



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 3/10
Ennihskowa (Mar.)

ORI:WASE (News)

We are on the web www.m bq-tmt.org

NOTICE

INDIAN AFFAIRS (INAC) WILL BE PROCESSING APPLICATIONS FOR THE NEW SECURE CERTIFICATE OF INDIAN STATUS (SCIS):

DATE: MARCH 24-30, 2010

TIME: 10:00 a.m. - 6:00 p.m.

PLACE: COMMUNITY CENTRE - UPSTAIRS

THE NEW SCIS IS INTENDED TO REPLACE THE PRESENT STATUS CARDS BEING USED.

THE FOLLOWING IDENTIFICATION IS REQUIRED WHEN APPLYING FOR THE NEW SCIS CARD:

- **ORIGINAL BIRTH CERTIFICATE, PASSPORT and CURRENT CIS CARD or**
- **ORIGINAL BIRTH CERTIFICATE and TWO PICTURE ID'S i.e. CURRENT STATUS CARD, DRIVER'S LICENSE, HEALTH CARD.**

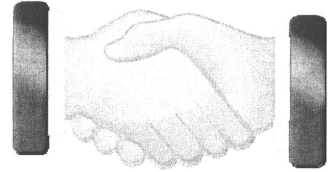
For children 15 years of age and under the original long form Birth Certificate is required.

The application has been amended and the new application can be picked up at the Mohawks of the Bay of Quinte Membership Office.

For more information: www.inac-ainc.gc.ca

1-800-O-CANADA (1-800-622-6232) TTY: 1-800-926-9105

How Does Restorative Justice Work?



Restorative justice can work in different ways. On Tyendinaga, volunteers from the community are trained as facilitators. When a case is sent to restorative justice, a facilitator organizes a meeting of the people who have been most affected by the crime. They are brought together in a comfortable setting to talk about what happened. They each talk about their own experience of the crime. Then they all decide together what the young person will do to repair the harm.

Participants include the victim, the young person, their families and supporters, and any other people directly affected by the offence. Some restorative justice programs ask the arresting officer to participate. Members of the volunteer committee might also be included in the meeting to represent the affected community. At the meeting the participants speak for themselves, not through lawyers and witnesses. That way nothing gets in the way of the story each person has to tell. Restorative justice emphasizes the harm that was done to real people and to the community, not the law that was broken. A victim always has the right to say they want their case handled by the traditional justice system.

The victim and the young person each tell how they felt at the time of the crime and how it continues to affect them. Their families and supporters then add what they can. The friends and family of a victim are often able to describe effects on the victim that the victim has been unaware of or unable to talk about. The young person's family can help the other participants know the young person better. By describing their feelings about the crime, the young person's family can also help the young person understand how their behaviour has hurt the people closest to them. The meeting can be very emotional. Participants may feel nervous and vulnerable. However, the facilitator and co-facilitator are there to make sure that:

Everyone feels safe.

Everyone is listened to respectfully.

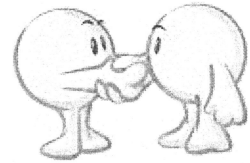
Participants have enough opportunity to express themselves.

The meeting stays focused.

When the participants have fully expressed their feelings about the offence and how it has affected all of them, they decide together what the young person will do to repair the harm that has been done. When they agree on what should be done, their agreement is put in writing and signed by all the participants. In signing the agreement, the young person promises to perform whatever tasks the group has agreed to. The group assigns someone to make sure the young person completes the tasks.

One of the goals of restorative justice is to have a young person who committed a crime sincerely apologize to their victim. A personal apology is a necessary step in taking responsibility for their actions. An apology also helps to repair the young person's relationship with the victim and the community. The participants decide together what else the young person should do. Depending on the offence, the young person may agree to:

Return or pay for stolen property, repair or pay for damaged property, do services for their victim, write an apology letter, commit to counselling, do volunteer work in the community, donate to charity, attend skills workshops, agree not to associate with certain people, obey a curfew, perform any other activity that the group thinks is fair.



WHAT IS THE YOUNG PERSON ASKED TO DO?

The group decides the outcome, but the facilitator ensures that the outcome is fair and appropriate for the offence.

Whenever possible, the young person is required to do something clearly related to the offence they committed. Most young people can then understand that their punishment is fair. For example, they might have to help care for a garden they have damaged or take a part-time job to pay for property they have stolen. Assignments like these also take the needs of victims into consideration.

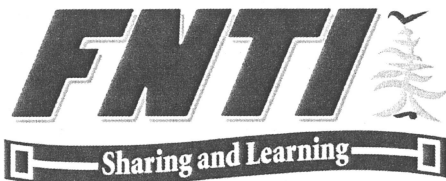
HOW DOES THE PROCESS END?

When a young person does everything they agreed they would do, their case usually ends there. If police arranged a restorative justice meeting instead of charging the young person, they will usually decide that no charges are necessary. If a charge was laid before the restorative justice process began, the Crown will withdraw the charge. The young person will not receive a youth court record. In more serious cases, the agreement reached in the meeting might become part of a probation order or might result in a shorter sentence.

Young people who do not do what they promised are usually sent back to the traditional justice system. They have to go to court. If they plead guilty, they are sentenced by the judge. If they plead not guilty, they have a trial. **Their admission in the restorative justice meeting that they committed the crime cannot be used in court.** If found guilty in court, they are sentenced and will have a youth court record.

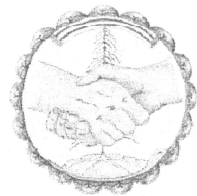
(This Information has been adapted from a pamphlet produced by Community Legal Education Ontario [CLEO].)

For more information, please contact:



Mary Ann Spencer, Program Coordinator
613-396-2122 ext. 123
Email: Maryanns@fnti.net

Shannon Butcher, Youth Justice Worker
613-396-2122 ext. 166
Email: Shannonb@fnti.net



Tyendinaga Justice Circle
Tontakaiê:rîne
(It has become right again)

Skátne Entewahahawatáko (Together we will fix the path)

Capacity Building Project for an Adult Diversion Program

Dear Community Members,

The Tyendinaga Justice Circle has received some funding to investigate, document and build capacity for a culturally relevant Restorative process of adult diversion in Tyendinaga.

The project objectives are to:

1. Develop and document a Haudenosaunee model of restorative justice relevant to the people of Tyendinaga Mohawk Territory and its adult population. Document Haudenosaunee restorative approaches, traditional teachings, ceremonies and healing methods within the model;
2. Document best cultural practices (thus creating an evidenced based model); and
3. Develop an ongoing strategic plan to recruit community volunteers and strengthen the Volunteer Community Committee (Tyendinaga Justice Circle).

Currently, there are no programs to address the needs of First Nation adults in the criminal justice system on Tyendinaga, nor are there alternatives to the court system. This project would build capacity to support First Nations adults in the court system and would take into consideration Indigenous rights and the unique circumstances of Indigenous people in the court system.

The project began on February 8th and will end on March 31st. Janice Brant has been asked to lead the inquiry and make a presentation of the project findings at the Community Centre on March 31st. This event will involve a feast and thanksgiving to the community for their help and involvement in the project. A flyer will be circulated to the community later in March with further information about the activities at the Community Centre.

Informal focus groups are being held in the community to share information about adult diversion, to gather feedback and suggestions, as well as to encourage community involvement in restorative processes (such as becoming a facilitator).

If you have any questions, wish to receive further information about the project, or would like to meet and participate in a focus group you are welcome to contact Janice Brant or Mary Ann Spencer.

Nya:wen kowa, Thank you for contributing to peace building activities in our community.

Janice Brant
613-396-2526 home phone

Mary Ann Spencer, Tyendinaga Justice Circle Coordinator
613-396-2122 ext. 123

Kinder Gym

Every Tuesday March 2, 16 & 30th 2010
Queen Anne Parish Center
9:00-10:30am

0-6 with a parent / caregiver

Healthy snack provided

If you have any questions please feel free
to call

613-969-1835



Aqua Tot's

Every Wednesday March 3, 10, 17, 24 &
31st 2010

Napanee Indoor pool

10:00-11:00 a.m.

If you have any questions please feel free to
call

613-969-1835



BE SAFE HAVE AN ALCOHOL FREE PREGNANCY



There is no safe time or amount of alcohol to drink during the nine months of pregnancy. Alcohol hurts the unborn child's growth and development, and causes fetal alcohol spectrum disorder (FASD). FASD is a range of negative physical, mental, behavioral and learning disabilities.

There is no cure for FASD, but it is preventable. Having an alcohol free pregnancy guarantees your baby will not develop FASD, and gives your child the best start possible.

For more information on having a healthy pregnancy, or information on FASD and resources call

ECD/MCH Coordinator 613-969-1835, Health Centre 613-967-3603 or Healthy Babies Healthy Children 613-969-1649

Drop In

Thursday March 4 & 18th 2010

Queen Anne Parish Center (downstairs)

9:00-10:30am

0-6 with a parent / caregiver

We will be providing a chance for children and there parents or caregiver to get
together do a craft and just a chance to meet new people.

Scrapbooking



Wednesday February 3rd 2010

1295 Ridge Road

(Queen Anne Parish Center downstairs)

6:00 - 8:00pm

Please call ahead to reserve your spot.

613-969-1835

\$2.00 per person
Some supplies available.

We are updating our files if you would like to receive your newsletter via email, please call us
with your email address. 613-969-1835

Thanks

Allison



Infant \$5.75

- 20 pack of diapers
- 1 chosen specialty item

Over 4 Months \$9.00

- 20 pack of diapers
- 6 small jars of baby food or 4 junior jars of baby food
 - 1 choice of cereal, cookies, or juice
 - 1 chosen specialty item

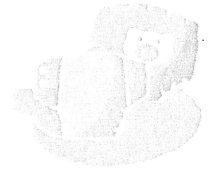
Toddler \$6.00

- 20 pack of diapers
- 1 chosen specialty item

Good Baby Box

Specialty Items

Baby:	Toddler:
Wipes	Juice
Bottles	Cookies
Shampoo	



If you would like to order a Good Baby box please call: 613-969-1649 or 613-969-1835



Social Potluck

March 25th 2010

6:00pm-9:00pm

Queen Anne Parish Center

We would like to celebrate the children of our community by Hosting a Talent show.....

The children may showcase their talent with in an approx. 10-15min time slot, and can enter as a group or on their own. If music is needed please have your child bring their music with them. No judging as all our children are gifted in their own ways!! We will also be having a ***pot luck super*** !! Bring your Feast Basket and a hot or cold dish to share!!!

Everyone is welcome!!

Please Bring your Feast Basket and a Hot or Cold Dish to share!!

(Feast Basket Contains all the dishes, cups, silverware and serving utensils you will need while at the social)

Please call ahead to register for the talent show, 613-969-1835



Little Chief stands on top of the canning factory.

Little Chief adopted

The Regimental Indian of The Hastings and Prince Edward Regiment is more than a mascot, he is a regimental institution.

However the imposing, inscrutable wooden Chief is not the first of his race to watch over the fortunes of "The Regiment", whose men were drawn from the Ontario counties of Hastings and Prince Edward.

His predecessor dates from the early days of the Second World War.

In September, 1939 came the call to action for the militia regiment and, at the Picton Armoury, one of many built across the land 25 years earlier by the Minister of Militia Sir Sam Hughes in preparation for an earlier war, Lt. -Col. Sherman Young started the series of telephone calls that were to muster the men of the farming community for battle.

Most regiments had a mascot and it was not long before the men of The Regiment began considering what was best for them. The stag in the centre of their cap badge gave an idea to some soldiers from the Bancroft area of Hastings County and they went out seeking to bring back a buck deer alive. The buck was found but the men's hunting instinct got the better of them and the buck was shot in the enthusiasm of the chase.

It was on Saturday, December 16 that the first mascot of the regiment was acquired.

George Ponsford, who now lives in South Africa, and who was to become a living legend in the Regiment, decided himself how to solve the mascot problem.

He had noticed an impressive Indian figure, holding a tomahawk in his right hand and a spear in his left, standing on the roof of the former A. C. Miller & Co., canning factory on William Street, Picton where the men were being billeted. He decided that the rather battered pewter Indian should become the regimental mascot and he took the necessary steps to make it so. During the day he procured a long ladder and, with the help of a friend, made his way up to the factory roof.

The Indian, probably Tecumseh, had stood on guard on the factory roof for over three decades and was securely fastened to the building. It took a great deal of effort with a pipe wrench to free him from his fastenings. When loosened he fell forward liberally drenching the two kidnappers with cold rain water which poured out of the hollow interior of the figure through the many bullet holes put in the Indian by Picton marksmen over the years.

In order to lower the 500 pound Indian, who stood over eight-feet high, to the ground a number of rifle slings had been fastened together and by this means Little Chief was lowered.

His removal was made more difficult by the arrival at this time of another soldier, more than a little inebriated, who mounted the ladder to see for himself what was going on. He reached the roof and he and the Indian almost toppled off the parapet together.

Little Chief, who was first placed on the roof by the late William Wright, manager of the A. C. Miller factory, was now back on solid ground. The Indian's likeness had been carried across the continent and to some places overseas on the labels of the factory's products, the trademark having been continued when the plant was acquired by Dominion Cannery in 1903 and later by Canadian Cannery.



Little Chief went overseas as the mascot of the Hastings and Prince Edward Regiment and is pictured here in a British newspaper picture with nine descendants of the Chief: Privates C. Corby, B. Barnhart, R. Brant, A. Maracle, F. Loft, K. Bryant, G. Weese, A. Zachariah and Regimental Cook A. Hill.



The Regiment Journal

PLOUGH JOCKEY

Saluting Our Sponsors.....



Austin Fuller, a veteran of The Regiment, served 1940-45 with 'C' Coy and AntiTank Platoon in Britain, Sicily, Italy and the Netherlands. Austin, a Mohawk, lives in Deseronto, Ontario.

 **ROUSSEAU CONTROLS INC.**

 **BLACK INVESTMENT MANAGEMENT**
Toronto • Vancouver

 **Best Western**
Bancroft and Cobourg

 **Peterborough Militaria**

 **Regimental Association**

 **Senior NCOs' Association**

 **Officers' Association**

I, Austin enlisted March 2, 1940 in Picton ON with the Hastings & Prince Edward Reg. and was sent to Camp Borden for training. In May, I was put on draft for overseas and had my 18th birthday on the troop ship (Monarch of Bermuda) going to England to join the regiment after 3 years of training in England. We finally left in July for the invasion of Sicily on July 10th, 1943. After 28 days the British eighth army which our regiment was part of and the American fifth army cleared the land of Sicily of Germans and then invaded Italy, we had been in action 9 months before D. Day (the landings in France). In April we were shipped from Italy to Belgium and then we entered Holland for the last bit of fighting till the war ended with the Germans surrendering on May 6, 1945. It was 5 years and 9 months since I had left home. I have 6 service medals, one 3rd millennium medal from the Government of Canada for service and one from Nava Aboriginal of Canada for five years overseas service for a total of 8 medals. Our regiment won the most battle honours in the Canadian Army for a total of 31.

Austin Fuller – C-5516



Celebrating Our Culture and Language

First Nations Public Library Week 2010

Library Hours:

Mon. Tues. Wed. 10:30 to 5:30

Thurs. 12 to 7

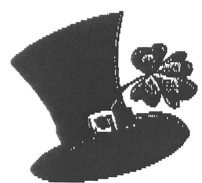
ACKNOWLEDGEMENTS

Ontario's First Nation Public Libraries gratefully acknowledge the following supporters of First Nation Public Library Week 2010:

- **First Nation Chiefs, Councils and Communities**
For supporting the provision, promotion and development of public library service in our communities.
- **Ministry of Culture (Ontario)**
For its First Nation Public Library Development Program and funding that supports First Nations Public Library Week.
- **Ontario Library Service-North**
For designing the poster, preparing packages, coordinating promotional material orders/distribution, and on-going support of First Nation Public Library Week.
- **Southern Ontario Library Service**
For the on-going support of First Nations Public Library Week and the organization of the Canada Reads Program.
- **Serpent River First Nation**
For being the community host of First Nation Public Library Week 2010 Provincial Launch.
- **The Canadian Children's Book Centre and the TD Bank Financial Group**
For supporting First Nation Public Library Week event with the Grade One Book Giveaway Program.
- **Ontario Library Association**
For funding the cost of the posters and for supporting First Nation Public Library Week through promotion and the ongoing support of First Nation Public Libraries.
- **First Nation Public Library Week Planning Committee**
For providing all the planning, preparation, and communication required to ensure that First Nations Public Library Week 2010 is a success.

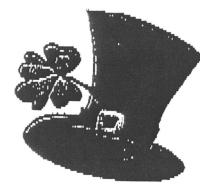
CAP site - classes coming soon - learn more about searching the Internet and using e-mail

ServiceOntario - access government forms, replace lost documents, renew license plates and much more
www.serviceontario.ca



March - Much Lateness

Ennisko:wa 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 1 Scientists in the Classroom	2 Girls Int. Basketball Tourney @ Moira	3	4 Gr. 7 Trip Little Cataraqui	5 Gr. 8 & Sk Graduation Picture Day Boys Int. Basketball Tourney @ Moira Pizza Day	6
7	8	9 JR Basketball Tournament @ Tyendinaga PS	10	11 JK/Sk Trip Sugarbush QM Dancers @ Queen Elizabeth	12 March Break	13
14	15	16	17	18	19 	20
21	22	23	24 Evening Variety Show in the Gym	25 Gr. 7S Frink Centre Trip	26 Pizza Day Assembly 11am Abby North Drummers	27
28	29	30	31			

*In loving memory of a wonderful mother,
Jean (Winnie) Carr-Braint nee Hill
September 17, 1925 – March 11, 2004*

*A wife, a mother, a nanny too,
This is the legacy we have from you,
You taught us love and how to fight,
You gave us strength, you gave us might,
A stronger person would be hard to find,
And in your heart, you were always kind,
You fought for us all in one way or another,
Not just as a wife, not just as a mother,
For all of us you gave your best,
And for all of this you are surely missed,
Your love in our hearts, we'll eternally keep.*

*Forever loved & never forgotten.
We miss you so much.*

*Love, Carol, Harry, Betty, Billy, Mary Jean,
Norman, Marilyn, Mike, Tracey & Families*

*Happy Birthday
Greatest Mom, Gram, GG
March 30*

*Thoughtful lady, that works so hard,
Always been there, my dear lifeguard.
Places others before herself,
Proud of pictures on her shelf.
When in pain, maintains her smile,
Multi-tasking, she's versatile.
With all of this; time she finds,
Her love for us, constantly reminds.
On her birthday, just want to say,
I don't know how, I will repay?
Eternally grateful, I hope she will see,
The greatest mom, she will always be.*

*Love always
Dennis, Karen, Bonnie, Bill, Haley,
Cassie, Greg, Jared, Gage,
Bart, Melissa, Elijah, Keegan
Janet, Todd, Kelsey, Derek
Angie, Dave, Kayne, Hannah, Maddy,
OXOXOX*

**Sonya Maracle
March, 15, 2008**

**They say there is a reason,
They say that time will heal,
But neither time or reason,
Will change the way I feel,
For no one knows the heartache,
That lies beyond my smile,
No one knows how many times,
I have broken down and cried,
I want to tell you something,
So there won't be any doubt,
You're so wonderful to think of,
But so hard to be without.**

**Love & Miss You Always
(Best Friends Forever)
Nora**

*In Loving Memory to
Sonia Maracle
a dear daughter, sister & aunt
Who became a new sunflower in heaven
on March 15, 2008*

*There Was A Special Garden In Heaven
Waiting For Someone As Wonderful As You
So, The Master Took Your Hand
And Gave You Eternal Life, Brand New
The Angels, We Can Hear Them Singing
Small Children Are Telling Jesus The News
There Is A New Sunflower In Heaven
Picked By God, That Precious Sunflower Is You
It's Hard For Us To Let You Go
To Realize Your Life On Earth Is Through
But We're Thankful For All The Memories
Seeds Of Love, Planted In Our Hearts
By A Woman Who's Life Was Honest And True!*

*Forever loved and never forgotten from
Mom, Karen, Bonnie, Bill, Haley,
Cassie, Greg, Jared, Gage,
Bart, Melissa, Elijah, Keegan
Janet, Todd, Kelsey, Derek
Angie, Dave, Kayne, Hannah, Maddy,*

**IN HONOUR OF:
Kenneth ``Norman`` Leslie Carr-Braint**

Born on October 10, 1959, Norman passed to the Spirit World at Mills Memorial Hospital, Terrace, B.C. on February 11, 2010 in his 51ST year.

Loving husband of the late Marilyn Leffler. Loving father of Michelle, Josh and Shenandoah, and cherished grandfather of 6 grandchildren. A beloved friend of Valerie, the mother of Michelle and Josh.

Son of the late Don and Jeannette (Winnie) Carr-Braint. Dear brother of Carol (Manson) Loft, Harry (Eileen) Carr-Braint, Betty Carr-Braint, Billy (Nancy) Carr-Braint, Mary Jean (Bill) Loft, Marilyn (Rick) Loft, Mike (Wanda) Carr-Braint, and Tracey (John) Gazley. Norman will always be remembered by his many nieces, nephews, cousins, aunts, uncles and friends.

A memorial and celebration of his life was held at the Community Centre, on Tyendinaga Mohawk Territory on Sunday, February 21, 2010, at 11:00 a.m.

At this time, we offer our **GRATITUDE** to all of those who offered there condolences to the family. It has been a difficult time for our family and we were very grateful to all those who offered kind, caring words.

We would like to offer a **heartfelt thanks** to Kristin Acker for all her help. It was really appreciated. We are also offering our thanks to Lorna Vos for her help in the kitchen, Steve Garey for opening up the community centre for us and Greg Loft for his kindness in taking care of the sacred fire. We would also like to say thank you for all those who brought food. Nyawen to all...we at this time will offer apologies for anyone that we missed, it was not our intention... know that we are grateful for all the help.

We would also like to offer our thanks to Mohawks of the Bay Of Quinte/ Sustainable Development for the donation of the community centre, Red Cedars Shelter staff for the flowers and loan of the roaster, and Thayendanega Health Centre staff for their donation.

We also acknowledge those who made donations to the Canadian Diabetes Association in memory of Norman.

It is at times like this that we are reminded how important it is to have the support that we received from friends, family and the community.

**Somehow words like thank you just do not seem like enough...
Please know how grateful we all are!**

Tyendinaga's own Mohawk Santa Committee completed another successful year, providing goodwill and cheer for the children of our community. Our young people are always delighted to have a visit from Santa each year, facilitated by the Committee, and celebrate in the Christmas spirit with Santa's helpers. Tyendinaga Mohawk



Council praises the services the Santa Committee has continued to offer the community, and congratulate their charitable efforts.

Tyendinaga Mohawk Council looks forward to seeing more of the Santa Committee's Christmas cheer next season.

Thank You!

A big thanks needs to go out to my family, friends, Community Members, Chief & Band Council for all your support and many congratulations over the past two months as I was getting ready for my trip to Vancouver to show and sell my art work at the 2010 Olympic games. I will update everyone when I get back from my adventure. I also need to thank the Anglican parish and their committee (Ridge Road) for the much appreciated donation, along with Sandy Sero and Kagita Mikam for getting together in a short time, a monetary donation. Thanks to my great neighbours Katherine & Austin Fuller for their donation to help with gas on our trip. I feel very fortunate to live in this Community of such great people. I hope I can leave a mark for Tyendinaga on the map at the 2010 Olympics and make us all proud to be First Nation Mohawks here in Canada.

*So again thank you all,
Marleen Murphy
Millside Ceramics*

NEEDED

Volunteer drivers for the Medical Transportation Program.
If this is something you might be able to help with and would like more information about the program, please contact
Norma
at the Thayendanege Health Centre at
613-967-3603.

Thank You

The Family of Glenn Hill would like to thank everyone that contributed with cards, flowers, donations, and support in our deepest time. With much love to the community of Tyendinaga.

Na:wen Kowa

**Nia:wen Kowa from Mohawk Family Services to all
who supported and made donations to make our
Annual Christmas Charity Bingo and Q.M.S.
Shopping Day such a success!!!**

Staff at Mohawk Family Services
Staff at Quinte Mohawk School
Orange Lodge
Deseronto Lion's Club
49 Quick Stop
Smokin Joe's
Build All Construction
Skyway Express
The Pit Stop
Bubz Wheelz
Rez Mart
Subway
McMurters Home Centre
Confederate Variety
Eastern Door Variety
Car Smart
TMT Variety
Griddle Me This
Small Town Café
Red Cedars
Jumping Johnnies
M-Cal Heating
Home Support
Health Centre
Nedco
TFRC
Rez Cresting
Ted & Deb Maracle
Rainbow Variety L&M Enterprise

Volunteers

Janet Jung
Helen Brant
Nora Brant
Sandra Lewis
Kayla Brant
Gloria Idzenga
Audrey Brant
Mary Ann Spencer
Darla Brant
Marilyn Green
Theresa Maracle
Shelley Bowden
Sheryl Anderson
Jane Reilly
Kathy Brant
Carlene Smart
Jamie Brant
Alana Maracle
Betty & Jolie Carr-Braint
Sherry & Trevor Lewis
Chyann Maracle
James Sealhunter
Demerise Coon
Nancy Bardy
M.J. Loft
Sharon John & Don Brant
Shannon Butcher
Sherry Loft
Carol Anne Maracle
Kimberly Maracle
Dennis Lewis
Gudgie Doreen
Tina Brant
Otsi:tsia Maracle
Lacey Maracle

(Sorry if we missed anyone!)

Introducing the “Good Minds” Program:

Enyonkwa’nikonhriyo:hake

(You all & I will have a good mind)

We are working to build an exciting wellness program for Mohawks of the Bay of Quinte. The “Good Minds” program is a new program that is looking at increasing our capacity to meet the needs of the community. The Good Minds program includes the Traditional Practitioner program, Youth Worker, NNADAP worker and Addictions program.

We are revising some of the current programs and working to provide quality services. We believe that each call received is a priority, and want to let you know that we are working hard to ensure that each call is followed up on....right now we are in a back log due to staff shortages....we are asking for your patience while we build the program....

During this transition, we are asking for **your understanding** as we grow...

Currently our staff consists of:

- **Good Minds Coordinator** - Betty Carr-Braint, BSW, MSW
- **Apprentice** - Kayla Brant (F/T)
- **Apprentice** - Candice Hegland (P/T)

Please call one of the three staff as listed above, who will be available to answer calls...

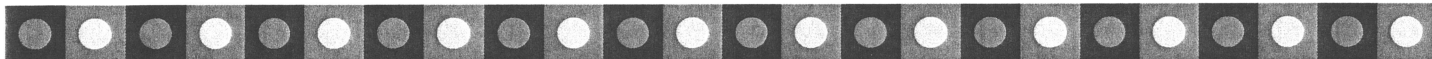
- **Traditional Practitioner** - Banakonda Kennedy-Kish Bell (P/T – 5 days per month)
- **Traditional Practitioner** - TBA
- **Youth Worker** – TBA
- **NNADAP Worker**- TBA
- **Addictions Counsellor** – TBA

We are very excited to be offered the opportunity to work for our community and to build a wholistic wellness program. We will also be doing **strategic planning**, if you are interested in attending this session, please call us.

We are located at the Thayendanega Health Centre (downstairs). You can reach us at (613) 967-3603. If you have any suggestions, comments, and/or feedback, please feel free to contact us.

Happy Birthday!

[illegible]



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

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

March 2010 Discover The Balance / We have Gift Certificates

Discovering the Balance

By Working the
Mind, Body,
Heart and Spirit

Hours of Operation

Monday - Thursday

7:00am-8:00pm

Friday

7:00am-6:00pm

Saturday

8:00am- 4:00pm

Childcare Hours

Monday - 9 to 3

Tuesday - 11 to 7

Wednesday - 9 to 3

Thursday - 11 to 7

Friday - 9 to 3

Saturday - only if you bring your
own child care sitter

Therapy Appointments :

Massage- Sonya Maracle

Reflexologist - Rose Green

Massage - That Green Touch

Yoga Massage— Barbara Roch

Energize Your Routine

Find A Time That Works Best for You – If you are so tired that you cannot get through your workout, it's probably not the best time of day to train for you. If you are tired through a morning workout then try the afternoon or evening, if exercising keeps you awake at night then give working out in the morning a try.

Set New Fitness Goals – Long after you have dropped the pounds exercise will still remain a powerful tool to keeping the fat off. Keep your exercise on track by continuing to set new fitness goals for yourself.

Big Bike—Once again we are going to be doing the Heart and Stroke Big Bike. Our ride date is Sunday May 2, 2010 at 10:00am TFRC. Stop in and pick up your pledge forms today. We need 13 more people to ride.

Workshops - Hanio Oksa Healthy Lifestyle # 4 : Preparing Your Wellness Bundle - Thursday March 4 at 6:30pm

Tea & Talk : last Wednesday of every month at 6:30pm

March Break - Youth ages 12 to 14: Monday March 15 & Tuesday March 16 - 8am to 12:30pm / \$10.00 per youth for 2 half days.

Agenda of Fun : Exercising on the big balls / Arts & crafts / Life skills


Volunteers Wanted - We need volunteers to help us with the following :
Laundry, cleaning, organizing and childcare.

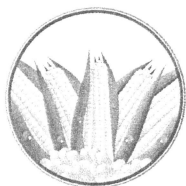
Exercise Basics - How much do I need ? The more exercise you do, the better, but even a small amount can have health benefits. Most people should aim for 30 to 60 minutes of moderate effort activities. Regular physical activity will make you feel better and can help you in almost every aspect of your health. It reduces the risk of heart attack, stroke, diabetes, osteoporosis, depression and anxiety, and certain forms of cancer such as colon and breast cancer. Resource - www.pharmasave.com

TAKE TIME TO CARE FOR YOU !

Thank You / Nia:wen - People who kindly let us borrow movies and reading material & to our Adult volunteer for doing TFRC laundry & taking care of our plants & Amber Loft for continuing to help us with childcare & Bob for changing our shower head.

Calendar of Events March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Couples Lose To Win Weight out on Thurs. April 1	1 Saturdays now open 8am-4pm	2 Fitness Bingo Challenge	3 Cardio Kick Boxing Women Only 6:00-7:00 7:00-8:00	4 Yoga 5:15- 6:15 Belly Fit 7:00-8:00	5 Fit For 2 1pm-1:30pm 5:30pm-6pm	6 .Belly Fit 9:00-10:00 Kick Boxing 10:30-11:30
7 Sign Up Today for the Fitness Programs. Never too late	8	9 Welcome Volunteers'	10 Cardio Kick Boxing Women Only 6:00-7:00 7:00-8:00	11 Yoga 5:15- 6:15 Belly Fit 7:00-8:00	12 Fit For 2 1pm-1:30pm 5:30pm-6pm	13 Belly Fit 9:00-10:00 Kick Boxing 10:30-11:30
14	15 March Break 8am-12:30 Youth 12 to 14	16 March Break 8am-12:30 Youth 12 to 14	17 Cardio Kick Boxing Women Only 6:00-7:00 7:00-8:00	18 Yoga 5:15- 6:15 Belly Fit 7:00-8:00	19 Fit For 2 1pm-1:30pm 5:30pm-6pm	20 Kick Boxing 10:30-11:30
21 Membership \$20.00 a month Seniors \$10.00 a month	22 Mon. to Thurs Open 7am to	23 Thank You For Exercising At TFRC	24 Cardio Kick Boxing Women Only 6:00-7:00 7:00-8:00	25 Yoga 5:15- 6:15	26 Fit For 2 1pm-1:30pm 5:30pm-6pm	27 Kick Boxing 10:30-11:30
28 We Welcome College Students	29 Laugh To-day	30 Childcare Tuesdays & Thursdays 11am-7pm	31 Cardio Kick Boxing Women Only 6:00-7:00 7:00-8:00	Donations Are greatly appreciated	 We Have FREE Coffee for Clients	Welcome Sports Teams



Websites

Healthy Eating - www.5to10aday.com

Canada Physical Activity Guide to Healthy Active Living - www.paguide.com

Heart & Stroke Foundation - www.heartandstroke.ca

Brain Gym Exercises for Children –www.happinesspages.com/brain-gym-exercise.html

2nd Annual Kanyenkeha Variety Show!!

Wednesday, March 24, 2010

7 p.m. @ Q.M.S.

1624 York Rd., Tyendinaga Territory

Everyone welcome – all ages!

Do you have an act? Can you sing a song? Do you know a poem? The only catch is it must be all conducted in Kanyenkeha. Don't be shy; this will be a night full of learning, fun and laughter!

To register your act: 613-396-3100 x 227

(Registration is limited)

Ayawens ki eh yahskonken!



Benefit Concert For Kanatsiohareke

(A Traditional Mohawk Community)

At Caffe Lena

47 Phila St. Saratoga Springs, NY 518-583-0022

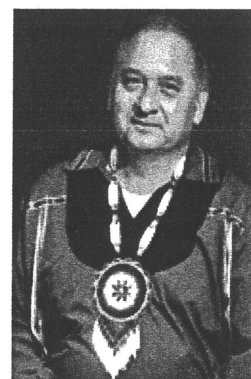
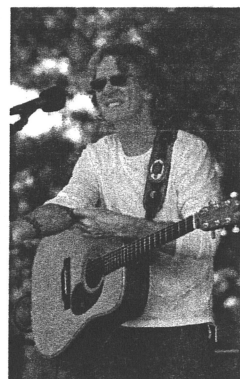
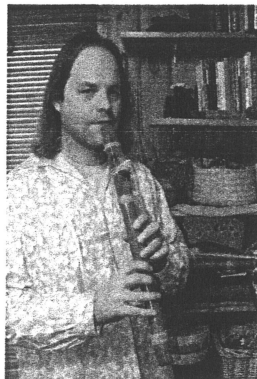
Saturday March 13th 1:00Pm to 4:00PM

Featuring:

Tom Porter (Mohawk Bear Clan Elder), **Roy Hurd** (Adirondack Singer Songwriter)

Kay Olan (Wolf Clan Storyteller), **Jesse Bruchac** (Abenaki Musician & Storyteller)

Kontiwenneha:wi (The Akwesasne Women Singers)



For more info, visit www.mohawkcommunity.com.

To reserve tickets for this event, call 800-838-3006



March Break Camp Girls Dance & Craft Camp

Angela Maracle Studios

Divided Age Groups

3-5, 6-9, 10 and Over

Monday March 15: Mermaid Day

Tuesday March 16: Fairy Day

Wednesday March 17: Model Day

Thursday March 18: Disney Princess Day

Friday March 19: Strawberry Shortcake Day



Crafts, Games, Movies, Dancing, Journals, Activities, Dress-Up

\$25.00 a Day or \$12.50 a Day for Children with Status.

Please Call or E-mail to register before March 7.

Children need to bring a peanut-free lunch and snacks, drinks, and refillable water bottle.

9:00-4:00 Everyday.

377 Front St. Belleville, 613-968-9902

angelamaracleschoolofdance@cogeco.ca



St. Patrick's Day Luncheon

59'ers Seniors Hall, 8011 Old Hwy# 2

Wednesday, MARCH 17TH

11 A.M.—2 P.M.

Irish Stew & Ham
Buns & Pie

Adults: \$7.00 = 2 Bowls of Stew, Dessert & Beverage

Children: (6 - 12) = \$3:50

Children : 5 & Under = FREE



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WHERE: The Elders Lodge
Common Room

Tyendinaga Mohawk Territory
Bayshore Road

WHEN: Thursday Evenings

TIME: 5 p.m.—7 p.m.

Weigh in 5—6 p.m.

Meeting & Discussion 6—7 p.m.

T.ake that 1st step.

O.vercome a weight problem.

P.ut yourself in a happy place.

S.upport one another

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613-967-1129 for further details.

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HAND MADE BABY
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Call Kathy: 613-396-2197

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BUILDING LOTS
- located on Mark's Rd
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Call: 968-3917

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*JVC
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CAMCORDER CAMERA
Left at the Community
Centre Fundraiser Dance
On
February 20/10*

*Please call:
613-962-0629*

HOUSE FOR SALE

- 3 bedroom, large kitchen,
2 baths, approx 3/4 acre

Please contact:
tyendinaga.09@yahoo.ca
or call: 416-938-4157

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WINTER SLALOMS
Snow Tires (mounted on Ford
Taurus winter rims.)
- tire size: 215/60/R16
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- \$400.00 obo for the set

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fireplace
- central air
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- municipal water and sewer supply
- huge heated garage
- located on old Hwy # 2

Serious inquiries only:
Please call 613-396-5879

Do you have something to sell?
Advertisements in the classifieds are free!
Deadline for the next newsletter
is March 24th
Give us a call at 396-3424

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613-968-9459

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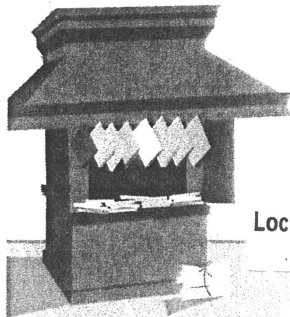
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\$15.00



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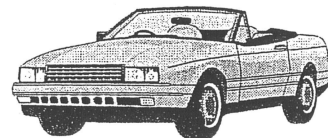
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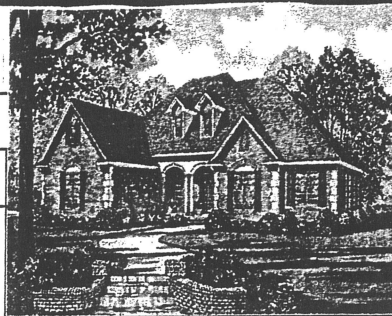
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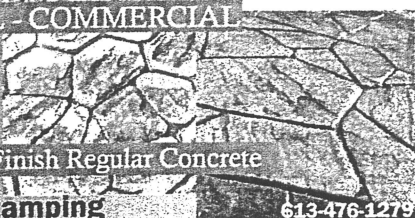
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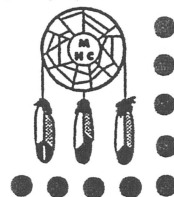
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P.O. Box 755

Ontario, Canada K0K 1X0

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