tyendinaga.

Find out how you can help guide our youth into
healthy, strong, well-balanced, spiritual Kanyen'kehá:ka adults.

This ceremony is not affiliated with the longhouse,
but is deeply rooted in culture and traditions.

Cultural teachings are based on our traditional stories
including the Creation story.

Participants will learn skills to prepare them for fasting,
which is used to connect us to Creation and help us find vision.

A meeting will be held on Sunday, February 20

At 10:00 am at 314 Airport Road.

WANTED!

Are you ***passionate*** about Kanyen'keha language? Do have ***great ideas*** for reviving
Kanyen'keha?

Are you ***committed*** to making things happen?

***Then Tsi Tyonnheht Onkwawenna
is looking for you!***

Tsi Tyonnheht Onkwawenna is currently seeking new board members.
All we ask is that you commit to one meeting per month and to assist in events as they arise.

If you would like more information about who we are,
contact us at **613-396-3100 ext. 259**; by e-mail at nikki_auten@hotmail.ca;
OR drop by at 314 Airport Road, Tyendinaga, ON K0K 1X0.



ADULT AQUAFIT CLASSES

The healing properties of water are an excellent place to provide calm but revitalizing mind and body exercise. Discover ways to increase your flexibility, core stability, coordination, and muscular endurance. Aqua fit classes are adaptable to all fitness levels and are an excellent way to obtain and maintain an active lifestyle.

Beginning MONDAY, FEBRUARY, 21/11

And continuing each Monday for 6 weeks please join us for an aqua fit class.

Greater Napanee Recreational pool

Free transportation for the first 12 registered participants.

Depart 6:30 pm from Community Wellbeing Building

1508 York Road.

TMT

For further information or to register please call Melissa Maracle CHR at

613-967-3603

INCOME TAX RETURNS DUE APRIL 30/2011

*Let us help you to complete and file your income tax returns.
IT'S FREE!!*

The "*Community Volunteer Income Tax Program*" will be offering again tax preparation clinics on the following dates and locations in Tyendinaga:

| | |
|---------------------------------|--------------------------------|
| Wednesday March 9, 2011 | 5:00pm – 7:00pm @ FNTI |
| Wednesday March 23, 2011 | 5:00pm – 7:00pm @ FNTI |
| Saturday April 16, 2011 | 10:00am – 2:00pm @ FNTI |

If you are a low-income earner and would like free assistance with the preparation of your individual income tax return, please plan to attend one of our above-mentioned clinics. No appointments necessary.

The Canada Revenue Agency has administered the "*Community Volunteer Income Tax Program*" for forty years. WHAT IS IT? CVITP is a community-based program designed to help low-income individuals with simple tax situations complete their income tax and benefit returns, *free of charge*.

Should you have any questions, please contact Wendy Anderson at (613) 391-2658.





Please join us for a

Family Event!

Saturday March 5th, 2011

Complimentary Community Dinner

Mohawk Community Centre

Dinner served from 4-6 pm!

Events take place between 1 - 4 pm.

The day's events include:

- **Silent Auction (Cash sales only)**
- **Indoor Yard Sale (Cash sales only)**
- **Information Sharing on Community Resources**
- **Activities for kids**

Auction and sales conclude at 4 pm.

Meal to be served from 4 - 6 pm.

**For more information, please contact
Johanna Goodfellow at 613-967-0122 ext. 143**

Door Prizes!

**Proudly sponsored by the
Mohawks of the Bay of Quinte
Community Wellbeing Programs**

* Open House *

"Road to Success"

February 17, 2011 Elders Lodge, 6 p.m.-8 p.m.

Everyone Welcome!

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: Donna Crouse 613-396-2229
Tree Good altree94@gmail.com

Moon Ceremony

All Women Welcome!

WHERE: COMMUNITY WELLBEING BUILDING

WHEN: *Feb. 18* at 6:30 p.m.

Please wear a
dress/skirt and
bring tobacco, lawn chair
& water if possible.

Call for more
information:

613-967-3603

POTLUCK MEAL SHARING



"AA OPEN MEETINGS"

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

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



THE ANGLICAN PARISH
OF TYENDINAGA

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

SUNDAY CELEBRATION

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

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

*On 20 Feb, the only service is at 8:30
at All Saints' Church

UPCOMING EVENTS

Parish Fun Night
Wednesday 16 February, 7 p.m., QAPC
Bring a game, a friend, and a snack!

Men's Breakfast
Saturday 26 February, 8 a.m., Tota Maz
The men of the Parish (and friends) gather once a
month for breakfast and fellowship.

Shrove Tuesday Pancake Supper
Tuesday 8 March, 5-7 p.m., All Saints'
Adults \$6, Kids 6-12 \$3, Under 5 free.

Ash Wednesday Liturgy
Wednesday 9 March, 7 p.m., Christ Church

NEWS

Confirmation Classes
Anyone who is baptised is invited to prepare for the
Sacrament of Confirmation, which will be administered
by the Bishop on Sunday 17 April. For more
information, please contact Fr Brad.

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 Trinqué, 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!"

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basement, woodstove
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apartment, 2 small bedrooms,
extra storage space, nice views,
new appliances, private entrance,
lots of acreage to explore.
\$650/month includes utilities.
Both currently empty. Available
for February or March 1st.
Security deposit required.
References.
Call 613-968-8955.

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

Call 613-968-8955.

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freshly painted, eat in kitchen,
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laundry room, large family room
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- utilities not included. No
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Yahoo.com or contact (416)
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613-967-1129

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Serious inquiries only:
Please call 613-396-5879

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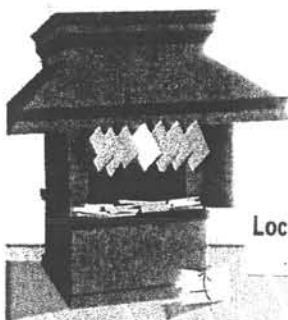
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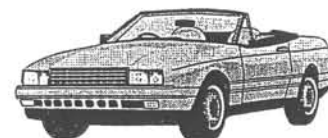
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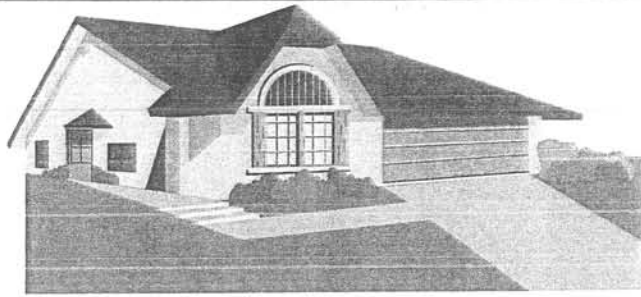
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