



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

**ORI:WASE** (NEWS)

ISSUE 1/13  
TSI YOTHORHKOWA (JAN)

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

**Happy  
New Year**

**2013**





# MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANIENKEHA

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

## REMINDER

### **A Precautionary Community Boil Advisory**

As a reminder, a precautionary boil water advisory has been in place since February 2008, as recommended by Health Canada for the Tyendinaga Mohawk Territory. This was issued, due to the majority of the wells are under the influence of surface water and therefore should be treated as a surface supply.

**This is a precautionary measure only** to ensure that your drinking water meets the Ontario Drinking Water Standards, this applies to all homes and businesses that have a well water supply. If you have a filtration and a disinfection system on your household water supply you should ensure that your filtration system is designed to filter out water borne parasites, such as Giardia and Cryptosporidium. Please contact your water treatment company for information regarding your water supply.

The Mohawks of the Bay of Quinte's Drinking Safety Program is available to collect samples at your request. If you would like to have your water tested, please contact Crystal Maracle or Liz Brant at the Mohawk Administration Office, 613-396-3424.



Please contact the Administration Office for details on other water resources that may be available to you.

The Water Sampling Program, Well Inspections, Water Delivery Program, Holding Tank Initiative Program.

Nia:wen,

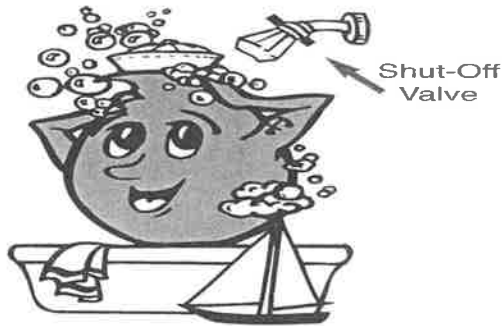


# WATER-WISE TIPS FOR BATHROOMS

## **T**ake sailor showers!

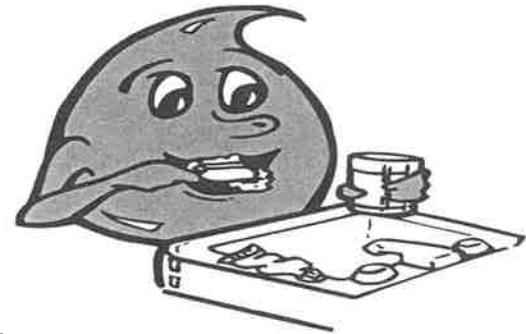
Take shorter showers whenever possible. If your shower is equipped with a shut-off valve, turn off the water while you are soaping and shampooing, then rinse off quickly — this is called a sailor shower.

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



## **C**ontrol your water flow

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



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

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

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

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

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

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

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

Toilets account for 30% of your total indoor water use. Combined with showers and baths, the bathroom represents about 65% of your home's total indoor water use.



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

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

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

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

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

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

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

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

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





# WATER-WISE TIPS FOR KITCHENS & LAUNDRY

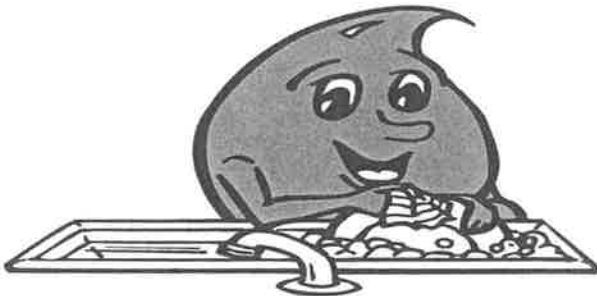
## **C**ooking and cleaning shouldn't make waste

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

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

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

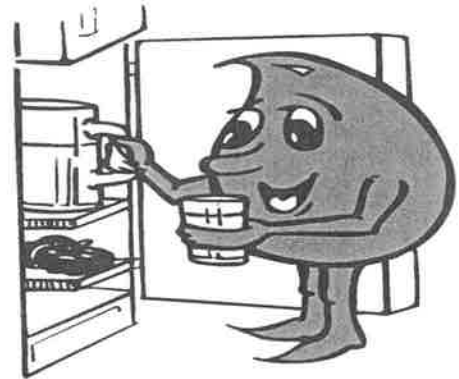
If you have an automatic dishwasher, use it only to wash full loads, and use the energy saver or shortest cycle.



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

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

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



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

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

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

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

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

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

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

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

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

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



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

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

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

# WASTE DEPOT SITE

## HOURS

MONDAY 11:00 AM-7:00 PM  
WEDNESDAY 11:00 AM - 7:00 PM  
SATURDAY 8:30 AM- 5:00 PM

In an effort to avoid  
disruption of mail service.

Please remember to keep your  
Recycling & Waste away from your  
roadside mailboxes.

## ACCEPTABLE ITEMS

- TIRES
- ELECTRONICS
- STEEL
- HOUSEHOLD HAZARDOUS WASTES
- WASTE MOTOR OIL (FROM HOUSEHOLDS ONLY)
- FISH REMAINS
- LARGE ITEMS (MINIMAL FEE)



## RECYCLING

**BIN 1- PAPER AND PAPER PRODUCTS**

**BIN 2- METAL, TIN, MIXED CONTAINERS, PLASTICS**

## **Household Hazardous Waste!**

Items that are accepted:

In the Garage:

Transmission Fluid  
Batteries (all types)  
Battery Acid  
Brake Fluid  
Body Filler  
Auto Spray Paint  
Car Wax  
Fuel (kerosene, diesel)  
Windshield Washer Fluid  
\*Motor Oil is accepted at the  
Landfill Oil Tank\*



In the Shed:

Fertilizers  
Pesticides  
Rat and Mouse Poison  
Roach and Ant Poison  
Pool Chemicals

In the Kitchen:

Abrasive Powders  
Ammonia-based Cleaners  
Disinfectants  
Drain Decloggers  
Chlorine Bleach  
Stain Removers  
Floor and Furniture Polish  
Metal Cleaner/Polish  
Oven Cleaners  
Window and  
Glass Cleaners  
\* empty aerosol cans can go  
into the blue box\*

In the Bathroom:

Aftershave  
Perfume  
Depilatories  
Hair Lotions  
Dyes  
Medicines  
Shoe Polish  
Nail Polish Remover

In the Workshop:

Glues & Cements  
Paints (alkyd and latex,  
max. 20 - 4 litre  
cans or 4 -20 litre  
pails)  
Paint Strippers  
Rust Removers  
Stains  
Finishes  
Thinners & Turpentine  
Wood Preservatives  
Mothballs  
Flea Collars & Sprays  
Florescent Tubes



# SELF-EMPLOYMENT WORKSHOP

**Start your 2013 with your own business!**

## Schedule and Outcome Overview of the Workshop

<b>Week 1</b> Day 1 & 2	<b>Orientation &amp; General Aspects to Start a Business</b> —At the end of these 2 days you will have a good understanding of how to start and what it takes to be self-employed.
<b>Week 2</b>	<b>One-On-One Consultations</b> —You will identify your business idea and will start the process of how to develop your idea.
<b>Week 3</b> Day 1 & 2	<b>Branding</b> —After the first day you will be able to create your “first package” of branding. After your second day you will be able to navigate through different options of WordPress websites and templates. You will now be able to incorporate your “first package” of branding.
<b>Week 4</b> Day 1 & 2	<b>Business Plan</b> —At the end of these 2 days you will know how to write a business plan, what a SWOT analysis is and have done parts of your business plan.
<b>Week 5</b> Day 1 & 2	<b>Identify Target Market, Competition &amp; Marketing Plan</b> —At the end of these 2 days you will understand the importance of market research, find out how and where to find business, know about the 4 P’s (product, price, place, promotion), wrote your intro speech and have done parts of your mar-
<b>Week 6</b>	<b>Bookkeeping/Accounting/Cash Flow Statement</b> —You will have designed your own spread sheet,
<b>Week 7</b>	<b>One-On-One Consultations</b> —You will have the opportunity to review your business concept, get some feedback and learn how to move forward.

**7 Week Program—2 Days a Week—Starting January 23 & 24**

**Cost: NO CHARGE**

**Where: Kanhiote Library  
1658 York Road  
Tyendinaga Mohawk Territory**

**Snack & Lunch Provided**

To register for a workshop, please contact:  
Email: [reeneb@mbq-tmt.org](mailto:reeneb@mbq-tmt.org)  
Phone: 613-967-3616  
Fax: 613-967-6251

**Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Company:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_





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

## January 2013 Business of the Month

*Green Touch  
Mobile Massage*



**Flexible Hours to Accommodate Customers!**

**Gift Certificates Available!**

**229 Ridge Road, Tyendinaga Mohawk Territory**

**613-243-3666**

Green Touch Mobile Massage is the January 2013 Business of the Month!

If you're needing an energy boost or just looking for that perfect gift for a friend, look no further than Green Touch Mobile Massage, which is owned and operated by Michael Green.

Green Touch Mobile Massage offers a fully clothed, relaxation chair massage. The portable chair makes it easy and convenient to come to you, whether you're at home or at work and Michael will even bring his chair to your special event! He offers any length of time beginning at fifteen minutes to an hour. The rate for his sessions are only a dollar a minute on the Territory. If travelling off the Territory, his rates will include travel time unless receiving more than one massage, in which he will wave the travelling fee.

Getting yourself or a friend a relaxing massage will not only help to reduce stress, tension and anxiety but it will help you to feel refreshed, which is the perfect way to start your New Year!

Visit his website for more details!

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

[thatgreentouch@yahoo.ca](mailto:thatgreentouch@yahoo.ca)

**Support Local Business**

**FASTER FORWARD BUSINESS SUCCESS PROGRAM**

**\* mentoring program for those who are interested in business\***

**For more details or for an application, please contact  
Renee Barnhart-Brant at 613-967-3616 or [reeneb@mbq-tmt.org](mailto:reeneb@mbq-tmt.org)**

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

**Sandy Sero**

Employment and Training Coordinator

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

Phone: 613.967.0122 Fax: 613.967.3816

Or visit us on our website at [www.mbq-tmt.org](http://www.mbq-tmt.org)



**“There’s no luck in business. There’s only drive, determination, and more drive.”**

*– Sophie Kinsella, Author*

## **SELF-EMPLOYMENT WORKSHOP**

**7 WEEK PROGRAM—STARTING JANUARY 23 & 24**

**LIMITED TO 10—FIRST COME, FIRST SERVE BASIS**

**To register or for more details, contact Renee Barnhart-Brant**

**Phone: 613-967-3616 Fax: 613-967-6251**

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

### **January’s Tip**

#### **5 Online Tools for Answering Your Small Business Questions**

Here are a few online tools for connecting with experts who may have answers to your small business questions:

**1. Quora:** This crowdsourcing and collaboration Q&A tool allows users to ask the Quora community questions, most of them technology or startup-related. Not only can you ask questions of its knowledgeable community (it includes some prominent VCs and CEOs), but you can follow topics such as "leadership," "venture capital," or "Google" to stay up-to-date on conversation occurring in those areas.

**2. OnStartups Answers:** This site, powered by the same platform that runs StackOverflow, is focused on answering the burning questions of startup founders. Everything from product pricing to sleep schedules is addressed by this community.

**3. Hacker News:** This programming and startup-centric community is very open to answering questions from entrepreneurs. Just go to the submit page and start with "Ask HN:" in your title.

**4. Twitter:** If you've been active with other small business owners on Twitter and built up those relationships, there may not be a better place to get your questions answered faster than on this micro-blogging phenomenon.

**5. Open Forum:** Yes, I know what you're thinking, but guess what: OPEN Forum has active discussion forums where members can ask their small business questions and get them answered. It can't hurt to ask.





Jane wakes up, she is in the hospital. Falling down the stairs is her last memory.

Jane woke up at 7am, her usual time to start her day. She always prepares breakfast for her husband, John. He likes his breakfast ready for him when he comes to the table. Jane knows all too well what would happen if it wasn't ready. She has the bruises to remind her of how incapable she was, John also reminded her of this frequently. The day Jane fell down the stairs started out as a pretty good day. John had his usual breakfast, which was waiting for him when he sat down. He lovingly kissed her goodbye and left for work. John works nine to five as a x-ray technician at the local hospital. He is well liked by all his co workers, he plays golf two times a week and has many friends. John and Jane have been married for one year. They have no children. They own a two bedroom house in a nice neighborhood. Their first six months of marriage was everything Jane imagined married life would be. She had it all a wonderful husband, a beautiful home, friends and family who loved her. The next six months things changed. John became more controlling, obsessive and angry. John at first only yelled at Jane. John constantly told Jane she was lazy and couldn't do anything right. The house is never clean, you can't cook, all you do is watch TV or talk on the phone. These were just some of the accusations Jane heard daily from John. Jane began to see less and less of her family and friends because it upset John too much and that was the last thing Jane wanted to do, after all, she was his wife and she needed to do things the way he wanted, then he wouldn't have to get so angry with her. John was the one that worked and paid the bills, Jane began to feel like John was right, all she had to do was look after the house and him. Jane decided she would do better. Jane was busy in the kitchen cooking supper when she heard the front door slam and there stood John.....

To be continued next newsletter.

Does this story sound familiar? Do you or someone you know live in an abusive relationship? If so, Red Cedars Shelter is open 24/7. A counsellor is here to help you or to answer questions. Call 613-967-2003 or 1-800-672-9515. Everything is Confidential.

A VERY SPECIAL THANK YOU TO CHRIS M MARACLE

Chris handmade and delivered, a beautiful, outdoor Christmas planter to the Elders Lodge. When he heard that the Elders had been unable to get the large fir tree in the circle driveway decorated for the Christmas Season, Chris returned to the Lodge with his own equipment and on his own time, singlehandedly decorated that tree. Chris, we want you to know how much your kindness was appreciated and to thank you for thinking of us during the Christmas Season.

From ALL of the Elders at the Elders Lodge

# Swinging Into Success!!

The Quinte Mohawk School Builders Club would like to thank everyone who participated in the fundraiser to raise money for extra swings for the Jr/Int. side of the school. A huge thank you goes out to Build All Contractors for their generous donation and installation of our swings. Without all your help this would not have been possible. Nia:wen Kowa!

The winners for the highest sellers are as follows:

1<sup>st</sup> prize of \$75.00 is Bradley Bonner

2<sup>nd</sup> prize of \$50.00 is Havanah Scriven

3<sup>rd</sup> prize of \$25.00 is Megan Brant-Maracle

Awesome job!!!

# Happy Birthday!



**Happy 4th Birthday Elijah Hill!**

January 18<sup>th</sup> 2013

Go big, or go home.

That's what you bring to the table.

Thank you for being the person you are and for keeping us amazed every day!

Happy Birthday Ferb! We Love you!

Love Mommy, Daddy, Sadie and William.  
Xoxo



**Happy 15th  
Birthday!**

Henri - Jan 7th

Love: Nick, Kolie, Savannah,

Momma Brenda

Doug, Dakota, Nolan and friend



# Angel Tree News

On behalf of the Builder's Club we would like to take this opportunity to thank everyone for bringing in Canadian Tire money and donations for the Angel Tree. This year we raised \$1,367.00. With this we will be buying for over 60 children this year. Way to go Quinte Mohawk!!! Your generosity never ceases to amaze us.

Also a big thank you goes out to Tyendinaga Computers for their donation to our cause.

The winners of the Pizza Party are as follows:

Primary Division- Mrs. C. Brant's SK/1 class

Jr/Int Division- Mrs. J. Brant's Grade 7 class

Well done! Nia:wen Kowa!

Quinte Mohawk Builders Club,  
Mrs. C Brant, Ms. Snider and  
Mrs. Hanoski

The 2012 Angel Tree Committee would like to thank our Community for participating in this year's BOSSY BINGO!  
You have helped raise \$675 for next year's program!



Thank-you!

Congratulations to the \$100 winners:  
Bill Carr-Braint & Fern Colson!

**HEALTH CANADA**  
**First Nations, Aboriginal and Inuit Health**  
**Non Insured Health Benefits**

### **Medical Transportation Benefits**

Medical transportation benefits are covered in accordance with the policies set out in the Non-Insured Health Benefits (NIHB) Medical Transportation Policy Framework to assist eligible recipients to access medically required health services that cannot be obtained on the reserve or in the community of residence.

#### **What is covered?**

- **Ground Travel:** Private vehicle; commercial taxi; fee for service driver and vehicle; band vehicle; bus; train; snowmobile taxi; and ground Ambulance.
- **Water travel:** Motorized boat; boat taxi; and ferry.
- **Air travel:** Scheduled flights; charter flights; helicopter; air ambulance and Medevac.

#### **How do eligible recipients access medical transportation benefits?**

- Recipients who live within a First Nations or Inuit community should contact their local Health Centre or First Nations Administration Office, or a local First Nations and Inuit Health Authority for information to request transportation
- Recipients who do not live on a reserve should contact their Regional NIHB Office or their own First Nations Administration Office to request transportation.

#### **Is there an appeal process when a benefit is not covered?**

Eligible recipients can appeal a decision of declined coverage for a benefit. Please refer to official Health Canada website and review the Appeal Procedures section.

### **Medical Transportation Policy Framework**

The Non-Insured Health Benefits Medical Transportation Policy Framework outlines the policies and benefits that help recipients access medical services, the types of medical travel eligible for coverage and the benefits provided.

### **Volunteer Drivers**

Those who wish to participate in the local Medical Transportation Program as a volunteer driver can do so by initially contacting the Medical Transportation Program Clerk. The Clerk will advise what expectations are necessary in making application to provide transportation through the program itself. As well, the volunteer will need to provide the following documentation:

- Vehicle Safety Certification
- Volunteer CPIC
- Copy of Valid Driver's License
- Proof of current vehicle insurance
- Copy of vehicle ownership
- Agreement to sign a program confidentiality form

Any other questions may be made directly to the Medical Transportation Clerk at the Community Well Being Centre.

**Contact info: 613-967-3603 or 1-866-967-3603 Health Canada Website for Medical Transportation Benefit:**

(highlight, then cut and paste the address into your internet browser)

[www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/medtransport/index-eng.php](http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/medtransport/index-eng.php)

**HEALTH CANADA**  
**First Nations, Aboriginal and Inuit Health**  
**Non Insured Health Benefits**

**Benefits Information**

Health Canada provides eligible First Nations people and Inuit with a specified range of medically necessary health-related goods and services when they are not covered through private insurance plans or provincial/territorial health and social programs. Non-Insured Health Benefits (NIHB) include prescription drugs, over-the-counter medication, medical supplies and equipment, short-term crisis counseling, dental care, vision care and medical transportation.

**Benefit Criteria**

A benefit will be considered for coverage when:

- The item or service is on a NIHB program benefit list or NIHB schedule;
- It is intended for use in a home or other ambulatory care settings;
- Prior approval or predetermination is obtained (if required);
- It is not available through any other federal, provincial, territorial, or private health or social program;
- The item is prescribed by a physician, dental care provider or other health professional licensed to prescribe; and
- The item is provided by a recognized provider.

**Who is an eligible recipient?**

An eligible recipient is someone who is entitled to receive benefits such as vision care, prescription drugs or other benefits or services from the NIHB Program.

An eligible recipient must be identified as a resident of Canada and one of the following:

- A registered Indian according to the *Indian Act*;
- An Inuk recognized by one of the Inuit Land Claim organizations; or
- An infant less than one year of age, whose parent is an eligible recipient.

When recipients are eligible for benefits under a private health care plan, public health or social program, claims must be submitted to these plans and programs first before submitting them to the Non-Insured Health Benefits program, NIHB is payer of last resort.

**Official NIHB website:** <http://www.hc-sc.gc.ca/fniah-spnia/index-eng.php>

**Direct Toll-free NIHB Client Contact Line: 1-800-640-0642**

Community Contact Information:



Non Insured Health Benefits Analyst  
Community Wellbeing Centre  
50 Meadow Drive  
Tyendinaga Territory K0K 1X0

Tel: 613-967-3603  
T/F: 866-967-3603  
Fax: 613-962-4210

## Payment of Non Insured Health Benefits outside Canada

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

### What is covered?

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

### Who can access the benefits?

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

### What are the NIHB client's responsibilities?

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

## IMPORTANT!

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



**Just found out you're pregnant?**  
It's never too late to get the facts about alcohol and pregnancy

- Many pregnancies are not planned. If you drank alcohol before you knew you were pregnant, you can make a confidential call to Motherisk for helpful information.
- There are still many things you can do to have a healthy pregnancy and a good start for your baby.
- If you are pregnant or planning a pregnancy, it is safest not to drink any alcohol, because no amount of alcohol has been proven safe.

CALL: **1-877-327-4636** OR VISIT: **[www.motherisk.org](http://www.motherisk.org)**

FASD Stakeholders for Ontario  
Funding for this poster was provided by Public Health Agency of Canada

**HAPPYNO:IA!!**

# January 2013

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

**“MONDAY NIGHT - FAMILY YOGA”  
CONTINUES!!!**

Monday, January 14th, 21st and 28th, 2013

Quinte Mohawk School Gym 6pm - 7pm

Please use East entrance

\*\*\* NO COST \*\*\*

**Delicious Snacks provided!!!**

*A Community Lifestyle Event*

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

Healthy Moms, Healthy Babies

~~~~~  
Dorothy Green & Gale Hayward  
*Community Healthcare Professionals*

Community Wellbeing Centre

50 Meadow Drive

Tyendinaga Mohawk Territory, ON K0K 1X0

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

[www.tndms.ca/HMHB-Tyendinaga.html](http://www.tndms.ca/HMHB-Tyendinaga.html)



# Early Pregnancy Nutrition & Exercise

**Happy No:ia!!!** As we anxiously await news of the next wave of new pregnancies in our community, we feel it is a good time to focus attention on the needs of the newly pregnant mother and her baby, as this is an excellent time to adopt steps which can contribute to controlled blood sugars, feeling well, a positive pregnancy/birth experience, and prevention of complications for both mom and baby.

Gale Hayward  
Dorothy Green

Community Healthcare  
Professionals

Community Wellbeing Centre  
50 Meadow Drive  
RR1 Deseronto, ON  
K0K 1X0  
613-967-3603 ext 166

[chp\\_cwb@mhq-tmt.org](mailto:chp_cwb@mhq-tmt.org)

[www.tmdms.ca/HMHB-Trendinaga.html](http://www.tmdms.ca/HMHB-Trendinaga.html)

The first trimester (first 12 weeks) is a time of rapid cell growth and division. All of the baby's organ systems are formed and continue to grow and develop through the rest of pregnancy. Limb buds appear, fingers and toes are formed. The central nervous system forms. Muscle, skeleton and bone formation begins. The heart divides into 4 chambers and is beating around 140 times per minute before the end of the trimester. The baby begins practicing breathing and swallowing amniotic fluid, and swimming freely. Kidneys function and pass urine by week 10. Eyelids fuse shut, as eyes, ears, and nose continue to develop. The baby's sex is visible to the naked eye, but not to ultrasound yet. All this before mom can even feel the first movements!

Increased protein intake by mother is needed for the developing baby, for supporting uterine and breast growth, and for mom's increasing blood volume and muscle. Protein foods include lean meat, chicken, fish, eggs, tofu, lentils, nuts and seeds, dairy products or alternatives.

## How much food makes up 100 kcal?

*1 medium banana  
1 large apple  
3 plums  
1 ¼ cup blueberries  
4 medium tomatoes  
3 medium carrots  
Chicken thigh, roasted (2 oz)  
Salmon, baked (1 ½ - 2 oz)  
1 egg, fried with 1 tsp butter or margarine  
½ cup Cottage cheese, 2%  
½ cup Vanilla yogurt, 1.9%  
1 cup milk, 1%*

*1 serving of:  
Borscht soup  
Lentil dip, 2 Tbsp  
Hummus, 2 Tbsp  
Banana Berry Wake Up Shake  
Strawberry sorbet*

## Banana Berry Wake Up Shake

*½ banana  
½ cup fresh or frozen berries (any)  
½ cup milk or vanilla soy milk  
½ cup low-fat vanilla yogurt, or other flavor that goes with berries  
Blend banana and berries with small amount of milk until smooth. Add remaining milk and yogurt.*



Mom's energy needs increase by about 100 kcal per day in the first 10-12 weeks...good news for those not feeling well, as that is not a lot of extra food! Despite old wives' tales, you don't have to "eat for two" in amount. It would be unhealthy to do so because too much weight would be gained. Just make healthy choices!

### **Did You Know? ... *Ginger extracts and Vitamin B6***

Some studies have shown that ginger extracts and Vitamin B6 (pyridoxine) can alleviate the nausea experienced by some women in early pregnancy. The correct dose of Vitamin B6 can be prescribed by your midwife or doctor. The oils in ginger may work by helping digestion.

### **Benefits of Exercise in Early Pregnancy**

- ❖ Decreased feeling of nausea
- ❖ Improved cardiac function
- ❖ Improved mental state of the mother
- ❖ Easier and less complicated labour
- ❖ Quicker recovery after giving birth
- ❖ Control of weight gained during pregnancy
- ❖ Limited accumulation of fat after delivery
- ❖ Overall improved health, and increased muscle strength
- ❖ Studies also suggest the benefits to the baby include leaner bodies at 5 years of age, and better developmental outcomes

**It is recommended that you exercise for ½ hour on most days of your pregnancy. Examples of safe exercise are:**

- ❖ Walking
- ❖ Swimming (freestyle and dog paddle are best options)
- ❖ Low impact pregnancy aerobic classes
- ❖ Water exercise classes – water temperature not more than 28 degrees
- ❖ Pilates
- ❖ Prenatal yoga
- ❖ "Dancing for Birth"



Community Wellbeing Centre  
50 Meadow Drive  
Tyendinaga Mohawk Territory  
K0K 1X0  
613-967-3603

Due to an increase of Seasonal Influenza activity in Ontario an extra Clinic is being offered at the  
**Community Wellbeing Centre**  
(enter through teaching lodge door)

**Wednesday, January 9/13**  
**1-5 P.M.**

The influenza vaccine is available at no cost to all persons over 6 months of age who live work or attend school in Ontario. The above clinic does not require an appointment.



### **Moon Ceremony**

Women are invited to join us to honour and seek guidance from Grandmother Moon on January 25 / 2013 at Dusk (Approx. 6:30 pm)

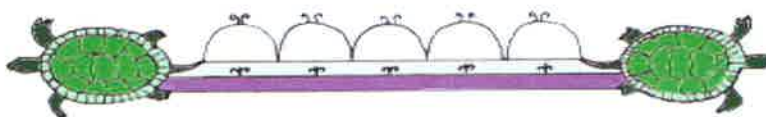
**What to bring:**

- Tobacco for offering ( if you have it)**
- A skirt to wear**
- A bottle of water**
- A lawn /camp chair**
- Pot Luck Item**

(If you are unable to bring any of the following please give us a call, we keep a limited supply on hand.)

The Ceremony will be held behind the Community Wellbeing Centre and will be followed by a pot luck feast.

Questions can be directed to Diana at (613) 967-0122 Ext. 133





## Free ADULT AQUAFIT CLASSES

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

Limited Number of space available can only accept 20 participants due to the rental of a therapeutic pool where temperatures are kept at a warm setting.

Start Date: Wednesday January 16, 2013 and will run for 8 weeks until  
Wednesday March 6, 2013

Where: Belleville Recreation Centre (Belleville Bulls Arena)

Time: 7:00pm till 8:00pm

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

613-967-3603

## Open to ALL Community!!

### Large Food Box \$15.00

10lb Potatoes  
2 lb Carrots  
1 lb Onions  
1 Broccoli  
1 Celery  
1 Green Cabbage  
1 Romaine Lettuce  
1 Cucumber  
1 Green Pepper  
1 Red Pepper  
2 Tomatoes  
8 Mac Apples  
2 Kiwi  
2 lb Bananas (6)  
4 Seedless oranges  
2 Bartlett Pears

### Single Food Box \$10.00

5 lb Potatoes  
1 lb Carrots  
1 lb onions  
1 Cantaloupe  
1 Broccoli  
1 Celery  
1 Cucumber  
3 Mac Apples  
2 Seedless Oranges  
1 Kiwi  
1 Lemon  
1 Bartlett Pear  
1 Green Pepper  
1 Red Pepper  
1 lb Bananas (3)  
1 Tomato

### Fruit Bag \$5.00

1 Fuji Apple  
1 Kiwi  
2 Bananas  
1 Seedless Orange  
1 Lemon  
1 Bartlett Pear  
1 Nectarine  
½ lb Seedless Grapes  
1 Black Plum  
1 Grapefruit



***Orders and Payments are due every 2nd Wednesday of the Month  
Pick up is every 3<sup>rd</sup> Wednesday of the Month***

If you are interested in purchasing a food box please contact Melissa R Maracle CHR,CDPW at 613-967-3603

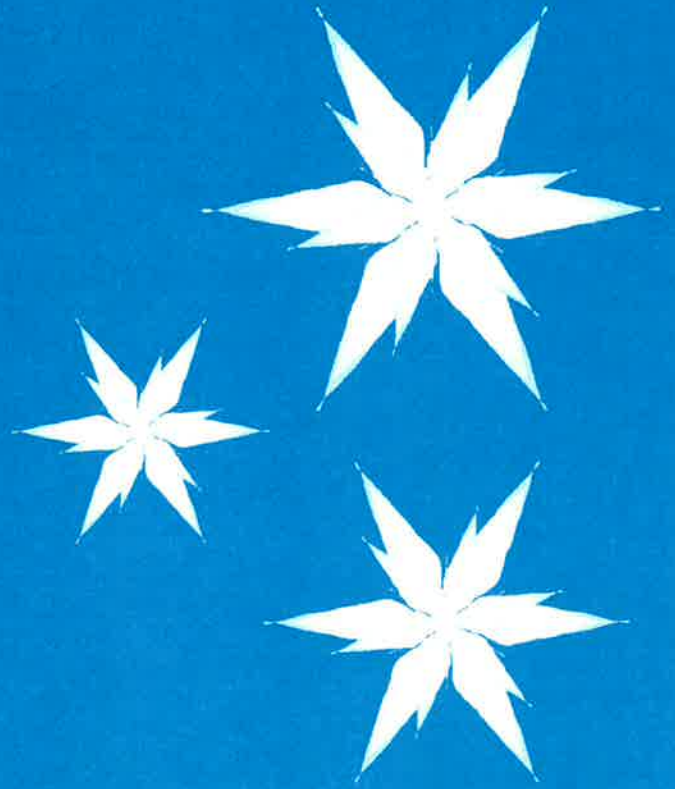
# Traditional eating made Healthy

First workshop -Jan 10th, 2013

9:00 AM till 3:00 PM

Community Wellbeing Centre

Teaching Lodge



This is a series of 3 workshops to learn the health benefits from healthy traditional cooking.

1. Discuss the nutritional makeup of corn lyeed from woodash and hands on lyeing corn. (Jan 10th, 900am till 300pm)
2. Discuss and prepare corn soup, & healthy tips. (Jan 17th, 1000am till 100pm)
3. Discuss benefits and prepare wild game. (Jan 24th, 1000am till 100pm)

To register or for more information please call Shelly or Jodi

Diabetes Education Program 613 967 3603

**TRADITIONAL SONGS AND DANCE  
NIGHTS!**

**Come on out to have some fun learning our  
traditional songs and dances all youth ages 13-18  
welcomed to attend.**

**WHEN: Thursday February 7, 2013  
and will continue every Thursday for  
7 weeks until  
March 21,2013**

**WHERE: Youth Drop In Centre  
Located at the Tyendinaga  
Ball Fields**

**TIME: 6:00pm—8:00pm**



**Light refreshments and snacks will be  
available.**

**For more information please contact Melissa R Maracle  
CHR,CDPW at 613-967-3603**



# BEARS AND CUBS



## ALL STAR HOCKEY PARTY



### DO YOU HAVE THE NO HOCKEY SEASON BLUES??

WE WOULD LIKE TO INVITE ALL BEARS AND CUBS TO A FUN FILLED EVENING OF ACTIVITIES! SLAP SHOT THOSE WINTER BLUES AWAY WITH YOUR LITTLE ONES! COME OUT AND ENJOY CRAFTS, GROWN UP AND KIDS HOCKEY TRIVIA (WITH A CHANCE TO WIN PRIZES), A HOCKEY SHOOT OUT AND FUN INTERACTIVE GAMES.

**DON'T FORGET TO WEAR YOUR TEAM JERSEY OR TEE SHIRTS!!!**

DATE: JANUARY 30TH, 2013

TIME: 6:00 - 8:00 PM

WHERE: COMMUNITY WELLBEING CENTRE (TEACHING LODGE)

R.S.V.P - JULIE BRANT / JOHANNA GOODFELLOW 613 967 3603 EXT. 149/143

SUPPER WILL BE PROVIDED TO ALL BEARS AND CUBS

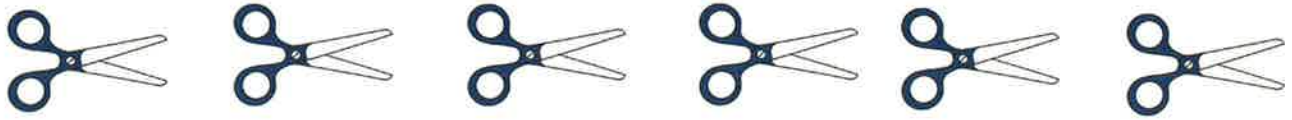
**\*\* Please let us know if you have any allergies when registering\*\***

**REMINDER: BEARS AND CUBS IS A PROGRAM OPEN TO ALL MEN AND CHILDREN IN OUR COMMUNITY.**

**ALL BEARS AND CUB PARTICIPANTS MUST REGISTER FOR THIS EVENT**



# CRAFT AND PIZZA NIGHT!



**Date: January 16th, 2013**

**Time: 6:00 - 8:00 pm**

**Where:** Community Wellbeing Centre (Teaching Lodge Entrance)

**R.S.V.P**—Julie Brant / Johanna Goodfellow at

**613 967 3603 Ext. 149/143**

**\*\*\*** All participants are required to register to ensure enough food and supplies for each child **\*\*\***

**\*\*** Parents with children 5 and younger are asked to stay with their child during the event to help with the building of the crafts **\*\***

***This event is for children 0 - 10 years***





# **Rattle Making Workshop Open to Youth ages 13-18**

**Come join us for 3 weeks once a week  
and learn the teachings behind our  
rattle, create your very own and learn a  
song.**

**When: Start date is Thursday January  
17, 2013 and will continue until Thurs-  
day January 31, 2013.**

**Where: Youth Drop In Centre  
Located at the Tyendinaga  
Ball Fields**

**Time: 6:00pm till 8:00pm**

**Cost: FREE**

**Snacks and refreshments will be  
available.**



**If interested please contact Melissa R Maracle  
CHR,CDPW or Vanessa Bonner NC at 613-  
967-3603.**

# Diabetes Wellness Circle

DWC is open to anyone living with, knows someone with diabetes, wanting to prevent diabetes, seeking information, looking for healthy lifestyle choices or a fun evening out.



**This month's meeting will be held**

**Tuesday January 15, 2013**

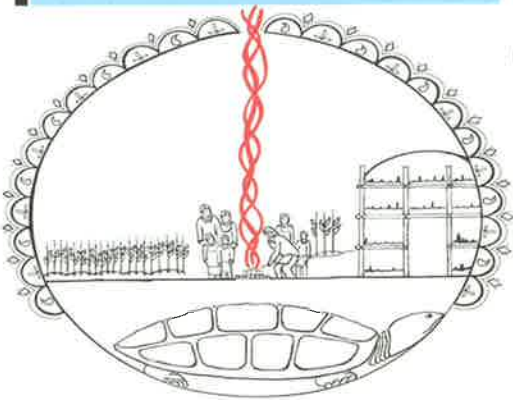
**Community Wellbeing Centre**

**7 P.M.**

**Topic**

**Stress Relief**

**For more information please contact**  
**Community Health Team @ 613-967-3603**



# Let's Talk About Rebuilding Our Fires

**Men Gathering Together To Share**

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**START DATE: JAN. 12, 2013**

**9 AM TO 3 PM AT THE TEACHING LODGE  
HELD AT THE COMMUNITY WELLBEING CENTRE**

**PROGRAM WILL RUN FOR SIX WEEKS.**

**REFRESHMENTS/LUNCH PROVIDED**

**TEACHINGS, HISTORY, WATER DRUM,  
SONGS, STRESS RELIEVERS, AND SO ON....**

**OPEN TO ALL MEN OF TYENDINAGA 16+  
PLEASE CALL: 613-967-0122, EXT 102 OR  
613-967-2003 SHEILA OR LINDA TO SIGN UP  
25 SPACES ARE AVAILABLE**

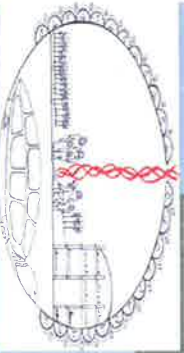
**PLEASE REGISTER PRIOR TO JANUARY 8<sup>TH</sup> 2013**

**YOU HAVE BEEN ASKING FOR IT,  
AND WE HAVE LISTENED.  
COME AND CHECK IT OUT.**

# January 2013

| Sun | Mon | Tue                                                                               | Wed                                                                                                                                           | Thu                                                                                                         | Fri | Sat |
|-----|-----|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----|-----|
|     |     |                                                                                   |                                                                                                                                               |                                                                                                             |     |     |
|     |     | 1                                                                                 | 2                                                                                                                                             | 3                                                                                                           | 4   | 5   |
| 6   | 7   | 8<br>Breastfeeding Support<br>Parish Church                                       | 9<br>Blood Pressure Clinic<br>11am-12pm<br>Community Centre<br>Senior's Dinner's Club                                                         | 10                                                                                                          | 11  | 12  |
| 13  | 14  | 15<br>Diabetes Wellness Circle<br>7pm-9pm<br>Stress Relief<br>Community Wellbeing | 16<br>Aqua Fit Program<br>Belleville<br>Recreation Centre<br>7pm-8pm<br>Limited of 20<br>Pre-register                                         | 17<br>Rattle Making Workshop<br>Youth Drop-in<br>13-18 yrs. Old<br>6pm-8pm<br>Pre-register<br>Limited of 10 | 18  | 19  |
| 20  | 21  | 22<br>Breastfeeding Support<br>Parish Church                                      | 23<br>Blood Pressure Clinic<br>11am-12pm<br>Community Centre<br>Senior's Dinner's Club<br>Aqua Fit Program<br>Belleville<br>Recreation Centre | 24<br>Rattle Making Workshop<br>Youth Drop-in<br>13-18 yrs. Old<br>6pm-8pm                                  | 25  | 26  |
| 27  | 28  | 29<br>Breastfeeding Support<br>Parish Church                                      | 30<br>Aqua Fit Program<br>Belleville<br>Recreation Centre                                                                                     | 31<br>Rattle Making Workshop<br>Youth Drop-in<br>13-18 yrs. Old<br>6pm-8pm                                  |     |     |

Community Health





## Healthy Canadians

### Nicotine addiction

Nicotine is the drug that makes tobacco products so addictive. As you introduce nicotine to your body, you will begin to crave more. Using any form of tobacco (including cigarettes, little cigars, cigars, pipes, chewing tobacco, and snuff) may lead to an addiction.

#### What nicotine does

Nicotine, found in the tobacco leaf, is a characteristic substance in tobacco. It is a stimulant and is classified as a drug.

- After you inhale smoke from a cigarette into your lungs, nicotine can enter your blood stream and reach your brain in 10 to 20 seconds.
- This causes several reactions in your body:
  - heart rate and blood pressure increase
  - blood vessels constrict, causing a temperature drop in your hands and feet
  - brain waves are altered and muscles relax
- Upon introducing nicotine to the body, new smokers might experience coughing, dizziness, and a dry, irritated throat. Other effects may include nausea, weakness, stomach cramps, headache, coughing or gagging. These symptoms may lessen as you develop a tolerance to nicotine.



#### Did you know?

Electronic cigarette products with nicotine or with health claims cannot be imported or sold in Canada. They have not been approved and their safety, quality and efficacy are not well known.

Electronic cigarette products without nicotine or health claims can legally be imported and sold but Health Canada doesn't recommend using them because of the chemicals they contain. Need an aid to quit smoking? Consider an approved product like nicotine gum, lozenges, patches or the inhaler. Talk to your health care professional for advice on the product that's best for you.

#### How nicotine addiction works

Addiction means that a person cannot control their use of a substance (they use it despite harmful

consequences). Nicotine causes addiction and physical dependence.

- Nicotine may cause you to temporarily feel good or energized. It also causes the release of natural chemicals in your brain that may make you feel more alert and calm.
- Over time, your body builds a tolerance to nicotine, and the effect of the drug wears off. You must therefore take in more and more nicotine to make the effects last.
- When you go without tobacco for more than a few hours, you may experience [withdrawal symptoms](#), including cravings for nicotine, negative mood, restlessness, and difficulty concentrating. Many people continue to smoke to avoid feeling this way.

Smoking is also a learned behaviour, causing you to form habits that are tough to break. You learn to associate things with smoking, like:

- the pleasant feelings that it brings you
- the temporary relief of worry, tension, boredom or fatigue
- drinking coffee or alcohol
- eating a good meal
- having a good time with friends

## Withdrawal symptoms

When you stop smoking, the nicotine levels in your body drop and you may have withdrawal symptoms. It is good to know that these symptoms are temporary and are often signs your body is healing.

- Withdrawal symptoms can be difficult to cope with and many smokers might not be able to quit on their first try because they are not prepared. If you know what to expect you can think of ways to manage the symptoms.
- Most withdrawal symptoms happen within the first week. Symptoms are usually gone after two to four weeks.
- Withdrawal symptoms may include:
  - dizziness and shakiness
  - headaches
  - anxiety and irritability
  - nervousness and restlessness
  - difficulty concentrating and sleeping
  - increased appetite
  - slight depression or feeling down
  - cravings for a smoke
- Other side effects, like tiredness and coughing, show that your body is in a state of repair and healing.
- You may crave cigarettes for months, even once the other withdrawal symptoms are gone. The desire to smoke can be especially strong when you are under stress, although some people crave cigarettes when out with friends or when bored.

### Did you know?

A nicotine addiction can be overcome. Nearly two-thirds of all Canadians who have ever smoked have already quit!

### Need help to quit?

Call the pan-Canadian, toll-free quitline at 1-866-366-3667 or see the [quit smoking website](#) for your province or territory.

Enyonkwa'nikonhriyohake' Program Presents:

# Drop-in @ Youth Centre

All events are FREE  
JANUARY 2013



No drop-in the 1st week of January  
**HAPPY NEW YEAR!**



*COME HANG OUT & HAVE SOME FUN!*

We have a pool table, ping pong table, air hockey table, board games,  
Wii games, craft supplies, snacks & good company!

**Tuesdays**

ages: 6-10

TIME: 6-8PM



ages: 11-14

TIME: 6-8PM

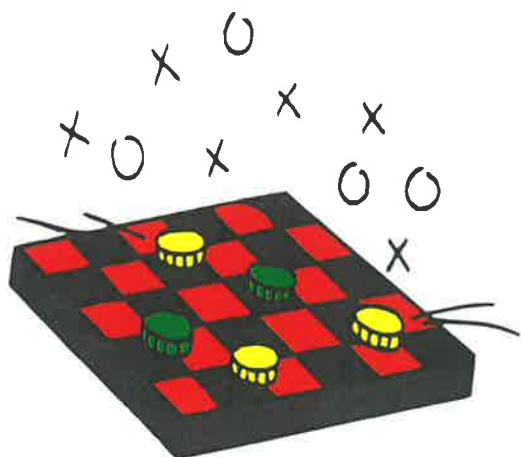
**Wednesdays**

**NEW!**

**Thursdays**

ages: 15-19

TIME: 2:30-6PM



# Youth Drop in



*Come have Fun with us we have :* Snacks,  
Board Games, Pool table, Ping pong table,  
air hockey table, crafts and much more.

IT'S FREE



**Where: Tyendinaga Youth  
Center**

**( Ball Diamonds )**

**When: Thursdays**

**AGE: 15-19**

**Time: 2:30pm-6:00pm**

**Starting: January 10,2013**

**Enyokwa'nikonhriyohake' Program**

**Contact person: Crystal Loft**  
**Tyendinaga Youth Worker**  
**613-967-0122 x 147**







**WOULD YOU LIKE TO BRIGHTEN THE LIFE OF A CHILD?**

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

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

**Talk to us about how you can brighten the life of a child in need.**

**We have children in our Community who need foster placements or a temporary care placement.**

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

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

*Mohawk Family Services would like to send our appreciation to the volunteers & those who donated to our*

*6th Annual Christmas Merchandise Bingo*

|                               |                          |                        |
|-------------------------------|--------------------------|------------------------|
| <i>Tom &amp; Lisa Maracle</i> | <i>Lori Maracle</i>      | <i>Kelly McMurter</i>  |
| <i>Allyssa Maracle</i>        | <i>Rachael Beck</i>      | <i>Kirsten Maracle</i> |
| <i>Thomas Parks</i>           | <i>Ainsley Leween</i>    | <i>Vincent Brant</i>   |
| <i>Madison Brinklow</i>       | <i>Julie Brant</i>       | <i>Jordan Brant</i>    |
| <i>Cheryl Anderson</i>        | <i>Riley Leafe</i>       | <i>Chavis Maracle</i>  |
| <i>Nora Brant</i>             | <i>Shanleigh Maracle</i> | <i>Lynn Brant</i>      |
| <i>Carlisle Johnson</i>       | <i>Raven Barberstock</i> | <i>Kathy Brant</i>     |
| <i>Angel Brant</i>            | <i>Joe Brown</i>         | <i>Zach Loft</i>       |

*Orange Lodge- Mohawk Bingo Ladies*

*If we have missed anyone, we are very sorry. Nya:wen for your help.*

*Wishing everyone all the best in the New Year.*

**T H A N K Y O U**



# Mohawk Family Services

Thank you to all of the Community Members who participated in the Christmas Merchandise Bingo and those who donated items to the QMS Children's Shopping Day.

We raised over \$3300.00 at the Merchandise Bingo so we will see all of you again next year! Congratulations to our Jackpot winner  
Jody Sero!

We saw many smiling faces at the QMS Children's Shopping Day and at the end of the day we had many happy customers loading onto the buses with all of their Christmas presents.

Thank you to Kathy Brant for all her hard work getting the items cleaned and organized. Also, thank you to Gloria Idzenga and the 59'ers hall for the use of the boardroom. Without them, this years' event would not have been so successful!

Thank you to all the businesses who donated items or made a cash donation, and to our Volunteers that day, we appreciate all of  
you.

It is a very busy, but very rewarding day.

2012 was a great year!

Happy New Year to all of our Community members.



Once Again .... we were "SOLD OUT"

Thanks, such a small word, and doesn't begin to convey our appreciation. Your participation in the 2012 Mohawk Guild Cookie Walk put us, once again, in that enviable position of being "sold out". Our customers' enthusiasm is, in itself, gratifying.

Thank you to all of the helpers, from the bakers, box makers and ticket takers .... and everyone in between.

We look forward to 2013.

Pam

# Sweetheart Dinner

Roast Beef & All the Trimmings

Entertainment 4-7 \*Crimson River\*

Feb. 10, 2013 Supper - 5 p.m.

Queen Anne Parish Centre

1295 Ridge Rd.

Tyendinaga Territory

*\$35.00 Couple*

*\$20.00 Single*

Phone Gail **613-396-2367**

Shirley **613-962-6137**

*Proceeds to Anglican Parish of Tyendinaga*



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

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

**January 2013**

**Discover the Balance**

**We have Gift Certificates**

**Discovering the  
Balance**

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

**Hours of Operation**

Monday - Thursday

**6:30am-8:00pm**

Friday

**6:30am-6:00pm**

Saturday

**8:00am- 2:00pm**

**Fees**

**Senior (55+) \$15.00**

**Student \$20.00**

**Adults \$25.00**

**We Are Open to  
The Public**

**Staff**

**Darlene Loft /  
Recreation Manager**

**Sonya Maracle /**

**Fitness Staff & P.T**

**Part -Time Staff**

**Mahaley Brant**

**Taylor Lefort C.**

***Fitness Tips For The New Year***

*Instead of resolving to do 'more exercise' make mini new years resolutions to help keep you committed all year long.*

- 1. Take time for you - make yourself a priority*
- 2. Write it down - this helps you stick to your new healthy living plan*
- 3. Set realistic fitness goals - make you fitness resolutions into smaller more tangible targets*
- 4. Enlist your friends - you are more likely to stick to a fitness regimen if you have someone to support you*

**Silent Auction Winners**

Thank you to everyone who participated in our Silent Auction this year.

The winners were: Wendy Meraw, Greg Loft, Patsy Boldrick, Carol Loft, Fern Colson, Diana Barlow, Bill Carr-Braint, Dorothy Green Holly Brant, Michael Green, Colin Carr-Braint, Fred Dracup, Randy Pitt, Tina Brant, Laurie Molson, Tiffany Brant

**Thank You**

Thank you to Brandon Barberstock who was doing a 1 month field placement from Loyalist College. All your help was greatly appreciated by the staff here at TFRC.



# Fitness Bingo

Let the Fun Begin !



Tyendinaga Fitness Resource Centre is starting the Annual  
**“Fitness Bingo Challenge Program # 4”**

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

### DETAILS

**STARTS** - February 1st to March 28th, 2013 - **BINGO HEALTH SHEETS**

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

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

**AGE GROUP** - 16 & up      **LOCATION** - home, work, TFRC...you pick

**MONEY PRIZE** - \$5.00 for each Bingo Sheet - Winner receives 1/2 of proceeds  
IF 20 participants sign up x 4 Bingo sheets = \$400.00

**NO LIMIT ON THE FUN OF WINNING !**

## Green Touch Mobile Massage



Available by appointment at the  
Tyendinaga Fitness Resource Centre...  
*Call Today to book your time!*

**Michael Green**  
*Certified Massage Practitioner*  
**613.243.3666**

thatgreentouch@yahoo.ca

www.thatgreentouch.com

# January Schedule



**Fri., Jan. 4 @ Home vs Napanee**

**Fri., Jan. 11 Home vs Campbellford**

**Sat., Jan. 13 @ Amherstview**

**Fri., Jan. 18 Home vs Picton**

**Fri., Jan. 25 @ Port Hope**

*Be a Storm Chaser!*

## **RAFFLE FOR 50" TELEVISION**

Insignia LCD HDTV - \$600.00 VALUE!

**Draw Date: January 25, 2013**

**Tickets: \$2.00 ea. or 3 for \$5.00**

Tickets available from Storm Team, at Storm Friday night home games and participating sponsors. Call 613-391-1480.

All proceeds to the Deseronto Storm Hockey Team

License No. MBQ-12-R131

*~ All HOME games have an 8:30 start ~ Away games have a 7:30 start ~*

For more information and all the latest updates, please go to [www.pointstreak.com](http://www.pointstreak.com)



## **DESERONTO LEGION**

### **Coming events...January 2013**

#### **January 19-** Annual Chili Contest

Entries to be in by 2:30 please. Judging begins at 3 pm. Prizes for first, second and third places. All entries become property of the Legion and will be sold for \$2.00 per bowl.

4-7pm - The Sounds of Tyme return to play your favourites. Everyone is welcome and there is no cover charge.

#### **January 28-** Executive Meeting at 6:30

General meeting at 7:30 . Members are urged to attend to voice their opinions. Volunteers are always needed for committees.

Bingo resumes January 8th. Doors open at 5:30pm. Play begins at 7pm



## THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest

The Venerable Brad Smith  
962-2787

Our worship uses a mixture of traditional and contemporary language and music, including Mohawk. All people are welcome to worship and participate in fellowship and parish life. We don't think we have all the answers—if you have questions, please join us on a journey of discovering the sacred One.

### SUNDAY CELEBRATIONS

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

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

*On Sun 27 Jan, both churches will worship  
together at All Saints' at 8:30 a.m.*

### UPCOMING EVENTS

Parish Fun Night  
Wed 16 Jan, 7 p.m.  
Queen Anne Parish Centre  
Bring a game, a friend, and a snack!

Men's Breakfast  
Sat 26 Jan, 8 a.m.  
Small Town Cafe, Deseronto  
The men of the Parish (and friends) gather once a  
month for breakfast and fellowship.

Sweetheart Dinner  
Sun 10 Feb  
Queen Anne Parish Centre  
More details in next month's newsletter

Shrove Tuesday Pancake Supper  
Tue 12 Feb, 5-7 p.m.  
Queen Anne Parish Centre  
This annual event features pancakes, bacon, and  
sausage and coffee/tea/juice. Adults \$8; Kids \$5,  
Family (2 adults and any number of children): \$20.

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

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

*Losers Unite, Join Us!*

### Thursday Evenings

5:00 - 6:00 p.m. - Weigh In

6:00 - 7:00 p.m. - Meeting

Elders Lodge

(Bayshore Rd)

**TOPS** is a weigh loss meeting and support group established in 1948 as a nonprofit organization. Our goal is to help each other lose weight for better health and appearance. If you are struggling with a weight issue join us and together we can achieve our goals.

**You may be the one person I need to help  
me lose these pounds.**

The first meeting is FREE. Its time to be a loser,  
come see for yourself.

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

## “AA OPEN MEETINGS”

8:00 p.m. every Monday

Queen Ann Parish Centre

For more information call:

Bev or Bill 613-962-5183



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

**KERISTOS NE KORAH:KOWA**

**CHRIST THE KING**

*Under the Patronage of Blessed Kateri Tekakwitha  
A Catholic Anglican-Use Parish  
Tyendinaga, M. T.*



**Morning Prayer with  
Communion from the Reserved Sacrament**

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



**Holy Eucharist (Complete Mass):  
11:15 AM → 2<sup>nd</sup> Sunday of the Month**

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

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

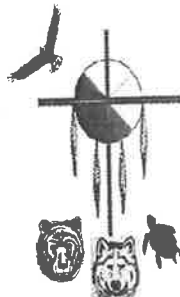
Mr. Charles E. Maracle, Rector's Warden, at 613-396-3089

OR

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

OR

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



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



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



**TYENDINAGA MOHAWK TERRITORY**

**1984 YORK ROAD**

**CHURCH · 613-396-5329**

**PARSONAGE · 613 · 396 · 5325**

|                  |                                                                                           |
|------------------|-------------------------------------------------------------------------------------------|
| <b>Sunday</b>    | <b>Morning service @ 10:30am<br/>Sunday School @ 11:30am<br/>Evening Worship @ 6:30pm</b> |
| <b>Wednesday</b> | <b>Bible Study Group @ 7:00pm</b>                                                         |
| <b>Saturday</b>  | <b>Prayer Meeting @ 7:00pm</b>                                                            |

### Coming Events

**A drop box for used clean clothing and footwear is available, see details posted outside of shed. This is a fund raising project. Drop box is located at 1984 York road.**

**The secret of getting ahead is getting started. The secret to getting started is breaking your complex overwhelming tasks into small manageable tasks and then starting on the first one.**

**Mark Twain**



# CLASSIFIED

## FOR SALE

- WASHER/ DRYER SET
- new, unable to use
  - large capacity
  - Inglis Whirlpool
  - asking \$900.00 for set

Call: 613-396-5923

## FOR SALE

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

Call: William J. Brant  
613-967-1129

## HOUSE FOR SALE

- 3 BEDROOM HOUSE
- 6 years old
  - in floor heat, on town sewer and water, ceramic tile & carpet
  - open concept
  - 2000 sq. ft includes 2 car garage
  - living room has vaulted ceiling and view of Bay of Quinte on (TMT)
- 613-827-1513

## LAND FOR SALE

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

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

## FOR SALE

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

Best reasonable offer

Call: 613-967-8935

## For Sale

- 4 BEDROOM HOME  
(approx 3/4 acre)
- large eat-in kitchen
  - dishwasher, fridge, stove
  - large bedrooms
  - Updated 4 pc bathroom (ceramic floor)
  - 3 pc bath w/shower
  - large family room with updated woodstove (WETT certified)
  - walkout basement
  - lots of storage
  - upgraded well with holding tank
  - new roof and deck
  - shed

PRICE RECENTLY REDUCED  
(Serious offers will be considered)

Please contact:

[tyendinaga11@yahoo.com](mailto:tyendinaga11@yahoo.com) OR  
416-938-4157 or 613-396-2151

## FOR SALE

INCOME PROPERTY FOR SALE

- 12 acres
- 3 Apartment Rentals- new cedar shake roof and windows
- Excellent Business location -
- Hobby Farm with 2 barns with

- water & chicken house
- 3000 sq ft. 5 bedroom brick house, wood pellet stove, fireplace, new water softener & UV light, lots of water with trickle system
- inground pool, some new windows, 4 bay metal drive shed & paved driveway,
- 251 York Road, Shannonville

Call: 613-962-9187

## FOR SALE

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

Please call Bill: 613-966-1092

## FOR SALE

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

Serious inquiries only  
Call: 613-396-5879

## FOR SALE

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

Please call Bill: 613-966-1092

## Babysitter Available

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

## Child Care Available

Hello My name is Donna Glass

- mother of one & starting childcare in my home
- experience at day cares, day camps, before & after school programs
- accepting ages up to 10
- spots available for before & after school
- healthy lunch, snacks, crafts
- walks, nap time if needed & more

For more information  
Call: 613-309-9272 or leave a message. I will gladly get back to you & look forward to looking after your children.

## FOR SALE

- 26 ACRES, 2 HOUSES
- includes apartments for extra income
  - ponds, ATV trails, quiet rural location near Deseronto.
  - Owner will hold mortgage for qualified buyer.
  - Make a reasonable offer. Owner is Retiring.

Call 613-847-9761

## Available

### BABYSITTING OR SANTA LETTERS

- babysitting of Christmas shoppers

Call: 613-921-3898

## HOUSE FOR SALE

- 840 # 49 Hwy Tyendinaga Territory
- lot 150' X 200'
- House, Garage, Store front, Utility shed
- 1735 sq. ft. main floor
- full basement
- 4 bedroom, 2 bathroom on suite has jacuzzi tub
- above ground pool
- large deck
- 5 X 10 pool table included
- appliance included/and some home decor
- sunroom - leads from master bedroom to pool area

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

## HOUSE FOR SALE

- 2 YEAR OLD HOME
- 100' X 200' lot
  - 2000 sq. ft. open concept/side split
  - 2000 sq. ft. Basement
  - 3 bedroom, 2 full baths plus jacuzzi
  - ceramic & laminate flooring throughout, in floor heating
  - 9' ceilings (main floor & basement)
  - central vac, central air, HRV
  - four star propane furnace
  - heated 1 1/2 car garage (24'X24')
  - town water & sewer
- BASEMENT**
- basement 30% completed (framed, wired, drywall half complete)
  - 3 additional bedrooms, 1 full bath
  - open concept - large rec room with bar/kitchen roughed in
- \* Possible investment/income property easily converted into Duplex. Ideal for Retirement Residence or Foster/Group home \*

Please call for viewing and more information: Cell: 613-848-0117

Home: 613-396-3971

**\*\*SERIOUS INQUIRIES ONLY\*\***



A WARM BOWL OF SOUP CAN SEND A MESSAGE OF COMFORT. IT WARMS US UP.

PLEASE REQUEST:

FRIENDS AND/OR FAMILY MEMBERS CAN CALL. Please let us know and we will be happy to help.

**CALL CWB AT (613) 967-0122.**

Let the receptionist, Seaira know that you would like a pot of soup. Give her the details and we can deliver the soup to the venue or you can pick it up.

**SOUP BECAUSE WE CARE.**

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~~SOUP FOR COMFORT~~

**COMMUNITY WELLBEING CENTRE**

WOULD LIKE TO GIVE BACK TO THE COMMUNITY DURING TIMES OF SORROW!!! We know what it is like to lose a loved one and we would like to help.

## ROOM FOR RENT

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- \$400.00 per month
- 20 minutes from Belleville
- 10 minutes from Napanee, just a few minutes from 401
- includes: utilities, use of laundry, high speed internet service, satellite t.v., shared fridge and use of kitchen, parking space and shared living room.
- looking for someone who is neat, clean and respectable of others

If you have any questions please call:  
613-396-2176 or 613-922-5356

## LOT FOR SALE

Corner lot on Bayshore Rd & Hwy #49

- terms available

Call: 613-396-3378 or 613-827-4338



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FAX: 613-354-3585

EMAIL: [service@lafc.ca](mailto:service@lafc.ca)



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# Belleville

# Bakery



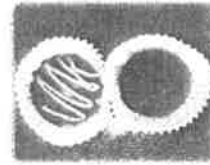
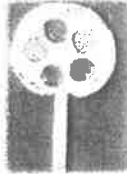
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