



MOHAWKS OF THE BAY OF QUINTE



KENHTEKE KANIENKEHA

ISSUE 3/11
Ennihskkowa (Feb.)

ORI:WASE (News)

We are on the web www.mbq-tmt.org

****NOTICE****



HARVEST MANAGERS

The Mohawks of the Bay of Quinte are currently accepting applications for **Harvest Manager** Positions for the 2011 Walleye Harvesting Season

Applications will be accepted until
Friday MARCH 18th at 4:00 PM
at the Mohawk Administration Office

MBQ Employment Opportunities:

In order to ensure the broadest circulation of our employment opportunities, the MBQ posts ALL employment opportunities through the website at www.mbq-tmt.org, and at locations in: the Mohawk Administration building - Reception area Community News Board Ontario Works office the Employment and Training Office as well as through the Community Newsletter or Special Flyers delivered via Canada Post

Should you have any questions please contact: Bev Hill 613-396-3424 Ext. 132 or by email at bevh@mbq-tmt.org



Tyendinaga Police Service Mohawks of the Bay of Quinte

722 York Rd., PO Box 295, Shannonville, ON. K0K 3A0

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

Toll Free: 1-888-310-1122

Police Blotter for January and February 2011

Tyendinaga Police have responded to over 100 calls for service over the past month and a half.

The weather while sometimes sunny and clear has also delivered quite a large amount of snow to the area. This has resulted in sometimes treacherous driving conditions. We would like to thank the roads department for keeping the roads as clear as possible and also all the community members who heeded the warnings to stay off of the roads. This helped keep collisions to a minimum.

We have had 10 Motor Vehicle Collisions on the Territory so far this year which is up from 4 during the same time period last year.

There was an incident in January involving a small child being bitten by a dog. The child is well and shouldn't suffer any long term effects from the bite. The police would like to urge dog owners to be more responsible for their pets and to keep them secure at all times. Dog owners could be held liable and charged if the animal ends up biting someone.

In January there was a break in at Ward's Gas Bar sometime between 9pm on the 5th January and 7am on the 6th. A large amount of cash was taken from the premises and a vehicle was seen leaving the premises at around 4am on the 6th.

If anyone has any information regarding this Break and Enter please contact Tyendinaga Police.

The police are continuing the investigation regarding this crime and have executed a number of warrants relating to this and other similar occurrences.

In February the police investigated an assault that occurred on a female community member. The assault occurred in her residence by a male party who was staying there.

The male had been introduced to the female via the internet. As a result of this incident the male has been arrested on an outstanding warrant and is now facing criminal charges.

Police would like people to be aware of whom they are talking to on the internet and if they do decide to meet up with someone have a friend present just to make sure nothing like this happens.

At the beginning of February a drug warrant was executed at an address on Huron Brant Drive by the Tyendinaga Police. A small amount of marihuana and some drug paraphernalia was seized and charges laid. The police request all members of the community to be vigilant and contact police if they see any suspicious activity, which includes strange vehicles and people, coming and going at unusual times of the day/night from any address on the Territory.

There was a break and enter on Huron Brant Drive the male entered the house through the back door and exited through the front of the house while the homeowners were in the basement. A short while later the male was located, arrested and charged. Please make sure you lock your doors at night to prevent this from happening.

Just a quick note regarding hunting and the discharge of firearms on the Territory. We have had an incident where a high powered round traveled through two windows of a sunroom and embedded itself in a garage. Luckily no one was home at the time. Please be aware at all times of where your rounds may end up after it is fired.

The Tyendinaga Police Service will be moving office in the near future to our new location at: **6 Meadow Drive, P.O. Box 295 Shannonville, ON. K0K 3A0**
The phone numbers will remain the same including the direct line to the communication centre being:
1-888-310-1122.

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

Ron Maracle, Chief of Police
Tyendinaga Police Service



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in February responded to 8 calls:

- 2 - Gas Propane Leak**
- 1 - Motor Vehicle Accident**
- 3 - C.O. calls**
- 1 - Chimney Fire**
- 1 - Medical Assist**

This brings our total to 12 calls for the year 2011

RABIES INFORMATION

Rabies is a contagious and fatal disease, caused by a virus that people can get from infected wildlife such as foxes, bats, skunks and raccoons. It is a disease of the nervous system and if not treated is inevitably fatal.

Animals which have rabies display different behaviour patterns, but not all animals that have rabies behave the same way.

- The animal may become shy and wary of people.
- Changes in eating habits, gradual throat paralysis which causes the classic drooling rabid
- Difficulty in moving the hind legs are all possible symptoms.

Animals with rabies may show all, some or none of these symptoms; Cats with rabies frequently become vicious; cattle become restless and aggressive; dogs may appear vicious or placid; horses act as if they are in pain; and wild animals may lose their natural fear of humans and appear almost tame.

In conclusion, there are no set rules to tell whether an animal is rabid or not. If the animal in question is the family pet, seek veterinarian care immediately.

RABIES CLINIC will be OFFERED OCTOBER 2011

Important: Procedures for animals bites;

When someone has experienced an animal bite, they should seek a physician's attention as soon as possible. As protocol for safety measures, the Health Lab will send the report to the Environmental Community Health Representative at the Administration Office. At that time, the victim is contacted through the investigation process.

At that time, a 10 day quarantine period is suggested for the safety of everyone involved. During the quarantine period no one, but the owner should be around the animal. i.e.: feeding, taking care of animals needs.

It is very important the animal not be destroyed or given away until the quarantine period is over.

"Help keep our community safe, by ensuring domestic animals are vaccinated against rabies and are kept within your premises at all times".

Basic safety regarding dogs

1. *Never approach an unfamiliar dog.*
2. *Remain motionless if approached by an unfamiliar dog.*
3. *If attacked by a dog, try to remain still.*
4. *Never play with a dog unless supervised by an adult.*
5. *Avoid direct eye contact with a dog.*
6. *Do not disturb a dog that is sleeping, eating, or caring for puppies.*
7. *Do not pet a dog without allowing it to see and sniff you first.*
8. *If bitten, immediately report the bite to an adult.*
9. ***Report any stray dogs seen on TMT to the Administration Office immediately.***

If you have any questions, please contact Crystal Maracle, Env. CHR, at the Mohawk Administration Office, 613-396-3424 ext. 131.

Water Delivery Services

She:kon community members.

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

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

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

Nia:wen.

The Nation Building Department

has moved to 1658 York Rd (former Health Centre, Downstairs)

To reach the Nation Building Department please call us at

613-967-3616 or 613-967-3617

Lands, Membership, Policy Analyst & Lands Research

F.A.Q.'s

- ✓ Water storage tanks/cisterns can become contaminated. Have your water tested regularly to ensure its safe. Instructions for annual water storage tanks/cisterns disinfection are available upon request.
- ✓ Used or soiled dish clothes contain bacteria. Never wrap a used dish cloth around your tap or have it near the aerator as this can allow the bacteria to live on your tap.
- ✓ Domestic animals that have access to drinking water directly from kitchen/bathroom taps can cause bacteria growth in a faucet. Never allow an animal to drink directly from taps or sinks.
- ✓ Reusing drinking water containers **requires** proper disinfection and rinsing. Bacteria could potentially build up if containers are not cleaned and disinfected frequently.
- ✓ Drinking water coolers should be cleaned with javex at least twice a year to prevent bacteria growth. Instructions can be provided upon request.
- ✓ Water treatment systems require annual maintenance. For your convenience, please ensure your system is clearly marked when it was last serviced to ensure health and safety.
- ✓ Please keep in mind spring thaw is fast approaching. Know where your water source is located. Any activity that occurs within a 100 foot radius of your water source could potentially affect your water quality.

Always test your water.

For more information please contact
Liz Brant or Crystal Maracle @ 613-396-3424.

Food Premise Inspection Program

Please contact the Environmental Community Health Representative, at the Administration Office to request to have your food establishment inspected by the Environmental Health Officer, Health Canada.

This is a free service which provides education and recommendations, to meet Health Canada guidelines for safe food handling.

After the inspection a certificate will be issued which can be displayed for the public's viewing.

If you have any questions, please contact Crystal Maracle, Environmental CHR

613-396-3424 ext. 131

The Community Safety Working Group would like to invite you to attend an

Information Session

On

Tuesday, March 22, 2011

7:00 pm – 9:00 pm

Community Centre

The Community Safety Working Group would like to share information about their work and research on community policing models.

Tyendinaga Community Development Fund 2010 Approvals

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

| | | | | | |
|--------|----------------------------|---------------------------|--------|------------------------|---|
| Mar-10 | Chris Bowden | 625.00 Lacrosse | Sep-10 | Shannon Butcher | 2500.00 Mohawk Language Play |
| Mar-10 | Mackenzie Bowden | 700.00 Lacrosse | Sep-10 | Emma Maracle-Reed | 350.00 Dance |
| Mar-10 | Cain Brown | 700.00 Lacrosse | Sep-10 | Brooklynne Bernhardt | 350.00 Dance |
| Mar-10 | Dakota Brown | 700.00 Lacrosse | Sep-10 | Hannah Hill | 350.00 Dance |
| Mar-10 | Isaac Brown | 700.00 Lacrosse | Sep-10 | Kailey Sager | 350.00 Dance |
| Mar-10 | Joe Smart | 675.00 Hockey | Sep-10 | Marni Maracle | 350.00 Dance |
| Mar-10 | Kylea Smart | 181.00 Gymnastics | Sep-10 | Sadie Maracle | 350.00 Dance |
| Mar-10 | Isaac Maracle | 350.00 Lacrosse | Sep-10 | Sarah Brown | 450.00 Psychodramatic Bodywork Training |
| Mar-10 | Cole Maracle | 350.00 Lacrosse | Sep-10 | Dakota Kataquapit | 1500.00 Trip to Greece |
| Mar-10 | Carlisle Johnson | 350.00 Lacrosse | Sep-10 | Kennedy Maracle | 350.00 Dance |
| Mar-10 | Elias Brinklow | 325.00 Lacrosse | Sep-10 | Keelan Maracle | 350.00 Dance |
| Mar-10 | Sawyer Brinklow | 120.00 Rugby | Sep-10 | Ryan Maracle | 275.00 Hockey |
| Mar-10 | Nicole General | 325.00 Basketball | Sep-10 | Amber Loft | 350.00 Dance |
| Mar-10 | Jennifer General | 325.00 Basketball | Sep-10 | Mia Maracle | 240.00 Dance |
| Mar-10 | Cullen Brinklow | 450.00 Lacrosse | Sep-10 | Ezra Maracle | 350.00 Hockey |
| Mar-10 | Madison Brinklow | 379.00 Lacrosse | Sep-10 | Karontatseh Green | 240.00 Bass Lessons |
| Mar-10 | Owen Maracle | 660.00 Hockey | Sep-10 | Oronhyathe Green | 350.00 Piano Lessons |
| Mar-10 | Emma Rae Maracle-Reed | 178.00 Dance | Sep-10 | Tiarha Brant | 350.00 Dance |
| Mar-10 | Nathan Thomas | 2,200.00 Switzerland Trip | Sep-10 | Brett Maracle | 350.00 Hockey |
| | | <u>\$ 10,293.00</u> | Sep-10 | Bailey Maracle | 350.00 Hockey |
| | | | Sep-10 | Brodie Maracle | 350.00 Hockey |
| Jun-10 | Brooklyn Brant | 804.00 Gymnastics | Sep-10 | John Maracle | 350.00 Hockey |
| Jun-10 | Jordan Brant | 550.00 Lacrosse | Sep-10 | Tyler & Jake Smart | 700.00 Hockey |
| Jun-10 | Tyendinaga Lacrosse | 2500.00 Lacrosse | Sep-10 | Conner Maracle | 350.00 Hockey |
| Jun-10 | Gaven Brant Foster | 672.00 Lacrosse | Sep-10 | Daniel Chase | 335.00 Hockey |
| Jun-10 | Tyendinaga Fitness Centre | 700.00 Equipment | Sep-10 | Jacob Barnhardt | 350.00 Hockey |
| Jun-10 | Tyson Green | 350.00 Lacrosse | Sep-10 | Riley Barnhardt | 350.00 Hockey |
| Jun-10 | William Hildebrand | 300.00 Hockey | Sep-10 | Tristan Nugent | 350.00 Hockey |
| Jun-10 | Lesley Beck | 700.00 Dance | Sep-10 | Reese Nugent | 350.00 Hockey |
| Jun-10 | Rachael Beck | 700.00 Dance | Sep-10 | Trey Maracle | 350.00 Hockey |
| Jun-10 | Chyann Maracle | 400.00 Art Camp | Sep-10 | Sheldon Peltier-Doreen | 350.00 Hockey |
| Jun-10 | Camden Maracle - EFT Tours | 1500.00 Italy Trip | Sep-10 | Block Parent | 1000.00 Community Events |
| Jun-10 | Shanliegh Maracle | 400.00 Dance | Sep-10 | Shayna Maracle | 350.00 Dance |
| Jun-10 | Kiowa Bernhardt | 560.00 Dance | Sep-10 | Blake Maracle | 350.00 Hockey |
| Jun-10 | Jake General | 1500.00 Spain Trip | Sep-10 | B'Elanna Maracle | 350.00 Dance & Hockey |
| Jun-10 | Devon Hill | 1500.00 Greece | | | <u>\$ 16,340.00</u> |
| Jun-10 | Jennifer General | 1500.00 Greece | | | |
| Jun-10 | Keira Brant | 1500.00 Greece | Dec-10 | Tsi Tyonnhent | 1,000.00 Community Events |
| Jun-10 | Chloe Maracle | 1500.00 Greece | Dec-10 | Amber-Lee Brant | 350.00 Guitior Lessons |
| Jun-10 | Courtney Storms | 1500.00 Greece | Dec-10 | Destiny Brant | 350.00 Piano Lessons |
| Jun-10 | Marni Maracle | 1500.00 Greece | Dec-10 | Jordon Maracle-Hughes | 350.00 Hockey |
| Jun-10 | Dan Whalen Santa Day | 500.00 Community Event | Dec-10 | Bailey Maracle | 350.00 Piano Lessons |
| Jun-10 | Mohawk Fair | 2500.00 Community Event | Dec-10 | Trinity Brant | 350.00 Gymnastics |
| | | <u>\$ 23,636.00</u> | | | <u>\$2,750.00</u> |

Applications forms for the T.C.D.F. Commission Membership
inserted into this newsletter issue

Recipient (Client) Reimbursement

Health service providers are encouraged to bill the NIHB Program directly so that recipients do not face charges at the point of service when receiving health care goods or services.

When a recipient does pay directly for goods or services, he or she may seek reimbursement from the NIHB Program.

As of January 1, 2011 all requests for health goods or services reimbursement must be received within one year from the date of service or date of purchase and submitted on a NIHB Client Reimbursement Request Form.

The form information is available in HTML and Portable Document Format (PDF). The HTML version of the NIHB Client Reimbursement Request Form is not an actual form. It displays the information found on the form for viewing purposes only and will not be accepted if used to request reimbursement.

If you wish to submit a request, you must use only the PDF version of the NIHB Client Reimbursement Request Form. You may find that form at the website listed below.

http://www.hc-sc.gc.ca/fniah-spnia/alt_formats/fnihb-dqspni/pdf/nihb-ssna/form-reimburse-rembourse-eng.pdf

All requests for reimbursement of eligible benefits must include:

- Original receipts with cost breakdown (for example: dispensing fees, unit cost, and the Drug Identification Number (DIN) for drugs);
- Recipient's name, address, identification number (the treaty/status, nine or ten digit number, 'N' or 'B' number), band name and family number or other health care number;
- A copy of the prescription; and
- A completed recipient authorization section on the NIHB Client Reimbursement Request Form.

To obtain a print version of the NIHB Client Reimbursement Request Form contact the local Community Well Being Centre @ 613-967-3603 or the nearest NIHB Regional Office @ 1-800-640-0642.



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adamhopkins@trentu.ca

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Payment of Non Insured Health Benefits outside Canada

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

What is covered?

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

Who can access the benefits?

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

What are the NIHB client's responsibilities?

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

IMPORTANT!

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

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

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

YOU ARE INVITED!



St. Lawrence College, in partnership with Service Canada, is pleased to bring you:



A career event that exposes young adults to an exciting world of career possibilities!

Thursday, March 24, 2011

9:00 a.m. to 3:00 p.m.

at the

Mohawk Community Centre

This is an excellent opportunity for you to:

- Network with various educators, employers and career professionals.
- Learn about apprenticeships and employment opportunities, the skills required and the training available to start a meaningful career.
- Enjoy hands-on/interactive activities by exhibitors throughout the day.
- Enter to win great door prizes.

For more information, please contact:

Jake Brant, Event Coordinator

TRADE ROOTS Career Event

FNTI

3 Old York Rd.

Tyendinaga Mohawk Territory, ON K0K 1X0

~ Phone: 613-396-2122, Ext. 182 ~ Fax: 613-396-2761 ~

~ E-mail: jakeb@fnti.net ~

EMPLOYMENT OPPORTUNITY INTERNAL POSTING

Tyendinaga Mohawk Council – Support Secretary

JOB SUMMARY:

The TMC Support Secretary is responsible for providing general support services to the Chief and members of the Tyendinaga Mohawk Council (TMC).

The TMC Support Secretary works in partnership with the members of TMC, the CAO, and members of the MBQ management team, in order to coordinate, track and manage the flow of information, reports, queries, briefing notes, performance statistics, etc. between the TMC and the management team.

Specifically, the core duties of the TMC Support Secretary include working with the members of the TMC, the CAO, and the MBQ management team to:

- Develop and maintain a schedule of near term and long term forecasted agenda items for the purpose of forward agenda planning of TMC meetings;
- Track, monitor and report on the status and/or disposition of inquiries and motions;
- Collect, track and prepare an annual summary report on performance measures against MBQ services;
- Coordinate quarterly reporting by managers to the TMC on progress against annual operating plans, and forecasted expenditures against budget.

In support of this activity the TMC Support Secretary develops, maintains and manages tools and systems for advanced agenda planning, the distribution and tracking of motions and inquiries, coordination of quarterly financial and progress reporting, tracking of performance measures, receipt and distribution of briefing notes and other material associated with Council agenda items.

The TMC Support Office develops draft correspondence on behalf of the Chief and members of the TMC and maintains the records of other meetings involving the TMC, on an as required basis, and provides orientation and training to new members of Council and the management team with respect to TMC operations.

This position is also responsible for responding to routine requests for information related to Council business, for assisting with the planning and coordination of major public meetings that involve all members of TMC, and for directing external inquiries to the appropriate person on Council or within the MBQ management team.

The position also liaises with other agencies and conducts research on behalf of the TMC, on an as required basis.

Qualifications:

EDUCATION:

Graduation from a two or three year community college program in Business administration, or equivalent.

Four (4) year university degree in business or public administration is desirable.

EXPERIENCE:

Minimum five (5) years of progressively responsible and related experience in an organization of comparable scope and size to Mohawks of the Bay of Quinte.

Emphasis in developing and presenting reports to a political body, and in coordinating administration programs with large groups of managers, during which time both professional and some managerial capability have been clearly demonstrated.

Appropriate public sector experience managing in a First Nations environment is desirable.

Experience must include:

- Strong skills in organizing, planning and implementing systems and procedures;
- Motivating people to adhere to tight deadlines and comply with strict processes;
- Liaising and working with politicians and senior managers in a busy public sector environment;
- Developing reporting templates using complex spreadsheets and word processing documents for use by others;
- Developing and presenting reports in a public forum; and
- Communicating and interacting with members of the public and other agencies.

KNOWLEDGE:

- Principles and methods, related to setting goals, identifying and analyzing requirements, and for assessing, developing and implementing procedures and work flow
- Core management principles and practices in a public sector environment;
- Benchmarking principles and practices in the public and private sector in Canada;
- Operation and structure of the Mohawks of the Bay of Quinte, political environment and sensitivities;
- Extensive knowledge of the MS-Office suite of tools (MS-Outlook, MS-Word, MS-Excel, and MS-PowerPoint); and
- Must possess the training, experience and knowledge to organize work to motivate others.

COMPETENCIES/SKILLS & ABILITIES:

- Planning, organizing, and administering systems to track the flow of information;
- Demonstrated ability to be a strategic and innovative thinker;

- Act decisively to translate organizational strategies into concrete action plans;
- Strong skills in examining and re-engineering work flow and procedures;
- Identify opportunities, mobilize and co-ordinate resources and deliver effective and timely results;
- Develop, understand, interpret and execute rules, policies and procedures;
- Excellent negotiation and influence skills;
- Ability to reach consensus between groups with conflicting priorities;
- Ability to plan, communicate and obtain concurrence on priorities and goals, and the ability to work effectively with a wide range of clients;
- Ability to establish and maintain effective working relationships with the TMC, the Executive group, management, staff, private and community organizations, and others encountered in the course of work in this position.

PLEASE NOTE: Preference will be given to applicants of Mohawk Ancestry

Application must be **submitted no later than NOON** on the closing date and must include notation of position applying for, resume, three references (at least two professional) AND other required documents

DEADLINE FOR APPLICATIONS:

March 18th, 2011 at 12:00 NOON

Application or requests for information can be sent to: Reception

| | | |
|-----------------------------|--|-------------------------------|
| Mailing address: | Email: | Fax: |
| 13 Old York Road | reception@mbq-tmt.org | 613-396-3627 |
| Tyendinaga Mohawk Territory | | Inquiries please call: |
| K0K 1X0 | | 613-396-3424 |

Note:

Internal Posting are intended for the membership of the Mohawks of the Bay of Quinte

We thank all applicants for their interest in this position but only those selected for an interview will be contacted.

INTERNAL POSTING

Maternal Child Health - Home Visitor

Part-time (24 hours)

The Maternal Child Health Family home visitor is responsible for providing home visits and assisting the MCH Coordinator in the delivery of program services.

Education Requirements:

- Graduation from secondary school
- Training in home visiting an asset

Experience Requirements:

- Personal experience as a mother and/or caregiver of infants and young children
- Basics knowledge of on and off reserve services to refer clients
- Desire to provide in home support to families in the community
- Basic knowledge of cultural beliefs and practices relating to pregnancy, birth and parenting
- Able to work effectively, both independently and as a member of a team
- Excellent verbal and written communication skills
- Excellent organizational skills
- CPR and First Aid certification would be an asset
- Car seat technician certification would be an asset
- Non judgmental approach and acceptance of clients
- Able to take direction and follow recommendations
- Highly computer literate

Additional Qualifications:

- Clear Criminal Reference Check and up to date immunizations
- Available to work flexible hours (evenings and weekends)
- Valid Class "G" drivers license
- Preference will be given to persons of Mohawk Ancestry

Duties & Responsibilities: Work Procedures

1. Provide service to expectant mothers and families with infants and young children ages 0 – 6
2. Assist in the provision of program delivery
3. Other duties as required

DEADLINE FOR APPLICATIONS:

March 18th, 2011 at 12:00 NOON

Application must include notation of position applying for, resume, and Criminal Reference Check

Application or request can be sent to:

Reception Mohawk Administration Office

(613) 396-3424

Fax: 613-396-3627

e-mail: reception@mbq-tmt.org

Note: *Eligible candidates for an Internal Posting are members of the Tyendinaga Mohawk Territory*
We thank all applicants for their interest in this position but only those selected for an interview will be contacted.

Eksa ókon:á Childcare Centre



can offer Subsidized
Childcare if you would like to
take your child to a licensed
centre off Tyendinaga.

If you are interested in finding
out more about this subsidy
please call the Daycare at
613-967-4401
ask for Cheryl

RED CEDARS INTRODUCTIONS

She : kon, my name is Diana Barlow, I am Upper Cayuga from Six Nations and I am a one of the new counsellors at Red Cedars. I am the proud mother of two extremely wonderful caring young ladies and an energetic, brilliant young boy who is the joy of our family. My family lives on the other side of Belleville in a very busy household which also includes my parents and their menagerie of "Babies", the four legged kind that is. I am a graduate of the Loyalist College Social Services Program, am pursuing my Addictions Certificate and am experienced working in the fields of Addictions, Mental Health, and Youth and Criminal Justice. I am excited by the opportunity for experience, learning and growth my position at Red Cedars can provide me. Personally it is my hope that working within this community will give me the opportunity to reconnect with the culture and heritage my family has lost over the last two generations. I would like to thank my fellow team members for their warm welcome and look forward to learning more about the community, its members and its services so that I may provide services in a manner best suited to the needs of the communities members.

Nya : wen

She:kon,

My name is Crystal Bernhardt I am a member of the community and the mother of two beautiful children. I'm also a proud granddaughter of the late Loretta Bernhardt who lived in the community until the age of 101. I graduated from the Loyalist College Correctional Worker Program in 2005, worked as a relief worker for Red Cedars in that same year, and again in 2010. I am proud to say that I am now a full time member of Red Cedars as a counsellor and I would like to extend a very big thank you to the lovely ladies of Red Cedars for welcoming me as part of their team. I look forward to working together with our community members and becoming more familiar with our beautiful culture.

Nya:wen

Thank you for this opportunity to introduce myself, I am Yvonne Comeau-Sexsmith. My husband and I live with our three wonderful children. Some of you may have met me at the Deseronto Arena, cheering on our sons playing hockey, or heard me praise my daughter as she works hard to learn the art of auto mechanics and Horse back riding. I am grateful for the amazing group who have joined me at the Kahnate Library for Krazy Kroppers, where I share my passion for scrapbooking.

I am very fortunate to be part of the Red Cedars Shelter team as a Counsellor. A special thank you to all of the team for their warm welcome. I am a Social Services Worker graduate from Loyalist College. I have also studied at Renison and Conestoga Colleges, worked in group home settings, volunteered for crisis hotlines and sat on various community committees, gaining knowledge and experience, which I will draw on when assisting clients at the shelter.

I look forward to connecting with community members and networking with agencies to provide the best support for all.

*Red Cedars Shelter would like to
announce the winners from our
Christmas Basket draw. First
Place was Tracey Maracle, she won
the Indigenous Basket and Brenda
Sager won the homemade quilt.
Congratulations' Ladies*

*Thanks to everyone for
supporting us!*

**NURSING MOTHERS' GROUP
OF
TYENDINAGA
INVITES*
BREASTFEEDING MOTHERS
AND BABIES
AND EXPECTANT MOTHERS
(*Interested women and girls also Welcome)**

To their ongoing series of meetings

WEEKLY on TUESDAYS
10:30 am – Noon

@ COMMUNITY WELLBEING BUILDING

***DISCUSSIONS ON A VARIETY OF TOPICS
RELATED TO THE CHALLENGES AND JOYS
Of MOTHERHOOD
LIBRARY & MOTHER-TO-MOTHER HELP***

BREASTFEEDING CLINIC AVAILABLE :

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

FOR APPOINTMENTS
CALL: 613-396-2942

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

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

We want you to have a healthy pregnancy and a healthy baby
Mary McCauley R.N.
Community Health Nurse



Prenatal Classes
Spring Session
starting
Wednesday April 13, 2011
7pm to 9pm at
Community Wellbeing
Teaching Lodge
1508 B York Rd

To learn more about Fetal Development,
Maternal Nutrition Breastfeeding
Labor & delivery Postpartum Care

For more information or to register for classes call

613-967-3603 and speak with a

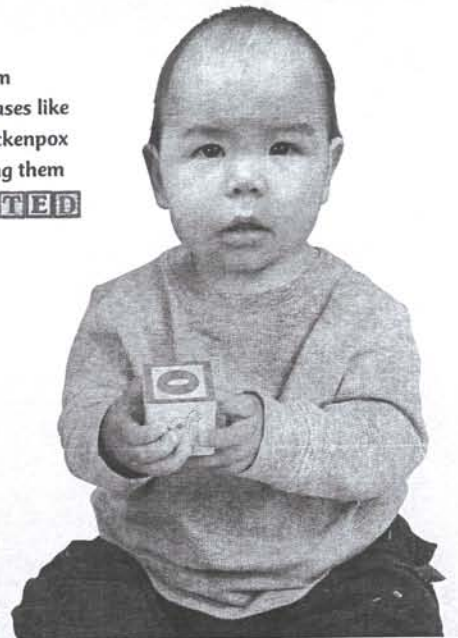
Community Health Nurse

Partners/Supports are really important and are
welcomed to participate!



Don't Wait, Vaccinate!

Protect your child from
many childhood diseases like
whooping cough, chickenpox
and measles by having them
VACCINATED
on time.



Learn more!

- Talk to your health care provider
- Get your guide
- Hear what others have to say and share your story at
www.healthcanada.gc.ca/vaccinate

Health Canada Santé Canada

Canada

Communication Skills Development

A workshop providing Practical Experiences in Communications Skills
for parents and their support workers.

April 16th & 17th 2011 Registration Required Location TBA
Call CWB @ 613-967-3603 (leave message for Gale)

The fundamental principles are genuineness, respect for the individual, and empathy. Structured practice is provided and led by a qualified CSD Facilitator. The emphasis is on active participation in role plays.

"The instructor made the whole time fun and thought provoking. This is very professional and I will be able to use it at work and home." (father)

"I have had other communications courses and this one, because of the hands-on approach, has been the best." (mom)

"I plan to use this refresher in listening skills with my clients." (social worker)



March 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|--|--------------------------------------|
| Breakfast Club - 8:30 - 9:30 am Diners Club - 12:00 - 2:00 pm Handivan Departure - 10:00 am Meals on Wheels delivered between: 11:30 am - 12:30 pm Friendly Visiting - 1:00 - 3:00 pm Scrapbooking - 10:00 am - 3:00 pm | | 1 Breakfast Club (Continental) Meals on Wheels Mohawk Language | 2 Breakfast Club (Continental) Diners Club Deseronto Movie Night | 3 Breakfast Club (Full) Meals on Wheels Blvl Shopping | 4 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Income Tax | 5 Community Dinner & Yard Sale |
| 6 | 7 Breakfast Club (Full) Ceramic & Puzzle Club Wii Bowling | 8 Breakfast Club (Continental) Meals on Wheels Mohawk Language | 9 Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night | 10 Breakfast Club (Full) Meals on Wheels Birthday Tea | 11 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking | 12 |
| 13  Daylight Saving Time | 14 Breakfast Club (Full) Ceramic & Puzzle Club Wii Bowling | 15 Breakfast Club (Continental) Meals on Wheels Mohawk Language | 16 Breakfast Club (Continental) Movie Night | 17 Breakfast Club (Full) Meals on Wheels St Patrick's Day BINGO | 18 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Friendly Visiting | 19 |
| 20 | 21 Breakfast Club (Full) Ceramic & Puzzle Club Wii Bowling | 22 Breakfast Club (Continental) Meals on Wheels Mohawk Language | 23 Breakfast Club (Continental) Diners Club ELDERS LODGE Euchre Night | 24 Breakfast Club (Full) Meals on Wheels | 25 Breakfast Club (Continental) Meals on Wheels Handivan (Deseronto) Scrapbooking | 26 |
| 27 | 28 Breakfast Club (Full) Diabetes Workshop Wii Bowling | 29 Breakfast Club (Continental) Meals on Wheels Sugar Bush Trip Mohawk Language | 30 Breakfast Club (Continental) Diners Club ELDERS LODGE Language Week Dinner @ 5 :00 p.m. | 31 Breakfast Club (Full) Meals on Wheels | Ceramics - 1:00 - 3:00 pm Birthday Tea - 2:00 - 4:00 pm Bingo - 12:00 - 3:00 pm Euchre - 6:30 - 8:30 pm Movie Night - 7:00 - 9:00 pm Wii Bowling - 7:00 - 9:00 pm Mohawk Language - 6:00 - 8:00 p.m. | |



MOHAWKS OF THE BAY OF QUINTE
ECONOMIC DEVELOPMENT AND EMPLOYMENT OFFICE

Support Local Business

Business of the Month

Mar 2011

This month we are proud to feature an exciting new business!

Quinte Cycle & Convenience is an established business specializing in small engine repair.

They also carry retail items ranging from supplies and parts for auto and small engine, to ATVs and motor bikes.

Quinte Cycle & Convenience also carries a line of clothing, moto cross racing gear and safety gear including a selection of helmets and gloves.

They will also fabricate custom parts for you!



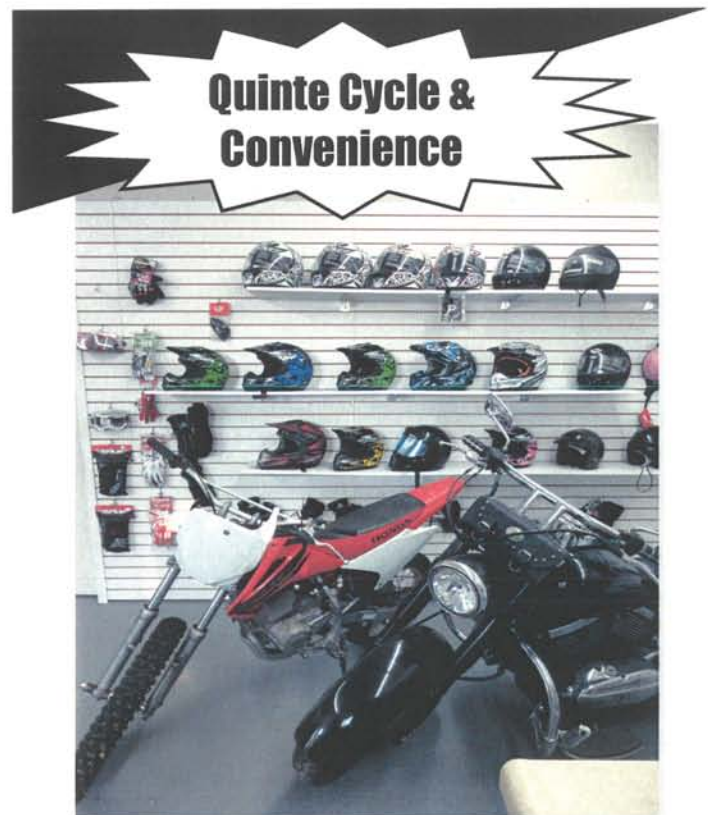
Quinte Cycle & Convenience has a licenced mechanic on site at all times. Their business hours are Monday to Friday 9-6 and Saturday 9-3.

If they don't have it, ask and they will let you know if they can get it in.

Customer Service is important to Quinte Cycle & Convenience as well as community.

For all of your small engine needs, come out and visit Quinte Cycle & Convenience, owners Jason Maracle and Tara Green.

Quinte Cycle & Convenience
146 Hwy 49, TMT
613-396-2200



For information regarding the economic development program, please contact:

Kelly Maracle

Economic Development Officer

Phone: 613.968.1122

Fax: 613.968.1128

Email: kellym@mbq-tmt.org

Or visit us on our website at:

www.mbq-tmt.org

What's New....



Register your business!
List on our website!
Contact Kelly!!



Computer and Internet
use for registered businesses!
Free at Economic Development office!



Suggestions...
If you have them we
want to hear them!
Call the Economic Development Office!

INFORMATION SESSION

MARCH 8, 2011

COMMUNITY CENTRE - STARTING AT 9 AM

If you are seeking employment... this is the place to be!!!

Presenters Include:

- ◆ Corrections Canada
- ◆ Canada Border Services Agency
- ◆ Ontario Power Generation
- ◆ Pro-fit Solar
- ◆ Loyalist Radio Broadcasting
- ◆ Tim Hortons
- ◆ Home Depot

And more.....

To register contact Sandy @ 613-968-1122 ext 141



Come in and use our resources for registered businesses, aspiring entrepreneurs and job seekers!

If you are a registered business and would like to see a Chamber of Commerce on TMT please call

Kelly @ 613-968-1122

CENSUS JOBS APPLY NOW!!! Hiring 35,000 people across Canada

www.census2011.gc.ca

FOR THIS AND OTHER EMPLOYMENT OPPORTUNITIES, PLEASE VISIT US AT 14 YORK RD.

"The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work."

Oprah Winfrey

Other great advertising opportunities:

Bay of Quinte Tourist Council visit www.bayofquintecountry.com

(the cost is \$99.00 and you become a business member, with many other benefits, including a website which gets about 10,000 hits a day!)

And

Government of Ontario visit www.ontario.ca/aboriginalbusiness

(this site is free to register)

If you have any questions regarding these two opportunities, please call
Kelly@613-968-1122

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

Sandy Sero

Employment and Training
Coordinator

Phone: 613.968.1122

Fax: 613.968.1128

Email: sandys@mbq-tmt.org

Or visit us on our website at:

www.mbq-tmt.org

February 9, 2011

Hoover Inc. Recalls WindTunnel Bagless Canister Vacuums

Toronto, ON – The Electrical Safety Authority in cooperation with Hoover, Inc is notifying the public that Hoover, Inc. has announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately.

Name of Product: WindTunnel Bagless Canister

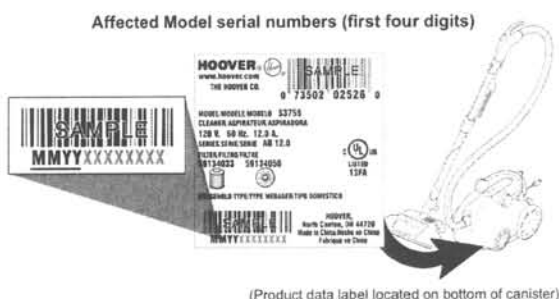
Units: 35,662 units in Canada and 20,680 units in Ontario.

Manufacturer/Importer: Hoover, Inc.

Hazard: The power cord between the powered nozzle and the wand can short-circuit posing a fire and shock hazard to consumers. This condition can occur even if the vacuum has been turned off but left plugged in.

Incidents/Injuries: In the United States and Canada, Hoover has received 69 reports (8 of which were reported in Canada) of overheating or electrical malfunction, including one report of fire and smoke damage, and two reports (one of which was reported in Canada) of carpet damage. There has been one report of minor injury, namely a blister.

Description/Models: The model S3755050 WindTunnel Bagless Canister (silver in color) was sold at retail between \$250 and \$280. Affected vacuums may be identified by the model number and serial number on the product data label.



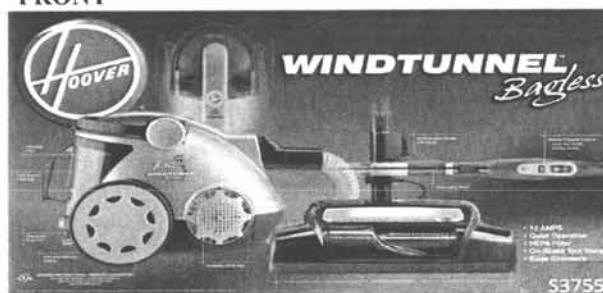
If the model number is S3755 on the label and the first four digits of the serial number are one of the numbers listed following chart, you have an affected product.

Affected Model Serial Numbers (first four digits)

| | Year | | | | | |
|-------|------|------|------|------|------|------|
| Month | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 |
| Jan | x | 0104 | 0105 | 0106 | 0107 | 0108 |
| Feb | 0203 | 0204 | 0205 | 0206 | 0207 | 0208 |
| Mar | 0303 | 0304 | 0305 | 0306 | 0307 | 0308 |
| April | 0403 | 0404 | 0405 | 0406 | 0407 | 0408 |
| May | 0503 | 0504 | 0505 | 0506 | 0507 | 0508 |
| June | 0603 | 0604 | 0605 | 0606 | 0607 | x |
| July | 0703 | 0704 | 0705 | 0706 | 0707 | x |
| Aug | 0803 | 0804 | 0805 | 0806 | 0807 | x |
| Sept | 0903 | 0904 | 0905 | 0906 | 0907 | x |
| Oct | 1003 | 1004 | 1005 | 1006 | 1007 | x |
| Nov | 1103 | 1104 | 1105 | 1106 | 1107 | x |
| Dec | 1203 | 1204 | 1205 | 1206 | 1207 | x |

If your product is still in the carton, an affected product can be identified by the model number located in the lower right front panel of the carton and the carton date code may be found on lower back panel of the carton (see FIGURE B).

FRONT



BACK



The six digits of the carton date code represent the Month, Day & Year of Manufacture (MMDDYY). All models with carton date codes for the years 2003, 2004, 2005, 2006, 2007 (last two digits are 03, 04, 05, 06, 07) are affected. Models with carton date codes for January through May 2008 are also affected (01DD08, 02DD08, 03DD08, 04DD08, 05DD08)

Sold by: Various retailers and dealers

RECALL

RCL11-09

February 9, 2011

When was distributed: March 2003 through December 2008

Manufactured in: China

Remedy: Consumer with affected model should stop using the vacuum and contact Hoover for further instructions.

Consumer Contact: If the consumer has an affected model, stop using it immediately and call 888-564-2066 between 8 a.m. and 7 p.m. EST Monday through Friday, or visit our website at www.hoover.com/windtunnelcanisterrecall.

Remarks: The recalled Hoover WindTunnel Bagless Canister is certified to Canadian Standards by Underwriters Laboratories. For more information about

Underwriters Laboratories product certification process please visit: www.UL.com.



Become a Foster Family and give a child a chance.



Mohawk Family Services is currently looking for interested community members who would like to become foster families for other children and families in our community.

We are looking for families who can provide a loving, caring, nurturing and healing environment for children who are not able to live with our own families temporarily or those who are admitted to the care of the Society. Not all children are admitted to the care of the Children's Aid Society, sometimes we can avoid child protection court proceedings if the child has a safe place to go while they cannot stay at home.

Foster parents can help to provide care for children in the following ways; full time foster care, temporary customary care, long term customary care, short term emergency care, or relief care for other foster parents.

In collaboration with Hastings Children's Aid Society, our Agency offers intensive support and ongoing training for families wishing to care for other children in this community.

Make the difference in a child's life today. If you or someone you know is interested in fostering a child please contact;

Mohawk Family Services at 613-967-0122 or you can find us in person at the new **Community Wellbeing Centre**.

Our children thank you for your effort to make life easier and safer for them.



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

It's hard to believe that 7 years have passed
since you left us.

We miss you so much and think of you often.

*As we look back over time
We find ourselves wondering
Did we remember to thank you enough
For all you have done for us?
For all the times you were by our sides
To help and support us...
To celebrate our successes
To understand our problems
And accept our defeats?
Or for teaching us by your example
The value of hard work, good judgement,
Courage and integrity?
We wonder if we ever thanked you
For the sacrifices you made
To let us have the very best
And for the simple things
Like laughter, smiles and times we shared
If we have forgotten to show our
Gratitude enough for all the things you did
We're thanking you now
And we are hoping you knew all along
How much you meant to us.*

Loved and never forgotten
Carol, Harry, Betty, Billy, MJ, Marilyn, Mike,
Tracey & Families



In Loving Memory of a
"Special" Dear Friend
Who passed away March 15, 2008
Sonya Maracle

*There's a face that's with us ever,
There's a voice we long to hear,
A smile we'll remember forever
Though we try to forget every tear.*

*There's sad but sweet remembrance,
There's memory fond and true,
There's a token of affection, Sonn
And heartache still for you.*

Miss you so much,
Nora



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

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



Chass Maracle

Wishing you good luck in Sudbury on

March 2 - 4

for Wrestling All Ontarios

Love, Mom, Dad, Austin & Family



Thanks!

to the Dreamcatcher Fund for
supporting me,
Austin C. Maracle
so I could play with the
Deseronto Rep A. Bulldogs.

Thank you to the Dreamcatcher Fund for
supporting me,
Trey Maracle
so I could play with the
Pee Wee Quinte Red Devils Team.

Thank You!

Thanks to the Chief and Councilors for the surprise retirement party held at the Elders Lodge and for the plaque and the comfortable lift chair that I will enjoy. Also to the M.B.Q. staff for the picture and to the friends and community members for the cards, everyone's kind words and best wishes.

Again thanks to all.

Phyllis

Nya:wen kowa tanon Efharisto poli

Six Tyendinaga students who are headed on a ten-day educational tour of Greece on March break would like to thank the community for supporting the Greek Dinner on February 21st. A grand total of \$1,129 was raised which will be a great help with travel expenses. In particular, we would like to acknowledge:

Tota Maz - for allowing us to use the restaurant to host our dinner

Work Gear, Trevor and Sherry Lewis - for the donation of jackets for our raffle

Free Flow - for the donation of the two gift certificates for our raffle

Skyway Billiards - for the donation of the hunting knives and clock for our raffle

Susanne Brant - for the donation of beautiful artwork for our raffle

Winston Brant - for the generous monetary donation to the students

To all the parents, families and friends who supported this fundraiser. We are very fortunate to live in such a caring community.

Tiio Brant, Teni Brant, Devon Hill, Dakata Kataquapit, Courtney Storms, Chloe Maracle

Pop Cans Galore!



The *Pop Can Drive* for
Kawenna'òn:we Primary Immersion School
has been a great success!

We now have 4 drop-off locations:

Bear Clawz on Hwy 49;
Nation 2 Nation on Hwy 49;
Tota Maz on York Road;
and Tyendinaga Fitness Resource Centre
on York Road in Shannonville.

*Volunteers will continue to collect pop cans from these
locations. If you would like to volunteer please contact
nikki_auten@hotmail.ca*

A big thank you to all the restaurants
involved in our on-going pop can drive also!

Roxanne's, Deb's Restaurant,
Tota Maz & Steve's Fish & Chips.

Nyá:wen kó:wa for your on-going support!

Happy Birthday!

Happy Birthday
Dylan Leween, Shelley Bowden
and Justin Beiber - Mar 1st
from all their fans!

Happy 6th Birthday
Dylan
Love Daddy, Mama,
Sissy and Lucy! xoxox

Happy Birthday
Amy Cowie
Love Chip, Allison
& Kody

Happy Birthday
Gail - March 9.
Love Wendy & Glenn

Happy Birthday
Auntie
Love Doodie

Happy Birthday
Dan - March 1st
Love Aunt Marilyn,
Uncle Rick, Sam & Emmett

Happy 6th Birthday
Daniel - March 3rd
Lots of Love, Aunt Marilyn,
Uncle Rick, Sam & Emmett

Happy Birthday
Dad - March 10th
Love Rick & Marilyn

Happy Birthday
(Great) Grandpa
Bruce - March 10th
Love Sam & Emmett

Happy Birthday
(Grunkel) John - March 13th
Love Marilyn, Rick, Sam &
Emmett

Happy 25th Birthday
Chris - March 13th
Love Marilyn, Rick, Sam &
Emmett

Happy 50th Birthday
Eileen - March 27th
Love Marilyn, Rick, Sam &
Emmett

Happy Birthday
Nancy - March 27th
Love Marilyn, Rick, Sam &
Emmett

Happy Birthday
Warren - March 28th
Marilyn & Joy

Happy 1st Birthday
Talen - March 29th
Lots of Love Aunt Marilyn,
Uncle Rick, Sam & Emmett

Happy Birthday
Angie - March 30th
Love Aunt Marilyn, Uncle Rick,
Sam & Emmett

Happy 6th Birthday
Rhyder - March 30th
Lots of Love, Aunt Marilyn,
Uncle Rick, Sam & Emmett



*Happy Birthday
Mom
March 30th*

*If we could give you diamonds
for each tear you cried for me.
If we could give you sapphires
for each truth you've helped us see.
If we could give you rubies
for the heartache that you've known
If we could give you pearls
for the wisdom that you've shown.
Then you'll have a treasure, mom,
that would mount up to the skies
That would almost match
the sparkle in your kind and loving eyes.
But we have no pearls, no diamonds,
As we're sure you're well aware
So we'll give you gifts more precious
Our devotion, love and care.*

*With all our love
on your birthday*

*Love always,
Bonnie, Bill, Haley
Cassie, Greg, Jared, Gage
Bart, Melissa, Elijah, Keegan*



March Newsletter

Maternal Child Health & Early Childhood Development

1508 York Road

613-967-3603 or 613-967-0122

Evening Kinder Gym

March 23rd, 2011

6:00-8:00 pm

1508 York Road

Community Wellbeing Building Teaching Lodge!!

Come out and have some fun playing with our kinder gym Equipment.



Scrapbook Workshop

March 23, 2011.

6:00-8:00pm

Community Wellbeing Building left entrance

Come out and scrapbook some of your memories!

We have some tools and supplies that you can use to help you with your latest page or pages...

Child care will be provided!

Call Allison at 613-967-3603 or 613-967-0122

Check us out on Facebook
under Maternal Child Health

We're on the web!
Look for us under Community Service
and Community Wellbeing.
www.m bq-tmt.org

Family Prize packs

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

The prize will be Drawn on March 31st, 2011

Prize pack:

Salsa & Scoops

Popcorn

Goldfish crackers

Board game & Movie

Saturday Drop In

March 12th & 26th, 2011

9:30-11:30am

Ages 0-8

Community Wellbeing Building Teaching Lodge.

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

Monday Play Group

March 7, 14, 21 & 28th, 2011

9:30 am-11:30 pm

1508 York Road

Ages 0-6

Community Wellbeing Teaching Lodge.

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

Quilting Class

Every Tuesday Night March 1, 8, 22 & 29th, 2011

Would you like to quilt? This class is from beginner to advance. Come out and enjoy an evening of fun, male or female are welcome to join. Please call ahead if you are interested in attending.

The class will be working on a group quilt to raffle.

Contact Allison 613-967-3603 or 613-967-0122

Saturday March 12th, 2011

9:30-12:00

Andy Forgie will be at the CWB performing at 10:30



A musical storyteller, Andy's warm voice and gentle humour turn each Concert into a campfire sing-song. Andy's original recordings have been enjoyed throughout Ontario on CBC radio and nationwide on the History Channel's "Sketches of Our Town". He has worked with many of Canada's top family performers, Sharon & Bram, the Polka dot door stage show and has recorded with the late Bob Homme (The Friendly Giant).



Creativ Festival Bus Trip

creativfestival



Saturday April 16th, 2011

7:00a.m. - 8:00p.m.

Cost per person is \$10.00

Please register by, March 25th, 2011.

Leaving from the Community Centre, Transportation is a coach bus!

This show has everything for most crafters, quilting, beading, scrapbooking, etc.

They offer classes and demonstrations at most of the booths.

Space is limited so reserve your spot now. We will be stopping at the Mandarin in Pickering on the way home for supper.

For more information please call Allison or Julie 613-967-3603

The website for the Festival is www.csnf.com to see a list of the vendors and what companies are offering for presentations and classes.

Maternal Child Health

Allison Brant
Community Wellbeing Building
1508B York Road
Tyendinaga Mohawk territory, Ont.
K0K 1X0
613-967-3603

DISTRUCTIVE
SEWING
SUPPLIES

LEN'S
MILL
STORES

MARATHON
THREADS
CANADA

ARTIST DESIGN
DEADWOOD

Quilt

mac
FAB

mary maxim

DESIGNS BY SICK.COM

Joanne's CREATIVE NOTIONS

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

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

March 2011

Discover the Balance

We have Gift Certificates

Discovering the Balance

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

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 1:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

**Purchase a 12 month
membership and save**

Adult save \$50

Student save \$40

Senior save \$30

**Compare us to other Fitness
Centre's & Save Up to \$600
A year !**

We Are Open to The Public

NO TAXES

NO CONTRACTS

Easy Ways to lose 1 Pound a Week

To lose 1 pound in a week you need to decrease your net calories by 500 a day. The easiest way to do this is to cut half from your diet and burn the other half through exercise.

DIET STRATEGIES

Replace eggs and cheese for scrambled egg whites

Switch from crème based soups to vegetable based soups

Replace large fries with fruit and yogurt

EXERCISE STRATEGIES

Jog at a 10 min mile pace for 20mins / Walk briskly for 20mins

Shovel snow for 30mins / Dance for 40mins

**Nia;wen to the Youth Skills Employment Program for coming out to visit
TFRC, it was great to have a physical day with the class.**

Volunteers for TFRC

We are looking for volunteers to help us with the following :

1)Childcare /Cleaning 2) Laundry 3) Welcoming new members

Your reward for volunteering is free membership at TFRC and job experience. This is great opportunity to do High School community hours.

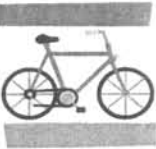














New Part Time Staff

Carson Nelles-Hi, my name is Carson and I am 19 years old. My hobbies include hockey, golf and video games. I am currently training for hockey season next year, where I can hopefully get an education or play at a higher level. I look forward to meeting and getting into shape with everybody.

Talon Bernhardt- Hi, my name is Talon Bernhardt. I am a grade 12 student at Moira Secondary School. I am currently a member of the Moira Trojan Rugby team., and more then happy to share my knowledge on exercise and training techniques. I look forward to meeting you.

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

Calendar of Events March 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|--|
| Join our Winter Bike & Walking Group | Come and Bike with us during the winter months | 1  | 2  Ontario | 3 | 4 | 5  |
| 6 Never too Late to Join ! | 7 Fitness Bingo Start Today | 8 Bike Group Every Tuesday 6:30pm  | 9 | 10 Walking Group Every Thurs. 6:30pm  | 11 Running Group Every Friday 4:30pm  | 12 Great Job To The Current Members ! |
| 13  | 14 Street Smart Self Defense 6:15-7:15 | 15  | 16  | 17 Street Smart Self Defense 6:15-7:15  | 18 We have weight scales  | 19  |
| 20 Fit for 2 Starting In April | 21 Street Smart Self Defense 6:15-7:15 | 22  | 23 | 24 Street Smart Self Defense 6:15-7:15 | 25 | 26 CHILDCARE HOURS MON-THURS 9:30AM-10:30AM |
| 27 We're On Face book ! | 28 Street Smart Self Defense 6:15-7:15 | 29 | 30 You Can Do It !  | 31 Street Smart Self Defense 6:15-7:15 |  | We have a Meeting Space Cost is Donation |

Winners of The Nature Sunshine Colouring Contest

Ages 3-4 Ryan Maracle

Ages 5 - 7 Sophie Maracle

Ages 8-10 Trinity Brant

All the children that participated will receive Sunshine Heroes
Supplements, just stop in at TFRC to pick them up.

We had 28 youth that did a great job colouring

Mohawk Placement Student for TFRC

Kanaktiostha (aka Linda Lefort) will be doing a practicum placement with the Tyendinaga Fitness Resource Centre during the week of March 9-11 as well as March 23-25. She is an adult language student at Tsi Tsyonnheht Onkwawenna.

"To provide an opportunity to utilize Kanyenkeha with community members/agencies to enhance language proficiency/fluency."

PILATES

Pilates is continuing at the

Tyendinaga Fitness Resource Centre

Pilates is a method of core conditioning which can help increase your Muscular strength, flexibility and endurance without building bulk or Stressing your joints. This class will cover mat work exercises that will leave you feeling
Revitalized

Starts : Wednesday March 9/11

6pm to 7pm - 6 weeks

\$10.00 a night / Punch Card Program for \$60.00

The Fitness Instructor has 30 years experience with Pilates— Wendy Meraw

Gift Certificates Available

Sign-up by March 7/11 Limit to 15 Participants

(613) 962-2822 or email tyfitnessres@mbq-tmt.org

Any questions on Pilates , email wmeraw45@gmail.com



What is the Common Link Between ?



Heart Disease



Arthritis

Abnormal Cell
Growth



Plan on attending a brown bag lunch talk
to find out the answer.

Date: Tuesday March 22, 2011

Time: 12:00 to 1:00 p.m.

Location: Tyendinaga Fitness Resource Centre
14 York Rd, Shannonville Unit # 1
(613) 962-2822

Register by: Thursday March 17, 2011 @ TFRC

Cost: \$5.00 donated to TFRC

Speaker: Kathy Wilson Herbal Consultant
613-395-5027

Funded by : TFRC Out Reach



TFRC email & website : tyfitnessres@mbq-tmt.org / www.mbq-tmt.org

Tyendinaga Fitness Resource Centre
(613) 962-2822

GOLF GAME ENHANCEMENT

FOR Women

The program is limited
to 10 participants

Sign up deadline :
March 11

**One Time
Special Event**



Robert Coolahan, golf teaching professional will enhance your game by providing the following information :

- Putting Techniques
- Swing Tempo
- Muscle Development
- Enhancing Healthy eating habits
- Being Physically Active before the Golf Season
- Overall game performance

Monday March 21 & 28
6:30 pm to 7:30pm
At TFRC

2 sessions for \$25

14 York Road
Unit #1
Shannonville
Tyendinaga
Mohawk Territory,
Shannonville
Ontario, Canada



For more information contact
Robert by :
Email: robcooly@live.com
Or
Phone: 613-885-1266

Limited space to 5 participants / pay when you sign up
Register by email or call tyfitnessres@mbq-tmt.org

Street Smart Self Defense

**For Mothers and
Daughters**

**March 14— April 21
Mondays & Thursdays
6:15— 7:15**

\$35 per person for 6 weeks

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


**Tyendinaga Fitness
Resource Centre**



**Funded by
TFRC Outreach**

**(Subsidy is available)
By TFRC**

Instructor Fred Dracup has over 30 years experience
Space is limited to 16 participants sign up by:
March 11, 2011 (2 lady friends can also sign -up)

**Phone: 613-962-2822
E-mail: tyfitnessres@mbq-tmt.org**

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

Losers Unite, Join Us!

Thursday Evenings

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

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

Elders Lodge

(Bayshore Rd)

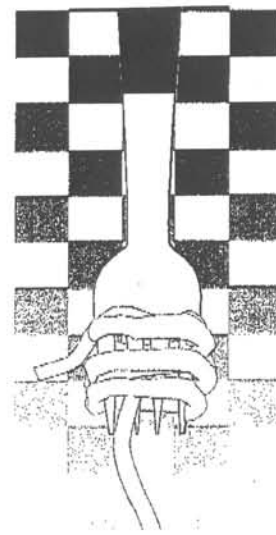
TOPS is a weigh loss meeting and support group established in 1948 as a nonprofit organization. Our goal is to help each other lose weight for better health and appearance.

If you are struggling with a weight issue join us and together we can achieve our goals.

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

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

Contact: Donna Crouse 613-396-2229
Tree Good altree94@gmail.com



Quinte Mohawk School will be having their second annual spaghetti dinner and silent action on March 10, 2011. Students and teachers will choose a theme for their individual class basket. To help with this, all students are asked to bring in one item for their class basket. The items need to be into their classroom by 25th of February.

The spaghetti dinner will include a drink and a bun for the low price of \$5.00. It will be served from 5-7pm. During this time the silent auction will be held. The funds from the dinner and auction will be going toward the School we are building in Kenya.

All members of the Community are welcome.
Thank You on behalf of the Builder's Club.

"AA OPEN MEETINGS"

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

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



Tyendingaga Justice Circle
Tontakaiêrine (It has become right again)

Presents...

Jan Kahehtisic Longboat
"Coming Home. Back to our Culture."

**Residential School and
Haudenosaunee Cultural Awareness**

The attendees will experience reconnecting to our roots
as we return from another culture.

Free!

Where: Orange Hall, 1825 York Road
When: March 16, 2011 - 9:00 am - 4:00 pm
~ Lunch included ~

Biography

Janice Longboat, Mohawk, Turtle Clan of Six Nations of the Grand River is a Traditional Herbalist, Healer and Elder.

Jan works with a very holistic concept of healing—the need for us to become whole, to connect and heal the physical body as well as the emotional, mental and spiritual part of us. She believes that the strength of healing is within that spiritual part of us.

Jan began studying traditional Native healing at a young age. For the past 20 years, she has worked with many Native communities, agencies and academic institutions to share teachings about traditional healing and medicines.

To Register call:

Shannon Butcher 613-396-2122 ext 166 - shannonb@fnti.net

Mark Brinklow 613-396-2122 ext 125 - markb@fnti.net

Language Week
March 28 – April 1, 2011



Monday, March 28th

Language Hero Dinner

6:00 pm at the Orange Lodge

This year we are honouring
Thohtharatye, Tewasehta, and their daughters,
Tsyorasehstha & Yakowennare.

We acknowledge their family in working diligently at maintaining
Kanyen'keha as the first language in their home, as well as actively
working to encourage Kanyen'keha to be spoken in their workplaces,
and in the community.

Nya:wen ko:wa tsi sewayo'tenhseri:yo!



Wednesday, March 30th

Singing with the Elder's

6:00 pm at the Elder's Lodge



Thursday, March 31st

Tyendinaga's 3^d Annual Variety Show

7:00 pm at Quinte Mohawk School

Come one, come all!

Enjoy an evening of Kanyen'keha entertainment;
Stay for the Social afterwards...See you there!



314 Airport Road, Tyendinaga Territory, ON K0K 1X0
ph: 613-396-3100

INCOME TAX RETURNS DUE APRIL 30/2011

*Let us help you to complete and file your income tax returns.
IT'S FREE!!*

The “*Community Volunteer Income Tax Program*” will be offering again tax preparation clinics on the following dates and locations in Tyendinaga:

| | |
|--------------------------|-------------------------|
| Wednesday March 9, 2011 | 5:00pm – 7:00pm @ FNTI |
| Wednesday March 23, 2011 | 5:00pm – 7:00pm @ FNTI |
| Saturday April 16, 2011 | 10:00am – 2:00pm @ FNTI |

If you are a low-income earner and would like free assistance with the preparation of your individual income tax return, please plan to attend one of our above-mentioned clinics. No appointments necessary.

The Canada Revenue Agency has administered the “*Community Volunteer Income Tax Program*” for forty years. WHAT IS IT? CVITP is a community-based program designed to help low-income individuals with simple tax situations complete their income tax and benefit returns, free of charge.

Should you have any questions, please contact Wendy Anderson at (613) 391-2658.





Kanhiote Tyendinaga Territory Public Library



**We would like to invite you to share your
local history!**

When: *Thursday, March 24*
12:00-7:00 PM

Where: *At the Library*

Bring in your old photos, postcards, letters,
etc and contribute to our online archives by
allowing us to scan them. You keep the
originals but share your history and
memories.



To check out our current collection head to:
images.ourontario.ca/tyendinaga



Also check out our new library website at:
<http://kanhiote.ca>

If you have any questions feel free to
contact Karen Lewis at 613-967-6264 or
email at: karenl@tyendinaga.net



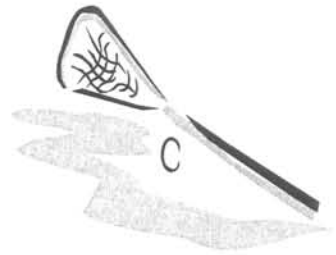
ATTN. LACROSSE PLAYERS

Tyendinaga Minor Lacrosse has entered a Intermediate team in the OLA
this upcoming lacrosse year!

If u are interested in coming out to join our team we will be practising
every Friday night 6pm-8pm @ QMS gym.
(Enter @ side door)

Intermediate birth years:
1990,1991,1992,1993,1994,1995

If u have any questions please call:
613-813-4053 Terry Maracle



MIXED 3 PITCH LEAGUE

Is there anyone interested in putting in a team or playing in a Mixed 3
Pitch League on the reserve. We are trying to see if we can get a mixed
league going on Wednesday night.

If you are interested please contact Marilyn Loft at 613-962-1727 or
email sportslady17@yahoo.com or Glenna Brant at 613-968-7814.

We would like to know by the end of April to see if the response
warrants starting a league.



Lennox Community Theatre presents

Dan Goggin's

Mesquiggah-Nuns!

The Ecclesiastical Musical

directed by Cliff Trott

& featuring the considerable talents of

Lorraine Creighton, Richard Linley, Rosemarie Mallen,
Katie McDonald, Shannon Roantree & Cheryl Singer,

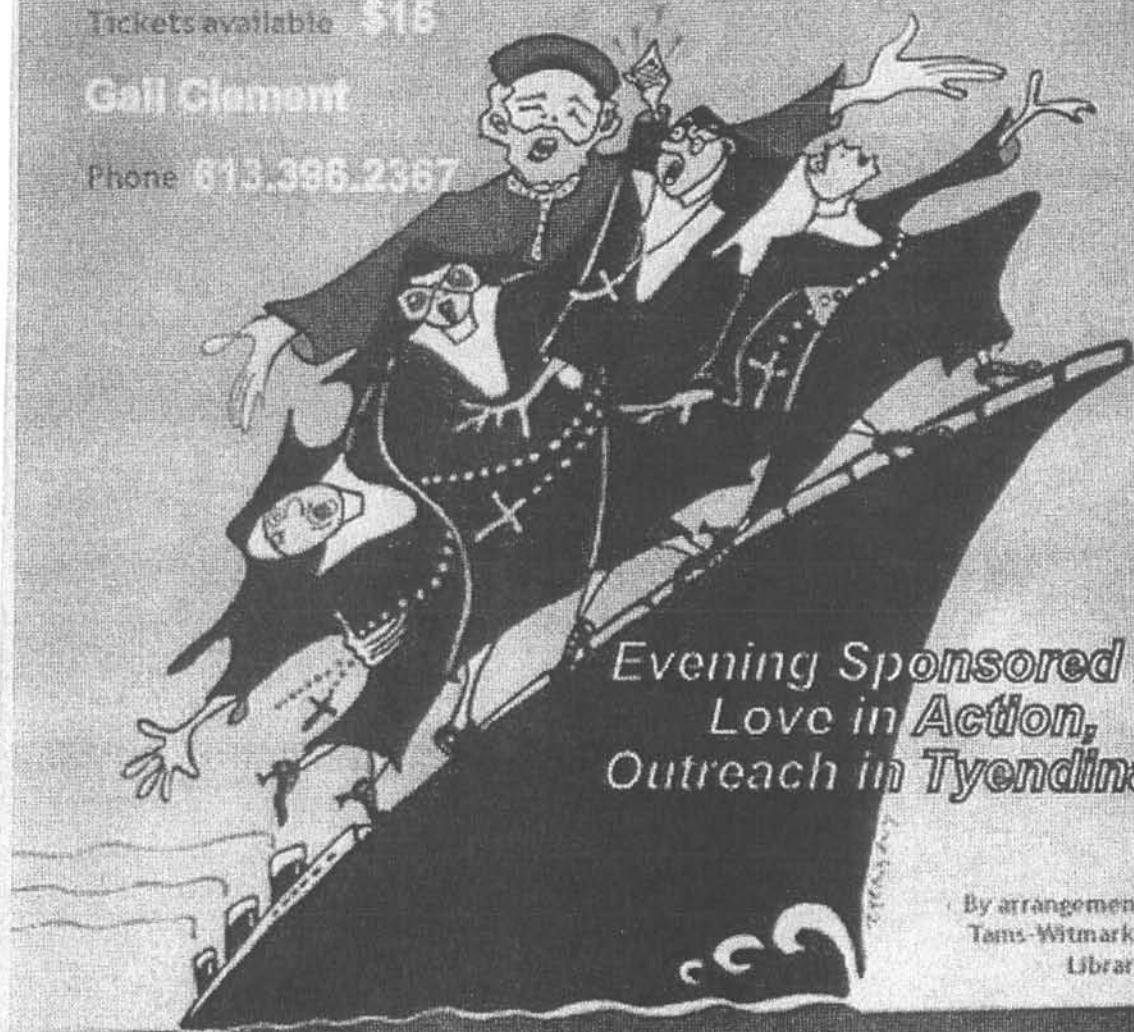
with accompaniment by
Michelle Pyatt.

LIVE at the Village Theatre, 2219 County Rd 11, Selby.
8:00 pm on **6 April 2011**

Tickets available **\$16**

Gail Clement

Phone **613.396.2367**



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Love in Action,
Outreach in Tyendinaga*

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www.lennoxtheatre.ca



THE ANGLICAN PARISH
OF TYENDINAGA

Parish Priest
The Rev'd Brad Smith
Mohawk Rectory, 396-3797

SUNDAY CELEBRATION

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

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

**Both churches worship together:
20 March at 8:30 at All Saints' Church
17 April at 10:30 at Christ Church*

UPCOMING EVENTS

Shrove Tuesday Pancake Supper
Tuesday 8 March, 5-7 p.m., All Saints'
Adults \$6, Kids 6-12 \$3, Under 5 free.

Ash Wednesday Liturgy
Wednesday 9 March, 7 p.m., Christ Church

Parish Fun Night
Wednesday 16 March, 7 p.m., QAPC
Bring a game, a friend, and a snack!

Men's Breakfast
Saturday 26 March, 8 a.m., Tota Maz
The men of the Parish (and friends) gather once a
month for breakfast and fellowship.

MAKING A DIFFERENCE

Local Parish Outreach at all-time high
For the past few years, the parish has budgeted funds
for financial support of individuals and groups in need
in Tyendinaga. In 2010, the parish invested almost
\$4,500 in our community by assisting fire victims,
special ed students, and other worthy causes.

FOR THE MOST UP-TO-DATE INFORMATION, SEE OUR WEBSITE
WWW.PARISHOFTYENDINAGA.ORG

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



KERISTOS NE KORAH:KOWA

Traditional Anglican Communion

THE PARISH OF CHRIST THE KING

Tyendinaga, M. T.

LENT DRAWETH NIGH...

THE JOURNEY LIETH AHEAD...

«Oh Great Spirit...I seek strength, not to be greater than
my brother, but to fight my greatest enemy—myself.
Make me always ready to come to thee with clean hands
and straight eyes. So when life fades, as the fading sunset,
my spirit may come to thee without shame.»

—Chief Yellow Lark...Lakota Sioux

What is the Lenten journey? Smudging, a cleansing ritual, assumes that
there is something in or around us that needs cleansing. Sweat lodges
require fasting and time spent in the heat. Vision quests include fasting
and time spent alone in the wilderness. There is nothing magical in these
rituals... Their potency comes from the challenges to the body, mind, and
soul and a focus that allows us to change for the better by ridding
ourselves of everything that prevents us from growing spiritually! Based
on the spiritual teachings of Jesus and on the venerable insight of our
ancestors, you are invited to join us during the coming penitential season
as we explore ways to give up those things which prevent us from living
whole, integrated and Christ-centered lives. That is the Lenten journey!

Services are held at

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

Sunday Mass—10:00 AM

Traditional Anglican Services

Using the long-established

Book of Common Prayer (1962)

And the time-honoured hymnal

Book of Common Praise (1938)

As well as Mohawk Hymns

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

Food Bank Day: Third Sunday of each Month

For Sacramental or Pastoral Services, please call:

Fr. Gérard Trinque ☎ 1-888-831-4145 ☑

✉ gplus@yahoo.com



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Inground pool, hot tub
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4 X 4 round

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613-967-1129

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613-969-8924

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- approx. 23.8 acres (can be
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962-5470

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613-967-1129 for further details.

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Serious inquiries only:
Please call 613-396-5879

Check it out...



www.mbq-tmt.org

- ◆ Tyendinaga news & press releases
- ◆ Community Calendar
- ◆ Tyendinaga Mohawk Council
- ◆ MBQ programs & services
- ◆ Sign up for email alerts
- ◆ Photo galleries
- ◆ Job opportunities & tenders for service

....And much more!

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Newspaper is now ONLINE! Updated Daily!

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Submissions & comments by band members welcome.

www.mohawkdrummer.com

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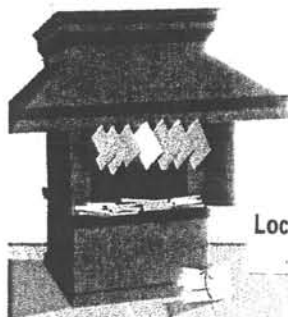
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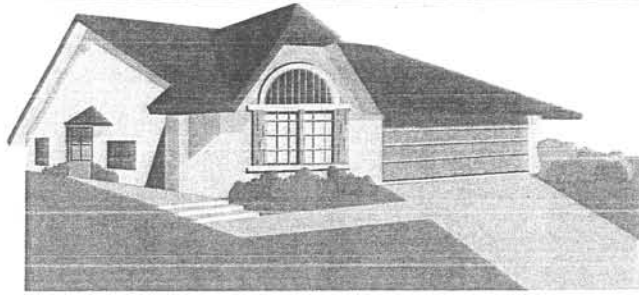
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