



# MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

## ORI:WASE (News)

ISSUE 7/11  
OHYARIHKOWA (July)

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



Sharing and Learning

## Congratulations 2011 Grads

### Alderville First Nation

Lisa McDonald

### Algonquins of Pikwakanagan

Michael Shurny

### Bonnechere

Dakota Strate

### Brunswick House

Darlene Lafontaine

### Chippewas of Georgina Island

Shannon Crate

Lauri Williamson

### Chippewas of Nawash

Leeann Eamer

Byron Millette\*

### Chippewas of the Thames

Betsy Kechego

### Curve Lake

Lori Jacobs

### Eagle Village

Marsha Depotier

### Fort Albany

Jacqueline Kataquapit

### Hiawatha

Georgina Cowie-Rogers

### Kettle & Stoney Point

Joanne Jackson

### Kingfisher Lake

Solomon Mamakwa

### Labrador Inuit Association

Aimee McIntosh

### Matachewan First Nation

Jason Batise

### Mohawks of the Bay of Quinte

Ryan Baptiste

Dakota Bardy

Audrea Bernhardt

Jeremy Brant

Jordan Brant  
Melissa Brant  
Dillon Brant-Grills

Joshua Brooks  
Lacey Crowder  
Landon Eatmon

Ken Ferrill  
John Gannon  
Elizabeth Gardiner

Bonnie Giff  
Levi Green  
Mukwa Green

Sarah Green  
Catherine Hill  
Dakota Hill

Dawn Hill  
John Hill  
Kristen Hill

Lesley Hill\*  
Rebecca Hill  
Joey Hill-Becker

Lori Horvath  
Isaac Jolly  
Jodee Layfield

Meghan Lessard  
Natasha Lessard  
Sonya Leuth

Ben Loft  
Crystal Loft  
Greg Loft

Sara Loft  
Aaron Maracle  
Chelsey Maracle

Chloe Maracle  
Chris Maracle  
Sherry Maracle-Reeve\*

Jesse Perron  
Laura Plews  
Shannon Reid

Shelley Richards  
Brenda Sager  
Heather Sararas

Andy Sexsmith  
Kerri Smart

Mandy Smart

Blair Sparks

Dillon Wren

### M'Chigeeng

Andrew Bisson

### Metis

Vera Coulombe

### Mnjikaning

Michaela DeCarlo

Sarah Snake

### Moose Factory

Peggy Fommsma

### Nipissing

Lisa Beaucage

Cathy Bellefeuille

Melanie Chevrier

Diane Chretien

Cindy Couchie

Donna Croxon

Geraldeana Goulais

Wendy Lariviere

Deborah McLeod

Ginger Penasse

### Ojibways of Pic River

Sharlene Franck

### Oneida of the Thames

Joyce George

### Pays Plat First Nation

Jennifer Abbott

### Sagamok

Brenda Rivers

### Saugeen

Joyce Besito

Jaime Bricker

Diane John

Ronat John

Brenda Kahgee

Lucille Marie Mason

Rachel Mason

Renita Nawash

Calvin David Root

Janet Root

Renee Root

Theresa Root

Tricia Stevens

### Serpent River

Beverly Fanjoy

### Shawanaga First Nation

Dwayne Pamajewon

### Six Nations

Carol Burke

Crystal Burning\*

Erin Monture\*

Brenda Thomas

Irene Williams

### Tetlit Gwich'in

Mary-Anne Hoggarth

### Walpole Island

Glenna Jacobs

Neva Isaac-Sands

Rhonda Nahdee

### Wasauksing

Hilton King

Hali Tabobondung

Shane Tabobondung

### Waskaganish

Marlene Rathbone

### Wikwemikong First Nation

Anthony Rivers

Charlene Tehkummah

~~~~~

Margaret Bannon

Elizabeth Bavi

Suman Bavi

Cynthia Belfitt

Mandy Berard

Joyce Crawford

Melissa (Sue) Doxtator

Lori Flinders

Elizabeth Gray

Katherine Kishiqueb

Andrea Maniwabai

Marianne Monague

Karen Smith

\* Conditional



***Tyendinaga Police Service  
Mohawks of the Bay of Quinte***

***6 Meadow Drive, Tyendinaga Mohawk Territory, K0K 3A0***

***Phone: (613) 967-3888 Fax: (613) 967-3840***

***Toll free: 1-888-310-1122***

***Police Blotter for May and June 2011***

*Tyendinaga Police have responded to 160 calls for service during the past 2 months and 19 motor vehicle accidents to date. Five of these accidents have involved personal injury.*

*Please make sure you are giving your full attention when operating a motor vehicle. distractions cause accidents.*

*On May 13, 2011 the Tyendinaga Police Service with the assistance of the Organized Crime Enforcement Bureau, Drug Enforcement Unit conducted Drug search warrants at two (2) residences on lower Slash Road, Tyendinaga Territory.*

*At the first residence, officer's seized 697 marihuana plants and 1.5 pounds of dried marihuana. Four (4) persons from the community have been charged with possession for the purpose of trafficking and cultivation of marihuana.*

*At the second residence, officer's seized 22 marihuana plants and 385 grams of dried marihuana. Two persons have been charged for possession for the purpose and cultivation of marihuana.*

*Total estimate street value of the drugs is \$735.000.*

*On the 27 May 2011 Tyendinaga Police with the assistance of the Drug Enforcement Unit arrested Dave Bolton, (28) of Tyendinaga in relation to several incidents that occurred between July 2009 and May 2011. In July 2010 Tyendinaga Police executed a search warrant on Highway #49, Tyendinaga, where officer's seized over 7 Million Dollars in marihuana. Bolton was charged with Possession for the purpose of trafficking marihuana, production of marihuana and several other Criminal Code offences. In May of 2011 Bolton was found to have marihuana on his person, a subsequent search warrant at a residence associated to him was conducted, he was further charged with possession for the purpose of trafficking. He is currently in custody awaiting trial.*



*In June 2011 a Tyendinaga man was arrested and charged for a historical sexual related offence. He was released with conditions and will be appearing in court. Due to a publication ban Police can not divulge the person's name.*

*We would like to remind everyone to be aware of the new skate park and the roads leading to it. Plenty of youth in the community are using the park and are either walking or using their skateboards to travel to and from, leaving at dark. **PLEASE BE AWARE OF THE YOUTH TRAVELLING ALONG ROADS.***

*The SPCA has been in the community regarding complaints of animals not being properly looked after. Please make sure your pets have plenty of food, fresh water and shade at all times.*

*During the wind storm in June several trees were uprooted and laying across hydro lines and roads within the community. No accidents or injuries were reported.*

*We would like to thank our Fire Department and Roads Crew for their quick response and clean up.*

*The open house for the Tyendinaga Police Service was well received. A White Pine Tree was planted in the North East corner of the building as a symbol of our commitment and responsibility to maintain the Peace within our Community.*

*Please feel free to contact the Tyendinaga Police if you have any information regarding crimes or criminal activity. Your information will be treated as confidential.*



**MOHAWK FIRE DEPARTMENT**

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The Mohawk Firefighters in June responded to 8 calls:

**3 Wires down  
1 Water Rescue  
1 Vehicle Fire  
1 Auto Alarm  
1 Wires overheated  
1 Motor Vehicle Accident**

This brings our total to 48 calls for the year 2011

**Tyendinaga Community Development Fund Applications can be pick up  
at the Administration Office**

Please submit your sealed application to:  
TCDF Commission  
c/o Shelley Bowden  
Mohawks of The Bay of Quinte  
13 Old York Road  
Tyendinaga Mohawk Territory, Ontario  
K0K 1X0

Application review dates: September 1, and December 1, 2011.

**\*\*NOTICE\*\***

The Mohawk Administration Office has been experiencing difficulties with the transition of a new phone system and with the external phone lines which has lead the system to be in and out of service on occasion. We are working diligently to address the deficiencies. We apologize for the inconvenience and appreciate your patience. Thank you.

*Water Delivery Services*

She:kon community members.

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

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

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

Nia:wen.

## TYENDINAGA ADDS CHIROPRACTOR TO HEALTHCARE

She:kon

Great news for Healthcare on the Tyendinaga Territory. Dr. Jason Maracle Young will be opening Maracle Chiropractic on August 2, 2011 within the Tyendinaga Fitness Resource Centre located at 14 York Rd unit #1, Shannonville.

Dr. Jason received his Doctor of Chiropractic degree from New York Chiropractic College after attending Springfield College and Colby-Sawyer College. Recently relocated from Canmore Alberta; Dr. Jason and his wife Dr. Rebecca have opened a clinic in Kingston. Dr. Jason has fond memories of summers spent with his uncle's at Tyendinaga. He is looking forward to re-connecting old ties and creating new ones while bringing chiropractic to this wonderful community.

Dr. Jason practices chiropractic with the knowledge and belief that healing comes from within. You have an amazing healing power in your brain and spinal cord. Your brain and spinal cord control every function in your body. For your heart to beat, lungs to breathe, and the cut on your leg to heal from the inside out, information must be constantly running over the nerves. The reason he gets such phenomenal results is due to the fact that patients are highly educated on how chiropractic works.

Poor posture can indicate a problem with a person's spine and nervous system. When the bones of the spine become misaligned through trauma, repetitive stress and even the birth process, two major consequences will result: (1) the range of motion becomes limited and (2) spinal nerves emerging from the spinal cord are compromised. Both these results eventually lead to pain, disability, loss of body function and an overall decrease in quality of life. This is why all our families get spinal check-ups.

As chiropractors we correct this misalignment through adjustments, which help improve function, repair and create optimal healing. We aim to restructure your spine back to a natural, healthy alignment with the least possible force.

If your interested in tapping into your body's innate healing power while moving away from drugs and surgery we are booking in advance to set-up spinal check-ups for only \$35 - 613-876-5855 or join us at our open house on July 21 between 12 - 4pm at the Tyendinaga Fitness Resource Centre located at 14 York Rd unit #1, Shannonville. ! There is no obligation for care. We look forward to meeting you!

O:nen  
Dr. Jason Maracle Young  
(Ka ne roh:ton tie)  
Maracle Chiropractic







MOHAWKS OF THE BAY OF QUINTE  
ECONOMIC DEVELOPMENT AND EMPLOYMENT OFFICE

# Support Local Business

## Business of the Month

July 2011

Eagle Orthopaedics has been in operation on the Territory since 1994. Owned and operated by James (Jim) Brant, B.Sc. (H.K.), C.P.O.(c). Jim has been working in the fields of orthotics (custom braces) and prosthetics (artificial limbs) since 1984, and is one of only a handful of practitioners in Canada to achieve certification in both specialties.

Eagle Orthopaedics is a full service prosthetics and orthotics facility, providing top quality service to everyone. Jim also has an office in Kingston, and also travels to a satellite clinic once a month in Moose Factory.

Referrals for Eagle Orthopaedics services may come from a multidisciplinary clinic or directly from a physician. If you would like any further information, they welcome your call.

Eagle Orthopaedics strive to maintain excellence in service for their clients. Every appliance will be designed, manufactured and fitted to the highest standards possible and no appliance will leave the premises until the client is completely satisfied.

Eagle Orthopaedics takes pride in their work and anticipates that every client will be fully satisfied with the function and workmanship of every device. They are very committed to giving every individual the time and attention they require and deserve.

5973 Hwy 2 East, Box 128  
Tyendinaga Mohawk Territory  
613.968.3330 or 800.561.0488  
[www.eagleorthopaedics.com](http://www.eagleorthopaedics.com)



*For information regarding the economic development program, please contact:*

**Kelly Maracle**

Economic Development Officer

Phone: 613.968.1122

Fax: 613.968.1128

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

Or visit us on our website at:

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

## Tips on Growing Your Business



**Implement new or improved operation processes.**

(evaluate what you are currently doing-look for ways you can improve.)



**Take advantage of under-used resources.**

(are you using all of your resources to their fullest? If there are times when your business is slow-look for ways to use resources in downtimes.



**Are your suppliers giving you the best deal?**

(Evaluate your suppliers, are they doing what they can to keep your business?)

**Calling all Registered Businesses!**

Please call the Economic Development Office with your special celebrations, Grand Openings, milestone anniversaries, special events! We will celebrate them in this section at no charge to your business!



Please check the website to ensure that you are now listed!

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

If you are not, and wish to be, or you want to update the description of your business, please contact Kelly @ 613.968.1122

A tourism development student has been recently hired. If you have any tourism tips, questions, comments, etc. Please contact the Housing and Sustainable Development Office  
613.968.1122



Employment has guests that come down from time to time to offer recruitment information sessions, etc.

Please watch for flyers on this or check the website regularly.

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

Or call Sandy at 613.968.1122 to see what's coming up!

***"You can delegate authority, but not responsibility."***

**WEBSITES WORTH CHECKING OUT!**

E-Business—[www.canadabusiness.ca/eng/145/148/](http://www.canadabusiness.ca/eng/145/148/)

Finding your Customers—[www.businessknowhow.com/startup/findcustomers.htm](http://www.businessknowhow.com/startup/findcustomers.htm)

Managing your Finances—[www.canadabusiness.ca/eng/82/151/](http://www.canadabusiness.ca/eng/82/151/)

Journey to Success-Aboriginal Women's Business Planning Guide—[www.ainc-inac.ca/ecd/pubs/js/js-eng.pdf](http://www.ainc-inac.ca/ecd/pubs/js/js-eng.pdf)

FOR MORE RESOURCES SUCH AS THESE, OR FOR ACCESS TO THE INTERNET, PLEASE COME AND VISIT US AT HOUSING AND SUSTAINABLE DEVELOPMENT  
LOCATED IN UNIT 4 AT THE BUSINESS CENTRE (14 YORK RD SHANNONVILLE)

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

**Sandy Sero**

Employment and Training  
Coordinator

Phone: 613.968.1122

Fax: 613.968.1128

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

Or visit us on our website at:

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

## Trustee Report for June 2011

The Hastings Prince Edward District School Board has just recently passed a balanced budget for the 2011 – 2012 school year. This has been a major challenge as a result of declining enrollment and the Ministry of Education's restraints in funding. Every School Board in Ontario has to present a balanced budget as mandated by the Ministry of Education for Ontario.

Our Aboriginal Education Committee for the Board held a committee meeting recently and reviewed the accomplishments over this past school year. This included over 30 sections of Native Studies Courses being offered and spread across every secondary school in the Board, a number of workshops directed at staff and student leadership, networking sessions that included other Boards of Education throughout the district, countless visits to schools providing resources and information to teachers and students, offering support to teachers and students who hosted Aboriginal Education presentations at their schools to raise cultural awareness. The cultural awareness that this program has raised across our Board has been tremendous.

June also means final exams and graduations for students who are moving on to the next phase of their education. Next month I hope to have a list of all students who have graduated from secondary schools.

For more details of any Board or Committee minutes, please to go Board website [hpedsb.on.ca](http://hpedsb.on.ca). > Board and Committee meetings.

Remember, if you have any comments or concerns, please call me at 9613)962-3595 or email at [mbrant@hpedsb.on.ca](mailto:mbrant@hpedsb.on.ca).

Respectfully submitted,  
Mike Brant, Trustee HPEDSB, representing Tyendinaga First Nations





## News from the Ohahase Education Centre

It's incredible to think that another school year has come to a close. It has been an eventful year at the Ohahase Education Centre, and we are proud of the work we and our students have accomplished. Our year was capped off with a trip to the Mohawk Valley. We stayed at Kanetsiohareke, and visited Cohoes Falls, Howes Caverns, the Iroquois Indian Museum, the State Museum, and traversed Indian Ladder. Nya:wen to Andrew Brant for organizing the trip, and nya:wen to all of you who supported our fundraising efforts to make the trip possible.

We say *onen* to the Grade 10 students who are leaving our high school program and who will continue their education with one of the local boards. Good luck **John, Jordan, Nik, and Clayton** as you enter Grade 11.

Congratulations to the nine students graduating from the HOPE program this year. We also congratulate the 15 students from our Adult Ed. and Youth Program who are graduating on July 7<sup>th</sup> with their Ontario Secondary School Diploma. Good luck to each of you as you pursue your goals towards a rewarding and successful career. We are honoured to have helped you along the way.

Nya:wen to our community partners who were instrumental to our programs' success over the year: the Enyonkwa'nikonhriyo:hake Program, Tyendinaga Justice Circle, Tyendinaga Fitness Resource Centre, Mohawk Family Services, Tyendinaga Police Services, and QMS. Thank you also to the community businesses that hosted placements for our Youth Program participants.

Please be reminded that the Centre remains open all summer, Monday to Friday, 8:30 – 4:30. We are here to assist those who are enrolled in Adult Ed. courses, and to register students for our programs. We are also doing some renovating at the Centre, and look forward to showing you the changes at our Fall open house. Also in the Fall, there will be another intake for the Youth Program, so watch for more information in your mailbox. First day of classes for our high school program is on Tuesday September 6<sup>th</sup>.

Have a safe and happy summer!

Ohahase Education Centre  
314 Airport Road  
613-396-6742



3 Old York Road  
Tyendinaga, ON K0K 1X0

Phone: 613.396.2122

Fax: 613.396.2761

Toll Free: 1.800.267.0637

[www.fnti.net](http://www.fnti.net)



**START DATE:**  
**SEPTEMBER 2011**

To reserve your seat, register before  
July 15, 2011

Contact: Buffy (Lesley) Hill, Registrar  
[buffyh@fnti.net](mailto:buffyh@fnti.net) or at Ext. 187

## OFFICE ADMINISTRATION College Level Certificate

The Office Administration Program at FNTI is a college level certificate program offered in partnership with St. Lawrence College of Applied Arts & Technology. It is offered through intensive-mode delivery sessions, which allows learners to maintain full-time employment (or other responsibilities) while receiving their education.

This program has been developed in response to the needs of individuals who are employed as or interested in a career as an Office Professional. Prior Learning Assessment & Recognition (PLAR) is an important component of our program delivery.

*There is an increasing demand for knowledgeable, skilled individuals to provide support to community leaders, administrators and executive personnel!*

***FNTI Today..... To Prepare For Tomorrow!***

ATTENTION:

HIGH SCHOOL STUDENT

INCENTIVE CHEQUES WILL BE AVAILABLE FOR PICK UP AT THE  
BAND OFFICE ON OR AFTER JULY 15 2011

IF YOU WISH YOUR CHEQUE TO BE MAILED PLEASE CONTACT

KRISTEN BIRD @ 613-885-7750

ATTENTION:

HIGH SCHOOL STUDENTS PARENT'S

IF YOU REQUIRE UNIFORM REIMBURSEMENT DURING THE  
SUMMER MONTHS PLEASE CONTACT

KRISTEN BIRD @ 613-885-7750



## YOUTH LEADERS 2011

I would like to take this opportunity to recognize some truly amazing students who have not only adjusted to high school extremely well, they have also helped make positive changes to their school environment as well as other students. As an acknowledgement of their efforts, each has received a Haudenosaunee Leadership jacket. It is youth such as this that makes our community strong and proud. Thank you, Ahtonwa Doreen, Kanda Rodgers and Jonah Lewis.



**NURSING MOTHERS' GROUP  
OF  
TYENDINAGA  
INVITES\***

**BREASTFEEDING MOTHERS  
AND BABIES  
AND EXPECTANT MOTHERS  
(\*Interested women and girls also Welcome)**

**To their ongoing series of meetings**

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

**@ COMMUNITY WELLBEING BUILDING**

**DISCUSSIONS ON A VARIETY OF TOPICS  
RELATED TO THE CHALLENGES AND  
JOYS**

**of MOTHERHOOD  
LIBRARY & MOTHER-TO-MOTHER HELP**

**BREASTFEEDING CLINIC AVAILABLE :**

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

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

**BREASTFEEDING  
CIRCLE**

*When new parents are encouraged to exclusively breastfeed and also to avoid bedsharing, mothers can easily become exhausted from spending their nights breastfeeding upright while trying to avoid falling asleep. Some mothers find themselves nodding off and nearly dropping their baby on a couch or recliner where the baby could become trapped.*

*CoSleeping refers to many different ways babies sleep in close physical and emotional contact with their parents, usually within arm's reach. CoSleeping can mean bedsharing or roomsharing, but is often used interchangeably with bedsharing. Bedsharing is common in many cultures with low SIDS rates and is associated with more sleep and better breastfeeding. In Western cultures, some recommend against bedsharing without distinguishing between safe and unsafe sleeping practices. Here is an example of adapting our practices for a safe bedsharing arrangement. (For more, see book "Sleeping with Your Baby" by James McKenna, available on loan from Breastfeeding Support Group library).*

**THE PROPER WAY TO  
COSLEEP:**

**A**n idealized sketch of bedsharing when both parents do not smoke, are sober, have chosen to bedshare, and are breastfeeding their baby. The bed frame has been completely removed and the mattress has been placed at the center of the room away from walls and furniture. Light blankets and firm, square pillows are being used. No older children, pets, or stuffed animals are allowed in the bed.



July 2011  
Moms - In - Waiting  
Canadian Prenatal Nutrition Program (CPNP)

**MONTHLY FOOD VOUCHERS** are offered to women during their pregnancy. For more information please call Community Wellbeing at 613-967-3603 and speak with the Community Health Nurses who will outline the program

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

Mary McCauley R.N.  
Community Health Nurse

## Moon Ceremony

WHERE: COMMUNITY WELLBEING CENTRE

WHEN: **July 14** at approx. 8:30 p.m.

Please wear a dress/skirt and

bring tobacco (if you have it)

& a food item for the feast afterwards.

Please come to the left when entering the building  
at 50 Meadow Drive and enter the door there.

*We welcome all  
women to come out  
and join us!*



Tyendinaga Coalition  
for Healthy Lifestyles  
Presents

Stepping Stones 4

## POWER FOR CHANGE

Diabetes  
Conference

- Cultural approaches to well-ness.
- Presentation Chef David Wolfman. ( as seen on APTN)
- Dr. Marilyn Cook, (Manitoba Cree) " Strengthening Cul-tural Approaches to Well-ness"
- Physical health activities.
- RezTore Pride, RezTore Health—Rap Performance, youth focused prevention.



New Updates

OCTOBER 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     |     | 1   |
| 2   | 3   | 4   | 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  | 13  | 14  |     |
| 16  | 17  | 18  | 19  | 20  | 21  | 22  |
| 23  | 24  | 25  | 26  | 27  | 28  | 29  |
| 30  | 31  |     |     |     |     |     |

SAVE  
THE  
DATE

Tyendinaga Mohawk Territory



## How to—garden basics... Garden Tours

Come and join us on a garden  
tour of the area !!

Overall goal: to tour gardens in the area.

Where: To meet at the Community Wellbeing Building

Time: 900 to 1200

Date: Saturday July 16th, 2011

Contact Shelly at 613-967-3603







# July 2011



| Sun                                                                                                                                                                                                                                                  | Mon                                                          | Tue                                                          | Wed                                                                                                                                                                                                                               | Thu                                                                          | Fri                                                                                                                                  | Sat                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| Breakfast Club—8:00 to 9:30 a.m.<br>Diners Club—12:00 to 2:00 p.m.<br>Handivan Departure—10:00 a.m.<br>Meals on Wheels delivered between:<br>11:30 a.m. to 12:30 p.m.<br>Friendly Visiting—1:00 to 3:00 p.m.<br>Scrapbooking—10:00 a.m. to 3:00 p.m. |                                                              |                                                              | Walking Program—9:00 a.m. to 10:30 a.m. p.m.<br>Birthday Tea—2:00 to 4:00 p.m.<br>Euchre & Sequence—6:30 to 8:30 p.m.<br>Friendly Visiting—1:00 to 3:00 p.m.<br>Outdoor Games—9:00 a.m. to 11:00 a.m.<br>Bingo—12:00 to 3:00 p.m. |                                                                              | <i>1</i><br><br><i>Office Closed</i>                                                                                                 | <i>2</i>                                                         |
| <i>3</i>                                                                                                                                                                                                                                             | <i>4</i><br><b>Breakfast Club (Full)</b><br>Walking Program  | <i>5</i><br>Breakfast Club (Continental)<br>Meals on Wheels  | <i>6</i><br>Breakfast Club (Continental)<br>Diners Club<br>Deseronto<br>Sequence Night                                                                                                                                            | <i>7</i><br><b>Breakfast Club (Full)</b><br>Meals on Wheels<br>Blvl Shopping | <i>8</i> Breakfast Club (Continental)<br>Meals on Wheels<br>Handivan Des<br>Outdoor Games<br>Friendly Visiting                       | <i>9</i>                                                         |
| <i>10</i>                                                                                                                                                                                                                                            | <i>11</i><br><b>Breakfast Club (Full)</b><br>Walking Program | <i>12</i><br>Breakfast Club (Continental)<br>Meals on Wheels | <i>13</i><br>Breakfast Club (Continental)<br>Diners Club<br>ELDERS LODGE<br>Euchre Night                                                                                                                                          | <i>14</i><br><b>Breakfast Club (Full)</b><br>Meals on Wheels<br>Birthday Tea | <i>15</i><br>Breakfast Club (Continental)<br>Meals on Wheels<br>Handivan Des<br>Outdoor Games<br>Scrapbooking                        | <i>16</i>                                                        |
| <i>17</i>                                                                                                                                                                                                                                            | <i>18</i><br><b>Breakfast Club (Full)</b><br>Walking Program | <i>19</i><br>Breakfast Club (Continental)<br>Meals on Wheels | <i>20</i><br>Breakfast Club (Continental)<br><b>BINGO</b><br>Sequence Night                                                                                                                                                       | <i>21</i><br><b>Breakfast Club (Full)</b><br>Meals on Wheels                 | <i>22</i> Breakfast Club (Continental)<br>Meals on Wheels<br>Handivan Des<br>Outdoor Games<br>Friendly Visiting<br>River Boat Cruise | <i>23</i><br><i>Supper Club</i><br><i>at</i><br><i>5:00 p.m.</i> |
| <i>24</i>                                                                                                                                                                                                                                            | <i>25</i><br><b>Breakfast Club (Full)</b><br>Walking Program | <i>26</i><br>Breakfast Club (Continental)<br>Meals on Wheels | <i>27</i><br>Breakfast Club (Continental)<br>Diners Club<br>ELDERS LODGE<br>Euchre Night                                                                                                                                          | <i>28</i><br><b>Breakfast Club (Full)</b><br>Meals on Wheels                 | <i>29</i> Breakfast Club (Continental)<br>Meals on Wheels<br>Handivan Des<br>Outdoor Games<br>Scrapbooking                           | <i>30</i>                                                        |
| <i>31</i>                                                                                                                                                                                                                                            |                                                              |                                                              |                                                                                                                                                                                                                                   |                                                                              |                                                                                                                                      |                                                                  |

## *Thank You*

On behalf of my family and myself. I wanted  
To thank all our family, friends, Chief and  
Council and the Native Women's Association  
for all your help and support, donations, food  
and flowers.

Your thoughtfulness means so much,  
especially during this very difficult time.

Johnny will be dearly missed by many  
people. Once again thank you for extending  
your support to us.

## **CARD OF THANKS GREEN, STANLEY ROY (MICK)**

The family would like to thank everyone for their  
condolences and memories. Also our thanks to all those  
that attended the service and interment. A special thanks to  
those that acted as pall bearers and the ladies at the commu-  
nity centre for the food they provided. We would also like  
to thank the ladies of the Community Care who provided  
their support and help while Mick was sick. Also thanks to  
Theresa Appleton for her kindness to Mick throughout his  
sickness. The entire family wishes to thank the community  
as a whole for their love and sympathy.  
Mick will be forever missed by all.

Sincerely, Marion

## **Our Kids need YOU!**

If your family is interested in caring for children in our community who need  
temporary or permanent homes, please contact Mohawk Family Services.

Your commitment to our children is greatly needed. We have a special need for  
families who have experience parenting teenagers, and who can take on the  
challenge of being able to guide our youth on their journey to a healthy life.

You do not need to live on Mohawk Territory to inquire. We have Mohawk children  
who require safe homes across the Province.

Please call 613 967 0122 ext 106 to inquire, we would love to hear from you!

**Let's raise our children together.**



Sincerely,

**The Mohawk Family Services Team**



# Thank You!



On June 2-5 2011, 18 Secondary students from Tyendinaga had the unique opportunity to travel to Kanatsiohareke in Mohawk Valley New York, under the supervision of myself and several volunteers. The intent of the trip was to reintroduce communal bonding to the students and to provide a look into our history. Mohawk Valley is where our ancestors originated from.

The trip was an amazing experience that was enjoyed by everyone. By networking with several programs within the Territory, this trip became a reality for many, who otherwise may have not had the opportunity. On behalf of the students, I would like to extend our heartfelt thanks to **Betty Carr-braint** of the Good Minds Program for helping organize and fund this trip as well as **Lynn Brant** of Tyendinaga Heath Approaches Program who donated all of the delicious snacks for the bus ride there and back, **Shannon Butcher** from the Restorative Justice Program who purchased all of the admission tickets for the museum and Howe's Caverns for the students and volunteers, **Kelly Maracle** of the Economical Development Program who donated water bottles so we could be environmentally friendly while on our trip and **Kathleen Manderville** from Quinte Mohawk School who donated sports equipment for us to use while we were away. All of these donations helped ensure that we could keep the costs low for the students. I would like to thank the volunteers that helped chaperone this trip, offer guidance, words of wisdom and teachings to our youth. You are an amazing example of how we as a community can all work together to build a stronger and brighter future for tomorrow. Thank you **Carol-Ann and Patric Maracle, Kevin and Kathy Brant, Sierra Maracle, Chris Autin, Jack Green, Crystal Loft and Chris Bird**. Last but not least I would like to thank MBQ Counsellor **Doug Maracle** and past CEO **Brian Hamilton**, without their progressive thinking and ability to think outside the box and support this MBQ field trip none of this would have been possible. But most of all I would like to thank the **YOUTH** that accompanied us on this trip. You were an inspiration to Tom Porter and the rest of the adults that were with you. You constantly show us how to open our minds and our hearts, you worked together like a family and made the week-end amazing. Thank you and I am honoured to work with you.

-Kristen Bird, Native Student Liaison



## **NYA:WEN KOWA**

***The Enyonkwa'nikonhriyohake Program received a very generous donation from the AJ Brant Charity Foundation presented by Kevin Brant, in support of the Youth Program. A big NYA:WEN KOWA to this foundation for supporting the youth in our community!!!! It will be put to good use.***

---

The Enyonkwa'nikonhriyohake Program would like to thank all of the youth who participated in the Haudenosaunee Youth Leadership Conference 2011, during the March break. It was an eventful week that consisted of guest speakers discussing youth leadership and positive role modeling, as well as one full day dedicated to lacrosse. We would like to say "thank you" to all the fantastic caterers for providing us with healthy lunches and snacks during the week!

For the first time this year, the Enyonkwa'nikonhriyohake Program also held an evening session for adults/parents, with Dr. Karyn Gordon as the guest speaker.

### **WINNERS & PRIZES**

#### **Two lacrosse sticks donated by the Iroquois Lacrosse presenters:**

Jordan Hughes & Chase Volkmann

#### **Door prizes for the week:**

Jiggy Maracle, Mackenzie Bowden, Tewahennake Hill....\$25 gift card to Wal-Mart

Chase Volkmann & Tehiotsisto Maracle....Lacrosse Stick

Amber Loft....Nintendo Wii System

Cooper Gazley....iPod Nano donated by the CHR program

#### **Adult evening session:**

Darlene & Greg Loft....Gift card

Ruth Martin....\$25 Dewe's gift card

Mary McCauley....\$25 Dewe's gift card

Carol Brant....\$100 Wal-Mart gift card

Tracey Gazley....George Foreman Grill with a Wal-Mart gift card donated by the CHR program

---

The Enyonkwa'nikonhriyohake Program would like to say **Nya:wen kowa** to everyone who came out and participated in the Earth Day Clean Up, held on Saturday, April 30<sup>th</sup>. We are grateful so many community members came out to help clean up our community and keep Mother Earth healthy. We are grateful for everyone's generous donations for the tree seedlings, the silent auction prizes and the BBQ. We were able to raise \$304, which will support our youth program! A huge **Nya:wen kowa** to Kristin Maracle for the tree seedling donations. **Nya:wen kowa** to Liz Brant and Crystal Maracle for the donations as well as looking after all of the silent auction tickets and prizes. **Nya:wen kowa** to Chris Auten for manning the BBQ station!! It was truly an awesome day.

We had community members do a crossword search puzzle pertaining to FASD information for prizes...the winners was:

|                                          |                                                |
|------------------------------------------|------------------------------------------------|
| Donna Hughes....\$100 Wal-Mart gift card | Laura & Bub Maracle....\$75 Wal-Mart gift card |
| Tracey Gazley....\$50 Dewe's gift card   | Jordan Hughes....\$25 Dewe's gift card         |

---

The Enyonkwa'nikonhriyohake Program held a community breakfast on Friday, May 20, in support of Sexual Assault Awareness Month –Men Standing Up: Taking Action against Sexual Assault. We would like to send out a **NYA:WEN KOWA** to the men who worked hard in the kitchen cooking breakfast.....Jack Green, Chris Auten, Blaine Loft, Greg Loft, and Brandon Barberstock. We would like to also send a big **NYA:WEN KOWA** out to the community members who came out and joined us. The event was a huge success!!



### **TOPS CONVENTION 2011**

**Back Row:** Left to Right

*Debbie Paul, Joy Brant, Gladys Bowden, Bobbie Hill  
Brenda Doreen, Rose Brant, Ardeth Armstrong*

**Front Row:** *Linda Spencer, Donna Crouse,  
Tree Good*

**WE ARE TOPS, ON#5258 T.M.T.**  
*Losers Unite, Join Us!*

**Thursday Evenings**  
5:00 - 6:00 p.m. - Weigh In  
6:00 - 7:00 p.m. - Meeting  
Elders Lodge  
(Bayshore Rd)

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

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

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

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





# Happy Birthday!



Happy Birthday!  
Mackenzie—July 10  
Love Nan & Pa

Happy Birthday!  
Andy Brant  
Garnet Brant  
Dale (Guts) Hill  
Kirk Brant  
Keith Brant  
Kelly Brant  
From Chip, Allison & Kody

Happy Birthday!  
Dad (Chip)  
Love Kody & Allison

Happy Birthday!  
Marvin – July 2<sup>nd</sup>  
Love Rick, Marilyn, Sam & Emmett

Happy Birthday!  
Carol – July 4<sup>th</sup>  
Love Marilyn, Rick, Sam & Emmett

Happy Birthday!  
Hailey Bird – July 22<sup>nd</sup>  
Lots of Love, Aunt Marilyn,  
Uncle Rick, Sam & Emmett

Happy Birthday!  
Maria – July 24<sup>th</sup>  
Love Marilyn & Rick

Happy Birthday!  
Maria (Auntie) – July 24<sup>th</sup>  
Lots of Love, Sam & Roo Roo

Happy Birthday!  
Taiden – July 26<sup>st</sup>  
Love Aunt Marilyn, Uncle  
Rick, Sam & Emmett

Happy Birthday!  
Shannon – July 26<sup>th</sup>  
Love Aunt Marilyn, Uncle  
Rick, Sam & Emmett

Happy 2<sup>nd</sup> Birthday!  
to an awesome  
grandson Emmett – July 29<sup>th</sup>  
Lots of Love, Grandma &  
Papa

Happy 2<sup>nd</sup> Birthday!  
to my wonderful son  
Emmett – July 29<sup>th</sup>  
Lots of Love from Mommy  
xoxoxo

Happy Birthday!  
Dakota – July 30<sup>th</sup>  
Love Marilyn, Rick, Sam &  
Emmett

Happy Birthday!  
Angel – July 31<sup>st</sup>  
Marilyn

Happy Birthday!  
Daddy (Dale Hill)  
July 20  
Love Sadie, William, and  
Elijah xoxo

Happy Birthday!  
Uncle Bryce (McMurter)  
July 13  
Love Sadie, William, and  
Elijah xoxo



Happy 32<sup>nd</sup>  
Anniversary  
Rick – July 28<sup>th</sup>  
Love you Marilyn

Happy 2nd Anniversary  
Chip  
Love Allison

"Happy 40th Anniversary"  
Mom & Dad  
July 3, 2011  
(Carol-Ann & Bernard Brant)  
Love Always,  
Susanne and James

"Happy 40th Anniversary"  
Grandma and Grandpa  
July 3, 2011  
We love you very much!  
Sierra and Ethan  
XO XO



## A BIG THANK YOU

Yes, Now I admit that I am amongst the 50 crowd !

I would like to take this time to thank my wife, Delores, for the Birthday Surprise Party on June 4<sup>th</sup>.

For the first time, I was never so surprised in my entire life to see my son, fiancée with baby-to-be, brothers, sisters, nephews, nieces, great nephew, cousins, step-children, step-grandchildren and last but not least, my kind and consider friends. Special thank you to Teri and Andy for the delicious cake, and to everyone that helped make my surprise party one I shall never forget.

I would like to express my gratitude for all the cards, monetary gifts, Tim Horton gift cards and words of wisdom.

Special thank you to Fr. Gerard for the kind words and prayers.

and to Leo, my brother, for ending my surprise party with fireworks.

P.S.

I would like to thank my son, Jonathon and fiancée, Lauren for giving me the most special gift ever, my grandson, Braiden Jonathon Francis Whalen, born June 24<sup>th</sup>, 2010

Nai:wen Kowa  
Thank you

Dan Whalen



I would like to give a big Thank you to the Dream Catcher Fund For giving me the opportunity to join Angela Maracle's Dance Studio 2010/2011 Dance Competition Team.

Saide Doreen



Thank You

To all participants of the Tuesday walking group that met faithfully rain, snow or shine, your dedication to your wellness and laughter made it so much fun.

Thank you to Hollie Lloyd for your fitness expertise, we worked our butts off!!

Thank you to the janitorial staff (Skin & George) at QMS for putting up with us every week.

Have a safe and healthy summer, see you in the fall.

Denise Leafé

### Thank You!

The Shannville Hawks baseball team would like to thank the following sponsors for helping get our team off the ground and back into the South Hastings baseball league. Without your kindness this would not be possible and with your much appreciated help we are off to a great start.

#### A Big Niawen to:

- Village Variety & Gas Bar
- Tyendinaga Propane
- Free Flow Petroleum
- Tyendinaga 59'ers Senior Club
- Five Nations Trading
- Deb's Gas Bar & Restaurant
- Confederate Variety
- Build All Contractors
- Les & Coon Reid
- Thread Works
- Brants Heating & Cooling
- Signs Unlimited

Once again to the people who have helped support our team and we welcome any new supporters as this is a financially demanding league.

If you have any questions, feel free to contact Todd John at (613) 967- 1452



# SOUTH HASTINGS BASEBALL LEAGUE

## 2011 SCHEDULE

### JULY

|     |              |                                                  |          |
|-----|--------------|--------------------------------------------------|----------|
| #48 | Tuesday 5    | Mudhens at Master Bedroom                        | 6:15     |
| #49 |              | Latta at Electrical Utilities Contracting        | 8:30     |
| #50 | Wednesday 6  | Uens at Mudhens                                  | 6:30     |
| #51 |              | Shannonville at Latta                            | 8:00     |
| #52 | Thursday 7   | Uens at Tal Trees                                | 6:15     |
| #53 |              | Melrose at Shannonville                          | 8:30     |
| #54 | Saturday 9   | Electrical Utilities Contracting at Tal Trees    | 6:30     |
| #55 | Sunday 10    | Shannonville at Master Bedroom                   | 1:00     |
| #56 |              | Melrose at Latta                                 | 2:00     |
| #57 | Tuesday 12   | Mudhens at Melrose                               | 6:15     |
| #58 |              | Tal Trees at Shannonville                        | 8:30     |
| #59 | Wednesday 13 | Electrical Utilities Contracting at Mudhens      | 6:30     |
| #60 | Thursday 14  | Latta at Uens                                    | 6:15     |
| #61 |              | Master Bedroom at Tal Trees                      | 8:30     |
| #62 | Friday 15    | Melrose at Electrical Utilities Contracting      | 7:00     |
| #63 | Saturday 16  | Tal Trees at Shannonville                        | 6:30     |
| #64 | Sunday 17    | Mudhens at Uens                                  | 1:00     |
|     |              | Rainout Game #8                                  | 1:00(ND) |
| #65 | Tuesday 19   | Electrical Utilities Contracting at Shannonville | 6:15     |
| #66 |              | Uens at Tal Trees                                | 8:30     |
| #67 | Wednesday 20 | Master Bedroom at Latta                          | 8:00     |
| #68 | Thursday 21  | Mudhens at Shannonville                          | 6:15     |
| #69 |              | Master Bedroom at Melrose                        | 8:30     |
| #70 | Friday 22    | Melrose at Uens                                  | 7:00     |
| #71 | Saturday 23  | Latta at Electrical Utilities Contracting        | 6:30     |
| #72 | Sunday 24    | Master Bedroom at Shannonville                   | 1:00     |
| #73 | Tuesday 26   | Tal Trees at Master Bedroom                      | 6:15     |
| #74 |              | Shannonville at Uens                             | 8:30     |
| #75 | Wednesday 27 | Latta at Mudhens                                 | 6:30     |
| #76 | Thursday 28  | Master Bedroom at Uens                           | 6:15     |
| #77 |              | Electrical Utilities Contracting at Tal Trees    | 8:30     |

### NOTE:

ND = New Diamond in Melrose

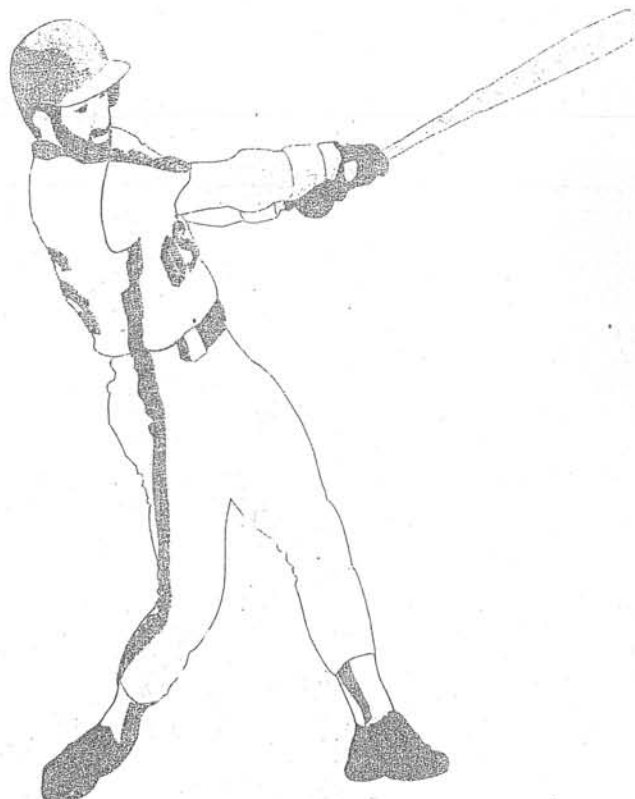
Master Bedroom home games played in Melrose

Latta home games played in Thurlow

Mudhens home games played at the New field in Melrose

All other teams play out of Melrose old field

All Rain out games will be played in Melrose at the old diamond unless stated ND on schedule. -



### PRESIDENT TREASURER SECRETARY UMPIRE IN CHIEF

|                  |              |
|------------------|--------------|
| John Masterson   | 613-968-8037 |
| Gerry Masterson  | 613-962-8840 |
| Tara Harrison    | 613-848-5210 |
| Dave McCambridge | 613-477-2494 |

### CONTACTS

|                                  |                 |                                   |
|----------------------------------|-----------------|-----------------------------------|
| Uens Pole Line Construction      | Jim Uens        | 613-962-1282<br>Cell 613-968-0441 |
| Melrose                          | Chris Murphy    | 613-813-5207                      |
| Tyendinaga Mudhens               | John Masterson  | 613-968-8037                      |
| Melrose Tal Trees                | Reg Abrams      | 613-477-3151                      |
|                                  | George Foote    | 613-477-2682                      |
|                                  | Shane Marshall  | 613-395-4488                      |
| Latta Rivermen                   | Boyd Sullivan   | 613-477-2082<br>Cell 613-242-2710 |
|                                  | Gord Mitchell   | 613-477-1582<br>Cell 613-885-4317 |
| Master Bedroom Brewers           | Adam Dutton     | 613-967-9837                      |
|                                  | Kris Parkinson  | 613-384-0303<br>Cell 613-329-9320 |
| Electrical Utilities Contracting | Pat Callahan    | 613-396-5936                      |
|                                  | Matt Richardson | 613-885-1434                      |
| Shannonville                     | Todd John       | 613-885-5801                      |

CJBQ Radio Station 613-968-4737





314 Airport Road, Tyendinaga Mohawk Territory, ON K0K 1X0  
Ph: 613-396-3100 Fx: 613-396-1083 [www.tto-kenhteke.org](http://www.tto-kenhteke.org)

## ***Nya:wen ko:wa!***

Tsi Tyonnheht Onkwawenna would like to extend a big thank you to all **volunteers and donors** who helped make Aboriginal Day a huge success:

Diabetes Nurse Educator and  
Maternal Child Health and Early Childhood Development  
for their generous donation of food for a healthy lunch;  
Chris Auten, Gladys and Phil Bowden, Eli Brinklow, Nathan Brinklow, John Hill, Valerie Brant,  
and Kevin Brant for all your valuable time;

Thanks to all those who provided **entertainment for the variety show**:

Noelle Maracle, Wihse Green, Sarah Brown,  
Otariyo'ha, Kanyen'kwentha, and Tsyowihsio,  
Lynne Brant, Niwa'kwarita:'a and Thohyanoken, and Kanaktiyohstha.

Also thank you to all of you who participated in the **parade** and  
the almost **150 people in attendance!**

Finally, congratulations to **Niwakwa'kwarita:'a and Ronehtawaks Lefort** for taking **First Place in the Canoe Races!**

*A great day was had by all!*

## Kastowa sales

Nyá:wen kó:wa to the 24 stores in Tyendinaga who participated in our  
Kastowa Sales Campaign

to fundraise for furniture for **Kawenna'on:we**.

As well to all of you who purchased kastowas...we appreciate your support!

**We reached \$1305.22 in total!**

Great job everyone!



*Special thanks to:*

**Village Variety** who raised and donated a total of \$500!

**Bayview Variety** and **Tyendinaga Fitness Resource Centre**:

Both in excess of 150 kastowas sold!

**Sacred Circle**: matched what they raised for a total of \$142, AND  
offered an in-store credit to the employee who sold the most kastowa's!

**YOYANERE SEWAKWE:KON!**



**Congratulations!**

**Kody Brant**

on graduating  
from St. Theresa's.  
Good Luck in  
Ottawa.

We are so proud of you and your  
accomplishments.

Always remember, you have within you  
the strength, the patience, and the  
passion to reach for the stars to change  
the world.

Love Dad & Allison



**ITS  
A  
BOY!**

**Jonah Louis Kohoko Roy**  
Born on June 22, 2011  
Weighing 6 lbs. 6 oz.

*Proud parents: Tara Kohoko & Stephane Roy  
And proud Tota Molly, Uncle Jeff & Big Brother Joshua*

**Congratulations and Happy Birthday!**



***Sir William Cambrian James Hildebrand***

You've made it through Junior and Senior  
Kindergarten!

You are going to be 6 years old on July 20, 2011.  
Every day is an adventure like no other, with you.  
You have worked very hard to overcome challenges  
out of your control in the six years you have been  
with us. Keep trying, keep smiling and keep being  
exactly who you are.  
We love you.

Love Mommy, Dale, Daddy, Sadie, Elijah, Uncle  
Bryce & Aunt Amanda,  
Grandma, Poppa, Elaine & Gary, and all the Brant  
Family.



**CONGRATULATIONS**

**To my son, Jonathon and fiancée, Lauren on  
their new arrival , a healthy baby boy**

**Braiden Jonathon Francis Whalen**

**weight in**

**@**

**6 lbs 9 oz**

**June 24<sup>th</sup> 2010 @ 6:01pm**

**LOVE DAD AND DELORES**



Association of Iroquois and Allied Indians  
Presents  
**ELDERS GATHERING 2011**  
*"Connections Empowering Independence"*



Hosted by Mohawks of the Bay of Quinte

**Dates: August 23, 24 & 25, 2011**

Events/Activities Include (Subject To Change):  
*Non-Insured Health Benefits, The Truth About Tea, Credit Counseling and More*



**"Stars Alive" Gala Dress Theme Contest**  
**Wednesday, August 24<sup>th</sup> Only**  
**See Flyer For Details**



Registration open to member Nations: Batchewana, Caldwell, Delaware,  
Hiawatha, Oneida, New Credit, Wahta, Tyendinaga

Your community will have an appointed contact person(s) for registering for this event. For further details please inquire at your Administration Office, or contact Valerie George at AIAI, (519) 434-2761 or email [vgeorge@aiai.on.ca](mailto:vgeorge@aiai.on.ca).

Youth Participation is Encouraged. You Must Register as Age Restrictions May Apply. All Fees Incurred Would Be at Your Own Expense and Supervision is Mandatory (Organized Through Individual Communities If Participating)

Registrants in excess of 200 may be charged a minimal fee





## Elders Gathering 2011 DRESS THEME CONTEST – – – STARS ALIVE!

Date: Wednesday, August 24, 2011  
Time: All Day or, 4:00 - 7:30pm

On the day/evening of the Gala you will be issued your celebrity name tag. Although not necessary, you may register your *celebrity* name in advance.

You may wear your celebrity dress-wear all day if you like, or wait for 4:00pm to be eligible for the following prizes:



- 1<sup>st</sup> Prize: Most Original
- 2<sup>nd</sup> Prize: Most Resourceful
- 3<sup>rd</sup> Prize: Best Interpretation
- 4<sup>th</sup> Prize: Best Overall (*Must be worn all day*)



### CONTEST RULES:

1. For 4<sup>th</sup> prize, dress-wear must be worn *all day*.
2. For 1<sup>st</sup> - 3<sup>rd</sup> prize, must don dress-wear the entire evening.
3. Must be willing to pose for pictures and sign autographs, time permitting.



Come out dressed as any celebrity or idol you wish. Some ideas might be, Cher, Sting, Madonna, John Belushi, Stimey, Reba, Doris Day, or perhaps your community could come as a group such as, Partridge Family, the crew from Gilligans Island, Larry, Moe and Curly, or Batman and Robin. Be as creative as you wish - hold no bars!





## July Newsletter

Maternal Child Health & Early Childhood Development Program

Healthy Babies Healthy Children Program

50 Meadow Drive

613-967-3603 or 613-967-0122

### Monday Play Group

July 4, 11 & 25th, 2011

9:30 am—11:30 pm

Ages 0-6

Community Wellbeing Teaching Lodge.

Come and play with all our toys and make a special craft

### Family Bowling Night

July 21st, 2011

MCH & HBHC clients only

5:30—8:00 pm

Belleville Bowling Alley

Please call to register, transportation may be provided depending on the number of participants.

Please call Allison or Johanna 613-967-3603



### BABY CLUB

Wednesdays, 1-3 pm

July 6, 13 & 27th, 2011

Community Wellbeing Building



For parents with infants 0-18 months. Older siblings are welcome. Baby Club is an excellent opportunity for you to share experiences and ideas with other parents. Information is available on a variety of topics.

Baby scales are always available each week for weighing your baby.

A Community Health Nurse is available during the Baby Club to answer your questions and concerns.

# Tales That Teach

## **FAYE LUFFMAN READS HER BOOK "PETER PENGUIN"**

Faye joins us July 2nd, 2011 at our Saturday morning Drop In to read her storybook, sing her song along with the CD, and then children and parents will make a stick puppet. Her book/CD/puppet and felt packaging will be available to purchase for a cost of \$39.99, there is also the book/CD/puppet for \$20.00 or the book & CD for \$10.00. You can check it out at [www.zingcreations.com](http://www.zingcreations.com)

Also, please call to register your child(ren). We need a minimum of 20 children for this event.

Please Register Call Allison or Julie Brant 613-967-3603

July 2nd, 2011

9:30-12:00

Community Wellbeing Centre Teaching Lodge



## **18 Month Baby Well Visit**

Did you know that you are to have your child checked at 18 months to see where they are developmentally. If you would like to have more information on what milestones your child should be reaching and what should be done at the 18 month stage of your child's life, we have prepared bags for community members to take home to learn and play with their child(ren). Please contact Allison or Mary at 613-967-3603

## **Saturday Drop In**

July 2, 16 & 30th, 2011

9:30-11:30 am

Ages 0-8

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

## **Family Prize packs**

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

The prize will be Drawn on  
September 30th, 2011

Prize pack:

Salsa & Scoops

Popcorn

Goldfish crackers

Board game & Movie



# July 2011

| Sun | Mon                            | Tue | Wed                          | Thu                                                        | Fri                | Sat                                                      |
|-----|--------------------------------|-----|------------------------------|------------------------------------------------------------|--------------------|----------------------------------------------------------|
|     |                                |     |                              |                                                            | 1<br>Office Closed | 2<br>Drop In 9:30-12:00<br>Guest Speaker<br>Faye Luffman |
| 3   | 4<br>Play Group<br>9:30-11:30  | 5   | 6<br>Baby Club<br>1:00-3:00  | 7<br>Tot's &<br>Stroller's Movie<br>12:00-3:30<br>Cineplex | 8                  | 9                                                        |
| 10  | 11<br>Play Group<br>9:30-11:30 | 12  | 13<br>Baby Club<br>1:00-3:00 | 14                                                         | 15                 | 16<br>Drop In<br>9:30-11:30                              |
| 17  | 18                             | 19  | 20                           | 21<br>Family Bowling<br>Night Belleville<br>5:30-8:00      | 22                 | 23                                                       |
| 24  | 25<br>Play Group<br>9:30-11:30 | 26  | 27<br>Baby Club<br>1:00-3:00 | 28                                                         | 29                 | 30<br>Drop In<br>9:30-11:30                              |
| 31  |                                |     |                              |                                                            |                    |                                                          |

Check us out on Facebook  
under Maternal Child Health



# You Deserve a Little Playtime.

Join us for the perfect  
play date for you and your baby.

**July 7th 2011**

12:00-3:30 pm

Pay your own admission. Cineplex Belleville

Transportation will be provided for the first 16 people. We will leave the CWB Building at noon. Please call to register 613-967-3603 Allison or Johanna



- ☆ A baby friendly environment
- ☆ Lowered volume and dimmed lighting
- ☆ Change tables
- ☆ Stroller parking available

## Upcoming Events

August 4th Stars & Strollers

August 13th HBHC Client BBQ \* clients only

August 22nd Toronto Zoo Trip \*MCH & HBHC clients \$5.00 per person from ages 4 & up  
Non clients are 4-12 \$11.05, 13-64 \$19.55, 65+ \$14.45 Children under 3 free.

If you would like to pre register for any of these events please call 613-967-3603  
Allison or Johanna



14 York Road, Unit #1

Shannonville, Ontario

KOK 3A0

## Tyendinaga Fitness Resource Centre

(613) 962-2822 [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)

July 2011

### Discover the Balance

We have Gift Certificates

#### Discovering the Balance

By Working the

Mind, Body,

Heart and Spirit

#### Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 1:00pm

#### Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

We Are Open to The Public

#### Staff

Darlene Loft

Recreation Manager

Sonya Maracle / Staff & P.T

Tara Green / Part Time Staff

2 Summer Students to start

July 11/11

### Is there anything I can do at my desk to keep from being completely sedentary throughout the day?

- put on a headset and pace while you talk on the phone
- do 30 sec squats hovering over your chair every 20mins
- stretch your body out while sitting to get the blood flowing
- do calf raises while standing in your cubicle
- go for a walk on your lunch break

#### New Staff

#### **Tara Green—She:kon!**

My name is Tara Green and I have recently been hired at the Tyendinaga Fitness Resource Centre. I have lived on the Territory for the majority of my life and now continue to raise my own family here. I have completed courses in the areas of health and fitness promotion and I look forward to working with the team at TFRC and its members in promoting wellness and healthy lifestyles throughout our community.

#### Winners of the Spring Show Off Door Prizes

Don Merlin, Debbie Howard, Shanden Maracle, Mary Mifsud, Alex Wilson, Jenny Procnier, Emily Durling, Chavis Maracle

Nia;wen Kowa to everyone who came out to support the event. We had attendance of 286 for the week.

#### **Nia:wen / Thank You**

Special thank you to Greg Loft, Bruce Maracle & Dave Maracle for helping with different task at TFRC. Also special thank you to our volunteers - Markus Bardy & Matt Procnier.



Calendar of Events July 2011

| Sunday                                                                            | Monday                                                                           | Tuesday                                                                                             | Wednesday                                                                                         | Thursday                                                                                                | Friday                                                                                                 | Saturday      |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------|
|  | Fitness Programs will start again In Sept.                                       | Yoga<br>Pilates<br>Boot Camp<br>Zumba<br>SelfDefense                                                | Park Events<br>At Young Street                                                                    |                                                                                                         | <sup>1</sup><br><b>CLOSED<br/>CANADA<br/>DAY</b>                                                       | <sup>2</sup>  |
| <sup>3</sup>                                                                      | <sup>4</sup><br>Try<br>Something<br>New                                          | <sup>5</sup><br>Fit For 2<br>9:30-10:30                                                             | <sup>6</sup><br> | <sup>7</sup><br>Fit For 2<br>1:00-2:00                                                                  | <sup>8</sup>                                                                                           | <sup>9</sup>  |
| <sup>10</sup><br>FREE TEEN<br>FITNESS<br>WEEK<br>1pm-8pm<br>Ages 12-16            | <sup>11</sup><br>Run 9-9:45<br>Walk 10-10:45<br>Park 3:30-4:15<br>Bike 6:30-7:15 | <sup>12</sup><br>Bike 9-9:45<br>Fit For 2 9:30-10:30<br>Park 3:30-4:15<br>Walk 6-6:45<br>Run 7-7:45 | <sup>13</sup><br>Run 9-9:45<br>Walk 10-10:45<br>Park 3:30-4:15<br>Bike 6:30-7:15                  | <sup>14</sup><br>Bike 9-9:45<br>Fit For 2 1:00-2:00<br>Park 3:30-4:15<br>Walk 6-6:45<br>Run 7-7:45<br>↕ | <sup>15</sup><br>  | <sup>16</sup> |
| <sup>17</sup><br>FREE TEEN<br>FITNESS WEEK<br>1pm-8pm<br>Ages 12-16               | <sup>18</sup><br>Run 9-9:45<br>Walk 10-10:45<br>Park 3:30-4:15<br>Bike 6:30-7:15 | <sup>19</sup><br>Bike 9-9:45<br>Fit For 2 9:30-10:30<br>Park 3:30-4:15<br>Walk 6-6:45<br>Run 7-7:45 | <sup>20</sup><br>Run 9-9:45<br>Walk 10-10:45<br>Park 3:30-4:15<br>Bike 6:30-7:15                  | <sup>21</sup><br>NEW AT TFRC<br>Chiropractor<br>Open Display<br>12 to 4pm                               | <sup>22</sup>                                                                                          | <sup>23</sup> |
| <sup>24</sup><br>FREE TEEN<br>FITNESS WEEK<br>1pm-8pm<br>Ages 12-16               | <sup>25</sup><br>Run 9-9:45<br>Walk 10-10:45<br>Park 3:30-4:15<br>Bike 6:30-7:15 | <sup>26</sup><br>Bike 9-9:45<br>Fit For 2 9:30-10:30<br>Park 3:30-4:15<br>Walk 6-6:45<br>Run 7-7:45 | <sup>27</sup><br>Run 9-9:45<br>Walk 10-10:45<br>Park 3:30-4:15<br>Bike 6:30-7:15                  | <sup>28</sup><br>Bike 9-9:45<br>Fit For 2 1:00-2:00<br>Park 3:30-4:15<br>Walk 6-6:45<br>Run 7-7:45      | <sup>29</sup><br> | <sup>30</sup> |

**NEW - Advertise on TFRC Big Screen - \$200 a year call for details**

Another way of Fundraising for TFRC Fitness Equipment

"Last Summer for the TFRC Out Reach Project"

2 Summer students will be hired for the events

Thank you to the Healthy Communities Fund 2010/11



# FREE TEEN YOUTH PROGRAM!

Get ready to jumpstart the Summer by getting fit at *Tyendinaga Fitness Resource Centre &* staying in shape while having fun doing it!

(613) 962-2822

## DETAILS

Date: July 12—July 30

Time: 1:00pm—8:00pm

Ages: 12 to 16

## What is it All About?

This program is for male and female teens.

Movie Night & Social time as well as several competitions & prizes

\*\*\* Need to add something else to the program to make it special.....we want you to share your ideas, so we can have successful events for the youth.

## Brainstorming IDEAS:

- Take the youth canoeing
- Do Lacrosse Skills with boys while the girls do yoga or Pilates
- Walk/run around Shannonville
- Youth workshops & brainstorming youth ideas
- Have a "movie workout"
- Has to be something fun and entertaining for ages 12 to 16

**Email or call us by July 10 /11**

**WE WANT YOU TO SHARE YOUR IDEAS OF  
YOUTH FUN AT THE**

**TYENDINAGA FITNESS RESOURCE CENTRE**

**Email or face book us [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)**

**(613) 962-2822**

\*\*\*Youth will be working out with TFRC staff during this event\*\*\*

\*\*\*Parents are required to fill out registration forms\*\*\*

These programs will be organized by summer youth employees

# Advertisement Space Available!

\$200.00 per YEAR to advertise on our 54"  
PLASMA TV!

All you need to do is create a DVD of your advertisement, we ask you not to put sound on your ad but animation is encouraged.

We guarantee a FULL 30 SECOND rotation at least every 45 minutes

Dave Elmy, administrator of Emerald Recreation Group has offered his assistance with making a DVD for your organization!

If interested contact the  
**Tyendinaga Fitness Resource Centre**  
at 613-968-2822  
Tyfitnessres@mbq-tmt.org

**Dave Elmy**  
**Administrator**  
**Emerald Recreation Group**  
[www.emeraldrecreationgroup.com](http://www.emeraldrecreationgroup.com)  
**613-779-6601**

**Information Session**

**FREE OFFER**

PRE-PAID LEGAL SERVICES INC.

Agenda :

- 1) Will Preparation, how to get started ?
- 2) What is Preventive Legal Services ?
- 3) How can Identity Theft Shield help you ?
- 4) Details of a new career opportunity

**DATES : Monday Sept. 12 , Sept.19 , Sept.26**

**FREE HEALTHY REFRESHMENTS**

**TIME: 6:30pm to 7:30pm**

**PLACE: Tyendinaga Fitness Resource Centre**

For more information [www.prepaidlegal.com/info/darleneloft](http://www.prepaidlegal.com/info/darleneloft)  
Presenter : Diana Thompson / Executive Director of PPL

## "AA OPEN MEETINGS"

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

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



4 weeks of Fun

Time: 8:00-5:00



# LET'S GET MOVEN!!



## Inviting you to our camp to learn

- to prepare nutritious meals, snacks and lunches.
- Participate in fun physical activity.
- Learn ways to promote well being.
- Participate in all girls boot camp.
- Crafts
- Self esteem building
- Fun trips



To be held at the Teaching Lodge at

Community Wellbeing , 4 Week Camp

Three days a week Tuesday, Wednesday  
Thursday Starting July 19 through to August  
11, 2011

COST \$30.00 a week @ \$10.00 a day

Open to teens 12—16 years.

The first 20 participants will be accepted.

To register please call 613-967-3603

by Friday July 8, 2011

Contact:

Melissa R Maracle CHR, CDPW

Denise Leafe R.P.N./CHR





bring your own feast basket and lawn chairs

Gates open  
at 11am

# Turtle Island Family Day

Gates open  
at 11am

## Memorial Charity Event

"Honouring the Brant"

Lloyd, Harold, Ira & ...

All proceeds from the day go to

Diabetes Research, The Heart & Stroke

Cancer Society

Dinner  
4:30pm

Beer Tent Opens  
12:00 - 1:00pm

**CANCELLED**

Games - 12:30pm  
Teen Games - 2:00pm  
Adult Games - 3:00pm

12:00 - 1:00pm  
1:00 - 4:00pm  
4:00 - 6:00pm  
6:00 - 8:00pm  
8:00 - 9:00pm  
9:00 - 2:00am

Open Mic (Phil and Bill)  
**LINE DRIVE**  
Open Mic & Karaoke  
**MUSTANGS**  
Open Mic & Karaoke  
**DAVE FOSTER BAND**

### Other Events

12:00pm  
12:30 - 4:30pm  
1:00pm  
1:00pm  
1:00 - 2:00pm

Horseshoe Tournament  
Silent Auction  
Euchre Tournament  
Quate Tournament  
Registration for Motorcycle and  
Antique Car Show and Shine

BRING YOUR OWN  
TUG-O-WAR  
TEAMS

### Tickets:

Adult \$10  
Kids 6-12 \$5  
Family of 4 \$30  
Kids 5 and under free

Entry fee includes all day live music and  
roast pig & corn on the cob dinner

**July 9th, 2011**

5965 Hwy 2 East \* Shannonville

facebook.com/turtleislandpark



KANHIOTE LIBRARY

## MARKET DAY

July 23

from 10 am to 2 pm

1644 York Road, Community members will be set up to sell their baked goods,

veggies, crafts, art, collectibles, etc.

Market Day will run the 4<sup>th</sup> Saturday in the summer months Library will be open also.

Our Road Toll collected \$1401.68, thanks very much for your donations.

TD Summer Reading Posters and Activity Booklets

e-resources at [www.kanhiote.ca](http://www.kanhiote.ca)

# Jack & Jill



***Brittany Maracle  
& Todd Munden***

Sat. July 23, 2011

8 p.m.-1 a.m.

Community Centre

*Everyone Welcome!*



## ATTENTION HUNTERS AND SHOOTERS

*Interested in getting your PAL and/or Hunting Licences?*

“ONE STOP” courses will be offered Aug 19/20 and Aug 26/27.

The Firearms Safety Course(PAL) portion will be Fri/Sat Aug 19/20.

The Hunter Education Course portion will be Fri/Sat Aug 26/27.

Both courses will run Fri 6-10pm and Sat 8:30am-5pm.

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

Anyone interested in challenging the firearms tests should set up a time and date in advance. The cost for a challenge is \$40.

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

There is limited space.

For more information or to reserve your spot please call Ed Maracle at (613) 396-3077 or email at [emaracle@xplornet.ca](mailto:emaracle@xplornet.ca)



# **Sedge Memorial**

**8<sup>th</sup> Annual**

## **Skins Game**

**Aug. 6<sup>th</sup> 2011**

**Briar Fox Golf & Country Club**

**\$100/player, includes: 18 holes, cart,  
Skins & Roast Beef Dinner**

**Four man scramble skins game.  
Value of skin based on number of  
participants**

**To register your team call:**

***Mice Maracle, 613 920 6795***

***Clifford Brant, 613 396 3104***

***Cheryle Maracle, 613 391 4183***

# Pelletier Law Firm

Bonnie Pelletier  
Barrister-Solicitor-Adjudicator

Is pleased to announce beginning May 5th, 2011  
*Pelletier law firm* will be offering

Free Legal Advice Clinic  
Wednesday's from  
2:00-4:00 pm  
by appointment only

If you need assistance with court documents or have  
general questions regarding child protection matters  
(CAS), family law issues, Wills, Estates and  
Power of Attorney

Call 613-969-9000  
to book an appointment




SOADI 9th Annual Event  
Ottawa




Planting the Seeds  
& Health and Wellness

Save the Date!

September 23rd, 2011



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



# Jamboree

Prizes

Music

Food

Admission \$8.00  
Saturday, July 9  
11-7

Fun

## Mohawk Fairgrounds

Contact:  
James Maracle  
613-396-2697



THE ANGLICAN PARISH  
OF TYENDINAGA

Parish Priest  
The Rev'd Brad Smith  
962-2787

SUNDAY CELEBRATIONS

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

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

*\*Both churches worship together  
17 July at 10:30 at Christ Church*

UPCOMING EVENTS

Parish Fun Night  
Wednesday 20 July, 7-9 p.m.  
Queen Anne Parish Centre  
Bring a game, a friend, and a snack!

WHAT IS "CHURCH" ABOUT?

We celebrate our faith each week with words we use every day (which reminds us that our whole lives come from and belong to God) but we are also connected with our history without being enslaved to it. But "Church" is more than what we do on Sundays. At its heart, the Church is the People of God. And they are about speaking God's word into the world: a world that is filled with people who are struggling to find meaning and fulfilment. Christians believe that we find this through the relationship we have with God the Father through Jesus, the One who revealed God to us. Traditional people find spiritual wholeness in the ceremonies of the Longhouse and in being connected to the Creation. We all find strength in community. In the past, the Church has not shown respect to the traditional ways of the indigenous people, but we are learning the wisdom and strength of First Nations spirituality and culture. If we find the humility, we can all see that there is something to learn from each other. Our prayer is that using the strength of each spiritual tradition, we can work together to create a healthy and vibrant Tyendinaga.

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

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



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

***Holy Communion***

Fr. Gérard Trinque, OHI, SSM, Officiating  
**Every Sunday—10:00 a.m.**

**Elders' Lodge Common Room**  
**301 Bayshore Road, Tyendinaga, M.T.**

**Traditional Anglican Services**  
**Using the long-established**  
**Book of Common Prayer (1962)**  
**and the time-honoured hymnal**  
**Book of Common Praise (Blue Book)**

**For more information, please call:**

**Mr. Charles E. Maracle at 613-396-3089**

**OR**

**Ms. Lorna J. Moses at 613-396-2538**

***Food Bank Day:***  
***Third Sunday of each Month***



***"This is the Day the Lord hath made!"***



## CLASSIFIED

### WANTED

Looking for transportation to & from Kingston weekdays  
(Or if you know anyone who might travel this route)

Please call: 613-243-4093

### FOR SALE

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

Call 613-968-8955.

### FOR SALE

BALES OF STRAW  
4 X 4 round

Call: William J. Brant  
613-967-1129

### FOR SALE

2002 SATURN SI1  
- silver blue, new tires  
- saftied  
\$4,200.00

Call: 396-2470

### FOR SALE

2011 HYUNDAI ACCENT  
- 4 CYC. 1.6 L  
- 4000 km.  
- asking \$14,000.00

Call: 613-396-3599

### FOR SALE

NURSING UNIFORMS  
-Nursing tops or pants  
\$5.00 each at Lofts Variety  
(656 Norways Side Rd.)

613-969-8924

### LAND FOR SALE

- located on the York Rd  
- approx. 23.8 acres (can be severed into building lots)

For more information please call: 613-967-8935

### FOR RENT

4 BEDROOM HOUSE  
-bright and spacious house, clean, eat in kitchen, dishwasher, 2 bathrooms, laundry room, large family room.  
- Utilities not included, No smoking/no pets.

Call: 416 576-0631  
or email at:  
[tyendinaga11@yahoo.com](mailto:tyendinaga11@yahoo.com)

### FOR RENT

3 BEDROOM MOBILE HOME  
- located on Church Lane on water/sewer  
- \$800.00 a month plus heat & hydro

Call: 613-849-3436

### WANTED

Space for Business Operation  
Wish to move business to territory  
Need 2000-3000 sq ft  
Both office and warehouse space.  
Call Michael  
TAB Mechanical Inc.  
613-921-1164

### BABY COCKATIELS

Available to a good home.

Please call for further information:  
613-396-1433

### FOR SALE

24 FOOT ABOVE GROUND POOL BY TREVI  
- Hayward filter/with pump  
- 4 yrs old, from Sears  
- used very little  
- includes new pole and skimmer for end of the pole, vacuum/hose, blocks for each column, all chemicals (if needed) backwash hose, all hoses to pump & filter  
- liner is still good, ladder  
Paid \$2,500.00  
Asking \$1800.00 or B.O.

Contact Christine at 613-967-0410

### HOUSE FOR SALE

263 Gordon Rd.  
- waterfront with boat launch  
- completely renovated kitchen and bathroom  
- laminate flooring throughout  
- plenty of potable water, with ultraviolet purification system  
- many extras  
Large lot with the option to purchase adjoining lot complete with drilled well  
Can be seen by appointment:  
Call 613-968-3917  
(Leave a message)

### HOUSE FOR SALE

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

# FRESH GROCER

344 MAIN STREET, DESERONTO, K0K1X0, CONTECT: 613-396-2012, 613-396-5684

5 LB LEAN GROUND BEEF

4 T BONE 16oz EACH

2 BNLS BLADE STK 16oz EACH

2 RIB EYE STEAKS 8oz EACH

2 TOP SIRLOIN STK 10oz EACH

10 BONELESS, SKINLESS CENTER CUT PORK CHOP 4oz EACH

2 WHOLE CHICKEN

2 LB BONELESS CHICKEN BREAST

\$89.99

5LB LEAN GROUND BEEF

2 TOP SIRLOIN STEAKS 16oz EACH

2 RIB EYE STEAKS 8oz EACH

2 OUTSIDE ROUND STK 8oz EACH

10 BNLS PORK CHOP

2 LB BREAK FAST SAUSAGH

2 LB CHICKEN THIGH

\$54.99

2 LB CHICKEN DRUMSTICK

2LB BONELESS CHICKEN BREAST

10LB LEAN GROUND BEEF

2 T BONE 16oz EACH

2 OUTSIDE ROUND STK 8oz EACH

2 LB CHICKEN WINGS

2 LB CHICKEN THIGH

2 LB CHICKEN DRUMSTICK

\$64.99

3LB BONELESS CHICKEN BREAST

10LB LEAN GROUND BEEF

2LB LEAN STEW BEEF

2 OUTSIDE ROUND STK 8oz EACH

2 BNLS BLADE STK 16oz EACH

10 BONELESS, SKINLESS CENTER CUT PORK CHOP 4oz EACH

2 LB SIDE PORK

2 LB BREAK FAST SAUSAGE

2 LB CHICKEN DRUMSTICK

\$77.99

2LB BONELESS CHICKEN BREAST

2 LB CHICKEN THIGH

# FRESH GROCER

344 MAIN STREET, DESERONTO, K0K1X0, CONTECT : 613-396-2012, 613-396-5684

WE CUT AT THE SAME TIME WHEN YOU WANT

STEAK

**T BONE**  
**\$5.99/LB**

STEAK & ROAST

**TOPSIRLOIN**  
**\$3.99/LB**

STEAK & ROAST

**SRILOIN TIP**  
**\$3.99/LB**

STEAK & ROAST

**OUTSIDE ROUND**  
**\$3.29/LB**

STEAK & ROAST

**BNLS BLADE**  
**\$2.99/LB**

STE AK & ROAST

**PRIME RIB**  
**\$6.99/LB**

STEAKS

**STRIP LOIN**  
**\$5.99/LB**

STEAKS

**RIB EYE STEAK**  
**2/\$5.00**

**LEAN GROUND BEEF**  
**\$2.49/LB**

**LEAN STEW BEEF**  
**\$3.99/LB**

**LEAN GROUND BEEF**  
**\$23.99/10LB**

**EXTRA LEAN GROUND BEEF**  
**\$2.79/LB**

**FRESH BEEF BACK RIB**  
**\$1.99/LB**

**BREAK FAST SAUSAGE**  
**\$2.99/LB**

**SIDE PORK**  
**\$3.49/LB**

**ECO-PORK CHOPS BOX**  
30 TO 35 PCS  
**\$21.99/10LB**

**BNLS PORK CHOP BOX**  
**\$27.99/10LB**  
(30 TO 35 PCS)

**CENTER CUT PORK CHOP BOX**  
**\$24.99/10LB**

**CHICKEN LEG BOX**  
**\$19.99/10LB**

**WHOLE CHICKEN**  
**\$2.19/LB**

**CHICKEN BRAEST**  
**\$2.99/LB**

**CHICKEN BNLS BREAST**  
**\$4.49/LB**

**CHICKEN DRUM STICK**  
**\$2.99/LB**

**CHICKEN WINGS**  
**\$2.79/LB**

**FRESH CHICKEN BNLS BREAST BOX**  
**\$35.99/10LB**

**FRESH CHICKEN DRUMSTICKS & THIGHS BOX**  
**\$21.99/10LB**

**CHICKEN BACK**  
**\$0.69/LB**



***COME TO AUNT SADIE'S DRIVE THRU AND CAFÉ  
68 SADIE'S LANE , TYENDINAGA MOHAWK TERRITORY  
PROUDLY OWNED AND OPERATED BY JIM MCMURTER***



COME AND RELAX IN A NON SMOKING HISTORIC ATMOSPHERE  
WHERE WE PROMOTE FRIENDLY SERVICE AND HEALTHY MEALS.  
IT'S THE ONLY DRIVE THRU FOOD SERVICE WINDOW  
BETWEEN NAPANEE AND BELLEVILLE  
WHERE YOU CAN PICK UP YOUR BREAKFAST, COFFEE OR LUNCH  
ON THE GO OR EAT IN.

WE OFFER GLUTEN FREE SOUP, SANDWICHES AND DESSERTS  
MEALS FOR DIABETICS, AS WELL AS A REGULAR MENU  
FRESH SALADS AND DESSERTS ARE ALSO AVAILABLE.  
EAT HEALTHY AND YOUR BODY WILL REWARD YOU!

***AUNT SADIE'S CAFÉ & DRIVE THRU 613 961-1524  
OPENED MONDAY TO FRIDAY : 7:00 A.M. TO 5:00 P.M.  
SATURDAY AND SUNDAY: 7:00 A.M. TO 4:00 P.M.***

# TYENDINAGA

COMPUTER SALES & SERVICE

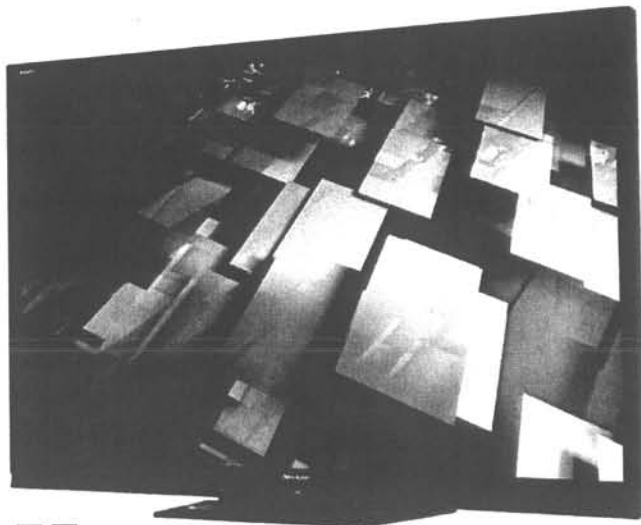


"the satisfied customer specialists"



## \$3499.

### World's Largest LCD/LED TV



## 70" Sharp Aquos Quattron

Hear Everything You Watch Better!

Boston Acoustics



### \$349.

Sound Bar Speaker  
w/Wireless Sub

### 24" Haier

### LCD 1080P Only...



### \$269.



Custom Built Desktop  
Systems Starting at ...

### \$649.

## ASUS Notebook Special!

Very Fast with  
Separate Video



INCLUDES:  
MS Office Starter  
McAfee A/V '11  
& Carrying  
Case!

Intel Core i7, 15.6" LED, 1GB Radeon Video  
HDMI, Dual DVD+/-RW, 500GB Hard Drive  
4GB DDR3, 10/1000, 802.11b/g/n Wireless  
Built in Web Cam, 5 in 1 Card Reader,  
Windows 7 Home Premium...

### 2Yr Warranty \$999.

1st Yr. Accidental

## HP Laptop Special

3GB/320GB/15.6"  
DVD/RW LightScribe  
Windows Home Prem.  
McAfee AV '11  
Carrying Case

### \$499.

## In Store Financing Available ( O.A.C.)

## SHARP Quattron 835 Series 3D LED Tv's

## New Introductory Price..



LC52835U  
1080P 240Hz  
3D LED

### \$2199.

### 52"/3D/LED/240Hz

Tyendinaga Mohawk Territory  
Tel 613 966-9522

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

# Time for You Salon

613-968-9459

## Hair Styling for the Whole Family!

*\*Gift Certificates Available!\**

- Waxing Services
- Eyelash & Eyebrow tinting
- Ear Piercing & Facials
- Manicures & Pedicures

Diane  
Esthetician & Hairstylist  
5717 Hwy #2  
Tyendinaga Mohawk Territory

*Hair Styling and Esthetics Salon*

*Welcome  
Corissa!*

Specializing  
in manicures,  
pedicures,  
facials & other  
Esthetics



## Lennox & Addington Financial Centre Inc.



Dianne Dowling  
RHU

Professional  
Advice &  
Service  
Tailored  
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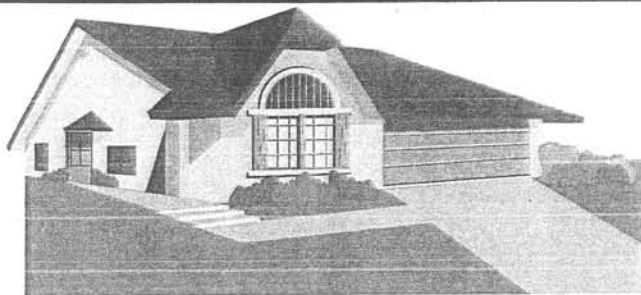
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