



# MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 7/12  
Ohyarihkowa (July)

**ORI:WASE** (News)

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



## Congratulations 2012 Grads

### Aamjiwnaang

Earle Cottrelle  
Jamie Hanna

### Animbiigoo Zaagi'igan Anishinaabek

Lynda Nelson

### Beausoleil

Irene Monague  
Erin Norton

### Chippewas of Nawash

Pernell Jones  
Byron Millette  
Kenneth Oliver

### Chippewas of the Thames

Monica Hendrick  
Pamela Henry  
Don Morrison

### Constance Lake

Vivian Timmins

### Curve Lake

Pauline Jacobs

### Fort William

Rita Charles

### Ginoogaming

Vanessa Legarde

### Henvey Inlet

Elwood Ashawasegai

### Kashechewan

Rita Sutherland

### Kettle & Stony Point

Gloria George  
Barbara Henderson

### Kingfisher Lake

Solomon Mamakwa

### Magnetawan

Nancy Noganosh

### Matachewan

Shawn Batise

### Mattagami

Peggy Claveau

### Mississauga

Perry Boyer  
Reginald Niganobe

### Mississaugas of Scugog Island

Emma Kozlinsky

### Mohawks of the Bay of Quinte

Amy Bernhardt  
Miranda Brant  
Meka Green  
Victor Green  
Malory Maracle  
Melissa R. Maracle

### Moose Deer Point

Darlene Brown

### Moravian of the Thames

Samantha Lascelles

### Munsee Delaware

Ross Albert

### Musqueam

Debra Campbell

### Oncida Nation of the Thames

Alfred Day  
Amanda Doxtator  
Erica Elijah  
Patsy Elijah  
Jeanine George  
Jason Hill (Smith)  
Elfreda Ireland  
Melissa Patriquin

### Rama

Karen Anderson  
Sally St.Germain  
Melanie St.Germaine

### Six Nations

Julee Green  
Jillian Hill  
Erin Monture  
Linda Parker

### Taykwa Tagamou

Madeline Vincent

### Tetlit Gwich'in

Mary-Anne Hoggarth

### Thessalon

William Bisailon

### Timiskaming

Melanie Francis

### Walpole Island

Charlene Altman  
Courtland Day  
Sally Murphy-Waddilove

### Weenusk

Steven Hunter

### Whitefish River

Diana Gaudette

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Tammy Ranger

# SPORTS COMPLEX

If you would like to rent the ball diamonds or lacrosse box please call Cassie at the Community Wellbeing Centre 613-967-0122.

**Ball Diamonds** (\$50.00 deposit\*) \$100.00 per day per diamond Light Fee \$25.00

**Lacrosse Box** (\$25.00 deposit\*) \$50.00 per day Light Fee \$15.00

\*\*All deposits will be returned to the renter after the event upon inspection of the facility.

## *Water Delivery Services*

A low cost water delivery service is available for those who have a water storage tank. Please call the Mohawk Administration Office for further program details. Please note, your families' health and safety are the program priority.

If you experiencing water shortages and/or require an appropriate water storage tank please call to obtain further details on the MBQ Loan and Incentive Program for the Water Storage Tank Initiative.

Nia:wen,

Liz Brant.

Mohawk Administration Office  
(613) 396-3424 ex 129.



**WEST NILE VIRUS** is spread through the bite of a mosquito. Anyone can get sick from the West Nile Virus, but the risk of serious illness increases with age. Symptoms can include; headaches, fever, sore neck, vomiting, muscle weakness and blurred vision.

**MBQ will be participating in the West Nile Surveillance Program again this year and is held in conjunction with Health Canada.**

The Environmental CHR will be setting traps which contain dry ice to entice and trap mosquitoes which will be submitted to the Entomogen INC., St. Catharines, ON. Each mosquito will be identified and analyzed for the West Nile Virus. This program will be conducted from July until October 2012. There will 4 traps set at various locations of our Territory.

**Please ensure to educate our children if these traps are found and to ensure they are not disturbed, as they contain DRY ICE.**

## **PROTECT YOURSELF FROM WEST NILE VIRUS**

- \* Avoiding mosquito bites is your first line of defense
- \* Use mosquito repellent that contains DEET or other approved ingredients
- \* Wear light-coloured, loose-fitting clothing
- \* Wear long sleeved shirts, pants and a hat if you are going camping, hunting or into a wooded or swampy area
- \* Make sure door and window screens are in good shape
- \* When outdoors, place mosquito netting over strollers and playpens
- \* Take extra precautions when mosquitoes are most active; in the early morning and in the evening

## **CLEAN UP ALL STANDING WATER**

- \* Mosquitoes can breed in even a small amount of standing water
- \* Get rid of standing water around your house
- \* Empty water from old tires, flower pots, rain barrels lids, toys and other out-door objects
- \* Store large outdoor items like canoes, wheelbarrows and wading pools upside down
- \* Replace water in outdoor pet dishes and other containers every other day

*If you have any questions regarding WNV, please contact Crystal Maracle, ENV, CHR, at the Mohawk Administration Office, 613.396.3424, ext. 131.*

## **BIRD SURVEILLANCE PROGRAM**

This program is being held in conjunction with Health Canada.

We are asking the communities participation in this program, via sightings and reporting of suspicious deaths of **Crows, Ravens, Blue Jays**. These birds can be submitted for testing of the WNV. If the bird is in good condition upon finding and has not started decaying, please contact the Administration Office to report findings. The Env. CHR will conduct an inspection and prepare for submission to the Canadian Cooperative Wildlife Health Centre, Guelph, ON.

## **Other Species of Birds and Animals**

CCWHC also carries out a surveillance program for diseases other than WNV in all species of wildlife. If you find the following specimens they may be submitted for an autopsy; Any water fowl, ducks, geese etc. Raptorial birds (hawks, owls, etc).

*If other suspicious animals are found please contact the Mohawk Administration for further instructions.*



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

## July 2012



5717 Old Highway 2, Tyendinaga Mohawk Territory

613.967.7920

**Lewis Lacrosse is the Business of the Month for July!**

For all your lacrosse needs, look no further than Lewis Lacrosse! There's no other store like this in the area, so take advantage of all it has to offer!

It is owned and operated by Trevor Lewis and is at the same location as the Work Gear. The hours of operation are Monday 9am to 5pm, Tuesday to Friday 9am to 5:30pm and Saturday 10am to 4pm.

Lewis Lacrosse carries a full line of box and field lacrosse equipment from such brands as STX, Gait, Harrow, Nike and MIL. They have complete sticks, heads, shafts, sting kits, protective equipment and accessories.

Email: [trevor\\_lewis@sympatico.ca](mailto:trevor_lewis@sympatico.ca)

## Support Local Business

**Don't forget we've moved!!**

**Economic Development is now located at the Band Office and  
Employment is now located at the Community Wellbeing Centre!**

**Economic Development now has a variety of books to help anyone interested in starting, growing or marketing a business! Stop in and check them out!**

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

**Sandy Sero**

Employment and Training  
Coordinator

Phone: 613.967.3603

Fax: 613.967.3816

Email: sandys@mbq-tmt.org

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

### **July's Tip**

#### **12 Tips for Taking Care of Your Customers**

1. Get to know your customers
2. Give customers something new
3. Respond immediately to problems
4. Stay in touch
5. Set yourself apart
6. Follow up with customers
7. Entertain your customers
8. Give your customers superior service and convenience
9. Emphasize value
10. Find out what the customer wants and provide it
11. Give customers more than

**EVER WANT TO CREATE YOUR OWN WEBSITE?**

**THIS NOVEMBER WE'LL BE HAVING A WORKSHOP WHERE YOU CAN LEARN HOW TO DO JUST THAT!**

**KEEP WATCHING FOR MORE DETAILS!**



Scan to view our  
Business Directory!

**“The important thing is not being afraid to take a chance. Remember the greatest failure is to not try. Once you find something you love to do, be the best at doing it!”**

**- Debbi Fields (Founder of Mrs. Fields Cookies)**

**Don't forget that Employment has a computer available for producing resumes and job searching!**

**Economic Development now has a computer for all your business needs, such as business cards and business brochures!**

She:kon,

My name is Jill Beck and I am very excited to introduce myself as the NNADAP worker with the Enyonkwa'nikonhriyohake' Program. I am a graduate of the FNTI Social Service Worker Program and the NECHI Indigenous Addictions Certificate Services Program.

Some of my duties as the NNADAP worker will be to develop and implement alcohol, drug and solvent abuse prevention programming for the community. Part of the programming will include one on one counselling and sharing circles. I will also be offering assistance to individuals who are interested in attending a treatment facility for addictions as well as providing support to them upon their return.

Please feel free to contact me at the Community Wellbeing Centre for more information, 613-967-0122, at extension 125.

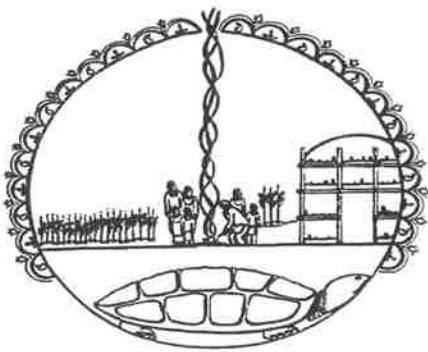


**MOHAWK FIRE DEPARTMENT**

The Mohawk Firefighters in June responded to 7 calls:

- 2 Medical Assists**
- 1 C.O.**
- 1 Investigate**
- 1 Burn Complaint**
- 1 Structure Fires**

This brings our total to 38 calls for the year 2012



Community Wellbeing/Community Health

50B Meadow Lane, Tyendinaga Mohawk Territory

Health Canada notifies Community Health Department regarding

Food/Product Alert on regular bases.

For more information call Community Health- 613-967-3603

Copies of the Alerts are posted at reception on the Health Side of the Building.



## Trustee Report for June 2012

June brings the end of another school year; I can't believe how quickly this year has passed. Along with the anxiety of completing assignments, and preparing for and writing final exams, come the good feelings of accomplishment and success that each student experiences in moving into the summer months. Graduations always offer a good time to celebrate the four or five years of academic preparation, extra- curricular experiences, making new friends and exploring and preparing for career path options for the future.

At the Board level, Hastings and Prince Edward District School Board has been able to successfully prepare and sign a balanced budget for the 2012 – 2013 school years as mandated by the Ministry of Education for Ontario. Staffing and administrative responsibilities will soon be finalized for the new school year as well.

On the local front, the HOPE alternative program supported by the Board and connected to Moira Secondary School is in the process of finding a new location on the Territory. I will report more on this new location in the newsletter next month.

The tuition agreement continues to be in the process of negotiation and we are waiting to meet with AANDC to have our draft approved and signed. We are hopeful of having this completed over the summer months and anticipate having another three year agreement very soon.

For more detailed information of Board and Committee Minutes, please go to [HPEDSB.on.ca](http://HPEDSB.on.ca) > Board and Committee meetings.

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

Respectfully submitted

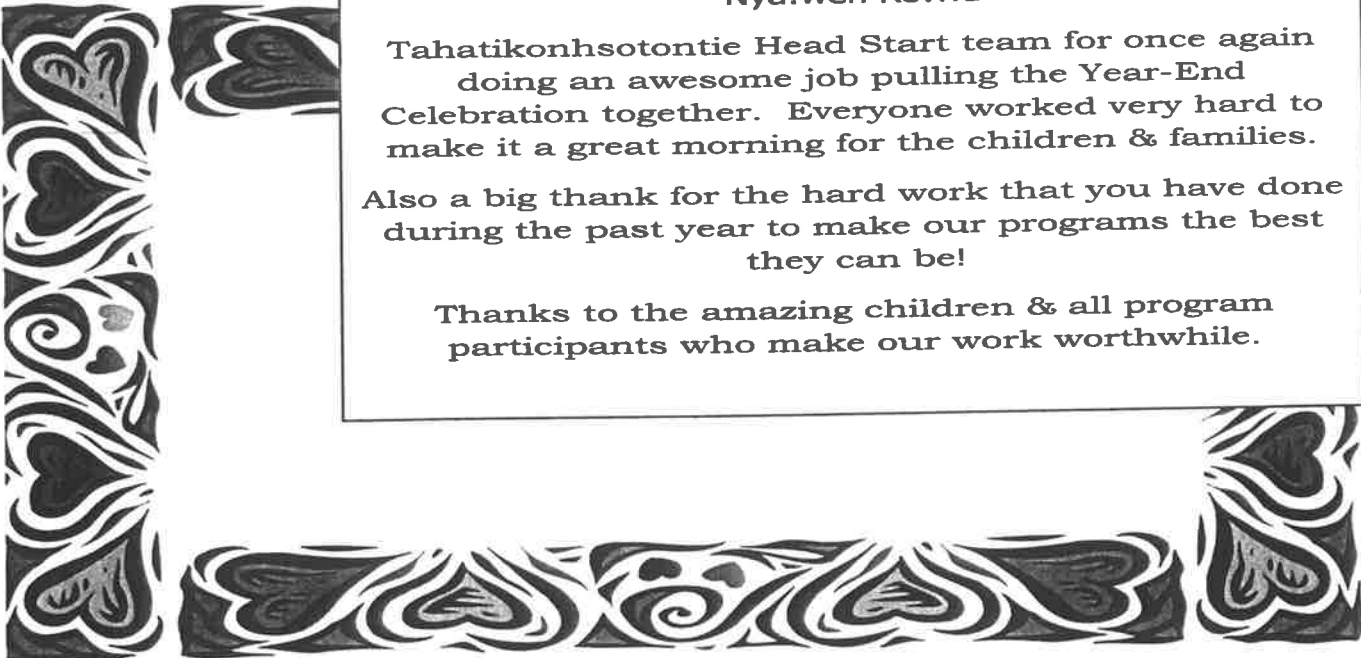
Mike Brant, Trustee HPEDSB, representing Tyendinaga First Nations

### Nya:wen Ko:wa

Tahatikonhsotontie Head Start team for once again doing an awesome job pulling the Year-End Celebration together. Everyone worked very hard to make it a great morning for the children & families.

Also a big thank for the hard work that you have done during the past year to make our programs the best they can be!

Thanks to the amazing children & all program participants who make our work worthwhile.



**We would like to express our sincere thank you to all participants in our programs. MCH & HBHC continues to provide up to date programming and support for our community families.**

***We couldn't have done it without all of you!***

**Have a safe and fun filled summer!!!**

**Julie Brant—Maternal Child Health  
Johanna Goodfellow—Healthy Babies , Healthy Children**

## **TIPS TO STAY SAFE AND COOL FOR SUMMER!**

- ◆ Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours -Between 10:00am to 4:00 pm.
- ◆ On both sunny and cloudy days use a sunscreen with an SPF 30 or greater that protects against UVA and UVB rays. Be sure to apply enough sunscreen and reapply every two hours, especially after swimming or sweating.
- ◆ Use extra caution and a higher SPF sunscreen near water or sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.
- ◆ WATER,WATER,WATER.. Staying hydrated is key!
- ◆ Before physical activities, children should be well hydrated and should not feel thirsty. Water should be drank every 20mins.
- ◆ The intensity of activities that last 15mins or more should be reduced whenever high heat and humidity reach critical levels.
- ◆ Clothing should be light coloured and lightweight. Sweat saturated shirts should be replaced with dry clothing.
- ◆ Seek cooler environments if you feel excessively hot or fatigued.
- ◆ Never swim alone. Even good swimmers need buddies!
- ◆ Never leave children or infants alone in or near open water or a pool.
- ◆ Life jackets are a must when near open water or boating. They should be the first item put in your boat when heading out in open water.
- ◆ It's mosquito season, be sure to use child friendly bug spray! It can be used for the whole family.





(Originally caled DAD & ME)

# Bears & Cubs!!



**COME OUT 'FORE' GOLF AND A BBQ!**

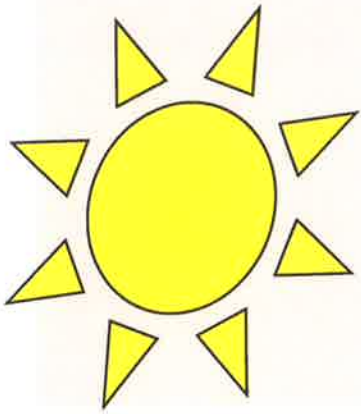
**Where: Community Wellbeing Centre**

**Time: 6pm To 8pm**

**When: Thursday July 26, 2012**











**Call: 613 967 3603 Ext. 149 or 143**

Spaces are limited



**HAVE A SAFE AND  
HAPPY  
SUMMER!!**



| Sun                                                                                      | Mon                                                                                                                    | Tue                                                                                       | Wed                                                                     | Thu                                                                                                                                             | Fri                                                            | Sat                                                                                    |
|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------------------------|
| 1<br> | 2<br>                                | 3                                                                                         | 4                                                                       | 5                                                                                                                                               | 6<br>When reading to your child allow him/her to ask questions | 7<br> |
| 8<br> | 9<br>Visit your local Farmer's Market. Bring your own list and bag.                                                    | 10                                                                                        | 11                                                                      | 12                                                                                                                                              | 13<br>Make some play dough snakes and measure their length.    | 14<br> |
| 15                                                                                       | 16                                                                                                                     | 17                                                                                        | 18<br>Count the seeds in your watermelon. Have a seed spitting contest. | 19<br>                                                         | 20                                                             | 21                                                                                     |
| 22                                                                                       | 23<br><br>Community Circle 6-8 CWB | 24                                                                                        | 25                                                                      | 26<br><br>Bears and Cubs Please call to register 613-967-3603 | 27                                                             | 28                                                                                     |
| 29                                                                                       | 30<br>Make bubbles look around the house for big and little items to blow bubbles with                                 | 31<br> |                                                                         |                                                                                                                                                 |                                                                |     |

Check out our summer fun activities that you can do at home with your family!!

## BREASTFEEDING CIRCLE



*“When Kerry was seven months old, we took a camping trip along the Atlantic coast. It was terribly hot, which we hadn’t expected. Kerry was thirsty constantly. Before we left, he had started taking great interest in solid foods in addition to drinking from the breast, but now he was only interested in the breast. For two days he breastfed almost every hour, day and night....”*

*(from Breastfeeding Naturally by Hannah Lothrop)*

Every summer during heat waves, I get calls from nursing moms saying their babies are too hungry, and wondering if they should start solid foods because their babies are “nursing all the time.” If baby is not near 6 months yet, it is probably not hunger but thirst making them nurse more. As in the above story, this can be the case with babies 6 months and older too. Babies nurse for lots of reasons, not always hunger....sometimes for thirst, sometimes for closeness and reassurance, sometimes for protection from illness, or when hurt. We have to remember this to understand our babies, and understand how breastfeeding works. There is plenty of water in breastmilk, along with all the other good stuff. During hot weather there will be even more water available to your baby at the breast. Don’t rush into starting solids for a baby under six months, as this carries its own risks. Keep yourself hydrated, trust your body and your baby’s instincts, and nurse as much as your baby wants, whatever their age. In extreme heat, this can be challenging. Here are some Keep Cool Tips for nursing during hot weather:

- A cool washcloth between your arm and baby’s head while nursing is cool and refreshing for both of you
- Put a light sheet or thin receiving blanket between you and baby if stickiness is bothering you
- Laying down to breastfeed may be much more comfortable for both of you as there’s more room for airflow around and between you. Keep rooms shaded.
- If your baby sleeps longer than 3 hours during a heat wave, it’s probably a good idea to lie down with her and nurse as she sleeps or pick her up or wake her to nurse. (Babies can nurse quite well while asleep!)

### 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 (east)**

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

*During the summer months,  
some light physical activity indoors in A/C  
will be offered following meeting  
in conjunction with the HMHB project.*

**BREASTFEEDING CLINIC AVAILABLE:**

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

**FOR APPOINTMENTS or HELP**

**CALL: 613-396-2942**  
**TEXT: 613-849-1868**

### 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

# **GO Ihsten'a**

*"GO Mom"*

*Tyendinaga Fitness Resource Centre is partnering with the Healthy Moms Healthy Babies Research Project to offer these healthy events at NO COST to participants:*

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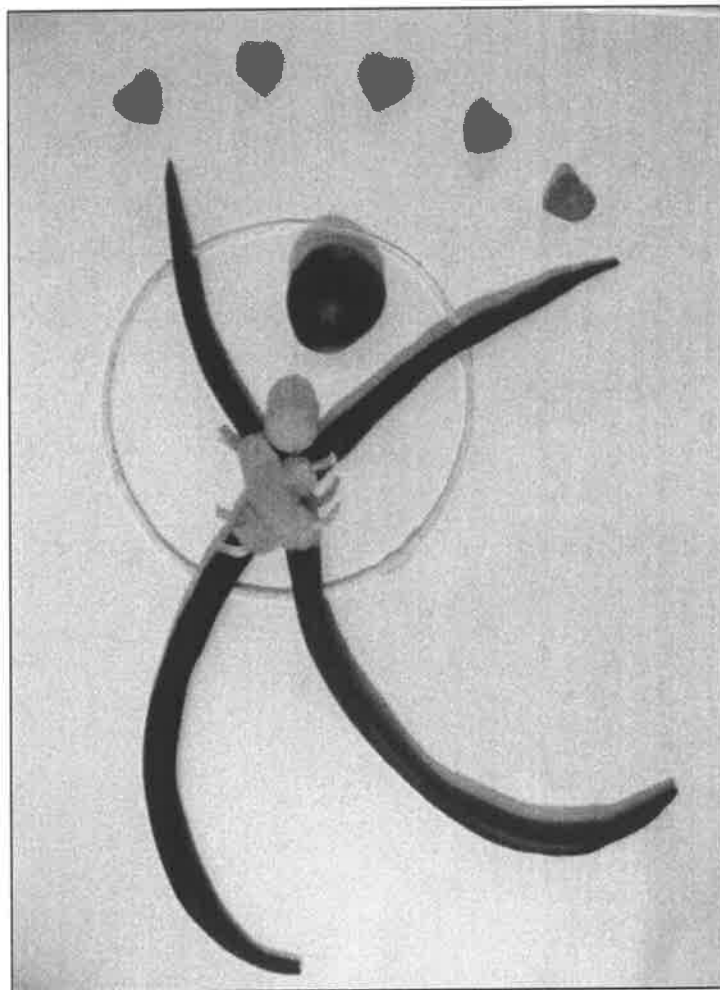
*Special Funding from "Mother's In Motion" for 2 months of the following:*

- \*Dancing with baby*
- \* Urban Pole walking*
- \* Stroller Fitness*
- \* Social Time & learning*
- \* Social fitness*
- \* FREE Childcare*

**FREE & SPECIAL PRIZES FOR PARTICPANTS**

*Bus Tickets available*

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## **WE NEED YOUR INPUT!**

We are currently seeking feedback from moms on best days and times.  
Call TFRC (613) 962-2822 or HMHB (613) 967-3603 x166

Program begins in September. Start tentatively scheduled for Sat. Sept. 22. Schedule may be adjusted in response to needs of participants and providers.

**Space Limited. Please Register!**





# Summer Sun Safety

## CHILDREN REQUIRE MAXIMUM PROTECTION

### Why are babies & children at risk?

Babies are not born with a developed skin protection system, so they burn more easily. Even children born to parents with deeply pigmented (dark) skin require maximum protection.

Babies have more sensitive skin because the outmost layer of their skin is thinner.

A younger child has more skin, relative to his body mass, than an adult, so a sunburn would be more serious.

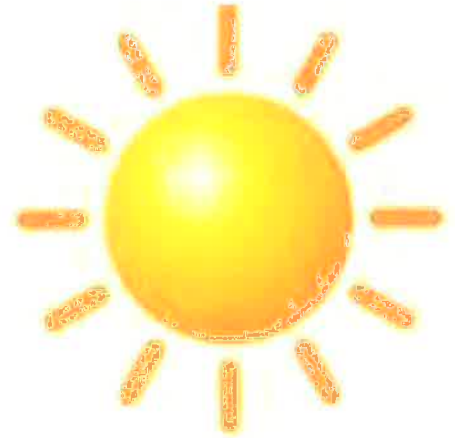
A baby can't tell you she's too hot or the suns too bright. Your baby may begin to cry and you won't know whether she's tired, hungry or hot.

Babies can't physically move themselves out of the sunlight. A six – month old on a blanket is less mobile than a one year old who can toddle into the shade.

### **Ways to protect toddlers, pre-schoolers and up**

If it all possible keep children out of the sun between the hours of 11am and 4pm. Use protective clothing and sunscreen anytime children are in direct sunlight. Take reflected light into account. Forty percent of the sun's damaging UVB rays can bounce back from sand, or snow in the winter.

In strong sunlight, get kids used to wearing sunglasses, the kind that screen out ultraviolet rays and are CSA approved



### **Ways to protect baby's skin**

Keep babies under one year out of direct sunlight to prevent skin damage and dehydration. Keep babies in the shade, under a tree, an umbrella or a stroller canopy.

Although it is better to use sunscreen with an SPF of at least 15 than to have a sunburned child, natural protection, such as clothing, hat and shade, is better still.



Community Wellbeing Centre

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# Sun Sense

## Why protect ourselves?

Sunlight contains UV (ultraviolet) rays that can cause harm to your skin and eyes. Sunlight can also cause premature skin aging and various types of skin cancer. It is important to protect yourself from the sun every day of the year, not just in the summer months! The sun can also do harm in most types of weather—even on cloudy or foggy days.

## Who is at risk?

Everyone is at risk of the harm the sunlight can cause. However, some people are more at risk for cancers and damage than others. Those most at risk for skin cancer are people who:

- Have light-coloured skin, eyes, or hair
- Work, play, or exercise in the sun for long periods of time
- Had many blistering sunburns as a child
- Have a family history of skin cancer

## What is cancer and how is it caused?

Cancer is a disease that starts in your cells. Your bodies are made up of millions of cells grouped together. Genes inside each cell tell it to grow, work, reproduce and die. Normally, your cells follow these orders and you remain healthy. But sometimes there are defects in the instructions which cause the cells to form unwanted lumps known as tumours. In the worst cases of cancer, these tumours spread throughout the body and can threaten your life. **There are 3 types of skin cancer you can develop: Squamous cell skin cancer, Basal cell skin cancer, and Melanoma.**

## How do you prevent and protect against skin damage?

There are many ways to make outdoor activities in the sun safer; some things you can do to protect yourself are:

1. Reduce sun exposure between 11am and 4pm because this is when the sun's rays are the strongest.
2. Find a shaded area or make your own shade—umbrellas are a good way to make your own shade.
3. Wear clothing that covers your arms and legs—covering your skin will protect it from the sun.
4. Wear a hat and sunglasses—most skin cancers occur on the face and neck, and unprotected eyes can be damaged by the sun. The best types of hats have wide brims or ear and neck flaps. Baseball hats do not give enough protection.
5. Wear sunscreen with an SPF of 15 or higher and SPF 30 if you are going to be outside for most of the day. Apply sunscreen 20 minutes before going outside and reapply at least every 2 hours or after sweating a great deal. Sunscreen cannot absorb all of the sun's rays so make sure to follow the first 4 tips too.



6. Keep babies less than one year of age out of direct sunlight because their skin is very sensitive.
7. Avoid artificial tanning equipment such as tanning beds and sun lamps—this is not a safe way to tan and tans are evidence of sun damage.
8. Check your skin regularly for any unusual changes. Most skin cancers can be cured if detected early. Some things to be aware of on your skin are:
  - A birthmark or mole that changes shape, colour, size, or texture
  - A sore that does not heal
  - New growths on your skin
  - Patches of skin that bleed, ooze, swell, itch, or become red or bumpy

## COMMUNITY HEALTH



## MEDICAL TRANSPORTATION

If you wish to know about  
Mohawks of the Bay of Quinte's  
Medical Transportation Programs  
OR

Are interested in helping out by  
becoming a volunteer medical  
transportation driver

Simply contact the  
Community Wellbeing Centre  
and advise our Receptionist  
of the info you require

**Tel: 613-967-3603**

**T/F: 866-967-3603**

**Fax: 613-962-4210**

Continuing Programming:

- Immunization by appointment
- School Registration
- Moms-In-Waiting

July 2012

## COMMUNITY HEALTH

| SUNDAY | MONDAY | TUESDAY                                                     | WEDNESDAY                                                                                                              | THURSDAY                      | FRIDAY | SATURDAY |
|--------|--------|-------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------|--------|----------|
| 1      | 2      | 3                                                           | 4                                                                                                                      | 5                             | 6      | 7        |
| 8      | 9      | 10 Let's Movin<br>Summer Camp<br><br>Good Food Box<br>Order | 11 Let's Movin<br>Summer Camp<br>Let's Get Movin<br>Fundraiser Barbq.<br>Community<br>Wellbeing Building<br>11 am-2 pm | 12 Let's Movin<br>Summer Camp | 13     | 14       |
| 15     | 16     | 17 Let's Movin<br>Summer Camp                               | 18 Let's Movin<br>Summer Camp<br>Good Food Box<br>Delivery                                                             | 19 Let's Movin<br>Summer Camp | 20     | 21       |
| 22     | 23     | 24<br>Gastric Bypass<br>Support Group<br>Additive           | 25                                                                                                                     | 26                            | 27     | 28       |
| 29     | 30     | 31 Let's Movin<br>Summer Camp                               |                                                                                                                        |                               |        |          |

## Understanding the UV Index

Environment Canada's UV Index is a useful tool when it comes to sun protection. It tells you the strength of the sun's daily UV rays – the higher the number, the stronger the sun's rays, the more important it is to protect yourself.

You can find out the UV Index in your area by checking your local weather forecast. If the UV Index reaches 3 or more, it's included in the forecast. You can also go to the UV Index online for the daily forecast for your area.

The UV Index below tells you what each level means and how to protect yourself.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="text-align: center;"><b>0–2 Low</b></p> <ul style="list-style-type: none"><li>• Minimal sun protection required for normal activity.</li><li>• If you're outside for more than one hour, wear sunglasses, cover up, use sunscreen.</li><li>• Reflection off snow can nearly double UV strength, so wear sunglasses and apply sunscreen on your face.</li></ul>                                                                                  |
| <p style="text-align: center;"><b>3–5 Moderate</b></p> <ul style="list-style-type: none"><li>• Take precautions – cover up, wear a hat, sunglasses and sunscreen – especially if you're outside for 30 minutes or more.</li><li>• Look for shade around midday.</li></ul>                                                                                                                                                                                 |
| <p style="text-align: center;"><b>6–7 High</b></p> <ul style="list-style-type: none"><li>• You need protection – find shade, get out the sunscreen, hats, sunglasses and cover up. Unprotected skin can be damaged and burn quickly.</li><li>• Try and stay out of the sun between 11 a.m. and 4 p.m.</li></ul>                                                                                                                                           |
| <p style="text-align: center;"><b>8–10 Very high</b></p> <ul style="list-style-type: none"><li>• Extra precautions required – find shade, cover up, wear a hat, sunglasses and sunscreen. Unprotected skin will be damaged and can burn quickly.</li><li>• If you can, avoid the sun between 11 a.m. and 4 p.m.</li></ul>                                                                                                                                 |
| <p style="text-align: center;"><b>11+ Extreme</b></p> <ul style="list-style-type: none"><li>• This is very rare in Canada. Maximum protection is required.</li><li>• Avoid the sun between 11 a.m. and 4 p.m.</li><li>• Stay in the shade, cover up, wear a hat, sunglasses and sunscreen because white sand and other bright surfaces reflect UV and increase UV exposure.</li><li>• Unprotected skin will be damaged and can burn in minutes.</li></ul> |

Source: Environment Canada 2010



South East **LHIN**

## Our 2013-2016 Health Plan

***Your Region, Your Healthcare, Your Voice!***

From **June 7 – July 12, 2012**, log on to help us build an integrated, patient-centred healthcare system in our region.



[www.southeastlhinc.on.ca/OurHealthPlan](http://www.southeastlhinc.on.ca/OurHealthPlan)



## Splash into Safety

### In the bathtub

(at greatest risk 0-2)

What can you do?

- Stay within sight and reach of your children in the bathroom
- Learn First Aid and CPR
- Know how to call 9-1-1 or your local emergency number
- Never use baby bath seats
- Drain the tub after bathing

### In your Pool (at greatest risk Ages 1-5)

- Stay within sight and reach of your child when in, on or around water
- Know how to swim or have an experienced swimmer supervise children in the pool
- Learn First Aid and CPR
- Know how to call 9-1-1 or your local emergency department
- Install a 1.2 m (4ft) high four-sided fence around pool with a self-closing and self-latching gate
- Put young children in life jackets
- Teach your children the pool rules
- Keep safety equipment by the pool area
- Put your children in swimming lessons

### At the Beach

(at greatest risk All ages)

- Stay within sight and reach of your child when in, on or around water
- Know how to swim or have experienced adult swimmer supervise children
- Learn first Aid and CPR
- Know how to call 9-1-1 or your local emergency number
- Only let your children swim where you know is safe
- Put young children and weak swimmers in life jackets
- Teach your children the water safety rules
- Keep safety equipment close by



Tyendinaga Home Support Program  
 Community Wellbeing Centre  
 50 Meadow Drive, Deseronto ON K0K 1X0  
 613-967-0122

# July 2012

**All Home Support programs are for seniors 55+ or 18+ with physical challenges.**

| Sun | Mon                                                             | Tue                                  | Wed                                                                                                                                                                       | Thu                                                              | Fri                                                                                                                       | Sat |
|-----|-----------------------------------------------------------------|--------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----|
| 1   | 2<br><b>OFFICE<br/>CLOSED</b>                                   | 3<br>Meals on Wheels<br><br>Library  | 4<br>Lawn Bowling<br>9:30am to 12:00 pm<br><br>Diners Club<br><i>Deseronto</i><br><br>Euchre Night                                                                        | 5<br>Meals on Wheels<br><br>Bvl Shopping                         | 6<br>Meals on Wheels<br><br>Handivan Des<br><br>Scrapbooking                                                              | 7   |
| 8   | 9                                                               | 10<br>Meals on Wheels<br><br>Library | 11<br>Diners Club<br><b>HOME SUPPORT</b>                                                                                                                                  | 12<br>Meals on Wheels<br><br>Birthday Tea                        | 13<br>Meals on Wheels<br><br>Handivan Des                                                                                 | 14  |
| 15  | 16                                                              | 17<br>Meals on Wheels<br><br>Library | 18<br><b>BINGO</b><br><br>Euchre Night                                                                                                                                    | 19<br>Meals on Wheels<br><br>Kingston Shopping                   | 20<br>Meals on Wheels<br><br>Handivan Des                                                                                 | 21  |
| 22  | 23<br>Breakfast Club<br>8:00 to 9:30a.m.<br>Community<br>Centre | 24<br>Meals on Wheels<br><br>Library | 25<br>Diners Club<br><b>HOME SUPPORT</b>                                                                                                                                  | 26<br>Meals on Wheels<br><br>Trip to Toronto<br>8:30am to 8:00pm | 27<br>Meals on Wheels<br><br>Handivan Des<br><br>Scrapbooking                                                             | 28  |
| 29  | 30                                                              | 31<br>Meals on Wheels<br><br>Library | Diners Club—12:00 to 1:00 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>Scrapbooking—10:00 a.m. to 3:00 p.m. |                                                                  | Birthday Tea—2:00 to 4:00 p.m.<br>Bingo/Lunch—12:00 to 3:00 p.m.<br>Euchre —6:30 to 8:30 p.m.<br>Library—2:00 to 4:00p.m. |     |

# New Program at Red Cedars Shelter

# Outreach Worker

Are you struggling in a  
Relationship?

Are you experiencing abuse?



Do you wonder if you are in  
a healthy relationship?

Do you feel you have no  
one to talk too?

*You are not alone. The Outreach worker can provide you with a safe and secure environment to receive support and wholistic healing around Family Violence, with respect to confidentiality.*

Wholistic healing approach, working with your  
**EMOTIONAL**    **PHYSICAL**    **MENTAL**    **SPIRITUAL**  
Wellbeing.

- ◆ Residential/Non-Residential Counsellor
- ◆ This program offers counselling support to men or women
- ◆ Advocacy
- ◆ Court support
- ◆ Referrals

**Contact Sheila Stacey at 613-967-5877**

**Monday to Friday 8:30am—4:30pm**

**If you are in crisis please call #613-967-8212 or 1-800-672-9515**



*Thank You!*

*The Family of Christine Boomhour  
would like to thank everyone that supported  
us in anyway during our time of extreme grief!  
Chrissy's sudden passing was a shock and a great  
loss to her kids, her family and friends!  
Without all the support from everyone that helped  
us thru this tough time we would of had a much  
tougher time getting thru it all for sure!  
We will miss Chrissy for as long as we live and we  
know she won't be forgotten.  
Thank you all again for all  
you did for our family!*

*Sincerely  
Brad, Ruby and Family*

*Thank You!*

*I would like to take this time to thank  
our family and friends for all there  
wonderful words of encouragement,  
food, flowers and helping hands  
during the loss of our father Allen  
White. We truly appreciate everything  
that has been done.*

*Thank you  
Allison, Chip (Kurtis) and  
Kody Brant*



"As a member of the Mohawk community of Tyendinaga and a student at Moira Secondary School I would personally like to thank the Dreamcatcher Charitable Foundation for helping my family and I with funding for my music lessons this year. With their help I was able to physically push the limits of my playing and pass my testing through the Royal Conservatory of Music. This is my final year at Moira Secondary School and next year I will studying music at the University of Ottawa. The audition process for their program and every other school was very tough and I personally wouldn't have been able to do it without the help from the Dreamcatcher Fund.

Thank you so much for everything Dreamcatcher!"

- Salik Brant

## ASSOCIATION OF IROQUOIS AND ALLIED INDIANS

43<sup>rd</sup> Annual General Assembly – May 30 to June 1st



The Delaware Nation graciously hosted the annual assembly. Some of this year's highlights included:

- Tour of Nmaachihna – traditional indigenous village
- Powerful Youth Presentation
- Gord Peters elected Grand Chief in By-Election
- Video taken of assembly will be made available online

### Joint Chiefs Education Forum – June 7



Mississaugas of New Credit hosted this forum. Highlights included:

- Presentation on Federal Legislation pertaining to Education
- Brainstorming on common positioning of Early Learning, Secondary and Post-Secondary
- Discussion of Political Direction
- Sub-committee to be struck to create common positioning

### Ontario Works Cuts

Cuts are being proposed to Ontario Works that will prove devastating to Indigenous communities across Ontario. Following are some of the action taken and planned in June:

- Participated in a Rally held in Toronto and Organized by North Shore Tribal Council
- Requested a meeting with NDP Opposition leader Andrea Horwath to garner support for opposition of the Bill
- Grand Chief Peters will present to the Standing Committee on Finance and Economic Affairs
- Voice your opposition to the budget implementation Bill – it will be passed June 25, 2012



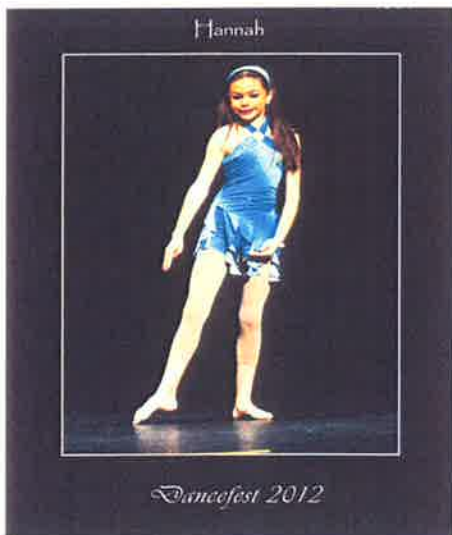
We invite your comments and feedback online on our website at [www.aiai.on.ca](http://www.aiai.on.ca) or email to [jjones@aiai.on.ca](mailto:jjones@aiai.on.ca) . Visit us at [www.facebook.com/aiai.pto](https://www.facebook.com/aiai.pto) , [http://twitter.com/#!/aiai\\_comms](http://twitter.com/#!/aiai_comms) , <http://www.youtube.com/user/AIAAdmin> .

# Thank-you!!

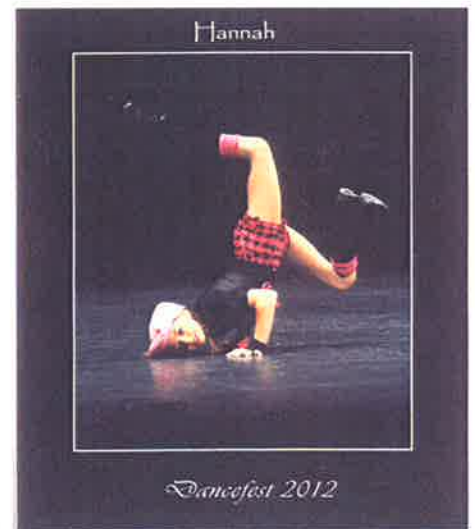
**Kailey Sager would like to thank the Dreamcatcher Fund for their support with her 2011-2012 Dance season!! I had a wonderful year as part of the competitive dance team! I couldn't have done it without you! Thank-you!! Kailey Sager**



*A big Thank-You goes out to the  
Dream Catcher Fund  
for helping make my competitive dance year 2011-2012 happen!*



**I participated in 3 competitions:  
Burlington and received 2 Silvers  
Niagara Falls and received 2 Silvers  
Peterborough and received 2 Gold**



I would also like to thank my family for supporting me, especially my grandparents for helping my parents when it came time to travel for my dance. I would also like to thank the staff and students of Quinte Mohawk School for allowing me to perform my dances in front of them it was a true honor.

Nya:wen ko:wa

from the Our Dreams Matter Too & National Day of Healing and Reconciliation Planning Committee to the following for your contribution to the days' events;

- Enyonkwa'nikonhriyohake' Program
- Tahatikonhsotontie Head Start Team
- Quinte Mohawk School
- Hope and Ohahase Programs
- Eksa o'kon:a childcare centre
- Home Support Program
- Healthy Babies/Healthy Children
- Maternal Child health
- Community health program
- Community Well-Being
- Kanhiote library
- Tontakaierine, the Tyendinaga Justice circle
- Tsi tyonnheht onkwawenna
- Red Cedars Shelter
- Mohawk family services
- Deerhaven Farm & Garden Limited
- Lynn Brant
- Karen Lewis
- The G&G Show (Caleb & Cooper Gazley)
- Quinte Singers
- L & M Variety
- Tekontirennahkwa Social Singers (Mandy Smart, Crystal Loft, Kerri Smart, Carlene Smart & helpers)
- Tyendinaga Police Services
- Mohawk Fire Department
- Town of Deseronto
- Deseronto Post Office
- Mohawk Bus Lines
- Cubby's Chip Wagon & Catering
- If we have forgotten anyone, please know that it was unintentionally as we appreciate each and every person's assistance & support during these events!

The walk in its entirety was about 8.2 kilometers in length and there were about 50-60 people who walked the entire. We have to say that we were in awe of all the participants that completed the entire walk! Way to go, as a Community we proved that our children are extremely important to us!

It was great to see so many of our children and youth participate in the walk, hopefully next year we will have even more.

We would like to extend a thank you to all those Community Members & all others who walked, signed letters, donated pennies and participated in the events in whatever way you could, you really helped to make the day a huge success!

A total of \$320.14 was collected during the Penny drive! This money will be forwarded to the First Nation Child and Family Caring Society to assist them with their work in promoting & supporting equitable treatment for First Nations children.

Nya:wen ko:wa



The Enyonkwa'nikonhriyohake' Youth Program  
would like to express gratitude to our community  
for supporting the Skate Park Opening.  
This event would not have been possible without you!

## **NYA:WEN KOWA!**

Nya:wen to the following businesses & individuals  
for their generous donations:

**Bear Clawz Variety  
Brant's Auto Restoration  
Cigar Chief  
Community Health  
Representatives  
Cubina's Mohawk Cantina  
Darren Green Sandblasting  
49 Quik Stop  
Free Flow**

**KC Builders  
KTA General Maintenance  
L&M Enterprises  
McMurter Home Centre  
Mill Side Ceramics & Crafts  
Native Renaissance II  
Rez Boyz  
Rez Cresting  
The Lazy Gardener**

**The Sacred Circle  
Threadworks  
Tota Maz  
Tyendinaga Computer Sales  
& Service  
Tyendinaga Propane  
Village Variety**

Nya:wen to the following for their  
assistance:

**Band Property Maintenance – Special  
mention to Denny Brant & Greg General –  
thanks guys!  
Shirley Maracle, Julie Brant, Esther Brant,  
Johanna Goodfellow & Jolie Brant**

Nya:wen to the Mohawk Fire  
Department for being our volunteer

**BBQ Chefs:**

**Trevor Brant, Murney Green, Sherry Lewis,  
Ian Maracle, Allison Maclaurin, Madison  
Weese & Scott Maracle**

And the Major Prize Winners were...

**Justice Auten – Slitherboard  
Kianna Barbosa – Skateboard  
Jake Barnhart – Skateboard  
Devon Bartholomew – Rez Boyz gift bag/SportChek gift card  
Kyle Brant – Swingboard  
Shanna Brant – Skateboard  
Trevor Brant – McMurter gift certificate  
Tyson Brant – Skateboard  
Tashakonokshe Brant-Roque – Bubz Wheelz gift package  
William Hildebrand – Threadworks gift bag/SportChek gift card  
Liberty Maracle – Scooter  
Spencer Sparks - Bicycle**



# COMMUNITY GARDEN DONATIONS & VOLUNTEERS

We would like to thank the following businesses who donated towards the building of a community garden at the Old Shannonville Fair Grounds.  
Also, I would like to thank **Stan & Patsy Kring, Kevin Maracle,** and **Andrew Kring— Bay of Quinte Property Service** for all your hard work in building the boxes and planting!



**Trevor Lewis**  
Owner

5717 Old Highway # 2,  
Shannonville, ON K0K 3A0  
In the Village of Shannonville  
on the Tyendinaga Mohawk Territory

Phone: 613-967-7920  
E-mail: trevor\_lewis@sympatico.ca

**Bowden Contracting**  
Licensed Carpenter

**Home Renovations**  
**New Construction**  
**Free Estimates**

**Ron Bowden**  
Cell - 613-848-5331



613-962-0082



5717 Old Highway # 2, Shannonville, ON K0K 3A0  
In the Village of Shannonville on the Tyendinaga Mohawk Territory

Phone: 613-967-7951 • Fax: 613-967-7941  
E-mail: trevor\_lewis@sympatico.ca

**Trevor Lewis**  
Owner

Royer • Terra • Cat  
Timberland • JB Goodhue  
Tough Duck • Work King  
High Visibility  
Watson Gloves

## Build All

### CONTRACTORS

5427 Hwy #2,  
Shannonville, Ontario  
K0K 3A0

Phone: (613) 969-1315  
Fax: (613) 969-9806  
E-Mail: buildall@bellnet.ca



5717 Old Highway # 2, Shannonville, ON K0K 3A0  
In the Village of Shannonville on the Tyendinaga Mohawk Territory

Phone: 613-969-8938 • Fax: 613-967-7941  
E-mail: trevor\_lewis@sympatico.ca

**Trevor Lewis**  
Owner

**C-Store**  
Lotto - Grocery - Confectionary  
Gasoline - Diesel  
Propane



**Free Flow Petroleum**  
**PH: 613-968-5344**  
**FAX: 613-966-4678**





Happy Birthday to William and Daddy!

July 20th 2012



Dale Hill will be 37 years even.

William Hildebrand will be 7 years old.

Lots of love and we hope you guys have a super good year ahead!

Love, Mommy, Sadie, and Elijah. Xoxo

---

HAPPY 50<sup>TH</sup> WEDDING ANNIVERSARY



**Dear Mom & Dad**

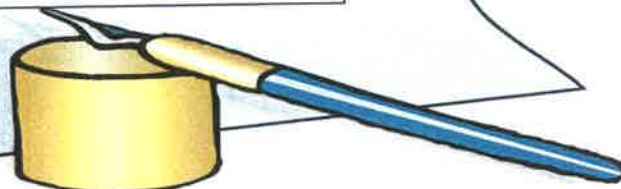
**(Margaret & Donald Bonner)**

**On July, 2012. You will be celebrating your 50<sup>th</sup> Wedding Anniversary. Because that unity as one. You both started the foundation of a loving and giving family. That will continue into the next generations to come.**

**Love you! Mom (Grandma), Dad (Pappa)**

**Hugs and Kisses**

**Brennan, Vanessa, Steve, Colin, Melanie, Stephanie, Dorian, Bradley, Wesley, Brie and Jack**





# Mohawk Agriculture Society

Fair Meeting Dates

July 11 & 25

Aug. 8 & 22

7:00 p.m. School Building at the Fairgrounds`

The Mohawk Agriculture Society wish to express our sincere gratitude to all Businesses for Advertising in the Mohawk Fair book and sponsoring in the events and sign board. “Looking for Volunteers” to help put on this Fair on & be successful. Please come out & help.

Thank you. Pat Brant President: 613-396-2132

Mohawk of the Bay of the Bay of Quinte  
 Bowden Contracting  
 Kagita Mikam  
 Tsi Kionhnheht Ne Onkwawenna  
 Community Well Being  
 Free Flow Petroleum  
 Nation to Nation  
 Anglican Parish of Tyendinaga  
 F.N.T.I.  
 Cigarcheif.com  
 S & B Enterprises  
 The Sacred Circle  
 Tyendinaga Police Services  
 Native Renaissance II  
 Bernhardt Cabinetry  
 Build All Contractors

Quality Asphalt Products  
 Tyendinaga Computers  
 Randy’s Leather  
 Debs Gas Bar & Restaurant  
 PH Multimedia Products  
 K.C. Builders  
 Kevins Auto Body  
 Mikes Restaurant  
 Bobs Toilet Rentals  
 McGlade Funeral Home  
 Wiljan Farm Equipment  
 Post Garage Inc  
 United Restaurant  
 Down Town Variety  
 Quinte Variety & Video  
 O’Sullivan Repair & Performance  
 Dock Side Tavern

Village Variety & Gas Bar  
 Lewis Lacrosse  
 The Lazy Gardener  
 Con Cutz  
 Tyendinaga Propane  
 Aunt Sadies Café & Drive Thru  
 McMurters Lumber  
 L&M Enterprizes & Gas  
 MaryKay (Bonnie Watson)  
 49 Quik Stop  
 Dennis Crank Excavating  
 Darren Green Mould Removal  
 Little Turtles Restaurant & Pizza  
 Elton Brant Lawyer  
 Time for You Salon  
 Burgis Golf Inc. Club

The Mohawk Agriculture Society wish to than all volunteers for helping with the track field at Quinte Mohawk School June 13/12 fundraiser. Carlene Smart, Beverly Hill, Marilyn & Bill Brant, Brian & Rachel Volkman, Alex Crouse & Jim Donovan, also the Janitors & staff of Quinte Mohawk School.

The Mohawk Agriculture Society would invite young people grade 8 & high school students that would like to become Junior Directors at the Mohawk Fair and attend meetings and work with other directors to learn how the fair operates, and have the opportunity to get in their volunteer hours in for high school.

Come out to one of the meetings or give Pat Brant 613-396-2132 a call for more information.

**Contest:** ALL Community Groups, Businesses, Organizations who would like to enter the contest to decorate a round bale of hay and putting their advertisement on them for Fair weekend Sept. 21, 22 & 23 2012 to be judged and win prizes.

**Call Pat Brant 613-396-2132** or come to a meeting for more information to pre register or sign up to enter.

Round Bales will be supplied.

### **2012 Mohawk Fair Books can be found:**

**Free Flow Petroleum**

**Village Variety**

**Kanhiote Library**

**Land Office**

**Community Well Being**

**49 Qwik Stop**

**Native Renaissance II**

**Deseronto Library**

**Downtown Variety**

**Tyendinaga Library**



**DESERONTO LEGION**

**Coming events...**

**A - 1 Karaoke on July 14**

**from 2-6 pm.**

**August 11th featuring the band**

**'Midnight Special'**

**from 2-6 pm**

***Our afternoon entertainment is free of charge***



# TRUCK PULL

Sunday, July 22, 2012



Tyendinaga Mohawk Fair Grounds  
1807 York Rd., Deseronto Ont.



## More than a Truck Pull!

**\$5.00 admission/Kids under 12 FREE!**

**Trophies: 1st & 2nd Iron Anchor Sled Team**  
**Cost: \$10.00 per hitch**

**Weigh In: 10:00 am. Pull: 11:00 am.**

**\*1/2 ton Class-weight 6000 lb & under**

**\*3/4 ton Gas Class-weight 7000 lb & under**

**\*3/4 ton Deisel Class-weight 8000 lb & under**

**\*One Ton Class-Diesel & Gas**

**NOTE: Boat maxes out at 320 feet**



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FOR CARS AND TRUCKS

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5980 OLD HWY. #2 SHANNONVILLE ONT.

**TAX FREE**

Contact: Cindy Loft @ 613-396-3933

Paul Richmond @ 613-453-9121

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

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

July 2012

**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 /

Fitness Staff & P.T

**Part -Time Staff**

Ryder Sager

Damon Brant

Marina Wager

Dylan Garey

**Fitness Tips by Marina**

Don't be afraid to add some variety to your workout! The following are some tips you can do to enhance simple exercises...

When doing a Sit-up or crunch try holding a medicine ball to add a little extra.



When performing a Push-up try placing your hands closer together, and have your elbows pointing back. This will engage your triceps more.

When doing a Squat try pointing your toes outward, this will relieve some pressure and stress in your knees.

**Father's Day Prize**

Thanks to everyone that donated items to this event, Briar Fox for the golf gift cards. Thanks for your support

Winner : Ted Pordham Proceeds: \$30.00

**All proceeds help keep TFRC membership fees low**

**Dietary Express Fundraiser for TFRC**

We have sprouted chia & fax powder, quinoa and broccoli chocolate available to purchase , TFRC receives a percentage of each item sold. The organic items **will be on sale at TFRC until the end of August.** Any questions about the items call or email (613) 395-4593 dietaryexpress@gmail.com

**NEW STAFF**

**Dylan Garey** - I am heading into my second year at Loyalist College. I am currently taking electrical engineering. I graduated high school at Moira Secondary school. I was raised and currently reside on the Tyendinaga Mohawk Territory

**VOLUNTEERS** : Thank You to Shaylin & Rachelle for your time, great job.



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

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

### Teen Programs & Summer Walking & Biking

If anyone is interested in a walking or bike program

Please call and talk to our Summer Student.

Check out the Movie & Fitness nights in August.



### Individual Run

Our staff will do an individual run with you in Shannonville, just call and setup a time.

### PRESENTERS WANTED FOR SEPTEMBER:

We are looking for group presenters to share fitness/health tips, advice, and knowledge.

### FITNESS INSTRUCTORS WANTED!

For more details please contact us at 613.962.2822

**TFRC is Having their 5th Anniversary**

**Saturday September 29/12**

We are Welcoming Ideas for a **FUN CELEBRATION**

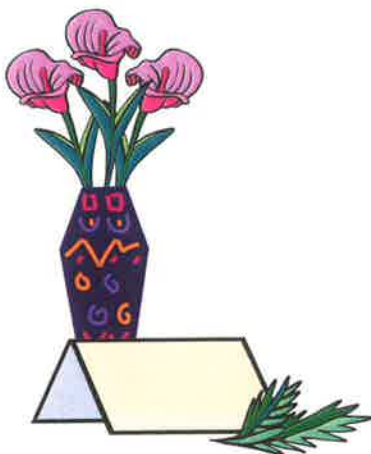
Please email us or call (613) 962-2822

tyfitnessres@mbq-tmt.org

**“It Has Been a Great 5 Years at TFRC”**

**Thanks to all our Great Staff & Members**

**It'll Be a Family Event With Prizes**



# Cardio-Karate

**For Youth &  
Adults Mix**

**Sept. 4 to Sept.27  
Tuesdays & Thursdays  
6:00pm– 7:30pm**

**\$35 per person for 4 weeks**

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

A percentage of the proceeds will go  
towards Youth with diabetes for TFRC  
Membership & to purchase Urban Poles



Instructor Fred Dracup has over 30 years experience  
Space is limited to 12 participants sign up by:  
Friday, August 24/12 (need at least 6 participant's)  
**Note FREE for MBQ staff - Self Defense Skills**

**Phone: 613-962-2822**

**E-mail: [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)**

**Tyendinaga Fitness Resource Centre**

# *Walking & Biking & Running*

The Tyendinaga Fitness Resource Center is offering a **Free**  
Walking & Biking & Running  
Program during the Summer



**Starting on July 9/2012**  
Walking - Tues @ 10:00am  
Biking - Thurs @ 6:00pm  
Running - Wed @ 6:00pm

(You do not need to be a member of TFRC to participate)

TFRC Outreach Program (613) 962-2822  
[www.tyfitnessres@mbq-tmt.org](mailto:www.tyfitnessres@mbq-tmt.org)  
Also on Facebook



## *SUMMER FIT MONTH*

For the **Month of August** at the  
**Tyendinaga Fitness Resource Centre**  
it will be **FREE** for Youth ages 12—18!  
Come in anytime during the hours of:  
**3:00pm—7:00pm, Monday to Thursday**  
**Friday August 11 and 18** will be **movie night's** to  
come in and workout while watching your  
favorite show with friends!  
The Movies will start at **4:00pm.**



**FREE FUN**

Tyendinaga Fitness Resource Centre (613) 962-2822

## **Ask the Doctor:**

I have been taking several different supplements like fish oil, a multi-vitamin, calcium and magnesium, as well as vitamin D, all are supposed to improve my health. I have very little work or home stress, I exercise regularly and eat a healthy diet but I don't feel any better. Are they worth the money or should I stop taking them?

-Gerry

Hi Gerry,

Since the majority of us have medium to high stress (work, home, chemical and play) lives and we do not eat enough quality vegetables, fruits and meats. This may create a lack of certain vitamins, minerals, antioxidants and other essential nutrients. So the use of quality supplements can be a vital link to achieving optimal health and healing.

That being said; Not all supplements are created equal. The nutritional supplement industry is a billion dollar business and therefore has several companies that advertise huge health changes and big guarantees yet when independently researched have little or no beneficial value. I know a lot of people buy the massive bottles of supplements at Costco or Wal-mart because the price is right for the quantity, however the majority of those products have no health benefit.

A great supplement resource is the NutriSearch Comparative guide to Nutritional Supplements, Professional Edition, 4<sup>th</sup> ed by Lyle MacWilliam MSc, FP. It evaluates and compares over 1500 products sold in North America. Common supplements sold with very little nutritional product rating are Centrum, Arbonne, Equate, GNC, Jamieson, Kirkland, Life, Isagenix, and One-a-day. The top ranking supplements come from Douglas Labs, TrueStar Health, New Roots, CanPrev, Metagenics, and USANA. These are all independently researched for product quality, ability for body to process and utilize, safety and product manufacturing.

So before you just grab what's on sale for your next round of supplements, consider whether or not the company is providing what it is advertising.

Dr. Jason Maracle Young DC

If you have questions regarding health and wellness please feel free to ask at [maraclechiropractic@gmail.com](mailto:maraclechiropractic@gmail.com) or mail Maracle Chiropractic Box 1216, Shannonville, ON K0K 3A0.



## IMAGINE TD SUMMER READING!

Posters! Stickers! & Activity Books!

*Weekly Activities*

*Read Books - Win Prizes*

Thanks Tyendinaga Community for once again donating to the road toll supporting Kanhiote library and Kawenna'onwe Primary Immersion. We will split \$1650.98. Nyawen

**Kanhiote Tyendinaga Territory  
Public Library**



A cultural and educational  
resource centre

### Hours

|           |                     |
|-----------|---------------------|
| Monday    | 10:30 am to 5:30 pm |
| Tuesday   | 10:30 am to 5:30 pm |
| Wednesday | 10:30 am to 5:30 pm |
| Thursday  | 12:00 pm to 7:00 pm |



## ATTENTION HUNTERS AND SHOOTERS

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

“ONE STOP” courses will be offered  
The Firearms Safety Course(PAL) portion will be Fri/Sat Aug 17/18.  
The Hunter Education Course portion will be Fri/Sat Aug 24/25.  
Both courses will run Fri 6 -10 pm and Sat 8:30 am -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)

# Girl Talk

**Start Date: July 18/2012**

**Time: 6:00pm—7:30pm**

Red Cedars Shelter is hosting a Girl Talk Program. This program will be for girls ages 13-19.

#### Topics

- Budgeting
- Healthy Cooking
- Self Esteem
- Healthy Relationships
- Emotions/Feelings
- Respect/Responsibility
- Bullying

*Come and join us*

Once a week for 7 weeks

July 25/2012

August 1/2012

August 8/2012

August 15/2012

August 22/2012

August 29/2012

**Limited spaces available**

**Please call to reserve your spot**

**Laura Wood: 613-967-2003**

## A NIGHT FOR THE GUYS

Red Cedars is hosting a Night for the guys Program. This Program will be for guys 13 to 19 years of age.

The program will begin on Mon. July 30 2012 and run each Monday for 4 weeks. Starts at 6:00 to 7:30pm

Possible Topics:

**Life Skills**

**Respect for each other**  
**Healthy Relationships**  
**Substance Awareness**

Limited Spaces

Call Sheila to reserve spot.

613-967-5877 or 613-967-2003



# LACROSSE IS BACK

**Come on out and watch Colsen Maracle and the Orillia KINGS challenge the Akwesasne Storm in two games of box lacrosse.**

**When: Saturday July 21<sup>st</sup> at 11am and 1:30pm**

**Where: Deseronto Arena**

**Watch these 6, 7 & 8 year old warriors play the oldest sport in North America. The game of lacrosse originated centuries ago, long before European contact, and has evolved into an exciting, fast, hard hitting and action packed game.**



**VS**



**Thank you to the local sponsors for their support:**

**Build All Contracting  
Lewis Lacrosse  
Salmon River Enterprises  
Ward's Gas Bar & Auto Sales**

**Any questions please contact Gary Maracle @ (705)238-1742**

# **1<sup>st</sup> Annual Baseball Tournament**

## **Benefits for Troy on August 4&5<sup>th</sup>, 2012**



Troy is the much loved son of Sarah and Jason Hughes of Shannonville and older brother to 8yr old Cole and 7 yr old Carter. We are asking for your kind generosity in supporting this very sick, young boy.

Troy was an active, happy, fun loving boy, until he was given a life altering diagnosis on December 8th 2011. Troy was diagnosed with Acute Lymphoblastic Leukemia (A.L.L) and has been having on-going Chemotherapy treatments for the past 5 months. The prognosis for beating this Acute Leukemia is looking good, but the road ahead is a long one, probably with many bumps and turns along the way, as his treatments are to continue for the next 3.5 years.

The moneys collected and donated will help tremendously with things such as: transportation to and from Dr's appointments and Chemo treatments at Kingston General Hospital, gas, parking and meals etc. All items listed above; in which, create an extra financial burden for this young family, as well as many other unexpected expenses due to Troy's health situation.

Troy & family are planning to attend, depending on Troy's health condition at this time. I am very hopeful for a great turnout in support for Troy and his loving family. Look forward to seeing many teams out for our first year.

### **Mixed 3 Pitch Tournament**

**\$260 per team**

**\*\*Team must have at least 3 women on the field\*\***

**Location: 1935 York Rd, Tyendinaga Mohawk Territory**

**To register your team today please contact:**

**Tara Loft @ (613) 827-4188 or (613) 243-3805**

**\*\*All standard softball rules apply\***

**All proceeds go to Troy & Family**



## THE ANGLICAN PARISH OF TYENDINAGA

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

**Parish Priest**  
The Venerable Brad Smith  
962-2787

In July, children begin to enjoy their summer. Please be especially mindful of our treasured young ones as you drive in the community—we all have a responsibility to keep the next generation safe. We pray for a time of rest for students and for opportunities for families to spend time together building relationships that are healthy, strong, and lasting. Amen.

### SUNDAY CELEBRATIONS

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

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

*On Sunday 15 July, the parish will worship together on  
the Rectory Lawn (321 Bayshore Rd) at 10:30 a.m.  
(see below for more info).*

### UPCOMING EVENTS

**Parish Fun Night**  
Wed 18 Jul, 7 p.m., Queen Anne Parish Centre  
Bring a game, a friend, and a snack!

**Men's Breakfast**  
Sat 28 Jul, 8 a.m., Small Town Cafe, Deseronto  
The men of the Parish (and friends) gather once a  
month for breakfast and fellowship.

**Parish Outdoor Worship and Picnic**  
Sun 15 Jul, 10:30 a.m., Rectory  
Please bring a lawn chair, a dish for the potluck picnic,  
and a feast basket with cutlery, plates, cups etc. If your  
dish requires refrigeration, please supply your own  
cooler. Please make an effort to keep disposable items  
to a minimum in order to practice stewardship of the  
creation. Rain location: Christ Church.

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

## “AA OPEN MEETINGS”

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

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

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

### **Thursday Evenings**

**Summer**

**Weigh In: 5 - 5:30 p.m.**  
**Meeting: 5:30 - 6:00 p.m.**  
**Elders Lodge**

**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)



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

**KERISTOS NE KORAH:KOWA**

***CHRIST THE KING***

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



***Morning Prayer with***

***Communion from the Reserved Sacrament***

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



***Holy Eucharist (Complete Mass):***

**11:15 AM → 2<sup>nd</sup> Sunday of the Month**

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

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

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

OR

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

OR

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



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



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



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**CHURCH · 613-396-5329**

**PARSONAGE · 613 · 396 · 5325**

**Sunday**

**10:30 am Worship Service**

**11:30 am Children's Church**

**6:30 pm Worship Service**

**Wednesday**

**7:00 pm Bible Study**

**Saturday**

**7:00 pm Prayer**

### **Coming Events**

**July 1 · Canada Day Service held at Old Hay Bay Church(historical site) 1:30pm**

**July 6 · Revival Service at the Temple of Prayer and Praise in Napanee 7:00pm**

**Aug 3 · Revival Service at Mohawk Pentecostal Church 7:00 pm**

**Fall fundraiser for New Church Building coming up to include the inspirational sounds of the Masters singing group**

**Unless you try to do something beyond what you've already mastered, you will never grow.**

**John Maxwell**

# CLASSIFIED

## LAND FOR SALE

- approx. 11 acres
- Upper Slash & Norways Side Rd.

Call Fern: 1-403-237-9879 &  
leave a message or email  
maracle1@live.ca

## FOR SALE

BALES OF STRAW  
- 4 x 4 round

Call: William J. Brant  
613-967-1129

## HOUSE FOR SALE

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

## LAND FOR SALE

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

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

## FOR SALE

BUILDING FOR SALE  
- negotiable with terms

Call: Calvin  
613-827-4338

## FOR SALE

- 4 BEDROOM HOME
- eat in kitchen
  - dishwasher, fridge & stove
  - 2 bathrooms (updated 4 piece) & 3 piece bath, laundry room
  - large family room with a new wood stove
  - upgraded well
  - new roof & deck

Please contact:  
tyendinaga11@yahoo.com or  
416-938-4157 or 613-396-2151

## HOUSE FOR RENT

Non smoking couple looking to rent immaculent 1/2 Double House on the Bay of Quinte

- Available Immediately
- 3 Bedrooms, 1.5 baths
- all like new appliances (stackable washer & dryer, refrigerator, freezer, stove, microwave, dishwasher etc.)
- Central air, jacuzzi air tub, central vac
- lovely landscaped property
- water access

-\$1300.00 monthly, all inclusive with first & last required

- No pets.

Call: 613-396-3957 for viewing or more information

## 2 HOUSES FOR SALE

- Both on large double lots
- 1- 2 Bedroom
  - 1- 1 Bedroom
  - large workshop
  - small workshop
  - carport
- Many upgrades, beautiful interior decor
- Lots of new renovations
  - \$150,000.00 (both)

Call: 613-967-0778 or 613-813-3142

## FOR SALE

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

Serious inquiries only  
Call: 613-396-5879

## FOR SALE

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

Please call Bill: 613-966-1092

## Babysitter Available

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

## LAND FOR SALE

- 11.4 acres
- North end of Norways Side Rd. On the west side

Call 1-403-237-9879

## FOR SALE

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

Please call Bill: 613-966-1092

We are  
on  
the web  
Check it  
out!

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

### HOUSE FOR RENT

#### 3 BEDROOM HOME

- Bright and spacious
- clean, eat in kitchen
- fridge, stove, dishwasher,
- 2 bathrooms, laundry room, large family room
- utilities not included
- no smoking/no pets
- short term rental up to 10 months
- serious enquires only

Please contact:

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

### BUSINESS FOR SALE

Well established eatery  
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Great menu  
Great sales

For information contact  
[maraclechris@yahoo.com](mailto:maraclechris@yahoo.com)

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*Are you looking for  
investment property on the  
Territory?*

Turn key operation for sale of 2  
new rental units located on the  
corner of Bell's Rd & Hwy #2  
Serviced on town water &  
tenants pay hydro. Good return  
on your investment.  
Asking \$200,000.00  
Contact Jim McMurter  
613-396-1607

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

Best reasonable offer

Call: 613-967-8935

### FOR SALE

#### FIREWOOD

- cut firewood
- Ash, Maple & some Poplar
- \$200.00 per cord

Please call: 613-967-4704

### HOUSE FOR RENT

#### 2 BEDROOMS

- newly renovated
- very clean
- lots of storage
- on TMT
- near Shannonville

Call John Hill  
613-962-5470

### HOUSE FOR SALE

#### 3 BEDROOM RANCH

- full basement
- garage, 20 X 20 deck
- lot 200 X 300
- all plywood construction
- brick house, good well
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message

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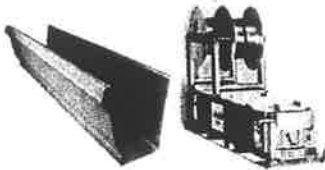
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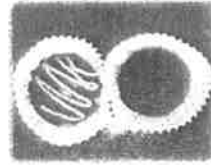


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