



# MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 7/08  
Ohyarihkowa (July)

## ORI:WASE (News)



### Congratulations 2008 Graduates

<b>Akwesasne</b> Donna Benedict Tess Benedict Margaret George Kellie Jacobs Anne Lazore Jessica Martin Frances Renaud Wanda Sharrow Anna Thompson Mona Thompson Sarah Rose Thompson April White Ricky Tah iah ra ken White	<b>Chippewas of Rama</b> Rosalind Jacobs Cynthia Marsden Karen Watson-Hart	<b>Moose Cree</b> Lucy (Clement) Sutherland	Dustin Brant Haley Brant Angela Brown Shannon Butcher Judy Gillis Brittany Green Buffy Hill Kristen Hill Carol John Todd Kring Crystal Loft Cheryle Maracle Evan Maracle Melissa Maracle Sara Maracle Seaira Maracle Sherry Maracle-Reeve Jayson Martin Mandy Smart Kelly Stanhope Nicole Storms Joanne Tabobandung Bart Thompson
<b>Atikameksheng Anishaubek (Whitefish Lake)</b> Melanie Petahtagoose Lisa Wabegijig-Cote	<b>Constance Lake</b> Edith Moore	<b>Musqueam</b> Debra Campbell	
<b>Batchewana</b> Misty Agawa	<b>Forest</b> Josephine Bedard	<b>New Credit</b> Shelly King	
<b>Bearskin Lake</b> Vince Ostberg	<b>Fort Albany</b> Patricia Friday Jacqueline Sutherland Mariah Wesley	<b>Nipissing</b> Mary Jane Chevrier Jane Commanda	
<b>Beausoleil</b> Nancy Lynn Assance Andrea McGregor Irene Monague Megan Monague Crystal Roote Tanya Roote Virginia Roote	<b>Kahnawake</b> Elaine Delaronde Wentahawi Dione Elijah Eliza Mack Heather Mayo Alex McComber Jodi Ouimet	<b>Onion Lake</b> Justin Jimmy	
<b>Chippewas of Georgina Island</b> Georgette Brandbridge	<b>Kitchenuhmaykoosib Inninuwig</b> Lydia Big George	<b>Sheshegwaning</b> John Wabegijik	
	<b>Marten Falls</b> Bruce Achneepineskum	<b>Sioux Lookout</b> Brian Rae Irene Shakakeesic	
	<b>Matachewan</b> Shawn Batise	<b>Six Nations</b> Dakota Brant Laurie Froman Erin Monture Linda Parker Karen Sandy Stephanie Styres	<b>Wahnapiatae</b> Debbie Recollet
	<b>Mattagami</b> Peggy Claveau	<b>Tetlit Gwich'in</b> Mary-Anne Hoggarth	<b>Walpole</b> Yolanda Blackbird
	<b>M'Chigeeng</b> Brenda Roy	<b>Tyendinaga</b> Greg Barberstock Brant Bardy April Brant Cherylann Brant	<b>Wasauksing</b> Sheila Desjarlais
			<b>Whitefish River</b> Dave Shawanda
			<b>Wilkwemikong</b> Marjory Shawande

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### Newsletter Deadline

July 24

(613) 396-3424

### We're on the Internet

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

**New  
Youth Page  
Inside**

### 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.

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

## ADMINISTRATION

TMC Meetings	Agenda Deadlines
Local Business – July 9, 7:00 p.m. (unless otherwise amended)	July 4, 12:00 p.m.
Regular – Friday, July 25, 9:00 a.m.	Tuesday, July 22, 12:00 p.m.
Local Business – July 30, 7:00 p.m. (unless otherwise amended)	July 25, 12:00 p.m.

### Tyendinaga Community Development Fund: June 2008 Approvals

The following projects were reviewed by the commission members for funding approval:

Gymnastics	Madison Brant	\$362.00
North American Indigenous Games	Jonathan, David & Jesse Maracle	\$3,000.00
Rainbow Gardens Employment Program	Sharon Maracle	\$3,200.00
Italy Trip	Becca Hill, Sawyer Brinklow, Devon Hill, Kyle Baptiste, Raven Hill, Dani Stanhope, Jennifer General, McKenzie Lucas, Katelyn Brant & Jordan Brant	\$16,000.00

The next funding deadline is September 2, 2008. TCDF funding application can be pick up at the MBQ Band Office.



### CANADIAN BIBLE SOCIETY'S BIKE FOR BIBLES SUMMER CYCLING TOUR - 2008

The "Bike for Bibles Central Ontario Tour" will be cycling through the Tyendinaga Mohawk Territory on Thursday, July 17, 2008 and will visit Christ Church, Her Majesty's Chapel Royal of the Mohawk during their noon hour stop.

With an estimated 64 riders, this year's Tour plans to raise funds in support of the printing of bibles for newly-arrived immigrants to Canada. In the past ten years, CBS Bike Teams all across Canada have provided bibles for Rwanda, Egypt, China, Eritrea, Canada's street ministries, First Nations Communities, Argentina and camouflaged bibles for our military and especially those serving in Afghanistan. In, 2006 the Tour rode over 8,000 kilometers from Victoria BC to St. John's Newfoundland and raised over \$900,000.

The Tyendinaga Mohawk Council warmly welcomes the "Canadian Bible Society's Bike for Bibles Cycling Tour" to our community and wish them continued success in their mission!

The Education Feasibility Study Final Report is complete!!  
The Tyendinaga Education Steering Committee

Invite you to Attend a

## COMMUNITY MEETING ON EDUCATION

To discuss the Final Report.

**Monday, July 7<sup>th</sup>, 2008**  
Community Centre  
7:00 pm – 9:00 pm

The Education Feasibility Study Final Report will be delivered to Community Members during the first week of July. If you don't receive your copy, please call the Administration Office at 613-396-3424 and leave a message for Tanya King-Maracle.

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

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



## MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in June responded to 8 calls:

- 1 - ATV Accident
- 3 - Medical Assist
- 1 - Tire Fire
- 2 - Automatic Alarm
- 1 - Motor Vehicle Accidents

**This brings our total to 46 calls for the year 2008**

ADMINISTRATION

This is a continuation of the Minutes of 1800. In September 1800 there was a Council Meeting held in the community that spanned 8 days. This meeting was held to try to come to some resolution of the troubles that had been dividing the community at that time.

Reprinted in this edition of the newsletter is day 4 of the Council Meeting.

If anyone has any questions regarding these minutes please contact the Research Department.

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Proceedings of a Council held at the Bay of Quinte beginning on the 2<sup>nd</sup> and ending on the 10<sup>th</sup> of September 1800, in the Mohawk Village

September 6<sup>th</sup>:

Present:

The same as before

Captain John in continuation:

After the negro boy had struck her, Christeen, the widow of the younger Laurence, who was also killed, got up, on which John Green ran up to her with his tomahawk with a design to kill her and her mother, but Capt. Isaac seeing it, called out "Stop, we have done enough", and Green stopped accordingly. When Laurence's Widow recovered her senses, she got up and saw them struggling very much; Ab. Hill with a tomahawk and knife and the two Loffs with clubs, beating the Deceased Laurence, the son. When he was killed, Captain Isaac's son and John Green attacked his Brother, Thomas, and ran a knife through his arm, which not being able to pull out again, Thomas sprung from them with a knife through his arm, but before that a blow was made at him with a Tomahawk by Capt. Isaac's son which cut his Hat and grazed off without doing any material injury.

After the business was all over, Capt. Isaac went among his people and enquired if any of them were wounded. They answered that two of the men were wounded, Vizt. his son and Ab. Hill. The elder Laurence not yet dead, sat up, but senseless, when Capt. Isaac went up to him and asked him, shaking his fist at him, "are you satisfied now", but Laurence was incapable of making any answer. Capt. Isaac then went to the Elder Laurence's Widow, who was standing up and the Blood running down her head, and asked her if she was satisfied, and then he said, "go and desire your Brother (Captain John) to come here and I will serve him in the same manner", pointing to the dying father and son, "can you withstand us"? She answered, "No, there are a great number of you and we are almost all killed". When Isaac's daughter heard her speak she run up again with a club to knock her down and told her if she spoke another word she would knock her brains out.

Capt. Isaac then stepped forward and told her to be done as he supposed she would not live long having received so many bruises already. Captain Isaac asked the widows of the Laurence's, why did not you obey orders, you know we are numerous and a strong party". He then turned about and went away saying, "come, let us go, we have done enough", and pointed to Thomas' tomahawk which was lying on the ground, said, "it is our custom when we go to war to take the weapons of our Enemies; take up that and if the owner of it wants it let him come to me", and then gave it to Joseph Hill.

After Capt. Isaac and his party had gone away, Christeen got up and came away and in passing the Church on her way to my house, she desired a parson to ring the bell. When she told me the story, I answered, "I am not surprised as they had been always at variance, and expected something of this kind would happen". I then took two men and went to the spot to enquire into the matter, before I went thither, I called at Laurence's house and saw the ground and the floor of the house Bloody and the children in tears. The young man, Thomas, who had been wounded, having gone up stairs and laid himself on his bed. We then stripped and took arms and went to the place where we found the younger Laurence yet alive and his mother washing his face. The young man spoke to me and said, "I am yet in my senses; it is not my fault that this has happened; I was not to blame and I hope you will forgive me; God Almighty is master of us all - God's will be done". I then desired his people to lay out the bodies in order to have them carried away. The entrails of young Laurence were then hanging out and they moved as he breathed. This was about noon and the Elder Laurence had been killed early in the morning, but was so much defaced by blows that his features were not to be known again. The place where this scene had been acted was spacious and the ground and brush about the place was all bloody as if cattle had been killed there. This was by the violent struggles of the younger Laurence, who made many efforts in defending himself. This young man being yet alive, we thought to get him to

his house and carried him away leaving his dead father behind. When we got about 300 yards, he said, "Uncle, put me down for I am gone", and died immediately. We then said prayers over him and carried him to the house.

Instead of Captain Isaac and his party taking any care of the dead, they had armed themselves and were at Capt. Isaac's house where they kept guard all night. The corpse of the Elder Laurence lay on the ground where he was killed all that night and the next morning the body was brought down in a boat by me and my people to this house where we now are. Isaac had forbid his party to have anything to do with the dead bodies and they were taken from this house to the grave by Bowen's people, white settlers adjoining our lands.

Capt. Bowen asked me to go out with him to John Howell, a Magistrate, who told him he had a message from Capt. Isaac importing that he wished to hold a Council with me, when it would be seen who was in the wrong; and that they wished to bury the remembrance of the misfortune under the ground. I answered, "Captain Isaac should have considered that before, as the people are now dead and cannot answer for themselves. Capt. Isaac may now say what he pleases as the people are dead who could have given the best account of the matter".

It is now 10 years that he has absented himself from every Council in the Village, except a few times; and when he did come he did nothing for the good of the Village. He now wants to hold a Council when it is too late, but I do not wish to see him there. I have only one thing more to say, and that is that I wish he may never do the like again, nor ever oppose me again in the business of the Village. Two days after the burial, I went up to the Widow Laurence's house to see them, when I heard firing of guns and hollering at Capt. Isaac's as if rejoicing and they continued to keep a guard there. Ever since that time people have always gone armed and never separately but in parties of 2, 3 or more.

A Negro man named Adam Fur was always in Isaac's party and very active since the death of the Laurences, tho not present on the 10<sup>th</sup> June. This man has not one drop of Indian blood in him; his father being a Negro and his mother a Dutch woman. On the 19<sup>th</sup> of July last, Captain Isaac held a Council in the woods and asked his party whether, in case the Government were to send to take them up, they would resist and support each other; and they all said they would sooner lose their lives than be taken, as they would not wish to be made prisoners. After this, a party of them, with Captain Isaac at their head, was formed, who went in a boat to Kingston, and I went thither on horseback about the same time and saw them walking about in parties as usual with their tomahawks. They encamped near Parson Stuart's in order to get his advice on what to do. Seeing things go on in this manner and considering what was best for me to do, I first wrote a letter on the subject to Sir John Johnson, but receiving no answer I thought it best to go to York and lay the whole matter before the Governor.

Now Brothers, I have stated all the matter in the clearest manner I am able. Capt. Isaac told you two days ago to look clearly into the whole business and see where the fault lay. The marks of the Blood are yet on this floor and you may rely that I have told you nothing but the truth. All the white people hereabouts are under great apprehension on account of this business and that was my reason for going up to the Governor in time.

There is yet one thing more I wish to say. I beg you, Brother, to ask these people who are of Capt. Isaac's party, whether they mean still to go on as they have done and still attach themselves as a party to him. My Chief Study is to do my best for the good of the people; to instruct them in that which is just and honest and to attend to their religion, for it hurts me much to see the manner in which I have spilt blood on this ground which was given to us by the King for ourselves and our families. Capt. Isaac says my mind is thick and that he will never come into my way of thinking. It is so because I will not come to his way of thinking, for I study for the good of the Village and keep service in the Church and obey the laws of the King. Now Brother, you may depend I have stated all this matter fairly and clearly in the presence of all the people here.

Captain Claus then told Capt. Isaac he would be glad to ask a few questions of some of the people who were present on the unfortunate day.

Captain Isaac's son, William, appeared and said as follows: That Captain Isaac, Isaac's son-in-law, Ab. Hill and himself set out early in the morning of the 10<sup>th</sup> June and came to the place appointed. Captain Isaac with his sword under his arm came up to Laurence and said good morning and Laurence returned the compliment.-Captain Isaac said to Laurence, if we got into any quarrels, don't let us use any edged Tools. He then asked Laurence if he received the message he sent the night before and Laurence answered he did. Laurence then took his cane and struck Capt. Isaac over the shoulder, who fell with the blow.

William says he was a little way behind and seeing his father fall he could not help running up and giving Laurence a stroke with the flat side of his tomahawk on the head. Immediately after, he and Thomas, Laurence's

## ADMINISTRATION

younger son met, and they attacked each other, but Thomas being stronger than him seized the tomahawk and took it from him, on which William took his knife and stabbed him in the arm. After this Thomas said he was done. Ab. Hill then desired Thomas to throw away the tomahawk and set off with himself, which he did and his life was saved by that means.

William says when he stabbed Thomas in the arm, he left the knife in the arm and having lost his tomahawk before, he was quite disarmed. William further says when young Laurence, deceased, was running after him, Ab. Hill met young Laurence, and having had a knife put into his hands by Isaac's son-in-law, cut Laurence the younger in the belly with the knife.

William says further that Laurence still had his father down. That he came up and took up the Elder Laurence's cane and began to beat him about the head. In the mean time, John Green, William's brother-in-law, came up and tomahawked Laurence, when Capt. Isaac called out there is enough done. That Capt. Isaac then got up and asked Laurence if he was satisfied with that. Laurence's wife then told Capt. Isaac she would take an opportunity of getting satisfaction for what he had done, on which Isaac's daughter told her there was no time like the present and took a stick and knocked her down. After they got home, Captain Isaac seeing the tomahawk of Thomas, asked them why they brought that with them, saying throw it away, you have no business with it, as also a knife which he had picked up; and they were thrown into the river and recovered some days after by Jos. Hill. William says he got a cut on the back of his head during the affray but does not know who gave it.

John Loff then appeared and said that Laurence, when he and Capt. Isaac first met on the 10<sup>th</sup> June, struck Cap. Isaac who fell, and when down, Laurence was upon him. That he, John Loff then went up with a club and struck Laurence 8 or 9 times across the back. He says also that he saw the young Laurence, deceased, strike Ab. Hill and William with a tomahawk.

Ab. Hill next appeared and said that having met Isaac's Negro boy by accident the boy told him his master was going to have a battle and he, Ab. then determined and said he would go and see it. That John Green and William went along with him. He says that after the usual salutations of Good Morning, some words arose about Laurence beating some of Isaac's children. That Laurence got into a passion, and while in the act of lifting his stick to strike Isaac, Isaac attempted to draw his sword, but before he got it quite out of the scabbard a blow from Laurence's stick struck Capt. Isaac on the back of his head, and in his fall the sword went one way and the scabbard the another; and the reason of Capt. Isaac being struck on the back of the head was his endeavouring by stooping to avoid the blow.

He says further that as Capt. Isaac had desired them not to interfere in his business, he sat quietly and looked on. When Capt. Isaac's son, William, saw his father fall he ran up and struck Laurence on the head with the flat of his tomahawk. When Thomas, the son of Laurence, saw that, he ran up to William and they attacked each other with tomahawks. And while he, Ab. Hill, was yet sitting down, the younger Laurence, who was killed, ran at him with a tomahawk and before he could get up he received a blow on his head with the edge of the tomahawk, his own having fallen as he attempted to get up.

He says he was sometime senseless with the blow, but on recovering himself the blood flowed freely from the wound. Laurence seeing him again standing up returned to him and said, "now you shall die", and made a blow at his head with the tomahawk but the handle having struck his head, broke the skin only, which together with the loss of blood weakened him so much that he fell again. At that time John Green came up to him and went to old Laurence and sunk his tomahawk into his head. As he was going to repeat his blow on old Laurence, young Laurence came up and made a stroke at him (Hill) with his tomahawk and broke the handle, he then seized the blade of Laurence's tomahawk and while they were struggling the negro boy, belonging to Captain Isaac, came up with a club and struck young Laurence upon the head and shoulder. Laurence said to the negro that if he did not go away he would kill him and the boy went away. Thomas came up while Laurence and Ab. Hill were struggling for the tomahawk and stuck a knife into his back and soon afterwards gave Hill another cut on his shoulder and another on his thigh. Thomas then made a blow at his breast with the knife but he, Hill, stopped his hand and warded off the blow.

Hill also says that young Laurence was running after William, Isaac's son, and as they were passing him he took out his knife, and as Laurence passed, he, Hill, held out his hand with the knife, and cut Laurence across the lower part of his belly; which wound occasioned his death as he believes. Laurence, however, rose again when John Green came up with a Tomahawk and cut him in the back of the neck.

The Negro Boy, Capt. Isaac's slave, being called, was desired to say what was the Message he took from Laurence to Capt. Isaac. He answered this, "that Laurence told him to inform Capt. Isaac to appoint a place to meet him and fight him and that if he did not deliver the Message he would flog him". He was also asked whether Laurence was armed when Laurence and Capt. Isaac met, and he answered, "he had a cane and Capt. Isaac a sword".

Adjourned until Monday morning 10 o'clock.

Source: Library and Archives Canada RG10 Volume 26 pp. 15307-15354  
Microfilm Reel C-11,007

## IMPORTANT NOTICE: Social Assistance is CHANGING

If you are a parent with dependent children under 18 and are on Ontario Works, there are several changes to your benefits coming soon. **Single people, couples without children, and parents without dependent children will not be affected.**

### Most importantly, you need to know:

From July 2008 onwards:

- Your Canada Child Tax Credit will be **more** than before because of a new **Ontario Child Benefit**.

From August 1, 2008 onwards:

- Your regular benefit cheque will be **less** than before because of a reduction in the Basic Needs amount.

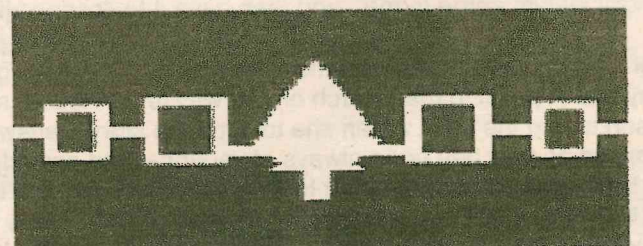
Other Changes as of August 1, 2008:

- The National Child Benefit Supplement (NCBS) will no longer be deducted from your cheque.
- There will be no more Back-to-School allowance.
- There will be no more Winter Clothing allowance.

**IT IS MOST IMPORTANT THAT YOU FILE YOUR INCOME TAX IN ORDER TO BE ELIGIBLE FOR THE NEW ONTARIO CHILD BENEFIT.**

If you have any questions please feel free to call Tyendinaga Social Services at 613-967-3616.

## Tyendinaga Business Centre Commercial Business Units Now Available for Lease



Commercial business space in the Tyendinaga Business Centre will be available for lease July 1, 2008. Brand new, completely modernized core area commercial property is ideally located at the corner of York Road and Highway 2. Ideal for a new business owner.

**Contact:** Sara Brown, Economic Development Officer  
Sustainable Development, Mohawks of the Bay of Quinte  
(613) 968-1122, ext. 141

# EDUCATION

## Trustee Report for June 2008.

The Ontario Public School Boards' Association held its Annual General Meeting in Niagara Falls on June 12 – 15, 2008. I attended the following workshops.

1. Suicide Prevention Program – a group of students from Dunnville Secondary School have developed a school-wide suicide prevention program involving many members of the student body. Awareness, training, community involvement, interventions and challenges were discussed by a team of students and staff. The impact on destigmatization of suicide and mental illness, the growth in self-awareness of students, and the importance of early intervention by students was shared by the students. This is a good program and one that could benefit all Boards of Education.
2. Gender Issues and Parent Connection in Literacy – the speaker shared information and her final report on her three year involvement with the Ministry of Education "Boys Literacy" project. Her findings indicated that making connections and fostering relationships with parents in the early years (JK/SK/grade 1) can make a significant difference in closing the gap that exists between girls and boys. Empowering parents to become partners in their child's (especially boy's) education is the key to success.
3. First Nations, Metis and Inuit Education: Achieving Excellence for All Students – This session was an update of how INAC and the Ministry of Education are making progress and some promising opportunities in reducing the gaps in outcomes for students in elementary, secondary, postsecondary education and training. I believe we still have much work to do in this area when we look at First Nation, Metis and Inuit issues across the province of Ontario.
4. I attended a First nations Council Meeting – composed of all First nations Trustees in attendance. This was generally updates on issues that individual First Nations Trustees were dealing with and an opportunity to get support from each other and OPSBA.

The closing speaker, who was a 30 + year educator, author and technologist, explored some of the changes and challenges in education. He indicated that in many cases the students are more advanced in today's communication technology and can actually teach the teacher. There is a tremendous challenge to keep up with all the communication technology, since it is moving ahead at such a rapid pace.

The school year is quickly drawing to a close with both students and staff looking ahead to the summer. I would like to congratulate all students who are graduating and moving on to that next phase of education whether it be post secondary education or the world of work.

I hope all students have a safe and happy summer holiday.

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

Respectfully submitted  
Mike Brant, Trustee HPEDSB representing Tyendinaga  
First Nations



Question: what do you feel would be most beneficial to make Kanyenkeha a living language again in Tyendinaga?

Wa'eron ne Janice Brant:

- Akathonta'ne ne kanyenkeha tsi kawennokwas, ne kati ne akwekon tewatahonsatal ne onen itewehre.
- Kanyenkeha tehatitsikwayens
- Tokat aetewateweyenth tsi entyetewatorihsens tokat nonwa onkweshonha ahonnehre tahonteweyenteta'ne' ne kanyenkeha.

Wa'eron ne Brenda Sager:

- Thi yatewemmiserate kawennase tsi kawennarha tahnon aetewahonsate ne kawennokwas. Senha yotkate ne ayonkwathonta'ne'
- Kanyenkeha karenashonha
- Ahshretsyaaren ahatiweyenteta'ne' ne kanyenkeha

Wa'eron ne Heather Greens:

- Senha watyesen tokat ahsatse kanyenkeha sewemmiseratsen tsi thotiyo'tens, senha ayeyoko'ne' ne Onkwawenna.



Reg Brant

Reg wahèn:ron tentewakatonhwentyonni enhsatsthake tahnon aserihowahte ne kanyen'keha.



Stacey Maracle - Quigley

Stacey wa'ai:ren tsi yakon'weskwenni okarahsneha tsiron tewayensta ne kenyen'keha nek tsi senha yakon'weskwenni tsi niyot tokat entewateweyenste' tsi non:we tyakoyo'te oni. Stacey wa'ai:ren tsi tohsa entsisa'nikonhrhare ehtó:tsi ahserihwakwenyenhstake sok onwaton tsi oya ronnonkwe ahonataweyenhsthatye.



## EDUCATION

### Mohawk Language Classes at Kanatsiohareke

4934 St. Hwy. 5, Fonda, NY 12068  
(518) 584-9270

#### SESSION 1: "Introduction to Mohawk Language" July 14 -25, 2008

This intensive beginners' class provides a strong foundation for learning Mohawk.

Basic vocabulary, 450 phonics sounds, incorporated sentences, unincorporated sentences and an introduction to reciting the Ohen:ton Karihwaterhkwen will be taught.

#### SESSION 2: "Ceremonial Speeches for Wakes, Funerals & Weddings" August 4 - 15, 2008

This session is for Haudenosaunee students who are already fluent and wish to learn the ceremonial speeches for traditional wakes and funerals. Speeches for weddings will also be taught if time allows.

#### SESSION 3: "Ceremonial Speeches for Wakes, Funerals & Weddings" August 18 - 29, 2008

This session is the same as the Session 2 class and will only be offered if there are enough enrollees for a second class.

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**Tuition, which includes room and board for each session, is \$1000. in U.S. funds to be paid in full on the first day of class.**

**(Checks are payable to Kanatsiohareke Inc.)**

*Tuition is usually \$1000, but a generous grant has been obtained to help pay for Haudenosaunee student scholarships. Haudenosaunee applicants should ask about those scholarships.*

**Register by June 30, 2008 at (518) 584-9270.**  
*(Please note that late applications will be accepted)*  
**Register early as there are class size limits.**



## KANHIOTE

TYENDINAGA TERRITORY PUBLIC LIBRARY  
York Rd. Tyendinaga Mohawk Territory, K0K 1X0  
967-6264

#### HOURS

Sunday 12 to 7

Monday 4 to 7

Tuesday 8:30 to 4:30

Wednesday 12:30 to 4:30

Thursday 12 to 7

Congratulations to Aboriginal Solidarity Day Corn Soup Cook-Off Winner Linda Maracle, her dried corn soup was the favourite of the day. Thanks to our other participants Glen Hill, Kate Brant and Wesley Miller whose entry became part of our feast, thanks also to all the taster/judges for their part in our fun game.

TD Summer Reading Program "Laugh out Loud" runs through July and August at Kanhiote Library. Come in early for your poster, stickers and activity booklet; plenty of choice in adult fiction section so parents can enjoy some summer reading also.



A program of public libraries in Ontario.

<http://www.td-club-td.ca>

### Our Way Forward: A Strategic Plan for Ontario First Nation Public Libraries



#### Knowledge Keepers: Speak Up for First Nation Public Libraries

##### Seeking Nominations - Advocate Leaders

In 2008-2009 the Our Way Forward Strategic Plan and Implementation Committee for First Nation Public Libraries will be seeking First Nation Advocate Leaders to participate in the Knowledge Keepers: Speak Up for First Nation Public Libraries Project.

##### PROJECT DESCRIPTION:

This province-wide project designed to develop and deliver public awareness of First Nation public libraries:

- By promoting public libraries as an essential service to First Nation communities
- By increasing use of those public libraries currently serving First Nation communities
- By increasing critical support for ongoing development of existing public libraries in First Nation communities
- By the establishment of public libraries in First Nation communities currently without public libraries.

The project goal is to build on the groundwork and momentum of the Our Way Forward: Advocacy Toolkit project, and provide opportunities for the First Nation / Aboriginal leaders, celebrities, Elders and community members to contribute their voice in support of First Nation Public Libraries in any three of the following key categories:

1. Public service announcements specific to the FNPL situation for use in television, radio, print media, and local presentations and programming;
2. Production and distribution of posters, trading cards, and testimonial publications;
3. Website development.

This is a volunteer opportunity for First Nation Advocate Leaders. **If you are interested in advocating on behalf of First Nation Public Libraries, or know of anyone who may be interested in participating in this project, please respond on or before Tuesday July 15, 2008 by contacting:**

Ms. Kitty Gale (807) 488-5916 or email: [bglibrary@bgfn.on.ca](mailto:bglibrary@bgfn.on.ca)  
or

Ms. Sheri Mishibinijima (705) 859-2692 email: [smish@amtelecom.net](mailto:smish@amtelecom.net)

*"Building hopes, dreams and opportunities for the future of First Nation communities"*

## ENVIRONMENT

## Backyard Burning



**The Hidden Hazards  
of Backyard  
Burning**

### Top 5 Reasons to Not Burn Trash in Burn Barrels

5. They produce smoke and emissions that **CAUSE ODOURS** and **RESPIRATORY PROBLEMS**
4. They produce smoke and emissions that can **IMPACT YOUR FOOD QUALITY.**
3. They produce smoke and emissions that can **DISTURB YOUR NEIGHBOURS**
2. They produce smoke and emissions that can **HARM YOUR CHILDREN**
1. They produce smoke and toxic emissions that are **DANGEROUS TO YOUR HEALTH.**

For more information please  
contact:

Kristin Maracle  
Environmental Technician

Mohawks of the Bay of Quinte  
13 Old York Road,  
Tyendinaga Territory  
K0K 1X0

Phone: 613-396-3424  
Ext. 125



Backyard Burning is much more hazardous than you may think...

### Up In Smoke ?

Burning Waste in burn barrels, wood stoves and fire pits such as:

- Packaging
- Tires
- Plastic
- Styrofoam
- Treated Wood
- Newspaper
- Junk Mail

Releases chemicals such as:

- DIOXINS
- FURANS
- ARSENIC
- MERCURY
- PCBs
- BENZENE
- CARBON MONOXIDE

Dioxin exposure has been linked to:

- Liver Problems
- Impairment of the immune system, the endocrine system and reproductive functions
- Cancer
- Effects on children's developing nervous systems and other developmental events

### What can you do?

**REDUCE** your household's waste. In particular, throw out less and avoid purchasing groceries and other products packaged in plastic. Plastic contains both carbon and chlorine, which form more dioxin when burned.

**REUSE** as much material as possible, such as food containers. Compost organic kitchen waste and yard waste.

**RECYCLE** newsprint, plastic, glass, metal containers, mixed paper, cardboard

**AVOID** burning plastic items, such as most packaging, carpet, toys and polystyrene. Dispose of plastic by recycling, whenever possible

**EDUCATE** your neighbours to let them know when the smoke from their burn barrels is affecting you or your family.



### Did you know.....?

Smoke from burn barrels contains many chemicals that are harmful when inhaled!

Smoke inhalation can cause immediate health effects such as nose and throat irritation, respiratory distress and breathing difficulties. Smoke inhalation can also increase risk of long term health problems such as asthma, immune system changes and cancer.

Chemicals in smoke can travel far from the source and settle on pasture grass and vegetable gardens, bays, rivers and lakes!

Not only can the smoke disturb nearby residents, but the particles and chemicals in the smoke can travel hundreds of miles and affect remote farms and gardens.

Children are at higher risk than adults!

Children are not just "little adults" Children may be at higher risk because they are exposed to more chemicals via breathing and eating than adults. They are also at higher risk because their susceptibility to the effects of toxic exposure are greater due to their stage of development.

You can help by educating yourself and your neighbours

## RED CEDARS &amp; HEALTH CENTRE

Anger & How It Affects the Human Body**What is Anger?**

Merriam Webster's Online dictionary defines anger as: a strong feeling of displeasure and usually of antagonism. It goes on to state that the word *anger* is "the most general term, names the reaction but in itself conveys nothing about intensity or justification or manifestation of the emotional state".

**Here are some other words used to describe anger:**

- ↳ **MILD:** irritated, put off, frustrated, displeased, ticked off, upset
- ↳ **MODERATE:** disgusted, resentful, annoyed, hostile, mad
- ↳ **STRONG:** outraged, furious, raging, boiling, repulsed, vengeful

**What causes Anger?**

Remember that anger is a *reaction* to an event, and is not *caused* by an event. An example of an internal event that could be when a person dwells on a personal issue for an lengthy amount of time with no resolution. An external event could be an argument with a loved one or co-worker, or a traffic jam on your way to work or to an appointment.

**Expressing Anger & How Anger Effects Us:**

Regardless of the reason, anger serves purpose in our lives. It is a healthy and normal human reaction so long as it is expressed appropriately. Often, it the way we express our feelings, not the feelings themselves, that cause us problems.

Most often the immediate expression of anger is that of aggression. This would include behaviours such as: screaming, name calling, glaring, rolling your eyes, your tone of voice, slamming doors, throwing objects, hitting, slapping, punching and other forms of violence. Other people internalize those feelings which over time, can cause depression, high blood pressure and hypertension. Some people believe that unexpressed feelings such as anger can lead to illnesses such as chronic pain disorders, cancer and weight issues. Feelings of anger must to be expressed externally in some way in order to stay healthy.

**Here are some strategies to stay healthy:**

- ✓ Breathe slowly and deeply from your "gut" or diaphragm. Try to do this in a quiet and safe place.
- ✓ Use imagery or key words to help you relax. Visualize a safe and relaxing place, or repeat the same word over and over to yourself. Use words such as "relax", or "calm down".
- ✓ Do slow stretches with your arms and legs. Focus on these particular body parts in order for you to relax those muscles.
- ✓ If you are concerned that you cannot manage your anger in the immediate situation, leave the area until you calm down.
- ✓ Seek out anger management or effective communication resources if you feel that you may benefit from something more in depth.

**Citations & Resources**

1. American Psychological Association © 2008 <http://www.apa.org/topics/controlanger.html>
2. Merriam-Webster Online Dictionary © 2005 by Merriam-Webster, Inc., [www.merriam-webster.com](http://www.merriam-webster.com)
3. Success Magazine - [www.success.com](http://www.success.com)
4. Stress Less in 27 Days, written by Julie A. Christiansen
5. Don't Sweat the Small Stuff, by Kristine and Richard Carlson - [www.dontsweat.com](http://www.dontsweat.com)
6. For more information on feelings, please call Red Cedars Shelter 24/7 at 1-800-672-9515

**Red Cedars Shelter is accepting donations of children's summer clothing, all sizes 0-12 yrs.**

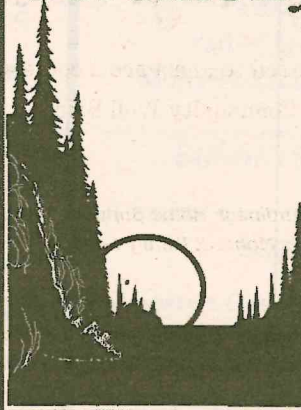
**Please call in advance. (613) 967-2003.**



## Moon Ceremony

*All Women Welcome!*

WHERE: RED CEDARS  
WHEN: *July 18* at Dusk



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

Call for more information:

969-2215 or 967-2003  
POTLUCK MEAL SHARING

Facilitated by Red Cedars Traditional Practitioner Program

## Update on Health Strategic Planning

*Health is a gift and it is our responsibility to take care of it.*

*Health is a balance and harmony of body, mind and spirit and our emotional well-being. Honouring diversity, respecting Creation's life cycle, embracing our interconnectedness and practicing Kanyen'kehaka traditional beliefs, are the foundation of health and well-being. The respectful relationships we develop with self, with each other, and with Creation, are how we experience holistic health.*

*Our self-determination for the preservation and sustainability of the gift of health, will protect us for generations to come.*

The health strategic planning committee (HSPC) has been hard at work developing the terms of reference for its committee and planning for the direction the committee will take in the coming months.

The strategic plan has four core areas: health and human resources, language, culture and traditional ways, environment and sustainable development. Each core area now has a subcommittees formed that are made up of a cross section of MBQ staff and community members. The subcommittees have been meeting on a monthly basis since the spring.

The health strategic plan is beginning to take shape and move from a goal oriented plan to looking at ways that we can achieve those goals that staff and community saw as priorities for the direction of health for our community.

The HRPC has completed a tremendous amount of work on the plan with the single goal of improving health for the community. Members of this committee are Rod Jeffries, Roy Maracle, Blaine Loft, Tracey Bunnett, Jeanne Hebert, Holly Brant, Janet Brant Nelles, Suzanne Brant, Dakota Hill, Lynn Brant and Karen Lewis. Congratulations on a job well done and keep up the hard work!

If you have any questions about the health strategic plan, contact Rod Jeffries at 613-396-3424.

# HEALTH CENTRE

## "Community Well Being" Logo Contest

The Health Strategic Planning Committee is pleased to announce a contest open to community members for a logo design for the Community Well Being Programs.

Programs included under Community Well Being are: Tyendinaga Home Support, Tyendinaga Home and Community Care, Thayendanega Health Centre, Mohawk Family Services, Red Cedars, Social Services and Environment.

The logo that is selected will serve as a visual representation for Community Well Being in signage, print, and web communications. The logo will be judged on its reflection of the Health Statement and symbolism of Kayen'kehaka. This invitation is extended to artists of any skill-level and age who are members of Mohawks of the Bay of Quinte.

### Health Statement:

*Health is a gift and it is our responsibility to take care of it.*

*Health is a balance and harmony of body, mind and spirit and our emotional well-being. Honouring diversity, respecting Creation's life cycle, embracing our interconnectedness and practicing Kanyen'kehaka traditional beliefs, are the foundation of health and well-being. The respectful relationships we develop with self, with each other, and with Creation, are how we experience holistic health.*

*Our self-determination for the preservation and sustainability of the gift of health, will protect us for generations to come.*



**\$500.00**

**DEADLINE: Friday, August 29th, 2008 @ 4:00 p.m.**



## "Community Well Being" Logo Contest

### Rules and Regulations

1. The design should symbolize the artist's interpretation of the Health Statement as well as what it means to be Kanyen'kehaka to the artist.
2. The design should be kept simple for reproduction purposes and no more than five colours.
3. Submissions must be original artwork. Computer generated submissions will not be accepted.
4. Two different sized copies of the design must be submitted on separate sheets:
  - a) One copy that is full scale size of the logo on a 8 1/2 X 11 inch white paper
  - b) One copy that is 2 X 2 inch in diameter.
5. Only logos drawn with either pencil crayons or fine tip markers will be accepted. This is to ensure that the colours do not bleed together, and the artwork is easy to identify.
6. Entries must be received by: **August 29, 2008 by 4:00 p.m.**
7. Contestants who are under the age of 16 must have their legal parent(s) or guardian(s) complete a parental consent, which must be mailed in with the submission.
8. Your entry package should include:
  - a) The two different sized logos as indicated in Rule #4.
  - b) On a separate piece of paper: your name, age, address, postal code, telephone number and email address.
  - c) Consent form, if applicable.

9. Submissions will not be returned. The Health Strategic Planning Committee will not be responsible for any lost entries or missed deadlines.
10. Entries can be mailed or dropped off to the following address:

**Attention: Health Strategic Planning Committee  
Community Well Being Logo Contest  
Mohawks of the Bay of Quinte  
13 Old York Road  
Tyendinaga Mohawk Territory  
K0K 1X0**

11. The Health Strategic Planning Committee will award a \$500.00 cash prize to the artist of the selected logo.
12. By submitting an entry to the Community Well Being Logo Contest, the artist agrees to the following:
  - a) To be recognized as the winner and have their name used in publicity releases directly related to the contest, (Publicity release form must be signed)
  - b) That the winning design will become property of the Health Strategic Planning Committee (Mohawks of the Bay of Quinte) and release copyrights to the design to the Health Strategic Planning Committee.
  - c) Agree to sign off that she/he has submitted an original piece of work.
  - d) Agree that where necessary, the logo can be modified, with the artist, to best represent Community Well Being.

☺ **GOOD LUCK** ☺



**July 2008**

**Moms - In - Waiting  
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.  
Brenda Asselstine R. N.  
Community Health Nurses

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 JULY 11, 2008  
FRIDAY JULY 25, 2008  
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

FOR BREASTFEEDING HELP  
CALL HEALTH CENTRE: 967- 3603  
or 396-2942 when Health Centre closed

HUMAN MILK STORAGE - QUICK REFERENCE CARD		
	Temperature	Storage Time
Freshly expressed milk		
Warm room	79°F / 25°C	4-6 hours
Room temperature	66-72°F / 19-22°C	10 hours
Insulated cooler / icepacks	60°F / 15°C	24 hours
Refrigerated Milk (Store at back, away from door)		
Refrigerator (fresh milk)	32-39°F / 0-4°C	8 days
Refrigerator (thawed milk)	32-39°F / 0-4°C	24 hours
Frozen Milk (Do not refreeze! Store at back, away from door/sides)		
Freezer compartment inside refrigerator (older-style)	Varies	2 weeks
Self-contained freezer unit of a refrigerator/freezer	Varies	3-6 months
Separate deep freeze	0°F / 19°C	6-12 months
These guidelines are for milk expressed for a full-term healthy baby. If baby is seriously ill and/or hospitalized, discuss storage guidelines with baby's doctor.		
To avoid waste and for easier thawing & warming, store milk in 1-4 ounce portions. Date milk before storing. Milk from different pumping sessions/days may be combined in one container – use the date of the first milk expressed. Breastmilk is not spoiled unless it smells really bad or tastes sour.		
To thaw milk		
<ul style="list-style-type: none"><li>Thaw slowly in the refrigerator (this takes about 12 hours – try putting it in the fridge the night before you need it). Avoid letting milk sit out at room temperature to thaw.</li><li>For quicker thawing, hold container under running water - start cool and gradually increase temperature.</li></ul>		
Previously frozen milk may be kept in the refrigerator for up to 24 hours after it has finished thawing. <b>Do not refreeze.</b>		
To warm milk		
<ul style="list-style-type: none"><li>Heat water in a cup or other small container, then place frozen milk in the water to warm; or</li><li>Use a bottle warmer.</li><li><b>NEVER microwave human milk or heat it directly on the stove.</b></li></ul>		
The cream will rise to the top of the milk during storage. Gently swirl milk (do not shake) to mix before checking temperature and offering to baby.		
If baby does not finish milk at one feeding, it may be refrigerated and offered at the next feeding before it is discarded.		



“USE IT, MAINTAIN IT OR ABANDON IT”

When it comes to wells the best policy is “use it, maintain it, or abandon it”. Why? Because an old, unused or improperly maintained well can be a direct path for contaminants to reach your source of drinking water or your neighbours’.

In eastern Ontario, we have many unused wells dotting the countryside. These old wells are a threat to our health and safety. Besides the risk to our drinking water supply and groundwater, unused wells also pose a physical hazard to people and animals.

Well water protection begins at home. Old wells must be properly abandoned; plugged and sealed in a process called decommissioning. Just filling the well with debris or stones does not create a proper seal and will not prevent the flow of contaminated runoff or surface water into the well and from there into our groundwater supplies.

In fact, in Ontario, wells that are not used or maintained for future use, are legally required by the Ministry of the Environment to be decommissioned by the well owner. So, if you have an old well on your property that won't be used again, you must have it properly sealed as soon as possible. If you have a well that you're not using now, but might use in the future, you must maintain it like any other working well. Protecting our groundwater is everyone's responsibility.

Each well and its surroundings are unique. A licensed well contractor will know the proper method of decommissioning your old well. Work on wells in Ontario must be carried out by a licensed well technician/well contractor licensed under the Ontario Water Resources Act.

There are many excellent sources of information available about wells. For information on best practices for protecting your well visit [www.wellwise.ca](http://www.wellwise.ca) or the Ontario Groundwater Association at [www.ogwa.ca](http://www.ogwa.ca).

Grants are available to assist landowners located near sources of municipal drinking water with the cost of well decommissioning. To find out about these grants or to learn more about wells and groundwater protection efforts in your area, visit your local source protection group.

Cataraqui Source Protection Area — [www.cataraquiregion.on.ca](http://www.cataraquiregion.on.ca)  
Mississippi-Rideau Source Protection Region — [www.mrsourcewater.ca](http://www.mrsourcewater.ca)  
Quinte Source Protection Region — [www.quintesourcewater.ca](http://www.quintesourcewater.ca)

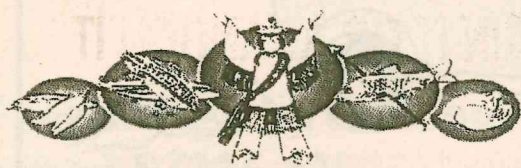
**HAVE YOU HAD YOUR  
WATER TESTED?**

Please call Liz Brant at the  
Mohawk Administration Office to  
arrange an appointment that's  
convenient for you.

**396-3424 ext. 129**

HOME SUPPORT

July 2008



Tyendinaga Home Support Program  
1306 Upper Slash Rd.  
Phone: 613-962-6653  
Fax: 613-962-1702

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		OFFICE CLOSED	Breakfast Club (Continental) DINERS CLUB Deseronto Bowling	Breakfast Club (Full) Shopping in Kingston	Breakfast Club (Continental) Handivan (Deseronto) Meals on Wheels Scrapbooking	
6	7	8	9	10	11	12
	Breakfast Club (Full) Ceramics Shopping in Picton Game Night	Breakfast Club (Continental) Meals on Wheels	Breakfast Club (Continental) DINERS CLUB ELDERS LODGE Bowling	Breakfast Club (Full)	Breakfast Club (Continental) Handivan (Deseronto) Meals on Wheels	Flea Market Trip to Campbellford
13	14	15	16	17	18	19
	Breakfast Club (Full) Ceramics	Breakfast Club (Continental) Meals on Wheels	Breakfast Club (Continental) DINERS CLUB Deseronto	Breakfast Club (Full)	Breakfast Club (Continental) Handivan (Deseronto) Meals on Wheels	
20	21	22	23	24	25	26
	Breakfast Club (Full) Ceramics Game Night	Breakfast Club (Continental) Meals on Wheels	Breakfast Club (Continental) DINERS CLUB ELDERS LODGE Bowling	Breakfast Club (Full)	Breakfast Club (Continental) Handivan (Deseronto) Meals on Wheels	
27	28	29	30	31	***Shuffleboard lessons will be given on July 25, 2008 and August 1, 2008.  ***Fitness Classes are cancelled this month.	
	Breakfast Club (Full) Shopping Trip to Westport Ceramics	Breakfast Club (Continental) Meals on Wheels	Breakfast Club (Continental) DINERS CLUB ELDERS LODGE Bowling	Breakfast Club (Full)		

## COMMUNITY INTEREST

### Congratulations!



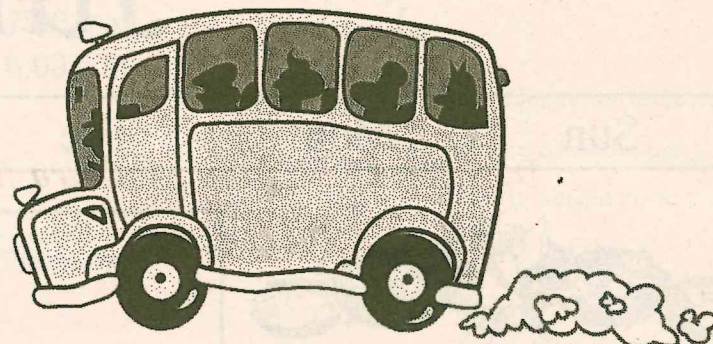
**Brandie**



Brandie attends Loyalist College where she just graduated the first year with a Culinary Skills- Chef training certificate. She will be returning to Loyalist in September. She will be taking the second half of her course Culinary Management.

Good Luck Brandie  
We are very proud of you!

Love Dad, Mom, David and Sassy



To all the riders of My Bus Route!  
Have a great and safe summer and have lots of fun!  
To my riders that are heading to High School in the fall. Good luck and to those that are still in QMS. I'll see you in September.

Your driver Brad.....

### Congratulations!



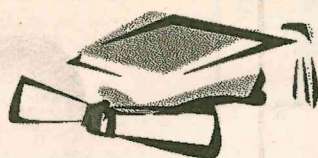
Reegan Starr in the 1 mile race in Kanawake. You are number one in our eyes.

We are very proud of you!

Mommy, Duda, Justin & Poppa Billy



### Congratulations!

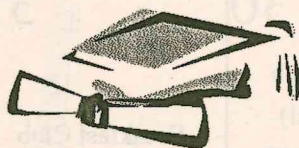


**Ashton**  
on your Kindergarten Graduation  
on June 20, 2008!  
I was so proud of you!!

Love you mucho, mucho much!!!  
Auntie Ang



### Congratulations Tori!



On making it through another grade with numerous certificates achieved. I'm very proud of you! Keep up the good work!

Love you to the moon and back!  
Auntie Ang

## THERE IS TRUTH TO THOSE RUMOURS.

Tyendinaga is developing a community owned financial centre!

We need your involvement. Do you want to be involved for just learn more?  
Join the TMT financial's steering committee!

Call and leave a message for  
Jim McMurter @ McMurter Home Centre  
613-396-1607

Watch the Tyendinaga Newsletter for monthly updates and News Stories.

COMMUNITY INTEREST

*It's  
a Boy!*



*Shae-Lynn is a big sister to a new baby brother.*

***Dashawn Eric James Willard Brant***

*Born: May 27/08*

*Time: 3:55 p.m.*

*Weight: 8 lbs. 5 ozs*

*Proud Parents: Rhonda Brant & Anthony Green of Tyendinaga*

*Grandparents: Margaret Brant & Eric Pond*

*Ike Brant of Tyendinaga*

*Anthony & Dorothy Green of Tyendinaga*

*It's  
a Girl!*



*Chelsey Green and Chris Robinson are proud to announce the arrival of their daughter.*

***Cadence Christine Robinson***

*Born: June 8/08*

*Time: 5:45 p.m.*

*Weight: 6 lbs. 7 ozs*

*Proud Grandparents: Paul & Sandy Green of Tyendinaga*

*Sam Robinson of Gravenhurst*



**July**

We would like to honour those people who put their lives on the line for us each day they work. We seldom want to see them because it means we have some sort of disaster on our hands. It may be an automobile accident, a small or large fire that we need their assistance. They come to our rescue and in so doing risk their lives as well, to try to save our lives and possessions. Without their training and willingness to take risks we would indeed be less fortunate. Please pray that God will protect our firefighters in their daily work and thank them for assisting us greatly.

*From the Newlyweds*

We would like to thank everyone for sharing our special day with us. Thank you to everyone who helped out in anyway that they could. We will cherish these memories for as long as we can.

Thank you again

Brad and Maria Loft



Rachael Beck



Shayna Maracle



Tannen Fritz



Kailyn Maracle



Shanleigh Maracle



Sadie Maracle

**Congratulations Dancers!**



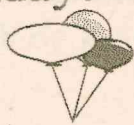



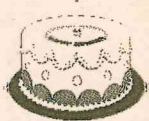


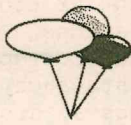
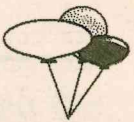
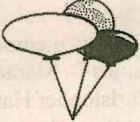
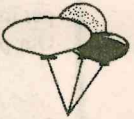



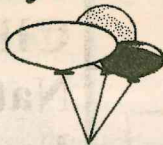


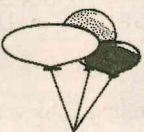

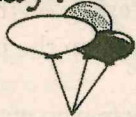


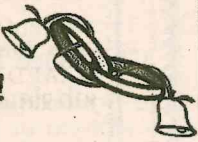
Students from the Tyendinaga location of the Angela Maracle School of Dance took their Tap and Jazz Exams on May 25. All students from this location met the standards of the Canadian Dance Teacher's Association and passed their examination. Great job dancers!

Primary Tap: Rachael Beck and Sadie Maracle

Silver Jazz: Tannen Fritz, Sadie Maracle, Shanleigh Maracle, Shayna Maracle

Grade Two Jazz: Kailyn Maracle

## BIRTHDAYS

<p>Happy Birthday!</p> <p>Chip (Dad) </p> <p>Love Kody &amp; Allison</p>	<p>Happy Birthday!</p> <p>Dale Guts </p> <p>From Chip, Allison &amp; Kody</p>	<p>Happy Birthday!</p> <p>Kelly </p> <p>From Chip, Allison &amp; Kody</p>	<p>Happy Birthday!</p> <p>Auntie Ang July 26 </p> <p>Tons of love, Tori, Ashton &amp; the rest of the Family</p>
<p>Happy 12th Birthday!</p> <p>Dakota July 30th </p> <p>Love Marilyn, Rick &amp; Sam</p>	<p>Happy Birthday!</p> <p>Angel July 31st </p> <p>Enjoy your day, Marilyn</p>	<p><i>Happy Birthday!</i></p> <p>To all celebrating this month!!!!!!!!!!!!</p>	<p>Happy Birthday!</p> <p>Pup (Dad) July 12 </p> <p>Love you lots, Tori, Ashton, Angela Jake &amp; Shirley</p>
<p>Happy 7th Birthday!</p> <p>Taiden July 26th </p> <p>Love Aunt Marilyn, Uncle Rick &amp; Sam</p>	<p>Happy 26th Birthday!</p> <p>Shannon July 26th </p> <p>Love Aunt Marilyn, Uncle Rick &amp; Sam</p>	<p>Happy 9th Birthday!</p> <p>Hailey Bird July 22nd </p> <p>Love Aunt Marilyn, Uncle Rick &amp; Sam</p>	<p>Happy Birthday!</p> <p>Nan (Mom) July 29 </p> <p>Loads of love, Tori, Ashton Angela, Jake &amp; Shirley</p>
<p>Happy Birthday!</p> <p>Andy July 7th </p> <p>Love Marilyn, Rick &amp; Sam</p>	<p>Happy 24th Birthday!</p> <p>Maria July 24th </p> <p>Lots of love Marilyn, Rick &amp; Sam</p>	<p>Happy 20th Birthday!</p> <p>Sam June 26th </p> <p>Lots of Love, Mom &amp; Dad</p>	<p>Happy Belated Birthday!</p> <p>Bro (Uncle Mart) June 28 </p> <p>Love ya, Linda, Angela, Jake &amp; Family. Sorry we missed ya!</p>
<p>Happy Birthday!</p> <p>Marvin July 2 </p> <p>Love Marilyn, Rick &amp; Sam</p>	<p>Happy Birthday!</p> <p>Carol July 4th </p> <p>Love Marilyn, Rick &amp; Sam</p>	<p>Happy Birthday!</p> <p>Uncle Bryce July 13th </p> <p>Love William xoxo</p>	<p>Happy Belated Birthday!</p> <p>Leland June 25 </p> <p>Lots of love, Auntie Doris, Kevin and Ernie</p> <p>Lots of love, Aunt LaLas</p> <p>Lots of love, Granny</p> <p>Love Uncle Flip</p> <p>Love Uncle T.</p> <p>Lots of love, G. G.</p>
<p>Happy 1st Birthday!</p> <p>Joseph July 3 </p> <p>Love, Uncle T</p> <p>Love, Uncle Flip</p> <p>Love always, Granny</p> <p>Lots of love your Big Brother Leland</p> <p>Lots of love, Aunt LaLas</p> <p>Lots of love always and forever, Auntie Doris, Kevin and Ernie</p>	<p>Happy Birthday!</p> <p>Bill July 16 </p> <p>From Brad and Ruby and the Gang, Toby too! Of course....</p> <p>Don't Party too hard eh, You're not gettin any younger!</p>	<p>Happy Birthday!</p> <p>Little Will </p> <p>...and great job at the Powwow!</p> <p>Love, Chlöe</p>	<p>Happy 3<sup>rd</sup> Birthday, William!</p> <p></p> <p>You were born 3 years ago on July 20<sup>th</sup>, 2005. You have changed my life forever. Even though you can now talk circles around me, there was a day when I couldn't wait to hear your squeaky little voice call me "Mommy". You have grown to be a very cute super hero in your own right, even though you don't like to be called cute! Will-Hilly-Billy is what you call yourself now, and even though that isn't the name I picked for you, it's who you want to be. So, here's to you, and all your special gifts. You are the "Bestest Son Ebber!"</p> <p>Love you always,</p> <p>Mommy xoxoxo</p>
<p>Happy Birthday!</p> <p>Dale July 20th </p> <p>Love Brandi, Sadie and William xoxoxo</p>	<p>Happy 29th Anniversary! </p> <p>Rick July 28th</p> <p>Lots of Love, Marilyn,</p>		

## COMMUNITY INTEREST

### Respecting Our Farmers or Reckless Wreckreation?

By Chris Auten June 2008

Don't be misled by the title. I don't believe that FOUR-WHEELERS are Disrespectful or Reckless. However, I do think that many of them don't truly understand the impact that their tracks may have on a farmers' field. It is my hope that every reader talks to Four-wheelers in their families about this issue.

All too often I have seen four-wheelers scootin' across fields or dragging trees and brush across them. Many times the bikes are side by side racing or drivers talking. All this with seemingly no understanding of or respect for the cost and/or work that went into planting those crops.

I want to relay some things that I have recently learned about farming crops. Consider this: **Most Farmers have to borrow money each spring to buy the seed to plant their crops.** Every year a farmer struggles with many crop managing decisions. One has to first consider their regular crop losses such as Flood or Draught, Weed or Insect infestations, Deer, Turkeys, and Raccoons. Then they have to consider potential financial losses such as a rise in operating costs such as fuel costs, fertilizer, insecticide, or weed control costs, storage or shipping costs when they harvest in the fall, and low bushel prices from unfair stock market manipulators. All of this before they earn a dollar on their crop.

If that is not enough to discourage you from farming then you have to consider another loss: **Four-wheeler and truck tracks across your newly planted wheat, corn, or bean fields.** The impact is not understood by anyone but the farmer. If you consider that a single four-wheeler track across a field may reduce your crop yield by 14%, then consider that loss times two (28%), by three (42%). This extends beyond just this years loss too. Tracks that are repeated cause compaction in the soil and may hamper seed growth for years.

I don't hate Four-wheelers. I am not saying stay out of the fields. Most farmers leave a row unplanted around the edge of their fields. I just want everyone to understand this issue so they can make an educated decision next time they are out. Please be considerate of our farmers' hard work. Respect goes around and hopefully your FOUR-WHEELER will too.

### Helpful Water Hints

(TO HELP MAINTAIN POTABLE WATER)

**FAQ:** Bacteria such as e.coli and total coliform can grow inside your screened taps. To prevent bacteria growth, soak your aerators in javex and remove all debris from the inside of the screen.

**FAQ:** Water storage tanks/cisterns can become contaminated. You should have your water tested to ensure its safety. Instructions can be provided to help you clean your tanks/cisterns if required.

**FAQ:** Used or soiled dish clothes can contain bacteria. You should never wrap a used dish cloth around your tap or have it near the aerator. This can cause the bacteria to spread into your tap.

**FAQ:** Animals that have access to drink the water directly from the taps can also cause bacteria growth in a faucet. Never allow an animal to drink directly from taps or sinks.

**FAQ:** If you are reusing drinking water containers, disinfection is essential. Bacteria could potentially build up if containers are not cleaned frequently with pure javex.

**FAQ:** Water coolers should also be cleaned with javex at least twice a year to prevent bacteria growth. Instructions can be mailed to you if requested.

For more information please contact  
Crystal Maracle or Liz Brant @ 396-3424.

### ORISKANY ALLIANCE AND WHO WE ARE

We are a group of educators, historians, Native Americans, Sons and Daughters of the American Revolution, United Empire Loyalists, and others. Our purpose shall be as citizens to support organization providing strong advocacy, as well as financial and volunteer support to Oriskany Battlefield State Historic Site for Historic Preservation. This battle site is located in N. Y. State just east of where Rome, N.Y. is today. The battle took place in the 1700's, but it wasn't until the 1850's that the N. Y. State Government erected a monument there.

Since last years ceremonies a committee has been formed that meets once per month. Membership to this committee is \$10 per person or \$15 for family, including two family members or more. Membership payable each year and runs August to August. We seek financial support through member items, grants, gifts, donations, and other awards. We also assist in advancing the ongoing cultural relevancy of this facility at Oriskany, as a memorial and commemorative park.

Our project for the fall of 2008 shall be a World Premier Opera titled "MOLLY OF THE MOHAWKS". This program however needs funding for it to materialize. Some dates have been confirmed, but unfortunately only in N.Y. State for now. These Opera dates are as follows:- Earlville Opera House, Earlville, N.Y. Sept. 4,2008 @ 8 p.m.

Turning Stone Casino Auditorium, Vernon, N.Y. Sept. 5/ 08 @ 8 p.m.

Dulles State Office Building, Watertown, N.Y. Sept. 6/08 @ 8p.m.

Lowville Academy, Lowville, N.Y. Sept.11/08 @ 10 a.m.

Hartwick College Music Hall, Oneonta, N.Y. Sept. 12/08@ 8 p.m.

Capitol Theatre for Performing Arts, Rome, N.Y. Sept. 13/08 @ 8 p.m.

Please note that membership for one year is included with every donation.

All correspondence to:- The Oriskany Alliance Inc.

7801 State Route 69

Oriskany, N.Y. 13424

In Sept. 2007 we started out with an executive plus two active members, meeting once per month since. We are now a twenty plus member committee.

Our present executive consist of :- James B. Maracle----President

Christopher Harris----Vice President

Augusta Cecconi-Bates----Secretary/Treasurer

For more information about this committee and or opera shows and schedule please contact, James Maracle @613-969-7871 or Augusta Cecconi-Bates @315-654-4854.

### PRESS RELEASE

## CIBC announces major commitment to National Aboriginal Achievement Foundation

June 25 2008 – TORONTO – The National Aboriginal Achievement Foundation is proud to announce that CIBC has committed to another two years as its founding and leading sponsor. The announcement was made at CIBC's headquarters yesterday during the Toronto launch of the National Aboriginal Achievement Awards 2009 Nomination campaign.

"Celebrating these remarkable individuals brings pride to Aboriginal communities and encourages others to follow in their footsteps," said Gerry McCaughy, CIBC's President and CEO.

"More broadly, recognizing the outstanding achievements of these award recipients increases awareness among all Canadians of the many contributions made by Aboriginal peoples to our society, whether in the arts, literature, business or the public sector."

CIBC has committed to providing a sponsorship of \$830,000 for a two year period to support the National Aboriginal Achievement Awards, scholarships through the NAAF Education Program, and the Blueprint For the Future Career Fairs.

"CIBC understands the importance of leading by example," says President and CEO Roberta Jamieson. "CIBC has consistently led the way in celebrating the outstanding achievements of Aboriginal Canadians. They have helped provide inspiration to First Nation, Métis and Inuit youth who are an untapped resource that have enormous potential to be leaders in Canadian society."

For more information please contact.

Jamie Monastyrski  
NAAF Director of Communications & Media  
416-903-4331 [jmonastyrski@naaf.ca](mailto:jmonastyrski@naaf.ca)

The National Aboriginal Achievement Foundation (NAAF) is a nationally registered non-profit organization dedicated to raising funds to deliver programs that provide the tools necessary for Aboriginal peoples especially youth to achieve brighter futures. Since 1985 the Foundation through its Education Program has awarded more than \$27.7-million in scholarships and bursaries to more than 7,000 First Nations, Inuit and Métis students nationwide. NAAF's key initiatives include: The National Aboriginal Achievement Awards (NAAA) a national annual broadcast celebrating 14 achievers in a multitude of career areas including a special youth award and an award for lifetime achievement;

## RECREATION

## EMPLOYEE INTRODUCTIONS

Hi, my name is Sonya Maracle and I am proud to announce that I am a new Fitness Staff member at the Tyendinaga Fitness Resource Centre. I have grown up in Tyendinaga and many of you may have seen me working out at the Tyendinaga Fitness Resource Centre. I look forward to working with our current members and meeting with our new members. So come on out and join us at the Tyendinaga Fitness Resource Centre!

Hi, my name is Kandice Baptiste. I have lived on the territory my entire life and my parents are Kim and Karen Baptiste, my brother is Kyle Baptiste. I graduated from Quinte Mohawk and Moira Secondary and am presently attending Wilfrid Laurier University. I am a history major and also play varsity basketball at Laurier. For the next 7 weeks I am going to be working in the Recreation Department as your Youth on the Move worker. This project was sponsored by the Ministry of Health Promotion and I will be setting up meetings and events for youth to get active within their community. I can be contacted through email or phone at [newyouthpage@yahoo.com](mailto:newyouthpage@yahoo.com) or 613-396-3424 ext. 107. If youth have any ideas that they want to share with me they can email me anytime, your feedback is important and appreciated. Hope to see you out soon!

Congratulations to all that were CAUGHT BEING ACTIVE; From June 2-13<sup>th</sup>.

LaShelle Brant  
Nikolas Brant  
Wendy Anderson  
Ella Story  
Marlene Castellano  
Shawn Downer  
Michelle Brant  
Carol Lewis  
Bonnie Thompson  
Claude Maracle  
Bob Wiley  
Paul Clare  
Helen Clare

They all received a prize & their name in on the big Draw for a cooler jam-packed with awesome summer gear.

## Youth Page!

## Horoscopes—Just for you Girls!

**Aquarius (Jan. 20—Feb. 18)** - Your parents are making your life hard today. They want you to clean everything, and won't let you hang out with your friends. Avoid a major blowout that could get you grounded and do what they want today. Tomorrow they won't be in your hair quite so much.

**Pisces (Feb. 19—March 20)** - Your happiness is making you sparkle today, Pisces! Share this mood with a close friend who isn't as cheerful. You have enough joy today to share, so if you're feeling especially kind, cheer up two friends!

**Aries (March 21—April 19)** - Your inner circle is wondering where you have been. Spending too much time with your new crush? It's never a good idea to stay away from your girlfriends too long! Rejoin the group tonight with a movie night, sleepover or ice cream outing.

**Taurus (April 20—May 20)** - You are feeling super creative today. Find a new way to express your unique self. Call up your girlfriends and put together unique chic outfits, paint, write some poetry. Have fun!

**Gemini (May 21—June 21)** - Today can be tons of fun if you plan the right event. Call up your BFF and plan something fun for you and your inner circle. Anything that you conjure up will be a blast because you will be with your girls.

**Cancer (June 22—July 22)** - Things are about to get pretty crazy in your social life. Get ready for more party invites than you can handle crab! The coming weeks will be more fun than you expect. Get ready for a great time.

**Leo (July 23—Aug. 22)** - Your BFF is on still your case. While you might be tempted to blow up at her because she has been so annoying lately, try to refrain. She really doesn't know that she's getting on your nerves. Escape her today by turning off your cell phone!

**Virgo (Aug. 23—Sept. 22)** - You keep having the same dream over and over, and you are starting to wonder what it means. Ask someone who knows a lot about you to interpret it. Your BFF may seem like the best option, but she's not the person to ask. There's someone who knows you better than her.

**Libra (Sept. 23—Oct. 22)** - You will face a problem today, but don't worry; it will only be a minor setback to your otherwise fabulous week! Keep that in mind when the problem comes your way, and you will be able to work through it with ease.

**Scorpio (Oct. 23—Nov. 21)** - What's your deal, Scorpy? Even if you are having a rough day, don't take out a bad mood on your best friends. They won't be happy if you do, and you really want your besties to be upset with you?

**Sagittarius (Nov. 22—Dec. 21)** - Today you should spend time with your best girlfriends and do something you all enjoy. You and your girls have a stellar day in store, Sag! You deserve to have fun. Yay for days when everything falls into place! Enjoy this one.

**Capricorn (Dec. 22—Jan. 19)** - Today you are plagued with low self-esteem. You feel like you aren't good enough. Why are you being so hard on yourself, Cappy? Try making a list of 10 things that you love about yourself, or call up your BFF and tell her to make a list of the things she loves about you. This will cheer you up in no time!

## Introducing: Youth on the Move Worker

Hey! I'm Kandice Baptiste, the new Youth on the Move worker. This summer I'm hoping to set up events and programs that youth are interested in and also developing this very page: the new youth page in the newsletter. I have spoke to some of the youth at Quinte Mohawk and am working on their ideas but I hope to get even more feedback so if youth have any ideas they want to share with me about what to put on this page or trips they want to go on they can email me anytime at [newyouthpage@yahoo.com](mailto:newyouthpage@yahoo.com). Hope to talk to you soon!

Kandice Baptiste  
Youth on the Move  
[newyouthpage@yahoo.com](mailto:newyouthpage@yahoo.com)  
Ministry of Health Promotion

## June Newsletter

Comments/Suggestions?  
Tell me what I'm missing  
and what you want to read!  
Email me and let me know!  
[newyouthpage@yahoo.com](mailto:newyouthpage@yahoo.com)

## New Movie Releases!

Get Smart	June
Kung Fu Panda	June
Wall-E	June
The Happening	June
The Incredible Hulk	June
An American Girl	July
Hancock	July

## Sports Highlights

- Tiger Woods wins 14th major championship in playoff at the US Open
- The Boston Celtics are the NBA Champions
- Euro 2008 comes down to Germany, Turkey, Russia and Spain in the Semi-Finals
- Toronto Blue Jays are last place in American East League standings

## RECREATION



**THANK  
YOU!**

## Tyendinaga Stress Control #7 raised \$3336.42!

**THREE CHEERS** for all the teams that climbed aboard the Heart & Stroke Big Bike this past Sunday! Thanks to the hard work and dedication from teams in Tyendinaga and Madoc, we raised over **\$6,500** for the Heart & Stroke Foundation in one day! Way to go teams! The money raised will go a long way in helping fund life saving heart and stroke research and education.

Within the next week, we will be sending out your team photo as a memento from your Big Bike ride so you can show off your team and have proof that a 30-seat bike really does exist! Thank you for putting your heart into it!

**Karen Williamson,**  
Big Bike Program Coordinator

**Krista Kankula,**  
Big Bike Assistant

### Tyendinaga Stress Control #7

- |                    |                       |
|--------------------|-----------------------|
| 1. Cindy Blight    | 16. Jamie Indewey     |
| 2. Ann Town        | 17. Sandra Grant      |
| 3. Jenni Town      | 18. Marie Indewey     |
| 4. Paul Clarke     | 19. Mike Prevost      |
| 5. Chuck Hill      | 20. Kaitlyn Maracle   |
| 6. Jody Hill       | 21. Greg Loft         |
| 7. James Oliver    | 22. Ken Indewey       |
| 8. Karen Baptiste  | 23. Amanda Rightmeyer |
| 9. Darlene Loft    | 24. Josh Andrews      |
| 10. James McMillan | 25. Charise Currier   |
| 11. Oke Maracle    | 26. Trinda Humphreys  |
| 12. Andrew Jenners | 27. Ellen Wilkinson   |
| 13. Roberta Young  | 28. Zoe Skacel        |
| 14. Karla Paquette | 29. Nicole Tisdale    |
| 15. Kim Scott      |                       |

**Karen Williamson** | Big Bike Program Coordinator | Heart & Stroke Foundation of Ontario | Hastings, Prince Edward County, Brighton  
613-962-2502 | [kwilliamson@hsf.on.ca](mailto:kwilliamson@hsf.on.ca)

Put your heart into it.

It's Big Bike Season in Canada. Join now and make a difference today. Visit [www.bigbike.ca](http://www.bigbike.ca)

Remember if you have an **EMERGENCY**  
**CALL 911**

## Healthy Living Websites!!



Do you need some help getting started on your healthy living plan? Workout, diet and nutrition tips? Well these two websites can give you a little push in the right direction to get you started!

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

**freedieting**  
the Weight Loss Guide

This website is packed with diets, losing weight tips, nutritional calculators, workout plans, and nutrition tips. You can start by calculating your ideal body weight or percentage body fat, among other things, and then check out a weight loss calendar to see how long it'll take you to accomplish your goals! You can also read about the Top 6 Diets or read how you can lose weight without any dieting at all. The best part about this website are the calculators; they allow you to find customized results for you and only you, instead of general results that are supposed to work for most people. The calculators include: daily calorie needs, body mass index, ideal body weight, nutrient ratios, gaining weight, body fat percentage, waist-to-hip ratio, calories burned, target heart rate, calories burned, and weight loss. This website has everything you need to get yourself started to weight loss and healthy living!

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

**FIT DAY**

This website is a free service that allows you to track your foods, exercises, weight loss and goals. All you need is an email account to set up your Fit Day account and get started on tracking your habits. To get started you enter your weight, height, sex, age and other information then you set your weight and/or nutrition goals. Everyday you enter what you've ate and your exercises for the day (including housework and laundry!) and the website tells you exactly how many calories you're eating and burning, where they are coming from and if you're meeting your nutrition requirements each day. This website is perfect for people trying to meet nutrition and weight loss goals.



Tyendinaga Fitness Resource Center  
Unit 9 Fast Freddy's Plaza  
5379 Old Highway #2  
Shannonville, Ontario  
K0K3A0  
613-962-2822

Summer Hours of Operation  
Monday—Thursday:  
6:30am—7:00pm  
Friday:  
6:30am—6:00pm  
Closed Saturday and Sunday



THE ONTARIO  
TRILLIUM  
FOUNDATION

LA FONDATION  
TRILLIUM  
DE L'ONTARIO

### Tyendinaga Fitness Resource Centre

#### Child Care Program

(613)962-2822

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

**\*Starting June 30, 2008 we will be changing the child care hours back to the old schedule. We found that this worked best for most members. Sorry for any inconvenience.**

#### Child Care Hours:

Monday	9:00am – 7:00pm
Tuesday	9:00am – 7:00pm
Thursday	9:00am – 7:00pm (volunteer from 5:00pm – 7:00pm)

#### Strawberry, Orange, Kiwi Smoothie

250 grams fresh strawberries  
300ml pure orange juice  
2 kiwi, peeled  
1 teaspoon of honey (optional)  
1 halved strawberry and 2 slices of kiwi to decorate the glass  
\*Blend all ingredients, pour into glass and serve.

#### Strawberry Lemonade Popsicles

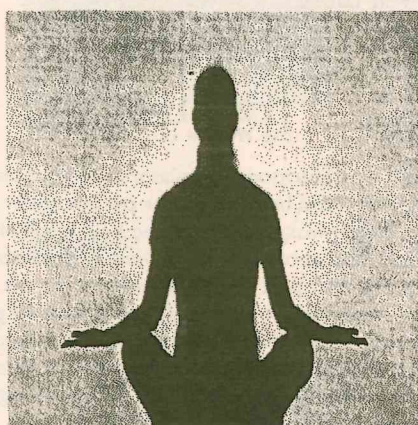
Refreshing fruity popsicles help you chill out on those hot summer days. The blend of tart lemonade and sweet strawberries makes a yummy smoothie, too. Simply pour the slushy mixture into glasses and serve.

Ingredients:  
3 cups cold water  
1 (12 ounce) can frozen lemonade concentrate  
1 (16 ounce) frozen or fresh strawberries

\*In a large pitcher, stir together the water and lemonade concentrate. Place strawberries into blender and puree until smooth. Pour in some of the lemonade if necessary to facilitate blending. Stir strawberry puree into the lemonade. Pour into molds, and freeze until firm, about 4 hours.

## RECREATION

### Tyendinaga Fitness Resource Centre



Discovering  
The Balance

By

Working The  
Mind, Body  
Heart & Spirit

More Than Just  
Fitness

Located at : Unit 9  
Fast Freddy's Plaza  
5379 Old Hwy #2  
Shannonville, ON  
K0K 3A0  
613-962-2822

A professional childcare worker is available for parents who may be unable to attend due to lack of childcare.

As a first time visitor, a Personal Trainer will assist you with the equipment. If you require more one on one service with the personal trainer it can be provided for an additional fee.

Please call ahead for these services.

Everyone is welcome!  
Check out our weekly calendars for upcoming workshops.

Project funded by:  
Trillium Foundation  
and  
Mohawks Of The Bay Of Quinte

Please Bring

In door shoes

Gym Clothes are Best !

### Hours of Operation:

Mon - Thurs 6:30 a.m - 7:00 p.m.  
Friday 6:30 a.m - 6:00 p.m.

Saturday

(Closed on Saturday during the summer)

### Wellness Membership Prices

#### Monthly Fees:

Family (4) \$50.00 monthly \$5.00 for each additional person

Student & Seniors \$10.00 monthly

Single Adult \$20.00 monthly

#### Drop in Rates:

Family (4) \$10.00 a day

Student/Senior \$3.00 a day

Single Adult \$3.00 a day

(childcare is free with membership)



Fast Freddy's Plaza  
5379 Old Hwy #2  
Shannonville, ON  
K0K 3A0

613-962-2822 or  
613-396-3424 ext.107  
www.mbqfitrescenter.com

### Facility:

Exercise equipment currently on site

- Matrix Shoulder press
- Matrix Seated chest press
- Matrix Lat row
- Matrix Seated leg press
- 2 - Nautilus T912 treadmill
- Nautilus U916 Upright Bike
- Nautilus E916 Elliptical Trainer
- Prowelded dumbbells



The facility is more than just fitness is a place for:

- Socializing
- Workshops / Crafts
- Youth & Volunteers Program
- Meeting Space
- Community Sharing
- Personal Wellness Education
- Health Initiative
- Other fitness programs will be offered

## July & August Promotion

Everytime you come to workout at the Fitness Centre your name will go into a draw for your chance to win a **FREE MONTH MEMBERSHIP** as well as other great prizes. The names will be drawn at the end of each month.

(613)962-2822  
tyfitnessres@yahoo.ca

We Hope To See You Soon! TFRC Team

RECREATION

Thank You for the Prize Donations

Tyendinaga Fitness Resource Center  
First Nation Tech. Institute  
Thompson Tents  
McMurter's Home Centre  
Soaring Eagle  
Deseronto Food Mart  
Greer Galloway Group  
Home Hardware Belleville  
Whitley Financial Services Deseronto  
Briar Fox Golf & Country Club  
Union Gas  
Steve Blakey

Thank you to anyone that was not mentioned

Your support was greatly appreciated  
Any questions contact

Recreation Department (613) 396-3424 ext.107



Tyendinaga Territory Golf Tournament WINNERS!!  
June 13, 2008, Friday

- First Place – Team 2 – Eagle Orthopaedics  
- Jim Brant, Cliff Brant, Darrell Brant, Stan Kring  
- 6 under
- Second Place – Team 3  
- Jessica Brant, Andy Brant, Ken Sparks, Jen Sparks  
- 6 under
- Third Place – Team 10 – Bay View/Free Flow  
- Steve Morris and Ken Bailey  
- 11 over
- Longest Drive – Jen Sparks
- Closest to the Pin – Randy Pitcher
- Father's Day Prize – Stan Kring and John Tuer

Special Thank You  
for the Monetary Donations

for the  
Tyendinaga Territory  
Golf Event  
June 13/08

\$200



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Custom Orthopaedic Implants, Artificial Joints

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B.Sc. (H.K.) C.P.O. (c)

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(800) 561-0488  
Fax (613) 968-4228

Hwy. #2 East Box 128  
Tyendinaga Territory  
Shannonville, Ontario K0K 3A0



**FREE FLOW PETROLEUM**

**Cheryl Sero**  
Site Manager

Suite #6, Lakeside Plaza  
Shannonville, ON K0K 3A0

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Fax: (613) 966-4678  
cheryl@freeflowpetroleum.com



**Alan Pratt  
Law Firm**  
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**John Foster, C.E.T.**

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## RECREATION

JULY 2008

## RECREATION NEWS

RECREATION  
DEPARTMENT (613) 396-  
3424 EXT. 107  
STAFF VACATION DAYS -  
JUNE 30 TO JULY 4 JULY  
14, 21, 28, AUG 5

TYENDINAGA FITNESS RESOURCE CENTRE  
(613) 962-2822  
KARONHIAKTA'KIE SPORTS COMPLEX  
(613) 396-5339

## BASEBALL / SOCCER / GOLF

Website Resources

13 SIGNS OF BURNOUT  
WWW.ASSESSMENT.COM  
STRESS RELIEF  
WWW.MORETHANMEDIC  
ATION.CA  
MOHAWKS OF THE BAY  
OF QUINTE  
WWW.MBQ-TMT.ORG  
WWW.FITDAY.COM  
WWW.FREEDIETING.COM

Games Room

The Skatne (Together) summer camp will be in the games room this summer. The room will not be available for rent, only available for the meetings as scheduled.

TFRC Gift Certificates

You are still able to use the gift certificates if they are out dated.

If you are unable to use the certificates, you are welcome to give to a friend.

Green's Dream Stable Camp

Recreation will assist low income families with funding for the camp.

Baseball

We are inviting all ages to come out and play baseball on the new diamonds. Get your family together and come out for a good old fashion game of ball.

If you are looking to sign up to be on a team call in to the Recreation Depart. and we can help get the teams organized.

Soccer

Soccer is on Tuesday nights starting at 6pm at the NEW soccer fields at Karon hiak ta'kie Sports Complex. The teams always need Coaches and community support.

Ball Diamond Worker

The new worker is Anthony Green, if you have any questions about the area please do not hesitate to call him at the canteen (613) 396-5339 and leave a message.

GOLF

Nia:wen to all teams for supporting the 2nd Tyendinaga Territory Golf Tournament. The proceeds of \$1,524.30 will assist sports teams and events, as well as families in need. One of the events it will assist is the summer camps swim days. Recreation will work with other MBQ departments that deals with families that require any assistance with funding. The main goal is for our youth to have a safe and fun summer.

Tyendinaga Fitness Resource Center (613) 962-2822

Recreation Depart. has been busy working on the business plan for the TFRC, the department welcomes any ideas for the "NEW" Recreation Complex which will be at the Karonhiak ta'kie Sports Complex by the lacrosse box. The TFRC will be relocating into this building. Call or email us with your comments : tyfitnessres@yahoo.ca or mail us a letter to Mohawks of The Bay Of Quinte.

Green's Dream Stable &  
Dare to Dream TRP

## &lt;&lt;&lt;&lt;&lt;&lt;Riders wanted&gt;&gt;&gt;&gt;&gt;&gt;

\*\*Beginners to advance  
\*\*Certified lessons  
\*\*Reasonable prices  
Private, semi-private and group lessons  
Hour and ½ hours lessons



Summer Camp: July 14-18  
July 21-25  
Aug 11-15  
Aug 18-22

Accepting Registration, limited spots.. Call

(613) 396-3045

Warning!!! No joysticks, controllers, batteries...  
Side effects: having fun, exercise, enjoying the great outdoors..

## YOUTH PAINTBALL

THURSDAY JULY 17, 2008  
1 TO 5PM

APOCALYPTOS PAINTBALL  
161 HIGHWAY 49  
(613) 396-2031

Details:

- \*The event will cost \$15.00 a person
- Limit of 25 youth at the ages of 12 to 15 years
- Youth volunteers or parents are required (ages 16 & up) to assist with the event. We require at least 3 volunteers
- Sign up by July 10 - (613) 396-3424 ext.107
- Paintball equipment and paintballs are provided
- The event will take place if we have 20 youth registered.
- Event is funded by the Recreation Department

## UPCOMING EVENTS



*The Families of  
Alvin (Skin) & Shari Maracle  
would like to invite friends to join them  
on August 2/2008  
in celebration of their  
25th Wedding Anniversary  
at the Mohawk Community Center  
(Upstairs)  
Dance 8 - 1  
Light Lunch at 10:00 pm.*

## FREE BASEBALL CLINIC

BASIC & FUNDAMENTAL SKILLS  
OF BASEBALL WILL BE  
TAUGHT AND PRACTICED

DATE: Saturday July 19, 2008

TIME: 10:00 a.m.

PLACE: Ball Fields at the Sports Complex  
(York Rd.)

Age Groups: T-Ball (4-7years)  
8 years & up

### Lunch Menu

Hamburgers - \$2.00

Hot Dogs - \$1.50

Drinks & Water - \$1.00

Powerade - \$1.50

Any questions please forward to  
Will Barberstock at 613-962-7804

## GET GOING GET GROWING

There's a lot to be said about going native.....try it with your plants.  
*Select species that grow naturally in your environment avoiding the time and  
expense of watering, climate protection, and corrective soil amendment.  
Don't over plant, keep in mind the seedlings that will need to be removed  
once they get growing. Make compost by converting the garden and kitchen  
refuse into humus that improves you soil - and it's free. Organize a plant  
exchange, this can save money, when you share plants and planting expertise  
with other gardeners.*

**The Mohawk Agricultural Society  
Invites You To Get Your Garden  
IN EXHIBITION CONDITION**

Prizes: 1<sup>st</sup>:\$50.00 2<sup>nd</sup>:\$30.00 3<sup>rd</sup>:\$20.00

All other gardens with a minimum of 50 points will receive \$10.00  
if other criteria is met.

**CHILDREN 13 yrs and under Youth 14-18 yrs Adult**

All vegetable gardens will be judged sometime in late July and/or early August. Gardens will  
be scored on a 100-point system and the following general criteria will apply.

1. Location of garden
2. Efficiency of land use
3. Design of garden
4. General maintenance of garden
5. Plant variety (usual, heritage etc)

Eligibility for prize money: Competitor must exhibit a minimum of 5 items from their garden at the Agricultural  
Fall Fair and adult competitors must pay a \$5.00 membership fee

Register your garden early by calling the director, Jennifer Brant Edwards  
613-396-3308

## SOADI 7th Annual Event presents

## "Traditional Taste of Wellness"

**Thursday September 18th 2008.**

Delta Chelsea Hotel  
33 Gerrard Street West  
Toronto, ON, Canada

### Guest Speakers Include:

**Bernadette deGonzague, M.Sc., RD**

"Where's the Moose? Hunting and Gathering in the Big Smoke!"  
How we can connect with our traditional foodways in an urban environment.

**Dr. Jay Wortman**

Native Physician and 2003 National Aboriginal Achievement Award Winner for Medicine

**Iowne Anderson**

Gardening and Traditional Food Gathering

Plus:

Reflexology and Chiropractic - Information Displays - Nutritious Snacks

To pre register call 1-800-514-1370 or visit

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



## UPCOMING EVENTS

### NOTICE

#### MOHAWK AGRICULTURAL SOCIETY MEETING

1<sup>st</sup> Monday of the Month  
7:00 p.m.

Pat's Variety - Kanata Hall

#### REFRESHMENTS AND DOOR PRIZES

Please join us as we make plans for the 108<sup>th</sup> MOHAWK FAIR. This GREAT event takes many months of preparation. We welcome to your input and look forward to seeing you at the next meeting.

President	Kim Maracle	613-962-6217
Vice President	Bill Brant	613-967-1129
Secretary	Pamela Detlor	
Treasurer	Laura Brant	
Lady Director	Gladys Bowden	
Grounds Foreman	Willard Brant	
Gate Foreman	Todd Kring	

### NOTICE

Please note that the Notice/Advertizing Sign (across from the Community Center) will not be available for use, other than that of the Mohawk Agricultural Society, for the period of August 1 until September 17, 2008. We thank you for your consideration and understanding.

The 108<sup>th</sup> Mohawk Fair  
September 12, 13 & 14 2008

### YARD & BOOK SALE

July & 12, 2008  
8:00 a.m. - 4:00 p.m.  
7993 Old Hwy #2

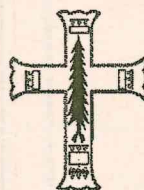
All proceeds for Christ Church,  
H.M. Chapel Royal to the Mohawks



# 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



### THE ANGLICAN PARISH OF TYENDINAGA IN THE DIOCESE OF ONTARIO

Parish Priest  
Father Brad Smith  
Mohawk Rectory, 396-3797

#### SUNDAY SERVICES

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

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

\*On 20 July, the only service is at 10:30 a.m. on the lawn of the Rectory (Christ Church if raining)

#### UPCOMING EVENTS

PARISH FUN NIGHT - WED 9 JULY, 7:00 P.M., QUEEN ANNE PARISH CENTRE

#### VACATION BIBLE SCHOOLS

21-25 JULY, 9 A.M.-12 P.M. IN THE SUBDIVISION. CALL 396-6034 FOR MORE INFO.

28 JULY-1 AUGUST, 9 A.M. TO 4 P.M. AT ALL SAINTS' CHURCH.

REGISTRATION DEADLINE FRI 18 JUL. CALL  
396-3797 OR VISIT [WWW.PARISHOFTYENDINAGA/EDUCATION.HTM](http://WWW.PARISHOFTYENDINAGA/EDUCATION.HTM) FOR  
MORE INFO.

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



Can you **believe** it? It will be summer soon! What are you looking forward to  
Sun, fun, games, friends, good things and good times?

Hey we have that!

July 21st to 25th - 9 till 12 noon - ages 6 to 12

This **amazing adventure** is being hosted by Dancing Waters, Mohawk Pentecosta  
and the Anglican Parish of Tyendinaga

Every morning at the park in the **Super Subdivision** we will be there

Where will you be?

**AMAZING SUMMER KIDS EXTRAVAGANZA!**

FOR INFO PLEASE CALL MURRAY & ANN O'COIN 396.6034



## UPCOMING EVENTS

**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

Remember if you have an EMERGENCY  
CALL **911**

## News and Views from the Senior 59'ers Club Meeting Dates

First Monday of each month at 11 a.m.

Euchres - every second Tuesday - contact Millie Maracle  
for more information 613-396-6179

President- Sheryl Anderson  
Vice President - Gloria Idzenga  
Secretary/Treasurer - Janet Jung  
Euchre Convenor - Millie Maracle

**T.O.P.S. ON#5258**

*Take off pounds Sensibly*  
We "DO NOT" promote any diets.

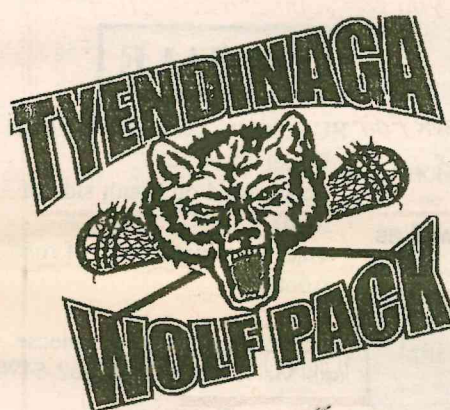
WHERE: The Elders Lodge  
Common Room  
Tyendinaga Mohawk Territory  
Bayshore Road.

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 1<sup>st</sup> step.*  
*O.vercome a weight problem.*  
*P.ut yourself in a happy place.*  
*S.support one another.*



**Revised!**

Game Schedule for 2008

All Home Games Played at the DESERONTO Arena

Home GamesAway Games

June 8 @ 2:00pm vs Kahnawake	June 01 @ 2:00 vs Kahnawake
June 21 @ 7:00pm vs Kahnawake	June 22 @ 12:00 vs Onondaga
June 28 @ 7:00pm vs Onondaga	July 5 @ 5:00 vs Kahnawake
July 06 @ 2:00pm vs Onondaga	July 12 @ 7:00 vs Onondaga

Note: The Akwesasne Eagles unfortunately dropped out of league unexpectedly.

First Round of Playoffs - July 19-20/08

Second Round July 26/08

Thanks to our Sponsors

North Shore Tobacco	Eagle Orthopaedics
Smokin Coffee Express	Tyen. Comm. Dev. Fund
Apocalyptos	Tyen. Lions Club
Hill's Variety	Tyen. 59er's Sr. Club
Free Flow Petroleum	Waste Management
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Native Renaissance II	

Come out and enjoy our games and help support our youth!

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For more information  
call Doug at 613-969-9568

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1991 CAVALIER BY COBRA  
- 32 ft - 5th wheel, rear kitchen, micro, new fridge, 4 pc bath, oak cabinets throughout, slide out, a/c, furnace, awning, clean, excellent condition, MUST SEE  
- \$8,200.00

Call: (613) 396-2839

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- Looking for a Good Home for Mavis  
- Mavis has a good body, still in firm condition, but has been "around the block".  
- Mavis has had regular maintenance, as well as new brakes, new battery and new tires.  
- Mavis has a CD player, quad seats and rear air, power windows, power locks and everything still works. Mavis seats seven and interior is still in great condition.

Please come and meet her, she can go for \$2500.00 certified and e-tested.

Call: 613-396-5994



Need a part time babysitter? I am a certified babysitter with CPR training who is willing to take care of children of any age in your home during the summer vacation! For more

information, please call me (Reagan) at

613-396-3897 or leave a message with my mom (Ainsley) at the same number.

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SPACIOUS 4 BEDROOM HOUSE

- natural gas heating plus new fireplace
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- ash, oak, maple mixed

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BUILDING LOTS

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

Call: 968-3917

### FOR SALE

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

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

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### BABY SITTER

- available to babysit evenings and weekends and for the summer holidays
- has babysitting licence and can provide references if needed

Call: 613-396-5077 on weekends or weekdays after 5

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MODULAR HOME

- 7 yrs old
- 1200 sq. Ft. 68 X 16
- new appliances
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- \$33,000.00 we will deliver

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- 100' frontage X approx 466
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- will hold mortgage

Call Glenn Hill: 962-5470

### LAND FOR SALE

- 9.34 acres
- lot # 24G1-11
- located on the Airport Rd.

Call: (613) 396-1935

### LOOKING FOR

- Slightly used baby furniture, items and toys in excellent condition.
- especially looking for a wooden or white matching crib, change table and dresser set

Please call 613-966-6791 after 5 p.m. And or send a photo of the items to aprilglen@sympatico.ca

### FOR SALE

FORK LIFT TRUCK  
- propane

Call 613-396-2138

### BABY SITTER

MOTHER OF TWO

- looking to babysit
- located on the Slash Rd.
- lots of fun things to do
- healthy meals and snacks

Call Danielle for details  
613-396-3950

### FOR SALE

MOCCASINS & LEATHER GOODS

- mens, womens and baby wraps
- various sizes
- various prices
- ready made moccasins or custom work available

Call Marilyn at 613-962-9919

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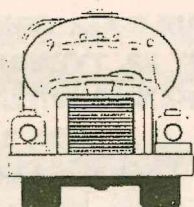
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Owner/Operator

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3000 Gal - \$ 80.00

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Mohawk Reserve!**Potable Water Only!**Call Sean at 613-969-2837*

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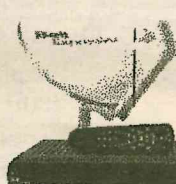
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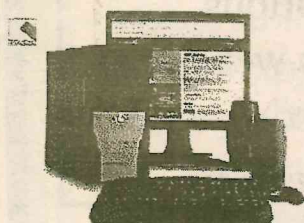
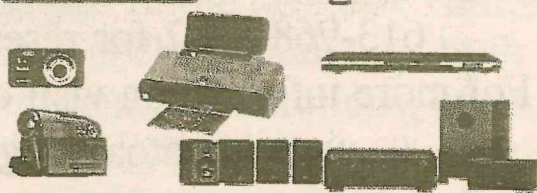
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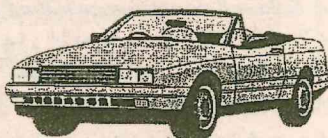
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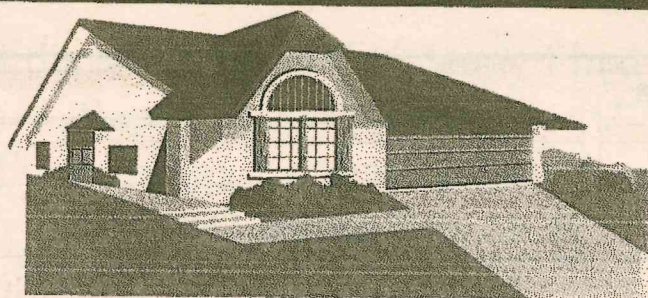


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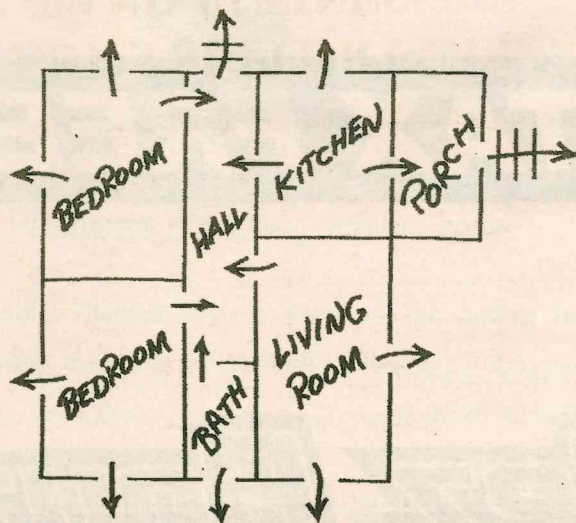
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E-Mail: [buildall@bellnet.ca](mailto:buildall@bellnet.ca)

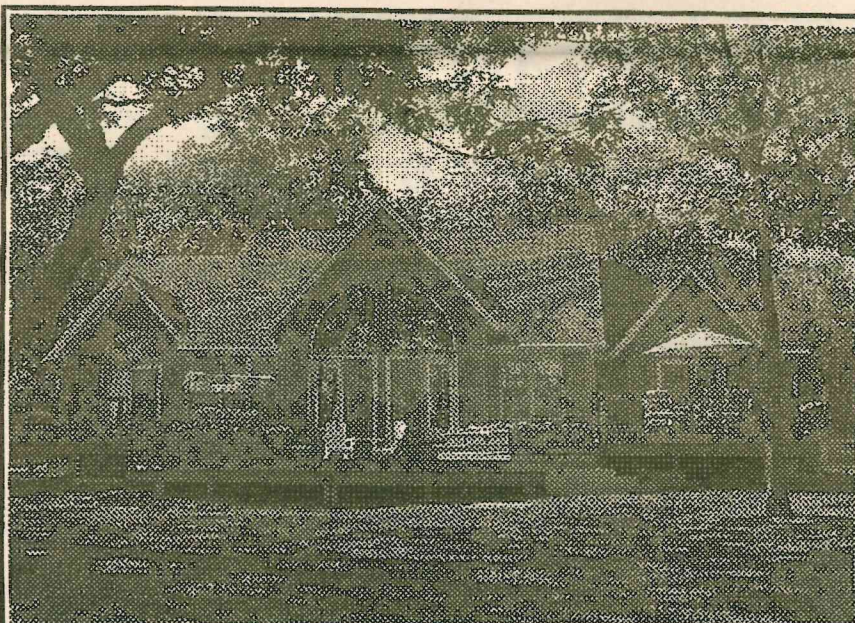
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