



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENTEHA

ISSUE 1/09

Tsysothorhkowa (Jan.)

ORI:WASE (News)



Happy New Year!

Vision Statement

Tyendinaga, as part of the Mohawk Nation, is a healthy, sustainable Kanienkeha community, built on and united by our language, culture, traditions, knowledge and history. We exercise our rights and responsibilities for the protection of and respect for our people, our land, our resources and the environment.

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Newsletter Deadline

Jan. 24

613-396-3424

We're on the Internet

www.mbq-tmt.org/

JOB POSTINGS

Positions that become available with the Mohawks of the Bay of Quinte can now be viewed on the Tyendinaga Mohawk Territory Web Site.

www.mbq-tmt.org/

ADMINISTRATION

TMC MEETING DATES

TMC Meetings	Agenda Deadlines
Regular - January 9, 9:00 am	Monday, January 7, 12:00 pm
Local Business - January 16, 7:00 pm (or earlier in day if possible)	January 11, 12:00 pm
Regular - January 23, 9:00 am	January 18, 12:00 pm
Local Business - January 30, 7:00 pm (or earlier in day if possible)	January 25, 12:00 pm

MBQ HIRES NEW CAO



The Mohawks of the Bay of Quinte Administration would like to extend a warm welcome to its newly hired Chief Administrative Officer, Mr. Brian Hamilton.

Born and raised in Belleville, Ontario, Brian currently resides in Peterborough, Ontario. He is a registered member of Mohawks of Bay of Quinte.

Brian graduated from Quinte Secondary School, and has a Bachelor of Arts from Carleton University. He has been employed for the past 26 ½ years by the Government of Ontario where he has primarily been responsible for the administration of Transfer Payments to First Nations, Non Profits and Municipalities. For the past five years, he has held the portfolio of Manager and Controller for the Ministry of Aboriginal Affairs in the Business Services Unit.

He and his wife Sandra have been married 17 years and have a blended family with five children, four girls and one boy. Brian's interests include participating in, and coaching, various sports. He is also the convenor for a grades 7-8 girls' youth basketball league and referees high school basketball in the Peterborough area.

Brian is excited to be returning to his roots and is looking forward to working with the Mohawks of the Bay of Quinte staff and meeting members of the community. He will commence his duties on February 9, 2009.

Tyendinaga Community Development Fund

Applications can be pick up
at the Administration Office

Please submit your sealed application to:
TCDF Commission

c/o CAO
Mohawks of The Bay of Quinte
13 Old York Road
Tyendinaga Mohawk Territory, Ontario
K0K 1X0

Application review dates: March 2, June 1, September 1,
and December 1, 2009.

Trustee Report for January, 2009

During the month of December 2008, and for the period of one year, Trustees will be sitting on various committees of the Board. While all Trustees will sit on the Committee of the Whole Board, the Public Board, the Budget Committee and the Suspension Appeals and Expulsion Hearings committees, we have been able to select from other committees that we would like to be placed on. I have been placed on the following committees, Operations and Finance, SALEP, Equity and Diversity and the Ad Hoc Voluntary Self-Identification committee. I look forward to meeting new challenges that the Board will face in the coming year and also feel confident that our Trustees and Senior Administration will continue to succeed in providing the best possible education for all students of the Board.

At the Directors Meeting on December 11, 2008, which was attended by Trustees, Senior Administration, Principals, Vice Principals, Support Staff and invited guests, we were all treated to an Aboriginal Education and Culture display. Invited guests included native students from Quinte Mohawk School and Moira Secondary School. drumming and dancing with a narrative provided by Barb Brant, Elder Al Brant provided some cultural history and Elizabeth Bigwin (Aboriginal Education Officer) provided an update on Voluntary Aboriginal Self-Identification from the Ontario Ministry of Education Office. Jennifer Maracle, our new Aboriginal Education Coordinator for the Board also provided an update of her role while offering many new Aboriginal resources for Administrators to check out and use. This was all made possible through the efforts of our Director Kathy Soule and her staff, to which we offer a big Thank You Kathy.

Remember, if you have any questions or concerns please contact me at (613) 962-3595 or mbrant@hpedsb.on.ca.

Respectfully submitted



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in December responded to 13 calls:

- 1 - Brush Fire
- 2 - Tanker Assist
- 1 - Shed Fire
- 1 - Vehicle Fire
- 4 - Motor Vehicle Accident
- 1 - Gas Leak
- 2 - service call
- 1 - Auto Alarm

This brings our total to 94 calls for the year 2008

MEETING MINUTES

TYENDINAGA MOHAWK COUNCIL MINUTES
OCTOBER 6, 2008

A special meeting of the Tyendinaga Mohawk Council was held on Monday, October 6, 2008 at 9:00 a.m. in the Council Chambers to address various issues.

Present: Chief R. Donald Maracle
Councillors: Trevor Lewis, Roy C. Maracle and Velma Hill-Dracup
arrived at 10:00 a.m. Barry Brant was absent.
Staff: Rod Jeffries, CAO

Council went in private to deal with a community member's request then returned to regular business.

MOTION #2: Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council approve to hold a special Council meeting on Friday, October 10, 2008 to resolve an administration matter regarding the Iroquois Caucus.
Carried.

Council reviewed an e-mail from Glenda (Sam) Maracle, Build-All Contractors, advising that the vandalism that occurred at the Police Building site could cost \$15,000.00 to repair the pipes filled with cement concrete. Rod Jeffries will review the contract to review insurance provisions.

MOTION #3: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that this Council approve that Patrick Schindler, Lawyer, review the e-mail from Kent Patenaude dated October 2, 2008 regarding the offer by Waste Management to reimburse the Mohawks of the Bay of Quinte expenses regarding the Richmond Landfill Site Expansion. The Mohawks of the Bay of Quinte are not releasing Waste Management Inc. from any past, present or future liability caused by the operation of the Richmond Landfill Site.
Carried.

MOTION #4: Moved by Velma Hill-Dracup, seconded by Trevor Lewis that this Council approve that Chief R. Donald Maracle sign the Environmental Bill of Rights application for the review of the closure of the Richmond Landfill Site. Rick Lindgren will handle this matter at no cost to the Mohawks of the Bay of Quinte.
Carried.

Trevor Lewis left the meeting at 11:30 a.m.

Brant Bardy will draft communication on police building.

MOTION #5: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that this Council approve to meet on October 7, 2008 at 3:00 p.m. to review a public communication on the police building issue.
Carried.

MOTION #6: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that this meeting be adjourned. (11:40 a.m.)
Carried.

Recorded by:

Don Maracle
Chief R. Donald Maracle

Disclaimer: Comments of individual members may not necessarily reflect the opinion of the Council.

TYENDINAGA MOHAWK COUNCIL MINUTES
OCTOBER 7, 2008

A special meeting of the Tyendinaga Mohawk Council was held on Tuesday, October 7, 2008 at 3:00 p.m. in the Council Chambers.

Present: Chief R. Donald Maracle
Councillors: Trevor Lewis, Roy C. Maracle, Barry Brant and Velma Hill-Dracup
Staff: Rod Jeffries, CAO, Brant Bardy, Kelly Maracle

MOTION #1: Moved by Barry Brant, seconded by Roy C. Maracle that this Council approve the Canada Mortgage and Housing Corporation Audited Financial Report as of March 31, 2008 as prepared by MBQ Auditors, Wilkinson & Company Chartered Accountants.
Carried.

MOTION #2: Moved by Barry Brant, seconded by Roy C. Maracle that this Council approve the Transfer Payment Annual Reconciliation Report of March 31, 2008.
Carried.

MOTION #3: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that this Council approve the Annual Program Expenditure Reconciliation Report as of March 31, 2007.
Carried.

Council reviewed a communiqué regarding the Tyendinaga Police Services building as drafted by Brant Bardy.

MOTION #4: Moved by Velma Hill-Dracup, seconded by Trevor Lewis that this Council approve in principle the communiqué for the Police Building subject to Council review.
Carried.

MOTION #5: Moved by Roy C. Maracle, seconded by Velma Hill-Dracup that this Council approve that Barry Brant's travel to the National Aboriginal Land Manager Association Conference in Quebec City on November 17-19, 2008.
Carried.

MOTION #6: Moved by Velma Hill-Dracup, seconded by Barry Brant that this Council rescind Motion #4 of September 22, 2008 Tyendinaga Mohawk Council Minutes regarding a community ratification process for the new police services building.
The new Tyendinaga Police Services Building will proceed as planned and a new delivery date is to be scheduled.
Carried.

MOTION #7: Moved by Roy C. Maracle, seconded by Velma Hill-Dracup that this meeting be adjourned. (4:25 p.m.)
Carried.

Recorded by:

Don Maracle
Chief R. Donald Maracle

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TYENDINAGA MOHAWK COUNCIL MINUTES
OCTOBER 22, 2008

A regular meeting of the Tyendinaga Mohawk Council was held on Wednesday, October 22, 2008 at 9:00 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle
Councillors: Barry Brant, Roy C. Maracle, Trevor Lewis and Velma Hill-Dracup (arrived at 9:32 a.m.)
Staff: Angela Maracle, Administrative Officer

Warren Maracle and his son, John, attended Council for a short time to observe for John's school project.

The following scheduled meetings were acknowledged:

- October 27, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- October 29, 9:00 a.m. – Tyendinaga Mohawk Council Local Business Meeting
- October 30-31 – Association of Iroquois and Allied Indians Chiefs Council in Toronto
- November 3, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- November 4 – Ontario Chief's Committee on Health with Indian and Northern Affairs Canada and First Nations Inuit Health Branch in Toronto
- November 10, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- November 17, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- November 18-20 – National Aboriginal Land Managers Association Meeting in Quebec City
- November 18-20 – Special Chief's Assembly in Toronto
- November 24, 9:00 a.m. – Tyendinaga Mohawk Council Caucus Meeting
- November 24-25 – Iroquois Caucus Matrimonial Real Property Lobby in Ottawa tentatively scheduled
- November 26-27 – Iroquois Caucus in Ottawa

Chief Maracle was at the hospital with family member who was undergoing surgery during the Monday, October 20, 2008 Caucus Meeting.

MOTION #1: Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council approve to cancel Tyendinaga Mohawk Council Caucus meetings from this point forward due to lack of attendance.
Carried.

MOTION #2: Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council approve the following Council meetings for November:
Regular: November 5 and 17, 2008 at 9:00 a.m.
Local Business: November 13, 2008 at 7:00 p.m.
Carried.

MOTION #3: Moved by Velma Hill-Dracup, seconded by Trevor Lewis that this Council approve the following meetings outside the Territory:
Chief Maracle: attending the Association of Iroquois and Allied Indians Chiefs Council meeting in Toronto on October 30-31; attending the Ontario Chiefs Committee on Health Meeting in Toronto on November 4
Barry Brant: attending Woodland Cultural Centre Board of Directors Meeting in Brantford on October 17
Chief Maracle and Velma Hill-Dracup: attending Special Chiefs Assembly in Toronto on November 18-20
Council: attending the Iroquois Caucus in Ottawa on November 23-27 (November 23-24 if meetings scheduled)
Carried.

MEETING MINUTES

- MOTION #4:** Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council approve to move the Local Business Meeting scheduled for October 29, 2008 to October 28, 2008 due to other commitments.
Carried.
- MOTION #5:** Moved by Velma Hill-Dracup, seconded by Barry Brant that this Council approve a one-time only donation in the amount of \$500.00 for the Mohawk Santa Day Committee from the Discretionary Fund and future requests are to go through the Tyendinaga Community Development Fund.
Carried.
- MOTION #6:** Moved by Roy C. Maracle, seconded by Trevor Lewis that this Council approve that anyone else set up to do something like what the Mohawk Santa Day Committee is doing be given the same opportunity.
Carried.
- MOTION #7:** Moved by Roy C. Maracle, seconded by Trevor Lewis that this Council approve the following Applications for Business Registration Renewal:
1. Radio Active Hobbies, Marjorie Maracle – owner; type of business: hobbies store, remote control car & airplane, etc.
 2. Confederate Variety, Jacqueline Maracle – owner; type of business: convenience/variety store
 3. Bearflat Station, Terry Arney – owner; type of business: general retail, groceries
 4. L&M Enterprises, Richard & Sharon Maracle – owners; type of business: convenience store
 5. MD's Bait & Tobacco, Michael P. Maracle – owner; type of business: general retail
 6. Smokin' Pit Shop, Lisa Maracle-Sexsmith – owner; type of business: general retail
 7. Millside Ceramic & Crafts, Marlene Murphy – owner; type of business: ceramics, crafts and variety
 8. Native Renaissance II, Thomas Bruce Maracle – owner; type of business: Native Gift Shop and Art Gallery
 9. Miracle Mart, Andrew C. Maracle (Miracle) – owner; type of business: convenience, retail sales
 10. McDonuts, Andrew C. Maracle (Miracle) – owner; type of business: restaurant, sales
 11. Flint & Feather, Andrew C. Maracle (Miracle) – owner; type of business: retail sales
- Carried.
- MOTION #8:** Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council approve payment of Invoice #3283 from Alan Pratt in the amount of \$94.04 re: Culbertson Tract.
Carried.
- MOTION #9:** Moved by Roy C. Maracle, seconded by Velma Hill-Dracup that this Council approve payment of the invoice dated September 30, 2008 from Blaney McMurtry in the amount of \$3,365.04 re: Former Bench Tech Building.
Carried.
- MOTION #10:** Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council approve payment of the invoice dated September 30, 2008 from Patrick Schindler in the amount of \$2,888.07 re: Johnson Brant Family Litigation.
Carried.
- MOTION #11:** Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council approve to sign the Indian and Northern Affairs Canada Financial Arrangement 2008-2009, Amendment #2:
- First Nations and Inuit Career Promotion & Awareness Program in the amount of \$15,300.00
 - First Nation and Inuit Science & Technology Program in the amount of \$4,200.00
 - Environment Site Assessment – CSMWG, Steps 1-4 in the amount of \$5,000.00
 - Lands Management – Regional Lands Administration Program (RLAP) in the amount of \$93,700
 - First Nations Infrastructure Fund – Local Roads & Bridges – Church Lane, Lower Slash Road in the amount of \$758,942.00
 - First Nations Infrastructure Fund – Local Roads & Bridges – Marks Road in the amount of \$758,675.00
 - First Nations Infrastructure Fund – Local Roads & Bridges – Upper Slash Road in the amount of \$1,969,300.00
- Carried.
- MOTION #12:** Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council acknowledge the Indian and Northern Affairs Notice of Budget Adjustment #4 increase in the amount of \$18.00.
Carried.
- Canada Post attended Council to discuss their Mailbox Safety Assessment activities. Canada Post received a safety concern by the mail carrier for two areas located along the York Road. Bill C-45 states employee safety is the responsibility of the employer. Canada Post will work with the community members to address the safety issue. Canada Post wants to be proactive and will return in a year or so to inspect the whole area.
- MOTION #13:** Moved by Velma Hill-Dracup, seconded by Barry Brant that this Council supports Canada Post doing a safety inspection of mailboxes on the Territory.
Carried.
- Thomas J. Maracle and George, Carlene and Danielle Smart attended Council regarding the quarry that Tom Maracle is operating on his property on Clarence Road.
- Tom Maracle informed Council of concessions he has made: changed hours of operation from 7:00 a.m. to 7:00 p.m.; notify area residents when blasting to occur – have hand delivered notices; some work on weekends, but will be done with that in a month or so; material is staying on the Territory; can show his long term plans; needs security now due to vandalism.
- George stated he has concerns; heading in right direction, but long way from being there. Concerns: handed out notice he had from the Confederacy; Barry and Trevor's involvement – feels there has been conflict of interest; blasting – have been asked to attend a blasting and has; told Council that they are suppose to protect his house as he has a mortgage with MBQ; blasting noise issue; environmental issues – removal of resources.
- George stated there will be no more payments made on his mortgage until the quarry issue is resolved – will hold in escrow account/personal account until this issue is addressed to his satisfaction.
- MOTION #14:** Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this meeting recess for lunch. (12:40 p.m.)
Carried.
- Council reconvened at 1:45 p.m.
Glenn Hill attended Council re: population count on Territory.
- MOTION #15:** Moved by Roy C. Maracle, seconded by Trevor Lewis that this Council approve to sign the Ministry of Community and Social Services; Ministry of Children and Youth Services 2008 Service Contract regarding Ontario Works and Daycare.
Carried.
- MOTION #16:** Moved by Velma Hill-Dracup, seconded by Barry Brant that this Council defer the submission to the Ontario Victim Services Secretariat through the Ministry of the Attorney General in the amount of \$250,000 for an addition to function as a healing lodge for a presentation from staff at the October 28, 2008 Council meeting (if held during the day).
Carried.
- Chief Maracle updated Council on meeting he attended yesterday with the Deputy Minister.
- MOTION #17:** Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that this Council approve to provide \$1,200.00 one fifth share for the Five Large Bands to obtain a legal opinion on the Federal government's obligation to be fair in the funding distribution of Indian and Northern Affairs Canada and Human Rights cases.
Carried.
- MOTION #18:** Moved by Velma Hill-Dracup, seconded by Trevor Lewis that the Tyendinaga Mohawk Council supports the submission to the Ontario Victim Services Secretariat through the Ministry of the Attorney General in the amount of \$100,000.00 to extend the Traditional Practitioner Program at the Red Cedars Shelter. M.C.R. #2008/09-088
Carried.
- MOTION #19:** Moved by Trevor Lewis, seconded by Velma Hill-Dracup that this Council approve the recommendation to offer G & F Roofing the tender to redo 8 roofs in the South Subdivision in the amount of \$31,450.00. Bruce Maracle picked up a tender package, but did not submit a quote.
Carried.
- MOTION #20:** Moved by Velma Hill-Dracup, seconded by Trevor Lewis that this Council approve the recommendation to offer M-Cal Heating the contract for the maintenance of all MBQ rental housing heating and ventilation systems in the amount of \$11,903.40 who has given us excellent service at a reasonable rate. Other quotes received from:
1. Besco Heating in the amount of \$23,379.00
 2. Controlled Air Systems in the amount of \$6,500.00
- Carried.
- MOTION #21:** Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that this Council direct that the Economic Development Assistant interview process be halted and ask staff to provide the substantiation and budget.
Carried.
- MOTION #22:** Moved by Barry Brant, seconded by Roy C. Maracle that this Council approve to meet on November 3, 2008 at 9:00 a.m. to review the revised 2008/2009 Budget and review the proposed Organizational Structure changes.
Carried.

MEETING MINUTES

- MOTION #23: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that this Council defer the transfer of Band Property Maintenance from Community Infrastructure to Sustainable Development until the November 3, 2008 meeting.
Carried.
- MOTION #24: Moved by Roy C. Maracle, seconded by Velma Hill-Dracup that this Council approve the Land Transfer from Theodore Collin Kornblum to John Thomas Baptiste Jr., the whole of Lot 22A-4, Concession 1, as shown on Plan No. RSO 711 and the whole of Lot 22A-1-2, Concession 1, as shown on Plan No. CLSR 76357.
Carried.
- MOTION #25: Moved by Barry Brant, seconded by Velma Hill-Dracup that this Council approve the Land Transfer from Kenneth David Keith to Earl Peter Keith, the whole of Lot 3A-16-2, Concession 2, as shown on Plan No. RSO 6748R.
Carried.
- MOTION #26: Moved by Barry Brant, seconded by Velma Hill-Dracup that this Council approve the Land Transfer from Francis Randall Brant to Paul Tracy Lewis, the whole of Lot 33J-12, Concession A, as shown on Plan 94879 CLSR.
Carried.
- MOTION #27: Moved by Velma Hill-Dracup, seconded by Barry Brant that this Council approve the Permit Renewal for a Bell Station for the period of April 1, 2008 to March 31, 2013 on Lot 16B-1, Concession 2, as shown on Plan 50248 CLRS. M.C.R. #2008/09-092
Carried.
- MOTION #28: Moved by Velma Hill-Dracup, seconded by Barry Brant Whereas the Tyendinaga Mohawk Council hereby approve to accept one time funding in the amount of \$30,000.00 from Indian and Northern Affairs Canada for the surveying of Estate lands as identified in the letter dated September 24, 2008 and utilizing a tender/bid process;
Further if any funds are left over after the identified lands have been surveyed, then the remaining funds may be used to survey other Estate lands;
Finally, at the conclusion of the fiscal year, the Mohawks of the Bay of Quinte will provide a report reconciling the amount of monies expended for surveying each Estate land. M.C.R. #2008/09-089
Carried.
- MOTION #29: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that this Council approve to accept Patrick Schindler's advice outlined in the letter dated October 14, 2008 to provide a detailed accounting of the costs incurred by the Band and Council will attend the settlement conference scheduled for January 28, 2009.
Carried.

Chief Maracle would like to see the package on costs before it is submitted to Patrick Schindler.

- MOTION #30: Moved by Roy C. Maracle, seconded by Velma Hill-Dracup that this Council approve the Lateral Sewer Connection Permit for David R. Maracle for Lot 4-3 in Part of Lot 33, Concession A.
Carried.

NOTED: Chief Maracle & Velma stated that an office for the Chief and a Council Chambers is needed in the new Administration Building.

- MOTION #31: Moved by Velma Hill-Dracup, seconded by Barry Brant that the Tyendinaga Mohawk Council hereby supports the Chief Earl R. Hill Foundation's application to the Ontario Trillium Foundation in the amount of \$8,034.00 to expand the Foundation's ability to advertise and reach students. M.C.R. #2008/09-091
Carried.

- MOTION #32: Moved by Velma Hill-Dracup, seconded by Roy C. Maracle that this meeting go in private. (3:47 p.m.)
Carried.

- Summary of Private Minutes:
- Approved to draft a response regarding the Police Services Building
 - Approved request from the Tyendinaga Mohawk Police Service
 - Approved of our lawyer addressing request to meet with the Culbertson Tract representatives
 - Approved to see where the legal review for the Culbertson Tract Claim stands
 - Approved four (4) home renovation loans totaling \$100,877.40
 - Approved an Elders Lodge Application

Recorded by:
Molly Kohoko

Angela Maracle
Administrative Officer


Chief R. Donald Maracle

Disclaimer: Comments of individual members may not necessarily reflect the opinion of the whole Council

TYENDINAGA MOHAWK COUNCIL MINUTES
OCTOBER 27, 2008

A special meeting of the Tyendinaga Mohawk Council was held on Tuesday, October 27, 2008 at 4:00 p.m. in the Council Chambers to hear concerns regarding the impacts of Build-All quarry on wells in the area.

Present: Chief R. Donald Maracle
Councillors: Barry Brant, Roy C. Maracle, Trevor Lewis and Velma Hill-Dracup
Guests: Shawn Brant, Terry Maracle, Brian Isaacs

John Akey's well is like alka seltzer now and other wells are impacted. Shawn Brant alleged the impact was from Build-All quarry and now Matt Maracle's quarry. Shawn stated that Tom Maracle's is a quarry operation now due to it being below the water table. Shawn Brant also noted that Matt Maracle is harvesting aggregate only and is not a quarry operation since Matt Maracle's quarry is not below the water table.

Todd Kring prepared a briefing note to Council dated October 27, 2008 on the quarry issue.

Shawn Brant alleged that Tom Maracle gave his word that there would be no blasting until the impacts were visited when they spoke on the issue in September 2008. It is alleged that there was an agreement with the protester that Tom Maracle would utilize what was already crushed for Mohawk of the Bay of Quinte roads. It is alleged by Shawn Brant that Franks Drilling is heavier blasting.

Brian Isaacs said his house shakes when blasting and items fall from shelves at his house and were broken. Brian Isaacs said that their home and his son, Tim Isaacs, have noticed decreased well water supply as a result of the blasting at the Build-All quarry and that there were no issues with Matt Maracle's quarry.

Shawn Brant alleges that diesel fuel is mixed with hay for blasting. Shawn Brant claims he consulted with George Zachariah as a blasting expert.

Brian Isaacs said water should be the priority and not the police building. Shawn Brant said the Build All quarry is making the water issue worse. Brian said Tim Isaacs's well went dry after the second blasting last year at the Build-All quarry.

Tom Maracle would be responsible to conduct environment assessments since it is a cost of doing business.

Barry Brant informed Council that he and Todd Kring spoke with Janet Noyes from XCG Environmental Consultants regarding the terms of reference for a hydro geological study on the area.

Shawn Brant also raised concern that bottled water with number 1 and 7 on the label is a toxin and was concerned about Quinte Mohawk School children drinking bottled water. It is not an alternative for providing a safe water supply.

Shawn Brant said the solution is to stop the Build-All quarry operation, assess it and see if it can continue safely. Barry Brant said he wants to see a safe quarry operation and requested that Tom Maracle notify the residents about blasting times.

- MOTION #1: Moved by Velma Hill-Dracup, seconded by Barry Brant that the Tyendinaga Mohawk Council request a meeting with Tom Maracle once the information from Janet Noyes, XCG Environmental Consultants, is received regarding terms for an environmental assessment for a quarry operation. The Tyendinaga Mohawk Council request a moratorium on all quarry blasting until the requested information is received from XCG Environmental Consultants.
Carried.


- MOTION #2: Moved by Barry Brant, seconded by Roy C. Maracle that Velma Hill-Dracup review Dennis Dugan's application for a cigarette quota.
Carried.

- MOTION #3: Moved by Trevor Lewis, seconded by Roy C. Maracle that this meeting be adjourned. (5:00 p.m.)
Carried.

Recorded by:


Chief R. Donald Maracle

Disclaimer: Comments of individual members may not necessarily reflect the opinion of the whole Council

Remember if you have an EMERGENCY
CALL 

MEETING MINUTES

TYENDINAGA MOHAWK COUNCIL MINUTES OCTOBER 28, 2008

A special meeting of the Tyendinaga Mohawk Council was held on October 28, 2008 at 10:00 a.m. in the Council Chambers to address the proposal submission to the Ontario Victim Services Secretariat.

Present: Chief R. Donald Maracle was absent
Councillors: Trevor Lewis, Barry Brant and Roy C. Maracle. Velma Hill-Dracup was absent.
Staff: Angela Maracle, A/CAO, and Janet Brant Nelles, Director of Community Wellbeing

MOTION #1: Moved by Trevor Lewis, seconded by Barry Brant that Barry Brant act as Chair in Chief Maracle's absence.
Carried.

MOTION #2: Moved by Roy C. Maracle, seconded by Trevor Lewis That the Tyendinaga Mohawk Council supports the submission to the Ontario Victim Services Secretariat through the Ministry of the Attorney General in the amount of \$250,000.00 for an addition to be built on an existing building. M.C.R. #2008/09-093
Carried.

MOTION #3: Moved by Trevor Lewis, seconded by Roy C. Maracle that this meeting be adjourned. (10:10 a.m.)
Carried.

Recorded by:
Angela Maracle

Barry Brant, Acting Chair

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TYENDINAGA MOHAWK COUNCIL MINUTES NOVEMBER 3, 2008

A special meeting of the Tyendinaga Mohawk Council was held on November 3, 2008 at 10:00 a.m. in the Council Chambers to review the revised 2008/2009 Budgets.

Present: Chief R. Donald Maracle (left the meeting around 11:00 due to an appointment)
Councillors: Barry Brant, Roy C. Maracle and Trevor Lewis. Velma Hill-Dracup was absent.
Staff: Angela Maracle, Susan Maracle and Kelly Maracle, Finance

MOTION #1: Moved by Barry Brant, seconded by Trevor Lewis that this Council direct staff to close down the Hides Program as soon as possible.
Carried.

Angela Maracle recommended this be done before March 31, 2009 so it does not carry over into the next fiscal year.

MOTION #2: Moved by Trevor Lewis, seconded by Barry Brant that the Tyendinaga Mohawk Council approve to utilize the Casino Rama funds under the Health Component in the amount of \$8,718.83 for the Recreation Program. M.C.R. # 2008/09-094
Carried.

MOTION #3: Moved by Trevor Lewis, seconded by Barry Brant that the Tyendinaga Mohawk Council approve to utilize the Casino Rama funds under the Health Component in the amount of \$19,361.00 for the Accreditation. M.C.R. # 2008/09-095
Carried.

MOTION #4: Moved by Trevor Lewis, seconded by Roy Maracle that the Tyendinaga Mohawk Council approve to the decommitment of the Casino Rama funds for

Healing Our Spirit	\$2,500.00	2006/07-031
Park Program	\$25,260.16	2003-111
Harvest Managers	\$83.91	2007/08-034
Harvest Managers	\$2,380.55	2006/07-068
Communications Officer	\$5,506.68	2006/07-092
Post-Secondary Mohawk Language	\$86,140.99	2006/07-052
Lands Research 06/07	\$44,691.28	2006/07-117
Lands Research 07/08	\$23,710.14	2007/08-037
Accreditation	\$7,526.71	2007/08-036
Environment	\$25,250.86	2007/08-035
Recreation	\$4,547.05	2006/07-142
Rescue Truck	\$141,000.00	2006/07-127
Fire Responder Truck	\$249.50	2007/08-120
Landfill Ramp	\$32,120.00	2005/06-097
M.C.R. # 2008/09-096		

Carried.

MOTION #5: Moved by Trevor Lewis, seconded by Roy Maracle that this Council approve the revised 2008/2009 Budgets as presented and to defer the budgets for the Business Centre, Economic Development and Employment and Band Property Maintenance as recommended by Finance for further clarification.
Carried.

Recorded by:
Kelly Maracle

Chief R. Donald Maracle

Disclaimer: Comments of individual members may not necessarily reflect the opinion of the whole Council

TYENDINAGA MOHAWK COUNCIL MINUTES NOVEMBER 5, 2008

A regular meeting of the Tyendinaga Mohawk Council was held on Wednesday, November 5, 2008 at 9:00 a.m. in the Council Chambers.

Present: Chief R. Donald Maracle
Councillors: Barry Brant, Roy C. Maracle, Trevor Lewis and Velma Hill-Dracup (arrived at 10:50 a.m. due to illness)
Staff: Angela Maracle, Administrative Officer

William J. Brant attended Council re: concerns and recommendations about incidents that are happening on the Territory by Protesters – Bill feels Council has lost control of the situation. Bill stated that the new road being put in might flood him in the spring. Bill mentioned this to Todd Kring.

The following scheduled meetings were acknowledged:

- November 11 – Remembrance Day (Office Closed)
- November 13, 7:00 p.m. – Tyendinaga Mohawk Council Local Business Meeting
- November 17-19 – National Aboriginal Land Managers Association Meeting in Quebec City
- November 18-20 – Special Chief's Assembly in Toronto
- November 26-27 – Iroquois Caucus in Ottawa

MOTION #1: Moved by Trevor Lewis, seconded by Barry Brant that this Council approve to hold an internal Culbertson Tract meeting on November 10, 2008 at 10:00 a.m. with Alan Pratt.
Carried.

MOTION #2: Moved by Trevor Lewis, seconded by Roy C. Maracle that this Council approve the following meetings outside of Territory:
Chief Maracle: attending meeting with Brad Duguid, Minister of Aboriginal Affairs, on November 4 in Toronto; Date to be determined – meeting with the Five Large Bands re: legal questions
Barry Brant: attending Woodland Cultural Centre Board Meeting on November 14 in Brantford.
Carried.

MOTION #3: Moved by Barry Brant, seconded by Roy C. Maracle that this Council approve to post the Draft First Nations Technical Institute Charter By-Law in the Newsletter with an explanation and advertise for community consultation thereafter.
Carried.

MOTION #4: Moved by Barry Brant, seconded by Trevor Lewis that this Council approve an Application for Business Registration for HMB Coatings, Michael James Loft – owner; type of business: contracting/construction – floor coatings and painting.
Carried.

MOTION #5: Moved by Roy C. Maracle, seconded by Barry Brant that this Council approve to sign the Health Funding Consolidated Contribution Agreement ON0900235 in the amount of \$99,000.00 re: Aboriginal Human Health Resource Initiative for FNTI's Indigenous Health Approaches Program for Community Well-Being staff.
Carried.

MOTION #6: Moved by Roy C. Maracle, seconded by Barry Brant that this Council approve to contract with Build-All Contractors for the Snowplowing 2008/2009 Season from the following tenders submitted:

Build-All:	Contract #1 – Snowplowing \$582, Sanding \$582
	Contract #2 – Snowplowing \$951, Sanding \$951
KC Builders:	Contract #1 – Snowplowing \$1,200, Sanding \$1,025
	Contract #2 – did not bid
Triple K Rock Coring and Kurtis Brant	– did not bid

Carried.

MOTION #7: Moved by Barry Brant, seconded by Trevor Lewis that this Council defer the revisions to the MBQ Mortgage Application Policy and Procedures, MBQ Residential Renovation Policy and Procedures and MBQ Seniors Renovation Loan Policy and Procedures until the next Council meeting to clearly outline the changes that were made.
Carried.

MEETING MINUTES

MOTION #8: Moved by Barry Brant seconded by Trevor Lewis that this Council approve an Agreement for Consultant Services between the Mohawks of the Bay of Quinte and Trish Rae for the period of April 1, 2008 to March 31, 2009.

Carried.

MOTION #9: Moved by Trevor Lewis, seconded by Roy C. Maracle Whereas, the Tyendinaga Mohawk Council understands a need for capacity building and policy development within the environmental department, Whereas, the Tyendinaga Mohawk Council understands the importance of the completion of research and monitoring projects on Tyendinaga Territory Whereas, the Tyendinaga Mohawk Council understands the importance of education and awareness within the community regarding environmental issues, especially with the youth, Therefore Be It Resolved, that the Tyendinaga Mohawk Council supports the grant application to the Ontario Trillium Foundation in the amount of \$150,000 over two years. M.C.R. #2008/09-097

Carried.

MOTION #10: Moved by Barry Brant, seconded by Trevor Lewis that this Council defer the request to upgrade the unopened roadway at Wyman's Road pending further analysis considering all road needs and potential impacts for opening other road allowances.

Carried.

MOTION #11: Moved by Velma Hill-Dracup, seconded by Barry Brant that this Council defer the request for funding to support an Apprenticeship Coordinator position at FNTI for more information on other sources of funding available.

Carried.

Trevor Lewis declared conflict of interest and did not vote

MOTION #12: Moved by Trevor Lewis, seconded by Velma Hill-Dracup to go in private. (11:05 a.m.)

Carried.

Summary of Private Minutes:

- Approved to sign a full and final mutual release
- Approved three (4) home renovation loans totaling \$78,217.00
- Addressed a Housing inspection issue
- Addressed one (1) employment matter

Recorded by:
Shelley Bowden

Angela Maracle
Administrative Officer

Chief R. Donald Maracle
Chief R. Donald Maracle

Disclaimer: Comments of individual members may not necessarily reflect the opinion of the whole Council

TYENDINAGA MOHAWK COUNCIL MINUTES NOVEMBER 12, 2008

A special meeting of the Tyendinaga Mohawk Council was held on Wednesday, November 12, 2008 at 2:00 p.m. in the Council Chambers.

Present: Chief R. Donald Maracle
Councillors: Barry Brant, Roy C. Maracle, Trevor Lewis and Velma Hill-Dracup

Tyendinaga Mohawk Council met with Amnesty International Representatives.

Angela Maracle met with Council at 4:00 p.m. regarding the Local Business agenda for November 13, 2008. Angela also requested that the Tyendinaga Mohawk Council meeting for Monday, November 17, 2008 be rescheduled to Friday, November 21, 2008 at 9:00 a.m. instead to allow time to pull the agenda together. Charles Maracle contacted Trevor Lewis and Roy C. Maracle about the change as they were not present for the discussion.

MOTION #1: Moved by Velma Hill-Dracup, seconded by Barry Brant the Tyendinaga Mohawk Council meeting scheduled for Monday, November 17, 2008 at 9:00 a.m. be rescheduled to Friday, November 21, 2008 at 9:00 a.m.

Carried.

MOTION #2: Moved by Velma Hill-Dracup, seconded by Barry Brant that this meeting be adjourned. (4:15 p.m.)

Carried.

Recorded by:

Chief R. Donald Maracle
Chief R. Donald Maracle

Disclaimer: Comments of individual members may not necessarily reflect the opinion of the whole Council.

New Hours

New Open Hours
Monday, Tuesday, Wednesday
10:30 to 5:30
Thursday
12 to 7

Kanhiote Library

**Borrow magazines, books,
videos, DVDs, books on CD**

Karen: 613-967-6264
karenl@tyendinaga.net

First Nations Public Library Week February 9-14, 2009

You're invited

To the Provincial launch

February 9, 2009

At Tyendinaga Community Centre

Help us display the creativity of Tyendinaga at this event. Whatever is your art, craft or hobby - whether amateur or professional - please consider bringing a few pieces for the display. Do you bead, make baskets, quilt, knit, draw, paint, sculpt, sew, make music, write? Take this opportunity to promote your art/craft. Thanks for your help.

The Library is also having Knitting/felting starting January 20 and Community kitchen January 23 please call if your interested.

Note

9-1-1

9-1-1 is for Emergency calls Only!
If you need to contact the Emergency Services for non emergency matters please call:

Police: 613-967-3888
Fire: 613-968-7985
Ambulance: 613-542-0221

ADMINISTRATION

BOIL WATER REMINDER

As a reminder, in February 2008 Health Canada recommended the Tyendinaga Mohawk Council place a precautionary boil water advisory on the Tyendinaga Mohawk Territory.

Should your bacteriological water sample indicate a safe or adverse result please ensure the water is **boiled or disinfected and filtered**. The water sample may contain water borne parasites such as Giardia or Cryptosporidium without proper filtration. **Please do not consume or serve the water to the public.**

For information on obtaining a water treatment system for your household, business or service building please contact a licensed plumber as each water supply varies. Ensure your plumber is aware that you must have filtration for water borne parasites.

If you have any questions please call Crystal Maracle or Liz Brant at the Mohawk Administration Office 613-396-3424.

How to use water safely during a "boil water advisory"

This fact sheet provides basic information only. It must not take the place of medical advice, diagnosis or treatment. Always talk to a healthcare professional about any health concerns you have, and before you make any changes to your diet, lifestyle or treatment.

What are the reasons for a "boil water advisory" ?

There are different reasons for issuing a boil water advisory.

1. A boil water advisory is based on information other than bacteriological examination indicating that the water is not safe to drink. (e.g., the lack or absence of disinfection residual in the drinking water.)
2. A boil water advisory may be based on bacteriological (microbial) examination, including the finding of bacteria or parasites.
3. A boil water advisory may follow the occurrence of an outbreak of illness in the community that has been linked to consumption of the water.

The extent of restriction on water use depends on the situation and the reason for issuing a boil water advisory. Always follow your own health unit's recommendations on water use.

General recommendations on how to use the water if a boil water advisory has been issued in your community.

How do I use water when the boil water advisory has been issued ?

The water should **NOT** be used for drinking, making infant formula and juices, cooking, making ice, washing fruits, vegetables or brushing teeth. For these purposes, boiled water or bottled water should be used. The water should be brought to a rapid rolling boil and boiled for 1 minute. If there are children in the home, place the pot on the back burner to avoid scalds. Boil only as much water in a pot as you can comfortably lift without spilling. Discard all ice made previously and disinfect the ice cube trays. **Make ice using boiled, cooled water.**

Can I take a bath ?

Adults and teens may shower with untreated water as long as no water is swallowed. Older children could also be given a shower with a hand held showerhead, avoiding the face. Younger children should be sponge-bathed instead of bathing in a tub because they are likely to swallow tub water.

Can I use the water for handwashing ?

If the boil water advisory has been issued as a precaution and there is no outbreak of human illness, there is no need for additional hand disinfection with bleach solution or alcohol using the measures described below.

If the boil water advisory has been issued because of an outbreak, water can be used for handwashing after the following emergency water treatment: Place 1.5 oz (about 45 ml) liquid household bleach in 10 gallons (45 litres) water. Mix and let stand for at least 10 minutes prior to use.

How else can I disinfect my hands ?

You can use alcohol-based hand disinfectants, containing more than 60% alcohol. These products are widely used in the health care setting after washing hands or in situations when water is not available. Please refer to information on "Hand Hygiene". The wet wipes used for cleaning babies at diaper change are not effective for disinfecting hands and should not be used for this purpose.

My child was ill with diarrhea. Should I clean/disinfect toys ?

Yes, toys should be cleaned and disinfected. If the toys are visibly soiled, wash them first with soap and water and then disinfect with a freshly prepared bleach solution (1/4 cup (about 60 ml) bleach in to 1 gallon (4.5 litres)

of water). Dip toys in to this solution and air-dry them. Cloth and plush toys could be washed or dry-cleaned.

I have a dishwasher. Is it safe to use ?

If your dishwasher has a hot setting, it safely disinfects dishes. If your dishwasher does not have a hot setting, after finishing the cycle, soak dishes for 1 minute in a solution of 1 oz (30 ml) of bleach mixed with 3 gallons of lukewarm water (13.5 litres). Let dishes air dry.

I wash dishes by hand. How do I disinfect them ?

You could use boiled water for washing dishes. Dishes washed in soap and hot water can also be rinsed in boiled water or disinfected with the following bleach solution. Mix 1 oz. (about 30 ml) bleach in to 3 gallons (13.5 litres) of water at room temperature for at least 1 minute. Let dishes air dry.

What is disinfection ?

Disinfection is a cleaning process which destroys most disease-causing micro-organisms (pathogens).

How do I disinfect countertops, chopping boards or utensils which have come into contact with raw meat ?

Countertops, chopping boards or utensils which have come into contact with raw meat should be washed with soap and hot water first, then disinfected with a bleach solution stronger than that used for emergency hand disinfection. Mix 1/4 cup (about 60 ml) bleach in to 1 gallon (4.5 litres) water for this purpose. Do not reuse or store this solution, but make it fresh daily.

Should I change the way I am doing laundry ?

No, continue doing laundry the way you usually do. If you have to launder sheets heavily soiled with faeces, carefully remove soil before you place the sheets into the washer, without much agitation of the cloth. Use rubber gloves when handling heavily soiled sheets.

Is the water safe to fill wading pools for children ?

No, the water is not safe to use in wading pools. Water usually gets into the mouths of small children, providing a possibility for infection.

I have a water filtration device installed. Does this make the water safe for drinking or cooking ?

No. Filtered water should also be brought to a rolling boil for 1 minute before drinking or using it for cooking.

My doctor told me I am immunocompromised. What should I do ?

Always follow your physician's and dietitian's advice. You might be advised to use bottled water or to boil water for drinking/cooking, even in the absence of a boil-water advisory.

What should I do after the boil water advisory is lifted ?

- Run cold water faucets for 1 minute before using the water.
- Run drinking fountains for 1 minute before using the water.

ADMINISTRATION

- Flush all garden hoses by running cold water through them for 1 minute.
- Run water softeners through a regeneration cycle.
- Drain and refill hot water heaters set below 45°C (normal setting is 60°C).

Government of Ontario

For information about health services and resources:

www.health.gov.on.ca

For consumer-friendly health tips and information:

www.HealthyOntario.com

INFOline: 1-877-234-4343;

TTY: 1-800-387-5559

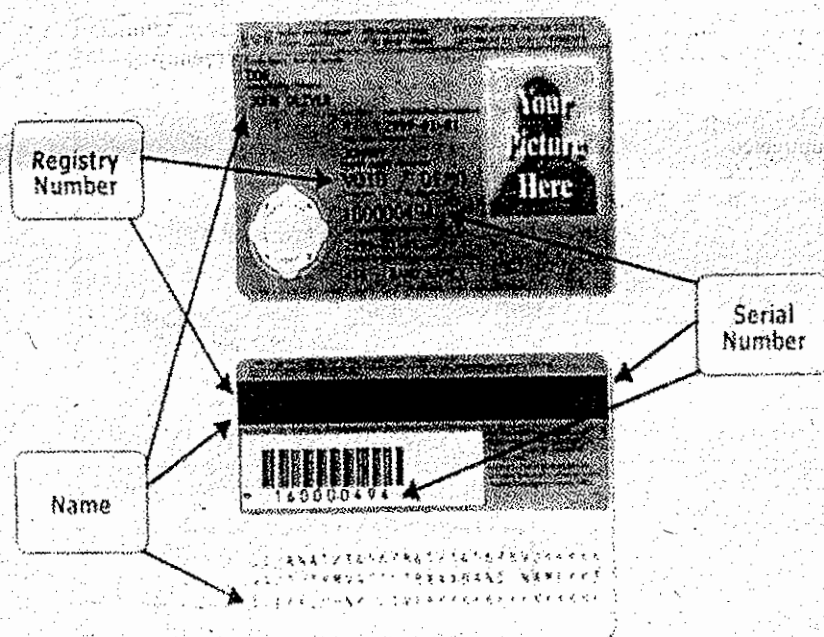
Telehealth Ontario:

1-866-797-0000; TTY 1-866-797-0007

INFOline is open during business hours and can provide general information on healthcare.

Telehealth Ontario is a 24/7 service which uses nurse practitioners to answer your immediate health concerns.

CHANGES TO THE NATIVE STATUS CARD



SUSTAINABLE DEVELOPMENT OFFICE

Programs at this office are:

**HOUSING
COMMUNITY ECONOMIC DEVELOPMENT
BUSINESS DEVELOPMENT
EMPLOYMENT & TRAINING**

613-968-1122

INFORMATION SHEET TO APPLICATION CENTRES, CHIEFS AND COUNCILS

Throughout the SCIS deployment, INAC will supply new workstation equipment to each Application Centre location which has internet connectivity. This equipment will include a computer, a scanner, digital camera, signature pad, backdrop and magnetic swipe reader.

Mail-In Applications

A SCIS will be approved for processing via the mail only under exceptional circumstances such as for those applicants who;

- 1) Are bed-ridden with illness and completely unable to attend in person or have a MAC team member attend at their home; or
- 2) Require a SCIS for imminent US border-crossing purposes but live in remote locations without IRAs and no ability to access a MAC team as required.

B) Mobile Application Centres (MAC)

Prior to the National Print Centre (NPC) rollout, a National MAC Team will be deployed from HQ to border communities and First Nation community events in order to proceed with a SCIS Pre-Application Processing for future card delivery to the applicants. Bands will be asked to provide assistance by supplying local First Nations security officials to be on site throughout this SCIS application process.

Following initial deployment, Regional INAC offices will be equipped with MAC units for regular use in processing SCIS applications in remote locations without IRS web access or locations without IRAs.

C) The National Print Centre (NPC)

The NPC will:

- receive print notification files from all Application Centres;
- produce the SCIS; and
- ship the cards via Xpresspost™, directly to the applicants or to the Application Centres for activation and distribution to the applicants. Xpresspost™ deliveries will require a signature at time of receipt to confirm delivery.

IMPLEMENTATION SCHEDULE

Implementation of the SCIS will occur early in 2009. The first priority will be to establish and train the personnel at INAC Offices and set up the National MAC Team with Mobile Applications Centres so that issuance of the SCIS can begin as soon as possible in as many regions and locations as possible.

Rollout will initially focus on INAC offices and First Nation communities located close to the U.S. border. Subsequently, rollout will proceed in FN locations that have internet connectivity.

It is important to note that all earlier versions of the CIS will remain valid for the five (5) year period stated on the individual's card. There is no need to renew a card until six (6) months prior to the expiry date of the old card unless the holder requires a new SCIS for border-crossing or other urgent purposes.

NOTE: Further information is available by telephoning the INAC Public Enquiries Unit at 1-800-567-9604 or viewing the INAC website at www.aicn-inac.gc.ca. Any feedback is greatly appreciated.

BACKGROUND

The Certificate of Indian Status (CIS), commonly referred to as a status card or treaty card, is an identity document issued by Indian and Northern Affairs Canada (INAC) to confirm that the cardholder is registered as an Indian under the *Indian Act*. An individual who is registered under the *Indian Act* is eligible to apply and receive a status card.

The existing status card, currently in the form of a simple laminated paper card, has few security features and can be easily altered, forged or counterfeited for fraudulent purposes. This has caused problems for some Status Indians in accessing benefits.

Since 2002, INAC has been testing the web-based card issuance application, printing equipment and issuing "Pilot" status cards in Alberta and in Gatineau, Quebec. This pilot status card includes some anti-fraud elements and has been considered to be a success with about 85,000 pilot status cards issued to date.

PURPOSE

The goal of the new Secure Certificate of Indian Status (SCIS) is to replace the current card with a card that incorporates the security features of a modern identification document to address issues of stolen identity and fraud.

The new SCIS will meet federal and international identity assurance standards that significantly reduce the risk of unauthorized alterations or duplication. This helps to ensure the ongoing integrity of the programs and services by protecting them from incidences of fraud and identity theft. Cardholders will have easier access to the services and benefits for which they are eligible to receive since service providers will have renewed confidence knowing these cards are legitimate.

It is important to note that applicants need not apply before their regular renewal date unless the card is required immediately for use in crossing the Canada-US border. Applicants should however begin the process of seeking their original birth documents in advance of applying for their SCIS. INAC will request that service providers continue to accept the existing CIS versions throughout the SCIS deployment period.

RECYCLING

RECYCABLES



HGC MANAGEMENT INC
555 Station Street
Belleville, ON K8N 4Z6

*In an effort to avoid disruption
of mail services.
Please keep your recycling and
garbage bags away from your
mail boxes.*

PAPER/FIBER BOX

✓	CATEGORY	HOW TO	INCLUDE ✓	DON'T INCLUDE X
	CORRUGATED CARDBOARD / BOXBOARD	Flatten and bundle – set out beside the recycling box. Not larger than 30" x 30" x 8". Remove plastic wrap from water bottle and pop can trays.	All corrugated cardboard. Brown packing boxes.	Waxed cardboard. Boxes with heavy food or grease. Cardboard with styrofoam, wood, or other material attached.
	BOXBOARD	Flatten and bundle in a boxboard box and place in the recycling box.	Detergent, cereal, shoebox material, paper tubes, and milk, juice cartons. Paper egg cartons, sugar and flour bags.	Drinking boxes. Wood or orange crates.
	PAPER NEWSPAPER MAGAZINES	Bundle or place together in a grocery bag in recycling box.	Newspaper, magazines, flyers, catalogues, phone books, paper. Office paper / fine paper.	Hard cover books unless cover removed. Soiled paper towels, tissue, and waxed paper.

PLASTICS AND CONTAINERS BOX

✓	CATEGORY	HOW TO	INCLUDE ✓	DON'T INCLUDE X
	PLASTIC CONTAINERS	Place loose in recycling box. Rinse well. Flatten large containers to reduce volume.	Clean plastic containers, plastic bottles, jugs and tubs with numbers 1 to 6.	Vinyl, rubber gloves, toys, bubble wrap, oil containers and syringes. Nursery garden pots or trays. Clamshell food trays.
	ALUMINUM AND TIN CANS AND FOIL	Place loose in recycling box. Rinse well. Place metal lids inside of cans and pinch closed.	Metal food and beverage cans and lids. Clean foil containers and clean aluminum foil wrap.	Scrap metal, coat hangers, pots or pans, utensils, knives, batteries, and needles. Butter and candy wrap.
	CLEAR AND COLOURED GLASS	Rinse well. Lids and labels can be left on. Place loose in recycling box.	All clear and coloured jars and bottles.	Windowpane, mirrors, glass cookware, ceramics, mugs, glasses, dinnerware, pottery, pyrex, light bulbs.

WE DO NOT ACCEPT THE FOLLOWING!

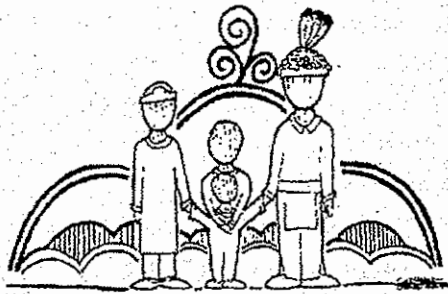
✓	CATEGORY	HOW TO	INCLUDE ✓	DON'T INCLUDE X
	PLASTIC BAGS - WE DO NOT RECYCLE!!!	DO NOT PUT OUT FOR RECYCLING!	NOT APPLICABLE	Chip bags, cereal, cracker liners, stretch wrap, and plastic wrap from meat or cheese. Heavy gauge plastic bags. Feed bags, fertilizer, salt, and dog food bags. Garbage bags. Grocery bags, milk and bread bags, frozen vegetable bags, dry-cleaning bags.
	STYROFOAM – WE DO NOT RECYCLE	DO NOT PUT OUT FOR RECYCLING!	NOT APPLICABLE	Soft foam, foam sheets and chips. Sponge or styrofoam peanut chips. Hard-pressed and molded styrofoam. Styrofoam food containers, meat trays and egg containers.
	OTHER			
	CURBSIDE @ 8:00 A.M.	Please set out recyclables at curbside before 8:00 a.m. for collection. Visible and accessible please.		Unapproved boxes, cardboard boxes of mixed material, black, green or orange garbage bags. Mixed transparent bags.

THANK YOU FROM YOUR COMMUNITY RECYCLING COLLECTION SERVICE
REDUCE - REUSE - RECYCLE

HEAD START

TAHATIKONHSOTONTIE (7 Generations) HEAD START

***Our Vision Statement is:
Nurturing Generations of
Strong Spirits by providing
resources to children,
families and
community that will
empower self-identity as
Aboriginal
People.***



TAHATIKONHSOTONTIE FIRST NATIONS HEAD START TEAM

Tracey Gazley, Program Manager
Gabe Doreen, Office Assistant/ECE Teacher
M.J. Loft, ECE Teacher
Sharl Maracle, ECE Teacher/Bus Driver
Betty Maracle, Cultural Teacher
Melissa Maracle, Mohawk Language Teacher
Cindy Maracle, Family Resource Co-ordinator

The Head Start Program has regular parent meetings.
Watch for information regarding programs in the Head Start newsletters or in the Community newsletter.

Key Components of Head Start

Tahatikonhsotontie Head Start focuses on holistic child development which includes the following 6 components:

- 1) Culture and Language
- 2) Education
- 3) Health
- 4) Nutrition
- 5) Social Support
- 6) Parental Involvement

Programs and Services

The morning drop-in program is for infants/toddlers and their Parent, Guardian, or Childcare provider.

The afternoon program is delivered through the High Scope model, still emphasizing the Cultural and Language component. It is designed for children 2 1/2 to 5 years of age. This program is licensed for 22 children under the M.C.S.S. Day Nursery Act. Children must be registered for the Afternoon Program. Parents/Guardians are encouraged to assist us by volunteering their time in some capacity.

Other Services Include:

- Caregiver and Community Workshops
- Home Visits
- Resource lending
- Co-operatively Plan Community Events
- Hosting Cultural and Language Events
- Hosting Social Dances

Hours of Operation

The facility is opened 8:30 to 4:30 each day. The morning program runs from 9:00 am to 11:00 am, Tuesday through Friday. The afternoon program runs from 1:00 pm to 4:00 pm, Monday through Friday. Evening programs may be available from time to time.

Philosophy Statements:

We Believe....

- ☉ that children are valuable, irreplaceable resources who are gifts from the Creator
- ☉ that all children have the right to develop to their full potential socially, emotionally, intellectually, physically and spiritually
- ☉ in parent involvement, extended family, elders and community members in order to provide a holistic program for our children
- ☉ that we must develop self-esteem, confidence and build our identity in order to be successful in life
- ☉ that it takes a whole community to raise a child
- ☉ that meeting the needs of parents, guardians and family in their role as caregivers, supports growth and development
- ☉ that all people are unique and genius in their own right
- ☉ that respect, love, kindness, humility, honesty, strength, sharing and caring are inherent rights
- ☉ that early exposure is key to empower self-identity as Aboriginal People

GOALS

- ★ to support the spiritual, emotional, intellectual and physical growth of each child
- ★ to help each child to enjoy life-long learning
- ★ to support parents and guardians in their role as primary teachers and caregivers
- ★ to help parents play a part in planning, developing, starting up and evaluating the projects
- ★ to support the role of the extended family in teaching and caring for children
- ★ to include the Tyendinaga Mohawk Territory throughout all its stages from planning to evaluation
- ★ to ensure linkages with other programs and services to enhance the project
- ★ to ensure that the resources are used in the best possible way to produce measurable and positive outcomes for everyone involved.

HOW CAN THE COMMUNITY SUPPORT HEAD START

- ☺ volunteer for advisory board and other committees
- ☺ share knowledge and expertise and resources ie: cooking, crafting and gardening
- ☺ participate in surveys, needs assessments and evaluation
- ☺ share legends, singing, dancing and drumming
- ☺ participate in workshops, in-services and information sharing

Please call to enroll your child(ren) or if you have any questions about the program.

#9 Deserontyon Drive
Tyendinaga Mohawk Territory
Ontario
K0K 1X0
(613) 396-6716
(613) 396-3409 (Fax)

Funding Provided by First Nations and Inuit Health Branch:
a Division of Health Canada

DATE RAPE DRUGS

Victims have had drugs unsuspectingly slipped into their drinks at bars, clubs, and parties for the purpose of reducing their resistance to sexual abuse. Once the individual is incapacitated they are sexually assaulted. Left in a helpless or unconscious state, they can't escape, resist, or call for help.

Here are the three most common date rape drugs used today. What they are, signs and symptoms of having taken them.

ROHYPNOL

Rohypnol (pronounced row-hip-nol) is a strong sedative, which is similar to the drug Valium, but is 10 times stronger than Valium. The pill is similar in shape, size and color to aspirin. Rohypnol is a small white tablet that is single or cross-scored on one side and has the word "Roche" on the other side. It also has a circled numeral 1 or 2 on it. Drug street names change all the time, but it is often known as: "rophies", "roche", "rope", "R2", and "Trip-and-Fall".

Rohypnol dissolves easily in juice, carbonated and beverages. It is colorless, odorless, and tasteless when dissolved in any liquid.

The effects of this drug are enhanced when

mixed with alcohol—causing sedation, loss of inhibitions, blackouts and amnesia. It can also cause respiratory coma and even death.

The drug takes effect after about 20-30 minutes and effects may last as long as 8 to 12 hours. When combined with alcohol, Rohypnol causes severe disorientation and the classic "blackouts" that it is known for. Blackout periods are typically 8 to 12 hours long. The victim may or may not appear "awake" during this time.

This drug is especially dangerous because it is so inexpensive. One tablet can cost anywhere from \$1 to \$5 U.S. dollars. The drug's amnesiac effects usually leaves the victim with little or no memory of any assault.

SIGNS AND SYMPTOMS OF USE

Rohypnol can cause quick intoxication, bloodshot eyes, drowsiness, disorientation, impaired judgment, simultaneous hot and cold flashes, nausea, and difficulty in speaking and moving.

GHB

GHB is Gamma Hydroxy Butyrate. It is a powerful synthetic drug that acts as a depressant on the central nervous system.

It is a newer drug to the streets than Rohypnol. GHB is an illegally manufactured drug, so it is very dangerous since it is made by "kitchen chemists" and there is NO quality control like with and FDA approved drug. Its effects can be felt within 15 minutes after ingestion. It is used the same way someone will use Rohypnol on an unknowing victim. GHB is usually found in liquid form that is colorless and odorless, and has no taste when mixed in a drink or water. Sometimes there is a salty aftertaste, depending on how it was produced. Since the actual amount of GHB is unknown, the risk of toxic effect is great.

SIGNS AND SYMPTOMS: Dizziness, Nausea, Vomiting, Unconsciousness, Memory loss, Difficulty breathing, Coma

ECSTASY

Ecstasy is a synthetic amphetamine-like (speed-like), mind altering drug that can cause you to hallucinate. It has been known to cause death, **especially when mixed with alcohol**. It is often mixed with speed by drug dealers, often without the user knowing. Ecstasy does not often come in a capsule. By now you are probably saying you have

heard of Ecstasy and that it is not a date rape drug. It has been reported as a Date Rape Drug by law enforcement agencies in the United States and Canada, as it has been given unknowingly to many victims since its appearance in the mid-1980's.

SIGNS AND SYMPTOMS: Anxiety, Blurred Vision, Confusion, Chills or Sweats, Heart rate very fast, and increase in blood pressure, Rapid eye movement, Tremors, Inability to sleep

AVOID IT!

Ecstasy is often mixed for recreation with other drugs at parties or clubs. When mixed with marijuana or alcohol it is very bad for the liver and kidneys causing dehydration and overheating. "Cocktailing" Ecstasy with other drugs can be very dangerous and deadly. You may see people using it at school or parties. Avoid It!

YOU MAY HAVE BEEN DRUGGED IF.....

You feel a lot more intoxicated than your usual response to the amount of alcohol you consumed. Or you feel intoxicated and you had NO alcohol, but did drink something.

You wake up feeling confused, experiencing memory lapse and cannot account for a period of time.

You wake up in a hotel room or stranger's apartment or home.

You took a drink but can't remember what happened to you after you drank it. You feel that someone had sex with you, but you can't remember any or all of the incident.

IF IT HAPPENS TO YOU....

Tell someone you trust.

Get medical attention as soon as possible.

Try to collect a urine sample in a clean container during the first 24 hours after the assault. (This may be your only evidence linking the drug to the crime-as the drug will show up in your urine.)

Don't destroy any of the evidence by showering or washing.

Report the incident to the police, your local rape crisis centre, or the hospital emergency department.

Talk to a counsellor for support. Your emotional and physical health is important.

Believe in yourself. No one invites, causes or deserves to be sexually assaulted. What happened to you is a criminal offense. You are not to

blame!

DON'T BE A VICTIM....

Do not accept open drinks at parties, especially from stranger. This also includes any soft drinks. If you're drinking from a bottle or can, open it yourself.

Never leave your drink unattended.

If you ask someone to watch it, make sure it is someone you trust.

Don't drink anything that has an unusual taste, or appearance (salty taste, has excessive foam, or residue.)

Above information gathered at the End Violence Against Women Workshop.


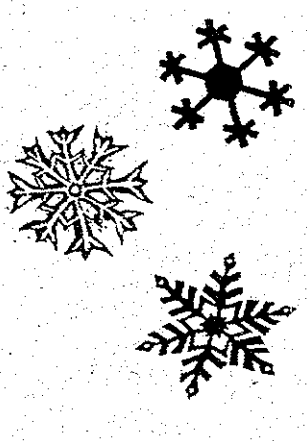

White Tiger Girl Conference. For more information go to www.fearlesstiger.com

HOME SUPPORT



January 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Happy New Year	2 Office Closed Handivan (Deseronto)	3	
4	5 Breakfast Club (Full) Ceramics Class	6 Breakfast Club (Continental) Meals on Wheels Fitness	7 Breakfast Club (Continental) Diner's Club Deseronto Bowling	8 Breakfast Club (Full) Shopping Trip (Belleville)	9 Breakfast Club (Continental) Handivan (Deseronto) Meals on Wheels Fitness	10 Supper Club
11	12 Breakfast Club (Full) Ceramics Class Wii Bowling: 7:00 @ Lodge	13 Breakfast Club (Continental) Meals on Wheels Fitness	14 Breakfast Club (Continental) Diner's Club Elders Lodge Bowling	15 Breakfast Club (Full)	16 Breakfast Club (Continental) Handivan (Deseronto) Meals on Wheels Scrapbooking	17
18	19 Breakfast Club (Full) Ceramics Class	20 Breakfast Club (Continental) Meals on Wheels Fitness Music Night 7-9	21 Breakfast Club (Continental) Diner's Club Deseronto Bowling	22 Breakfast Club (Full)	23 Breakfast Club (Continental) Handivan (Deseronto) Meals on Wheels Senior's Dinner Winter Wonderland	24 Supper Club
25	26 Breakfast Club (Full) Ceramics Class Wii Bowling: 7:00 @ Lodge Shopping Trip (Groceries)	27 Breakfast Club (Continental) Meals on Wheels Fitness	28 Breakfast Club (Continental) Diner's Club Elders Lodge Bowling	29 Breakfast Club (Full) Bingo	30 Breakfast Club (Continental) Handivan (Deseronto) Meals on Wheels Scrapbooking	31  Handivan will also go to Napanee for grocery shopping only

HOME SUPPORT & POLICE BLOTTER



Senior's Winter Wonderland Dinner

When: Friday January 23rd
Where: Community Center(Downstairs)
Time: 5:30pm
Cost : Food Bank Donation

We have some great entertainment a little singing a little dancing... we'll have a blast!



If you require transportation please call the Home Support Office at 613-962-6653 before January 16th

Come and join us for a fun filled evening!!



TYENDINAGA HOME SUPPORT IS LOOKING FOR VOLUNTEERS FOR...



FRIENDLY VISITS

MEAL SERVING AND CLEAN UP

ASSIST WITH RECREATIONAL ACTIVITIES

AND MUCH MORE

IF YOU ARE INTERESTED IN BECOMING INVOLVED WITH YOUR COMMUNITY SENIORS,

THEN PLEASE CALL JESSICA BRANT AT 613-962-6653 TO MEET WITH ME AND BECOME A VALUED VOLUNTEER!



Tyendinaga Police Blotter:

DECEMBER 2008

December 1, 2008 @ 7:29 A.M.

Cst. Marcel Maracle responded to a complaint of a large bin full of a green leafy substance thought to be Marijuana located in an unused barn off of Lower Slash Rd. The container was seized for examination and destruction.

December 2, 2008 @ 12:28 P.M.

Cst. Simon Owen initiated a traffic stop while on Huron Brant Dr. It was determined that the vehicle plates were unattached, there was no valid insurance for the vehicle and the driver had a suspended licence. The plates were seized from the vehicle. A T.M.T. man was charged and served three P.O.A. summons.

December 5, 2008 @ 4:20 A.M.

Cst. Marcel Maracle responded to an intrusion alarm at the Tyendinaga Home Support Program building. An exterior and interior check of the building was conducted and determined the alarm to be false.

December 7, 2008 @ 10:06 A.M.

Cst. Nathan Leland responded to complaint that two young boys operating a snow machine had partially submerged it in the pond behind the sub-division park. It was determined that the boys took the snow machine without consent from parents. Both boys walked away stiff

legged, but in good health. Parents were warned and advised to take further safety precautions.

December 7, 2008 @ 8:13 P.M.

Cst. Tammy Maracle responded to a vehicle on fire in a field, west of the sub-division. The fire was dispatched by the Mohawk Fire Department. It was determined that the vehicle had been stolen from Belleville the same day. T.P.S. and B.P.S. are joint investigating the incident.

December 13, 2008 @ 7:41 A.M.

Cst. Tony Dempsey responded to a single vehicle in the ditch on Queen St. The vehicle had struck a Hydro One pole and unattended. The vehicle was towed from the scene and impounded. A Smiths Falls man was charged with Fail to Remain and Fail to Report Accident.

December 15, 2008 @ 4:39 P.M.

Cst. Simon Owen responded to a Break & Enter at a residence on Old Hwy 2, in Shannonville. Scenes of Crime Officer—Tammy Maracle further investigated and gathered valuable evidence. The evidence was forwarded to the Belleville OPP IDENT Unit for further examination.

Tyendinaga Police Service would like to thank you for the safe Holiday Season and asks that you continue with your commitment and dedication to the safety of our road-ways by not Drinking and Driving. Happy New Year.



FAMILY SERVICES & MATERNAL CHILD HEALTH



MOON LODGE TRAINING WORKSHOP

Positive Lifestyles:

"Cultural Perspective on Wellness"

And "Cultural Leadership Gifts"

Located at Tyendinaga 59ers Senior's Club

January 21 & 22, 2009

FACILITATOR: Konwatsitsa:wi Meloche

Konwatsitsa:wi is a passionate presenter of the Mohawk nation and Bear clan who resides between the Kahnawa:ke community and New Mexico. She is a high school teacher by trade who has a B.A. and M.A. in Educational Studies from Concordia University.

She conducts positive lifestyles workshops that deal with the realities that many of us have been born into. She discusses what we can do to regain our ability to transmit our own culture, language and traditions while remaining focused on these teachings



in a contemporary world.

Space is limited to 35 women for the training workshops. Please register early by calling Jeanne Hebert from Mohawk Family Services at (613) 961-0122.

The power for healing comes from the spirit.



Moon Lodge Training Workshop

DAY I & II

Wednesday, January 21, 2009

Thursday, January 22, 2009

AGENDA

Day I - Morning Opening & Registration

Opening Remarks: Tyendinaga Elder

Jeanne Hebert

Kahehti:io Longboat

Workshop: "Cultural Perspective on Wellness"

Facilitator: Maureen "Konwatsitsa:wi" Meloche - Mohawk nation, Bear clan

HEALTH BREAK

Workshop: "Cultural Perspective on Wellness" - continued

LUNCH: Buffet - catered by Carol Ann Maracle

Afternoon Workshop - continued

HEALTH BREAK

Workshop: "Cultural Perspective on Wellness" - continued

Closing

Day II - Morning Opening Remarks: Jeanne Hebert

Workshop: "Cultural Leadership Gifts"

Facilitator: Maureen "Konwatsitsa:wi" Meloche - Mohawk nation, Bear clan

HEALTH BREAK

Workshop: "Cultural Leadership Gifts" - continued

LUNCH: Catered by Carol Ann Maracle

Afternoon Workshop - continued

Evaluations

Closing Tyendinaga Elder

The power for healing comes from the spirit.

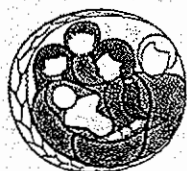
Maternal Child Health, Early Childhood Development and Healthy Babies Healthy Children

Queen Anne Parish

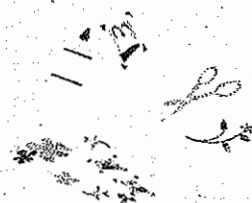
1295 Ridge Road

ECD/FASD and MCH 613-969-1835

HBHC 613-969-1649 or 613-969-0485



Maternal Child
Health Program



Scrap booking will be starting again on Thursday January 15th at the Queen Anne Parish downstairs. The cost is \$2.00 per person. If you are interested in attending please call as space is limited. 613-969-1835

1234 Parenting workshop will be held in January with three different session dates.

This is a 2 day workshop from 9am-11:30am. It will be held at the Queen Anne Parish, if you are interested in attending or have any questions please call 613-969-1835.

These are the following dates:

January 14 & 15th, January 21 & 22nd, January 28 & 29th.

I would like to thank everyone that helped out with the Christmas dinner for MCH/ECD/FASD and HBHC program.

Nia:wen
Allison

HEALTH CENTRE

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

FRIDAY, JANUARY 23, 2009
at **Thayendanega Health Centre**
10:30 am - Noon

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

BREASTFEEDING CLINIC AVAILABLE

**TO CONFIRM MEETINGS OR
To find HELP for BREASTFEEDING
NEEDS
CALL HEALTH CENTRE: 967- 3603
or 613-396-2942 when THC closed**

What are the current Vitamin D recommendations for breastfed babies and nursing mothers?

Health Canada recommends 400 IU Vit D supplementation daily for all breastfed infants from birth until their diet includes at least 200 IU of Vit D from other dietary sources. They take the stand that it is not possible to screen all mothers and infants for deficiency or risk, and that given the "prevalence of Vit D deficiency rickets", our geographic latitude, current practices related to sun safety, and "history of safe and effective use of Vit D supplementation", that a population health approach is warranted (ie dose all babies) in Canada. Canadian Pediatricians, the Canadian Medical Association, and of course Public Health, all follow Health Canada recommendations.

La Leche League, INFACT Canada, and lactation consultants have not altered their stand that breastmilk is a complete food, and that babies should be assessed individually for need of any kind of supplementation if there is special concern. Exclusive breastfeeding for 6 months is the gold standard...

INFACT Canada (including a special team of breastfeeding experts from across Canada who met in Nov 2004 to develop a "comprehensive policy to achieve the highest attainable standard of health" for Canadian Infants and Children) looked closely at Health Canada's recommendations and were concerned that their recommendations were based on just 3 people with conflicts of interest (ie working for formula companies) and/or no expertise in breastfeeding. There was also concern raised that Vit D is actually a hormone (mislabelled as a vitamin...), and that experience with populations of

exclusively breastfed babies without Vit D supplementation (such as many many LLL babies!) had not been considered.

Vitamin D drops by themselves are very expensive, so parents are usually told to buy the multi-vitamin drops which are cheaper. They also have flavourings etc. - a cocktail of a mixture. These are produced by a formula company...so again the conflict of interest issue comes up. (Dr. Jack Newman has spoken up about this openly).

Some cases of rickets have shown up in recent years in Canada, but this has been in dark-skinned babies with little or no exposure to adequate sunlight...in specific populations such as dark, veiled mothers & babies, and in some native children in a specific geographic location in Manitoba.

There is also a study by Bruce Hollis and Carol Wagner in the American Journal of Clinical Nutrition 2004, which found that supplementing nursing mothers with 4000 IU daily (not 400 IU) was effective in elevating circulating Vit D levels in breastmilk and could prevent Vit D deficiency in both mother and nursing baby. (400 IU was useless, and 2000 IU was better but still inadequate). They point out that with "sun phobia" we are becoming increasingly dependent on supplementation & dietary sources of Vit D.

Maybe the mom would like to consider taking the Vit D herself if she wants to be sure the baby is supplemented with it...the baby will still get it, but maybe in a more tolerated form. It is not expensive to do this way, and recent studies show that most adults in Canada do not get enough Vit D between October and March, regardless of sun exposure or using Vit D fortified foods/milk. Some doctors routinely suggest this dose of Vit D for adults over the winter months.

"Vitamin D3" is the natural form. SISU brand costs ~ \$9-\$10. for a 50 day supply.

CALLING ALL TYENDINAGA YOUTH

The Thayendanega Health Centre and Mohawk Family Services are looking for youth interested in being part of a
"DROP IN CENTRE"



Please join us.

Wednesday January 21, 2008

6:00 pm

Sports Complex-Canteen

We will be discussing the needs and interests of the youth in regards to a drop-in centre, i.e. time, location, interest, etc.

Come share your ideas with us!!!

All youth are invited to attend this meeting!!

For more information please contact the
Thayendanega Health Centre at 613-967-3603



Congratulations

I would like to thank the local restaurants for participating in National Addictions Awareness Week (NAAW) by utilizing the informational placemats we provided. Each participating business name went in for a draw.

Congratulation to Mrs. Herb's who won a \$50.00 Wal-Mart Gift Card. Once again thanks to all those who participated in helping our community by sharing this important information.

Bev Maracle
NNADAP

January 2009

Canadian Prenatal Nutrition Program

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 and speak with the Community Health Nurses who will outline the program. Tel 613-967-3603

We want you to have a healthy pregnancy and a healthy baby!

Mary McCauley R.N.
Community Health Nurses

COMMUNITY INTEREST

**Happy 2009
Tyendinaga!**

We hope you will start off your New Year by volunteering your time forming a new Pow Wow Committee!

**First Meeting
January 25th, 2009,
2 p.m.**

Seniors 59'ers building on Hwy 2

Executive positions need to be filled as well as a strong decision making committee. Sub committees for fund raising and the Pow Wow magazine need to start planning now!

Please come and join us!!!!

Contact Persons for any questions:

**Sharon John 613-966-5602
Cell 613-922-9860**

Millie Maracle 613-396-6179

**Ruby Maracle &
Brad Boomhour 613-396-5365**

The past Pow Wow Committee canceled the 2008 Pow Wow in the spring, disbanded and took it upon themselves to donate "your" Pow Wow monies to territory organizations. Why and how much we don't know, but it meant our volunteers under Bev and Sarah managed to put together the 2008 Pow Wow in 5 weeks, with very little monies and with out their donations and hard work we would not have had a Pow Wow. We are again starting work on the 2009 Pow Wow without funding! We need strong fund raisers, strong dedicated committee members! The reward of seeing a good Traditional Pow Wow once again in Tyendinaga, and making First Nation friends from all over North America is well worth your time! Lets work together to make Tyendinaga's 22nd Pow Wow a great success!

Tsyata niwahsen tsyata shiyohseraseton ne ne wahshakorihwanontonhse ne Suzannah tsi kentho Kenhteke.

Ne shatekon yawenre tyohton niwahsen wisk shiyohseraseton wa'enakera'te. Brant niyakosennaserehke ohenton tsi niyore wahotinya'ke. Yakonya'ton tahnnon tsyonkweta't wisk yawenre nihontatekon wisk nihati wahonniheye shihotinakeraton.

Enhska tewanyawereseron niwahshitake niyore tsi wahskohon. Tsi nonwe wahatinonhsonya'te ne shakoniha shiyeksa'a shakoniha sahatinonhsenni are ne kanonhsase raotihwentsyake. Thotiyen ne nonwe enwatoin thatinenyatakwas. Wa'airon ne Suzannah tsi tsyakohwentsyake nitiwehtha ne onenyashon'a ne wahontste ahatinonhya'te ne tsi yehyatohserayentahkwa senha shekon nikakarake.

Akehnistenha tahnnon Rakeniha tehotitharahkwe tyotken kanyen'keha akehnistenha wa'airon yah thayontatharahse ne tyorhensha sok enwatoin ayakwateweyentehta'ne ne kanyen'keha nek tsi yah teyakwatohwentsyonni ayakwatewayentehta'ne ne kanyen'keha.

Ostonha wa'akwateweyenhste ne kanyen'keha nek tsi yah teyotkate yonkwatsten sok otyake ne akwatsire yah tehonronkha ne kanyen'keha.

Stella onkwatsi'a shekon yonronkha yonkwanikonhrayenta's nonen ayonkwatonte. Nonen onhkarehson wa'hatikwatho tsyotken wahontati ne kanyen'keha. Akenihstenha akowatsire tsyotken wahatinaton ne kanyen'keha akohsenna'onwe Kanehwehrisa Eliza yontatyats ne tyorhensha.

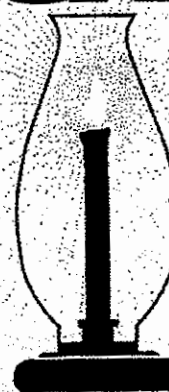
An interview was done back in 1977 on the Tyendinaga Mohawk Territory with Suzannah Maracle. Suzannah was born in 1895 and her maiden name was Brant. She was of the Turtle Clan and one of fifteen children, five of whom died at birth.

Suzannah lived 1000 ft from the Skyway Bridge, a home where her father built. When she was younger her father built a new home on their land. They had a Quarry on their property and Suzannah said, some of the stones used in the building of the Deseronto Post Office come from her land. Here are a few more stories.

Mother and father would always talk Mohawk to one another. Mother said that she would not talk English to the children, so that we would learn but we didn't want to learn Mohawk. We did pick it up but with not using it often, most of us have lost the art of speaking. Stella our sister can still speak it; we understand when we hear it. Visitors always spoke Mohawk. Mother's family always called her by her Mohawk name Kanehwehrisa. Her name was Eliza.

CANDLES

A GLOWING CONCERN



Keep candles out of the reach of children and pets. Remember to snuff out your candles if you are leaving the room or going to bed.






Charitable
Loving
Enthusiastic
Religious
Gentle
Yardstick to strive for
Let us pray for all clergy this month

COMMUNITY INTEREST

NYAWEH




to the

"Chief Earl R. Hill-Douglas E. Maracle Education Fund"

for the

Bursary Award received October 2008

I would like to acknowledge the selection committee for their continuing dedication and commitment in supporting aboriginal education in our community; also, for their recognition of the Aboriginal Midwifery Programme at Tsi Non:we Ionnakeratstha (*the place they will be born*) Ona:grahsta' (*a birthing place*) Maternal & Child Centre, Six Nations.



Onkwehon:we midwifery

...is based on respect for all life;


...birth as a profound and sacred part of life;

...strengthens women to reclaim control of birth for themselves as the center of the circle of life;

...helps us to accept our responsibilities to ourselves, our families, our communities and those yet to come

"Protecting the sacred ceremony of birth"

Respectfully,

Dorothy Green 

Onkwehon:we Student Midwife, 2nd yr
National Aboriginal Council of Midwives, Member

MOHAWK FAMILY SERVICES
WIN AND SHOP CHRISTMAS MERCHANDISE BINGO
AND THE
QMS CHILDREN'S SHOPPING DAY
WERE A GREAT SUCCESS

MOHAWK FAMILY SERVICES WOULD LIKE TO THANK THE FOLLOWING FOR ALL THEIR SUPPORT AND HELP:

TYENDINAGA LIONS CLUB
TYENDINAGA FIFTY NINERS SENIOR CITIZENS CLUB
HOME SUPPORT
COMMUNITY VOLUNTEERS
DONATIONS FROM COMMUNITY MEMBERS AND THE SURROUNDING AREA
ARNIE'S FROZEN FOODS
AND ABOVE ALL THE PARTICIPANTS

MOHAWK FAMILY SERVICES STAFF

WISH YOU

A

SAFE AND HAPPY NEW YEAR



THANK YOU FOR YOUR SUPPORT!

Re: Mohawk Santa Committee
Christmas Candies for Kids

On behalf the planning committee and the families in our community, we extend a heartfelt thank you to all who helped make our *Candies For Kids* a success. We had enough candy bags to provide to Quinte Mohawk School and to Head Start.

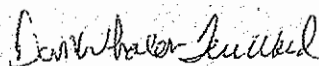
Our sincere thanks and acknowledgment to the following:

- Elf Audrey Brant for collecting monetary donations
- Ecosense Division of Rexair for donating a Santa sweatshirt for the prize draw
- Monetary donations courtesy of:
 - o Pat Miles
 - o Joan Andrews
 - o Mohawk Recreation Committee

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 candy campaign in 2009.

Sincerely,



Dan Whalen / Teri Ward
Mohawk Santa Committee



SPECIAL THANK YOU

The family of Larry Brant would like to give thanks to everyone who came out to the Benefit Dance we held for him in November. We truly appreciate the time put in by the volunteers and would like to express our gratitude for all the donations.

- Ward's gas bar/ Restaurant
- Village Variety
- Build All
- Car Smart
- Mc Murters
- No Frills
- Native Renaissance II
- Flint & Feather
- Confederate Variety
- Rez Mart
- Maracle Mohawk
- Tyendinaga Computers
- Time for You Salon
- Mohawk Liquidation

Sorry if we forgot to mention someone...

We would also like to Thank everyone who bought tickets on the Mark Neal painting that we sold tickets on during the summer to raise money for Larry. The winner of the painting was Shirley Brant.

COMMUNITY INTEREST



In loving memory of Connor James Loft our beautiful grandson & nephew
July 22, 2003 – January 19, 2007

You can shed tears that he is gone
Or you can smile because he lived
You can close your eyes and pray that he will come back
Or you can open your eyes and see all that he has left
Your heart can be empty because you cannot see him
Or you can be full of the love that you shared
You can turn your back on tomorrow and live for yesterday
Or you can be happy for tomorrow because of yesterday
You can remember him and only that he is gone
Or you can cherish his memory and let it live on
You can cry, close your mind, be empty, and turn your back
Or you can do what he would have wanted, smile, open your eyes, love and move on

Then the child opened its eyes and looked up into the angel's beautiful face, which beamed with happiness, and at the same moment they were in heaven, where joy and bliss reigned. The child received wings like the other angel, and they flew about together, hand in hand.

Always remembered, loved and missed by Granmola, Papa & Auntie Sam.
We will never forget you our special grandson & nephew.

Brandon Bernard Alfred David Claus

April 27, 1986–January 17, 2000

Brandon, we are connected you and I,
By an invisible cord not seen by the eye.
It's not like the cord that connected us at birth;
This cord can't be seen by anyone on earth.
This cord does its work, right from the start;
It bonds us together, attached at the heart.
I know that it's there though no one can see,
The invisible cord, from you to me.
The strength of this cord, it's hard to describe.
It can't be destroyed, it can't be denied.
It's stronger than any cord, man could create,
And it withstands the tests of time, and can hold any weight.
And though you are gone, not here with me,
The cord is still there, but no one else can see.
It pulls at my heart, I am bruised....I am sore,
But this cord is my lifeline, as never before.
I am thankful that God connected this way,
A mother and a child, death can't take it away!

We will always love and remember you!!!!

Mom, Dad, Shannon, & Dougie




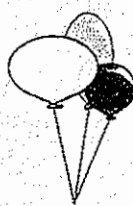


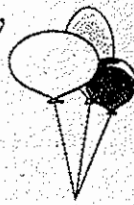

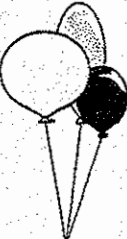


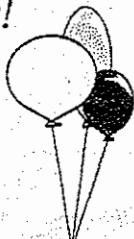

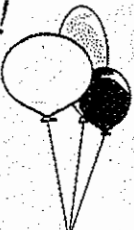

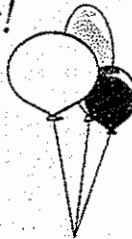



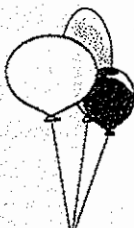
Thank You!

Bub, Pauline, Kim, Laura
& Jay & Families

for putting together a
great "50"th Birthday

Love you lots
Mom (To Ta Ma)

BIRTHDAYS

<p><i>Happy Belated 18th Bbirthday</i></p>  <p><i>William "Jason" Hutt Dec. 27</i></p> <p><i>Love: Mom, Dad & Jeffrey</i></p>	<p><i>Happy 8th Birthday!</i></p>  <p><i>Makayla Jan. 12</i></p> <p><i>Love: Aunt Linda, Angela, Jake & Family</i></p>	<p><i>Happy 12th Birthday!</i></p>  <p><i>Gavin Jan. 6</i></p> <p><i>Love Aunt Linda, Angela, Jake & Family</i></p>	<p><i>Happy 12th Birthday!</i></p>  <p><i>Gavin Jan. 6</i></p> <p><i>Love Aunt Linda, Angela, Jake & Family</i></p>
<p><i>Happy Birthday</i></p>  <p><i>Wanda Jan. 13</i></p> <p><i>Love: Marilyn, Rick & Sam</i></p>	<p><i>Happy 13th Birthday!</i></p>  <p><i>Victoria (Tori) Jan. 21</i></p> <p><i>Wow- a teenager - Time sure does fly!!</i></p> <p><i>Lots of love from, Auntie Ang (sorry I can't be there), Mom, Dad, Ashton & Nan</i></p>	<p><i>Happy Birthday</i></p>  <p><i>Laura Wood Jan. 23</i></p> <p><i>Allison, Chip & Kody</i></p>	<p><i>Happy Birthday!</i></p>  <p><i>Mom Jan. 25</i></p> <p><i>Love: Bart & Lissy</i></p>
<p><i>Happy Birthday!</i></p>  <p><i>Feather Jan. 21</i></p> <p><i>From: Marilyn</i></p>	<p><i>Happy Birthday!</i></p>  <p><i>Linda Jan. 23</i></p> <p><i>From: Marilyn</i></p>	<p><i>Happy 36th Anniversary</i></p>  <p><i>Carol & Manson Jan. 27</i></p> <p><i>Love: Marilyn, Rick & Sam</i></p>	<p><i>Happy Birthday!</i></p>  <p><i>Mammy Jan. 25</i></p> <p><i>Love: Elijah & Keegan</i></p>
<p><i>Happy Birthday!</i></p>  <p><i>Uncle Elwood Jan. 25</i></p> <p><i>Love: Melissa, Bart, Elijah & Keegan</i></p>	<p><i>Happy Birthday!</i></p>  <p><i>Aunt Cass Jan. 31</i></p> <p><i>Love: Elijah & Keegan</i></p>	<p><i>Happy Birthday!</i></p>  <p><i>Sister Jan. 31</i></p> <p><i>Love: Bart & Lissy</i></p>	<p><i>Happy Birthday!</i></p>  <p><i>Fez Jan. 21</i></p> <p><i>Love: Bart, Melissa & Boys</i></p>
<p><i>Happy 65th Birthday!</i></p>  <p><i>Mom (Millie) Jan. 18</i></p> <p><i>Love: Carol Anne & Patrick</i></p>	<p><i>Happy Birthday!</i></p>  <p><i>Nana / Great Nana Jan. 18</i></p> <p><i>Love: Pauline, Kim, Tiio, Tsisto, Kari, T.J. & Runi</i></p>	<p><i>Happy Birthday!</i></p>  <p><i>Wendy Shelly Jill Jan. 18</i></p> <p><i>From the THC Gang</i></p>	<p><i>Happy 65th Birthday</i></p>  <p><i>Nana (Millie) Jan. 18</i></p> <p><i>Love: Bub, Laura, Jurnee, Jaida & Nemo</i></p>

RECREATION

Dancing Lessons for Adults

By Instructor Chris Rizzo
2006 Canadian Latin Champion

7 weeks of learning &
Waltz &
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One night a week
\$70.00 a week

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Cancelled due to low enrollment
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call : (613) 962-8114
only if 7 couples
January 14, 2009
or email darlenel@mbq-tmt.org



Wear comfortable clothing & leather bottom shoes
(if possible)

Winter Games

Shared from the Recreation Depart.

The Story of Snowsnake

The game of Snowsnake is a traditional Woodland First Nation winter sport. The Snowsnake, when thrown along a track, can travel up to a mile if conditions are ideal. Years ago, the snakes were thrown along roadways, or over frozen rivers, along fence rows or wherever there was an accumulation of snow. The track was introduced to the game about the turn of the century.

The skill of the Snowsnake maker, who is called a *shiner*, is extremely important in producing a winning Snowsnake. Equally important is how the Snowsnake is selected and prepared for each game once it is made. Each process taken to prepare the snake for competition may be repeated as many times as desired, depending on the requirements of the individual. There are two types of snakes; the short snakes are called *Mudcats* and are approximately three feet long, and the *Longsnakes* are approximately seven feet long.

Selecting the Wood

The maker selects a young hickory, ironwood, hard maple or juneberry tree because these types of hardwood are more adaptable to the manufacturing of a Snowsnake. Other kinds of fine grain hardwood can also be used. The type of Snowsnake and the amount produced are determined by the size of the tree and the straightness of grain. The diameter of the tree can be from 8 to 10 inches.

Depending on each maker's personal technique, the wood may either be left whole for one year with the ends greased, or split into sections to dry, or soaked in linseed oil for a period of six months to a year. However, snakes are not always soaked in oil. It may not be soaked until the snake has been completed. If the snake has not run satisfactorily under a variety of snow conditions, then the snake may then be soaked in oil and is referred to as *oiledsnake*. It is then water repellent and heavier than usual. This snake would then be used for wet snow conditions, and could also be used under other weather conditions depending upon the ability of the individual shiner.

Building the Track

In order to build a Snowsnake track, there must be sufficient snow on the ground so that the start of the track, or *pitch hole*, can be made. This is accomplished by piling and packing the snow until it reaches a height of approximately thirty inches. Snow is piled in a straight line and gradually decreased until it is just above ground level. Snow is cleared away from the pitch hole so it is easier for the Snowsnake thrower to run before throwing the snake down the track.

When there is enough snow piled and packed, a log of approximately four inches in diameter and twenty feet long is placed on the snow pile, trunk first. The log is slid back and forth until the track reaches a depth of five to six inches. A wire and a small stick are attached to the log so that it may be pulled up and dropped to make the track more firm whenever it is necessary. While the men are dragging the log, others are piling the snow along the track as a means of assurance against any unexpected warm temperature. Then the log is drawn back towards the pitch hole, making the track firmer and smoother. The track is now ready for the game to begin.

How the Snowsnake is Thrown

Throwers vary in their styles of throwing a Snowsnake. The snake may be thrown overhand, underhand, or with a side-arm pitch. The thrower proceeds to the pitch hole at his chosen rate of speed. The thrower must be well balanced when he throws. As he is running to the track his free arm maintains the proper balance. A player will usually wear baseball spikes for traction on the snow and leather gloves for a solid grip on the snake. Just before he nears the track, he raises the snake slightly so that it will be high enough for release. The thrower must then follow through with his shot, otherwise, the snake may only travel a short distance or the thrower may injure himself by holding back.

Steel wool or a piece of glass is used to polish the snake, giving it a smooth surface. The snake is then washed in clear water and because wood is porous, it expands when wet, forcing the splinters to stand out. The snake is then dried and sanded again with fine steel wool or sandpaper. As this process is repeated, the snake will expand less and less, making it more water resistant each time.

The most important aspect of the Snowsnake is the balance. The weight or balance at either the tip or end is a major factor when choosing a snake for varying weather conditions. When the desired shape of the Snowsnake is obtained, a melted lead solution is poured through a paper funnel into a carved area on the tip. This is allowed to set and harden, then carved and sanded smooth to form an arrow-like point. The lead tip serves as added weight and protects the point from splitting. At the opposite end, a u-shaped finger groove is carved which gives the player a firm grip when throwing.

After this process, shellac is applied to the snake. Since the shellac also keeps out moisture which slows the snake down, more is applied on dry, cold days or when there is fresh snow. For certain weather conditions and to increase speed, wax may be rubbed on sparingly but evenly over the shellac.

Once the Snowsnake goes through the time consuming process of preparation, it may be used repeatedly for small, local games. When an important game or tournament comes up, the shellac and wax can be scraped off with a knife or steel wool and prepared over again. One shiner might take twenty or thirty Snowsnakes to a competition since the track conditions can change within minutes, requiring a differently prepared snake.

How the Game is Played

There is no limit to the number of teams that may enter a game, but each team is allowed only four throws each. The shiner, standing at the end of the track, marks the distance where the lead tip comes to a stop. To win the game a team must acquire four points. One point is awarded to the Snowsnake that travels the farthest; two points if the second farthest Snowsnake is from the same team. A game *out* is called if all four of one team's Snowsnakes are first, second, third and fourth, respectively.

If a thrower misses the track or the Snowsnake jumps the track, the Snowsnake cannot be thrown again and the player misses this turn. At each game the participants decide on certain guidelines; these may change with each tournament. To make the tournament more interesting, each team might put in a certain amount of money and the winning team takes all.

Ignite The Night!

FAMILY WINTER FUN NIGHT
Tyendinaga Township Recreation Complex
Friday, February 6th, 2009 6-8:00 pm

Ignite! your local physical activity network, is hosting the 4th annual night-time family walk!

- Winter Activities
- Toasty fire
- Free healthy refreshments
- Glow sticks for the kids
- Win an awesome prize pack!

HELP US GO GREEN!
Bring a reusable outdoor mug to enjoy your refreshments in and you'll receive a special prize!

Get active with the IPAC
Tyendinaga Physical Activity Center

Tyendinaga Township Recreation Complex is located behind the hall diamonds at 363 McFarlane Road, approximately 10 minutes from Highway 401, exit #556.

For more information please contact the Mohawk Recreation Department at (613) 396-3424 ext.107 or the Township of Tyendinaga at (613) 396-1944.

Ignite!

LifeVorks
It's about how you live.

FITNESS CENTRE

Tyendinaga Fitness Resource Centre
613-962-2822
www.mbafitnesscentre.com

Setting Goals

Goals should be attainable, realistic and reasonable. When making goals you should make one large long term goal and several short term goals.

Long Term Goals

This is the ultimate goal you are shooting for in a given time period (3 months, 6 months, 1 year). One example is:

- In the next 12 weeks I will eat healthy and exercise regularly to keep my diabetes under control. I want to be medication free by this time next year.
- I will lose 12-15 pounds in the next 3 months by exercising 4 times per week and will cook more healthy meals for myself and my family. I will fit into my new dress without any alterations.

Some other examples for long term goals are to increase energy and to be more active. Make your long term goals as concrete as possible. You should be able to see yourself happy, successful and accomplished at the end of the process.

Short Term Goals

Like long term goals these should be concrete and attainable. Short term goals should be broken into smaller monthly, weekly and daily goals.

Monthly – At the beginning of the month decide what your monthly goal will be.
Examples: I will lose up to 5 pounds this month by eating healthy and exercising.
I will cook more healthy meals for my family.

Weekly – These are not as big as monthly goals

Examples: I will eat more vegetables this week.
I will use my lunch hour this week to stretch or do cardio.
I will get up an hour earlier 3 times this week to do my workout.

Daily – These are the smallest in terms of time and are the biggest in immediate satisfaction

Examples: I will bring my lunch to work tomorrow instead of ordering out.
I will resist the urge to have doughnut at snack time tomorrow, but will have my own healthy snack.
I will get up and stretch at work tomorrow to keep my back from tightening up.



ON BEHALF OF
THE GOVERNMENT OF CANADA

I EXTEND MY CONGRATULATIONS TO

Tyendinaga Fitness & Resource Centre

IN RECOGNITION OF ITS

1st Anniversary

Thank you for providing such an important service to our community. Your efforts have surely enriched and inspired the lives of many people.

SIGNED,

DARYL KRAMP MP
PRINCE EDWARD-HASTINGS



It's Time Again!

*Teens Welcome
(12+ up)*

Details of the Hanio Oksa Healthy Lifestyles # 3

Only one day a week take the foot steps of change



Tuesday February 3, 10, 17 & 24 /09
At the Tyendinaga Fitness Resource Center
6:30pm to 7:30pm

4 week FREE program of promoting Healthy Lifestyles by implementing a balanced program of being physically active and healthy workshops with the following:

Tuesday February 3

Developing a holistic Wellness Plan with Blaine Loft



Tuesday February 10

Learning about "Natural Medicine" with Suzanne Brant

Tuesday February 17

What are the benefits of "Yoga" by Laurie McMillan- Burt
&
Signs & Symptoms of Diabetes by Linda Whalen



Tuesday February 24

Exercise tips by Sonya Maracle

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

Sign – up by January 8/09 with the Recreation Depart.
Limited space for 15 people (613) 396-3424 ext.107

The TFRC has childcare please call to confirm your space.

SPECIAL MONTHLY MEMBERSHIPS TO ALL THAT ATTEND

This program is funded by Building Healthy Communities

Lose To Win Contest

ALL YOU NEED IS A TEAM OF FOUR PEOPLE WHO WANT TO
"LOSE TO WIN FOR THEIR HEALTH"

Starting: Monday January 19, 2009

Ending: Friday March 20, 2009

Cost: \$140 for a team of four

613 962 2822

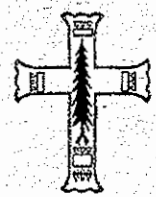
Have your team members sign up at the Tyendinaga Fitness Resource Centre on
January 16, 2009, weigh in & get started with your "New Years Resolution"

The team that loses the most weight wins half of the proceeds, which depends on the number of
teams signed up. (example 8 teams x \$140 = \$1,120 ...the team wins \$560)

This is a Healthy Fundraiser for TFRC & your support is appreciated

(welcome to sign-up before Jan.16)

UPCOMING EVENTS



THE ANGLICAN PARISH OF TYENDINAGA
IN THE DIOCESE OF ONTARIO

Parish Priest
Brad Smith
Mohawk Rectory, 396-3797

<p>SUNDAY SERVICES</p> <p>All Saints' Church 1295 Ridge Rd 8:30 a.m.*</p> <p>Christ Church Her Majesty's Chapel Royal of the Mohawks 52 South Church Lane 10:30 a.m.*</p> <p><small>*On 18 January, the only service is at 8:30 a.m. at All Saints'</small></p>	<p>REACHING OUT TO THE COMMUNITY</p> <p>We believe that part of our mission as Christians is to make a difference in the world through reaching out with our money. Recently, the people of the Parish of Tyendinaga have touched the lives of others through:</p> <ul style="list-style-type: none">• Donating to the Primate's World Relief and Development Fund, the Anglican Church of Canada's agency for sustainable development, emergency relief, care of refugees, and social justice at home and around the world.
<p>UPCOMING EVENTS</p> <p>FUN NIGHT—WED 14 JAN, 7:00 P.M., QUEEN ANNE PARISH CENTRE</p> <p>ANNUAL MEETING OF VESTRY SUN 17 FEB, 8:30 A.M., ALL SAINTS'</p>	<p>IN THE NEWS</p> <p>The year 2009 marks the 225th anniversary of the foundation of the Parish. Watch this space for events throughout the year as we celebrate the history of the Parish and the Territory.</p>

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

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.

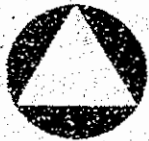
TIME: 5 p.m. – 7 p.m.
Weigh In 5 – 6 p.m.
Meeting & Discussion 6 – 7 p.m.

CONTACT: Brenda Doreen (leader)
@ 613 396-1482

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

Open
Alcoholics Anonymous
Meetings
Every Monday Night
Queen Anne Parish Centre
8:30 p.m.

BEGINNER'S PAMPHLET



Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. Membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organizations or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help others alcoholics to achieve sobriety.

For more information please call: Bev/ Bill 613-962-5183

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are available at the following businesses:

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L. & M. Enterprises
Administration Office

HAVE YOU HAD YOUR
WATER TESTED?

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Mohawk Administration Office to
arrange an appointment that's
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MICROWAVE
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TWIN BED
 - custom made, extra long deluxe
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Call: 613-396-3918

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 - metal frame with black wood ends
 - very thick firm mattress and a blue Suede cover
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Call: 613-396-5077

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 - located on the Airport Rd.

Call: (613) 396-1935

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 - located at 5904 Hwy # 2

For more info call Mike:
 613-966-9657

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 (lots posted on South side of road)
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For more information call Doug at 613-969-9568

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Call: 968-3917

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Are you looking for a full-time reliable babysitter?
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Call Glenn Hill: 962-5470

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 - various sizes
 - various prices
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Call Marilyn at 613-962-9919

BABYSITTER AVAILABLE

Are you looking for a babysitter over the holidays & New Years Eve?

I am a mature, responsible young lady with my Babysitting certificate, first aid & CPR. I have lots of experience babysitting children ages 0 - 8. References available.

Call Amber-Lee 613-396-5077

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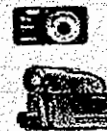
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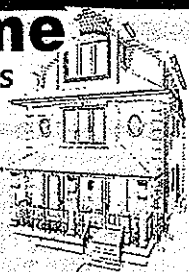
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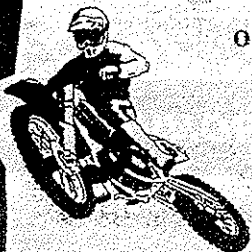
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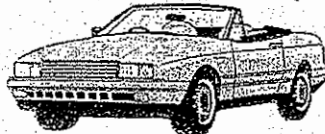
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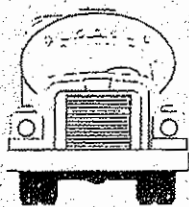
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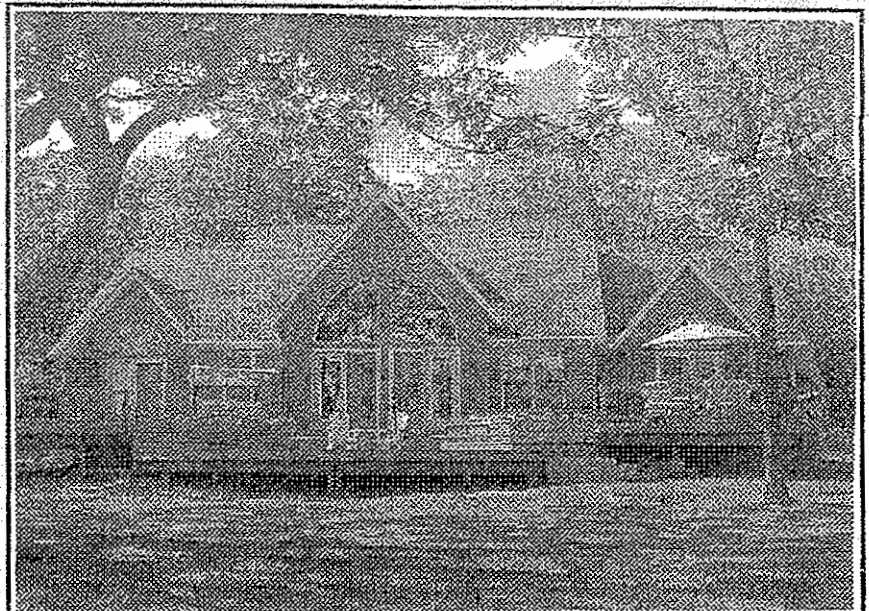
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