

MOHAWKS OF THE BAY OF QUINTE

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KENHTEKE KANIENKEHA

ISSUE 3/12 ENNIHSKKOWA (Mar.)

ORI:WASE (News)

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

SPRING WALKING GROUP



Beginning

TUESDAY, APRIL 10th (Weather permitting)

4:30-6:00 pm Quinte Mohawk School Track.

Please use Sadie's Lane entrance.

For more information please call Denise Leafe RPN/CHR 613-967-3603 ext 128

National Child Benefit Reinvestment Initiative 2012/2013

Do you have a project, workshop or initiative that you would like financial assistance with, that would benefit the children and youth of our community?

If so, please contact the **Ontario Works** office at **613-967-0122** and ask for an application. Deadline is March 31st, 2012. Completed applications can be mailed or dropped off at the Community Wellbeing Office

Attention: Samantha Maracle
Ontario Works Coordinator
50 Meadow Drive
Deseronto, Ont
KOK 1X0

Or by email: samm@mbq-tmt.org
Or by fax: 613-967-3618



MOHAWK FIRE DEPARTMENT

The Mohawk Firefighters in February responded to 6 calls:

- 1 Brush Fire
- 1 Ice/Water Rescue
- 1 Medical Assist
- 1 Motor Vehicle Accidents
- 1 Structure Fire
- 1 Auto Alarm

This brings our total to 16 calls for the year 2012



MOHAWKS OF THE BAY OF QUINTE KENHTEKE KANIENKEHA

Administration, 13 Old York Rd., Tyendinaga Mohawk Territory, ON KOK 1X0 Phone 613-396-3424 Fax 613-396-3627

NOTICE

Employment and Training Department, Mohawks of the Bay of Quinte is hosting a career fair, information session and Economic Development's Trade Show on Tyendinaga Mohawk Territory, ON at the Mohawk Community Centre on March 29, 2012. The address is 1807 York Road, Tyendinaga Mohawk Territory, ON. Time: 9:30 a.m. to approximately 4:00.

Recruitment Officers from various agencies including Corrections Canada, Canada Border Services Agencies, Defense Construction Canada, RCMP and Canadian Forces have confirmed their attendance.

Service providers, will be setting up booths, giving out information and be available to answer questions. Many other potential employers from various businesses/companies will be attending.

Launch, Home Depot, and Labor Ready from Belleville, ON will be attending. For those looking for information on obtaining an "AZ" license or learning about heavy equipment, Transport Safety & Compliance System will be on hand to answer questions.

Ministry of Training, College & Universities representative will have information, for those interested in apprenticeships. Many other potential employers from various businesses will be attending.

This event is free to attend and will be a fantastic opportunity to network with leading HR Management. Please note this is a partial listing of presenters.

I look forward to seeing everyone there. Please plan to attend, bring a resume and make your career fair a success. Also please register on or before March 14, 2012.

> Sandy Sero, Program Manager, Employment & Training Mohawks of the Bay of Quinte Phone: 1-613-968-1122 EXT 141

Email: sandys@mbq-tmt.org

Als	o new at this	year's	Career F	air,	key	note speaker,	Wiss	Susan	Aglukark	will b	e our	special	quest

Thank you.

Sandy Sero



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

March 2012 Business of the Month



Open Monday to Friday 9am to 4pm

After hours, by appointment



5 Ferry Lane, Tyendinaga Mohawk Territory

613.396.5665

Threadworks Custom Embroidery has been chosen by the Economic Development Office as the March 2012 Business of the Month!

Whether you're looking for hats, hoodies or team jerseys, Threadworks Custom Embroidery has it all! No job is too big or too small, they have no minimums. Digitizing is available onsite, along with embroidery, silk screening and heat transferring. However, clothing is not all they have, imprint able mugs, water bottles and lanyards are also available.

They have items for sale or you can bring in your own to have them personalized. Even if you're looking for a specific item, they will do their best to find it! To keep their customers happy, they always have low prices. So whatever your customized need, visit Threadworks Custom Embroidery!

Visit their page on Facebook

Support Local Business

COME TO THE TRADE SHOW!

Thursday, March 29, 2012 at the

Mohawk Community Centre from 9am to 4pm

Contact Renee Barnhart-Brant at 613.968.1122 for more information

March's Tip

Colour in Advertising

Ever wonder what colours are the best to attract customers? Here are three that will do just that!

In moderation, gray, red and yellow are all colours that will grab the attention of your customers. Gray symbolizes solid things in life, so a touch of gray adds that rock solid feeling to your product. Red is the colour of energy and is attention grabbing, if you want customers to notice your product, this colour will do the trick. Lastly, yellow, the colour of happiness and good times. This colour incorporated into your plans is a very effective tool for marketing to greater sales.

Tyendinaga Career Fair 2012

Thursday, March 29, 2012 at the Mohawk Community Centre from 9am to 4pm

All attendees must pre-register by March 14, 2012

"If you work just for money, you'll never make it, but if you love what you're doing and you always put the customer first, success will be yours."

- Ray Kroc

March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Bridges to Better Business Arts Centre Hastings 6pm to 9pm	8	9 Brown Bag Lunch YouTube 12pm to 1pm	10
11	12	E-Newsletter Workshop Kanhiote Library 9am to 3pm Bridges to Better Business Royal Canadian Legion Napanee 6pm to 9pm	14	15	16	17
18	19	Bridges to Better Business Travelodge (previously Ramada Inn) Belleville 8am to 3pm	21	22	Brown Bag Lunch LinkedIn 12pm to 1pm	24
25	26	27	28	29 Career Fair & Trade Show Community Centre 9am to 4pm	30	31

April Events:

April 17, 2012—Aboriginal Business Day **To Register for all Upcoming Events**

Email: events@smallbusinessetr.com

Phone:613.961.0590

fax:613.961.7998

Email: reneeb@mbq-tmt.org Phone:613.968.1122

Fax:613.968.1128

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

March 2012

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11:30 a.m. to 12:	ure—10:00 a.m. delivered between: 30 p.m1:00 to 3:00 p.m. 0:00 a.m. to 3:00 p.m.	Bingo/Lunch—1 Wii Bowling—7: Euchre —6:30 to	o 8:30 p.m.	Meals on Wheels Blvl Shopping Euchre	2 Meals on Wheels Handivan Des Friendly Visiting	3
4	5 Beading Class Wii Bowling	6 Meals on Wheels Aqua Fit Library	7 Diners Club Deseronto	8 Meals on Wheels Birthday Tea	9 Meals on Wheels Handivan Des Scrapbooking	10
Time change move clocks ahead	12 Wii Bowling	Meals on Wheels Aqua Fit Library	Diners Club HOME SUPPORT @ Community Centre	15 Meals on Wheels Euchre	Meals on Wheels Handivan Des Friendly Visiting Sugar Bush Trip	Happy A St. Patricks Day
18	19 Beading Class Wii Bowling	Meals on Wheels Aqua Fit Library	21 BINGO	Meals on Wheels	Meals on Wheels Handivan Des Scrapbooking	24
25	26 Beading Class Wii Bowling	Meals on Wheels Aqua Fit Library	Diners Club HOME SUPPORT	29 Meals on Wheels Euchre	Meals on Wheels Handivan Des Friendly Visiting	31

HEALTH CANADA First Nations, Aboriginal and Inuit Health Non Insured Health Benefits

Medical Transportation Benefits

Medical transportation benefits are covered in accordance with the policies set out in the Non-Insured Health Benefits (NIHB) Medical Transportation Policy Framework to assist eligible recipients to access medically required health services that cannot be obtained on the reserve or in the community of residence.

What is covered?

- Ground Travel: Private vehicle; commercial taxi; fee for service driver and vehicle; band vehicle; bus; train; snowmobile taxi; and ground Ambulance.
- Water travel: Motorized boat; boat taxi; and ferry.
- Air travel: Scheduled flights; charter flights; helicopter; air ambulance and Medevac.

How do eligible recipients access medical transportation benefits?

- Recipients who live within a First Nations or Inuit community should contact their local Health Centre or First Nations Administration Office, or a local First Nations and Inuit Health Authority for information to request transportation
- Recipients who do not live on a reserve should contact their Regional NIHB Office or their own First Nations Administration Office to request transportation.

Is there an appeal process when a benefit is not covered? Eligible recipients can appeal a decision of declined coverage for a benefit. Please refer to official Health Canada website and review the Appeal Procedures section.

Medical Transportation Policy Framework

The Non-Insured Health Benefits Medical Transportation Policy Framework outlines the policies and benefits that help recipients access medical services, the types of medical travel eligible for coverage and the benefits provided.

Volunteer Drivers

Those who wish to participate in the local Medical Transportation Program as a volunteer driver can do so by initially contacting the Medical Transportation Program Clerk. The Clerk will advise what expectations are necessary in making application to provide transportation through the program itself. As well, the volunteer will need to provide the following documentation:

- Vehicle Safety Certification
- Volunteer CPIC
- Copy of Valid Driver's License
- Proof of current vehicle insurance
- Copy of vehicle ownership
- Agreement to sign a program confidentiality form

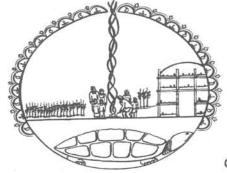
Any other questions may be made directly to the Medical Transportation Clerk at the Community Well Being Centre.

Contact info: 613-967-3603 or 1-866-967-3603

Health Canada Website for Medical Transportation Benefit:

(highlight, then cut and paste the address into your internet browser)

www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefitprestation/medtransport/index-eng.php



Community Wellbeing/Community Health

50B Meadow Lane, Tyendinaga Mohawk Territory

Health Canada notifies Community Health Department regarding

Food/Product Alert on regular bases.

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

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



OF
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

During bad weather, please call CWB
to find out if meeting has been cancelled
613-967-3603

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

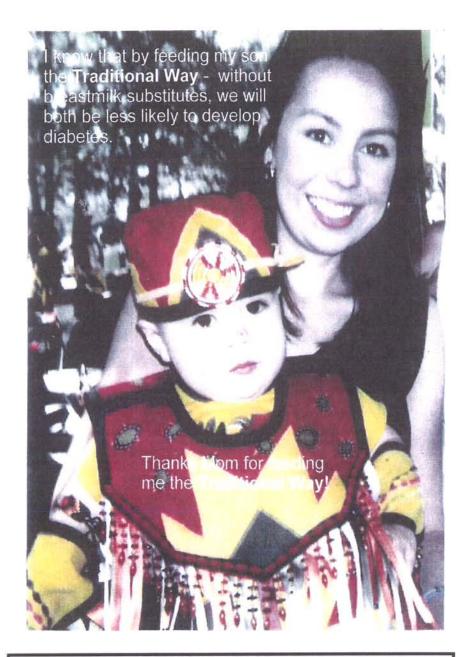
BREASTFEEDING CLINIC AVAIL-ABLE:

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

FOR APPOINTMENTS or HELP

CALL: 613-396-2942

TEXT: 613-849-1868



March 2012 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 Heath Nurse



Prenatal Classes ~ Spring Session
starting
Wednesday,
April 11, 2012
7pm to 9pm at
Community Wellbeing Teaching
Lodge
50 Meadow Drive

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

For more information or register for classes call
613-967-3603 and speak with a
Community Health Nurse

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



Yonata'kari:te Konwati'nihstenha, Yonata'kari:te Rotiwirá:a'

"A Strategy to Improve the Care and Outcome of Diabetes in Pregnancy in On-Reserve First Nations Women"

Healthy Moms, Healthy Babies Project Invites <u>YOU</u> To join us in our Community Lifestyle Program To <u>Beat Diabetes</u>

We are starting this new program, open to all (all ages, all stages, all genders!), by offering 30 minute walks twice weekly, which will be increased in frequency. Walking may be the single most important thing we can all do to control and prevent diabetes.

Other activities will be added as we can arrange them and as we see where interest leads. Watch for updates on our calendar in the newsletter and in the community.



A recent ten year study showed that just a half an hour's (30 minutes) walking a day can eradicate the risk of developing diabetes.

After two to three weeks, regular walking will:

- ✓ Increase your energy level and stamina
- ✓ Relieve stress and tension
- √ Help you sleep better

Over the long term, walking will:

- ✓ Make you feel good about yourself
- Help you achieve and maintain a healthy weight when combined with healthy eating
- ✓ Reduce the risk of heart disease, stroke, adult onset diabetes, osteoporosis, depression, high blood pressure, obesity, falls and injuries and certain cancers
- Strengthen bones and muscles



"Planning the Future of Birth in Tyendinaga for Generations to Come"



This event was held February 10th and 11th, 2012 at the Community Centre. Nia: wen Kowa to the following people for helping us with the event:

Mary Maracle & family
Joe "Thohtharatye" Brant
Great Oak Lodge B&B (Jackie & Lori Maracle)
Mandy Smart & group
Maternal Child Health Program
Healthy Babies Healthy Children Program
Enyonkwa'nikonhriyo:hake Program

Julie Wilson, Aboriginal Midwife, Supervisor/Program Manager of Tsi Non:we Ionnakeratstha Ona'grahsta, Six Nations Maternal & Child Centre

Phyllis Hill, Aboriginal Midwife, Tsi Non:we Ionnakeratstha Ona'grahsta, Six Nations Maternal & Child Centre
Natasha Smoke Santiago for use of her beautiful artwork

and, for the Generous Door Prize Donations:

Tyendinaga Fitness Resource Centre
Maracle Chiropractic
Mohawk Duty Free
Smokin Coffee Express
The Sacred Circle Gift Shop
June Woodman
SPIRAL INTO CONTROL
Flat Rock Farms & Pony Tales

SOADI FNTI



Tyendinaga Birth Survey

Please share this survey with your partner, family, Aunties, Uncles, Tota's & Sohta's, cousins & friends!!

Just click on the Link to complete a survey: http://www.surveymonkey.com/s/F9Y8WM5

Sharing your birth experience(s) whether it's your own experience or an experience shared with family members or friends will help us plan the future of birth in our community.

All information collected is considered private and confidential and solely for the purpose of strategic planning. No participant information will be shared without your consent.

Survey Results will be shared at a **Community Pancake Breakfast** to be held on Saturday April 14th, 2012 from 9am-1pm

at the Community Centre

Nia:wen for taking the time to complete the survey!



Lynn Brant, Dorothy Green & Advisory Committee
Community Health Programs, Community Wellbeing Centre
613-967-3603 ext 166

Let's Walk & Beat Diabetes Together!

Walk @ Noon: An average 30-minute walk that may pick up in pace, as our ability allows. Dress for weather in layers. Have walking shoes and water with you. Meet @ noon, Community Well-

being Health Services @ west door or waiting room.

Gentle Walk @ Noon: A gentle

rest breaks as needed. Suitable for families with babies or toddlers along, and anyone who desires a more relaxed walk. Approx 30 min. Come prepared as above. Meet @ Community Wellbeing Social Services east door or waiting room.

Some pedometers available on loan for walk.

Watch for additional activities coming soon!



Yonata'kari:te Konwati'nihstenha, Yonata'kari:te Rotiwirá:a' A Strategy to Improve the Care and Outcome of Teyakonekwenhsatsikhe:tareh (Diabetes) In Yakowrayenta:sereh (Pregnancy) in OnIOff-Reserve First Nations Women

Dorothy Green and Gale Hayward Community Healthcare Professionals Community Wellbeing Centre Tyendinaga Mohawt Territory, ON KOK 1X0

Phone: 613-967-3603 Extension 166

March 2012

Sat	က	10	17	24	31
Fri	2	Walk @ noon CWB	16 Walk @ noon,	23 Walk @ noon,	30 Walk @ noon, CWB
Thu	_	00	15	22	29
Wed		7	41	21	28
Tue		Gentle Walk @ noon CWB	Gentle Walk	Sentle Walk @ noon CWB	27 Gentle Walk @ noon CWB
Mon		2	12	19	26
Sun		4		18	25

Ask the Doctor:

My question is: Can chiropractic care actually help children with frequent ear infections? My daughter is 7 and has had frequent ear infections. She had tubes put in at age 4 and since they have fallen out has been having frequent ear infections again. She is being referred to a specialist once again for another set of tubes. I have heard that chiropractic care can eliminate the use for tubes. Is this true?

- Lisa

Yes, chiropractic can help with chronic ear infections (otitis media). Simple, gentle adjustments can re-align the cervical spine (neck) which can open the ear canals and allow fluid to drain. This keeps fluid from building up in the canal and creating irritation or infection. As you have probably been informed, the more often tubes are put in, the greater chance for scarring and long term hearing loss.

Many kids get misalignments in the spine known as subluxations from heavy backpacks, sports, poor posture, slips and falls and even the birth process. Chiropractic is a safe, gentle alternative that has a high success rate with chronic ear infections.



Dr. Jason Maracle Young is a Chiropractic Doctor, owner of Maracle Chiropractic on Tyendinaga and ForeverYoung Chiropractic in Kingston, ON. Their mandate includes generating awareness about natural sustainable healthcare options to enable a healthier happier community.

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

Please visit www.foreveryoungchiro.ca or call 613-876-5855 for more information.

Tip of the Month

Take a class on something you have always wanted to learn or do something new. As you learn new things you will gain confidence, self esteem and feel a sense of accomplishment. Knowledge is POWER. Get some today! Develop new skills. Bring a friend along as it will benefit you both.



12th Annual Sadie's Walk

Good Friday - April 6th, 2012

Registration for Sadie's Walk will take place at 8:00 a.m. at the *Elder's Lodge, Bayshore Rd.*

Walk at your leisure (8:00am - 11:30am)

Dress for the weather & wear comfortable shoes

Participant names will be entered into a draw for prizes

Participants will receive tickets to attend the 59ers Breakfast Fund Raiser

Walk in Memory of your Loved Ones



If you have any questions please call Denise Leafe Community Wellbeing Centre 613-967-3603 ext 128

The Family Safety Action Group would like to thank the 11 families that filled out and returned the Family Safety survey that was distributed late last year. We apologize for the delay in getting the information about the survey back to the community but we will be posting the results in next month's newsletter. The winner of the \$50 Restaurant Gift Card was Kate Brant. Thank you again to all who participated.



In loving memory of

Jean (Winnie)

Carr-Braint nee Hill,

mother, mother-in-law and nanny who is missed so very much. September 17, 1925 – March 11, 2004

When you lose someone you love
The hurt is hard to hide
But when you lose your mother
You just break up inside
To those who have their mother
Love her while you may
For I wish with all my heart and soul
I still had mine today

Always remembered and loved so very much Carol & Manson, Harry & Eileen, Betty,
Bill & Nancy, MJ & Bill,
Marilyn & Rick,
Mike & Wanda,
Tracey & John
& families

In Loving Memory Sonia Maracle March 15, 2008

Those we love
are never really lost to uswe feel them
in so many special waysthrough friends
they always cared about
and dreams they left behind,
in beauty that they added to our days..
in words of wisdom we still carry with us
and memories that never will be gone..
Those we love are never really lost to usFor everywhere their special love lives on.

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

> Sonya Maracle March 15, 2008

In loving memory of a SPECIAL FRIEND

You had a loving nature and a heart as pure as gold, You always had a smiling face and a story to be told. A wonderful love for family, and a twinkle in your eye. A helping hand in time of need on that we could rely. And maybe we can't touch your hand or see your smiling face. And maybe we can't hear your voice or feel your warm embrace. But something we will always have tucked safely in our hearts our love for you, your love for us, will never let us part.

Forever in my heart and thoughts Love and miss u so much Nora

The Paula Fund & Hope for Paula

I would like to take this opportunity to say thank you to Quinte Mohawk Public School for the fund raising for Paula. To all the teachers who made their own personal donations and their continuing support. Your generosity is greatly appreciated. Knowing that we are not alone in this situation and to have all the support and encouragement has certainly lifted our spirits and definitely made us stronger.

I would also like to thank Home Hardware for purchasing the BBQ and turning it into a raffle. Everyone near, far and family and people whom we do not know that has purchased tickets is phenominal!

We have only been in this community for 4.5 yrs and it's been very overwhelming to have given all the support that it has show us.

We will conquer!!!

Thank you, Paula, Sero, Loft & Kunkel families.



To the Winners of the First Nations Public Library week draw.

Jade Brant & M.J. Loft

Congratulations to the Trivia Winners! Team 4 - Jana, Jessie, Jay & Shawn

T.O.P.S. (Take Off Pounds Sensibly)
ON 5258 TMT would like to thank
Darlene Loft of the TRFC for all the
pamphlets and information on how to
maintain a healthy lifestyle.
Thank you Darlene.



ANNOUNCEMENT

THE COMMUNITY WELL-BEING CENTRE is ANNOUNCING that we would like to support <u>COMMUNITY MEMBERS</u> in their time of sorrow. If you have suffered a loss in your family and/or you know of a friend who has suffered a loss, please call the Community Well-Being Centre at 613-967-0122 and leave your name and phone number. We would be happy to provide a pot of soup for the funeral.

We realize that this is a difficult time for families, and would like to support the families of Tyendinaga.

Please let us know by calling 613-967-0122 to leave a message.



To everyone who bought tickets for the January and February raffles in support of the Deseronto Storm Hockey Team.

The lucky winners were:

January:

Heather Barriage 2 tickets to the Ottawa vs Washington Hockey Game in Ottawa

February:

Bonnie Smart Valentine's Day Basket of Treats



The "Sweetheart Dinner" planning committee express our sincere appreciation to: our hostess, ticket sellers, ticket takers at door, floaters, waitress's, dishwashers, cooks and servers. Better not forget the clean-up crew. Thank you everyone.

Thank you to all the people who donated items for the food basket. A big thank you to Bill Williams for selling the tickets, to Sadies Cafe and Smokin' Coffee Express

for their generous donation of gift certificates for the

basket. The winner of the food basket was Carlene Smart. Ticket drawn by Rev'd Brad Smith.

Thank you to Barbara Gail Brant for creating and donating the beautiful centre pieces.

We were greatly blessed to have Jennifer and the Mustangs, The Mohawk Messengers, Lynn Brant and Mike provide the entertainment for the entire evening.

Thank you all !!!!

Thank you to all who bought tickets or made donations to support the Anglican Parish of Tyendinaga's "Sweetheart Dinner".

Excellent job everyone. Once again, we thank you all for sharing your talents. We are very proud to be a small part of this community working together towards building Gods Kingdom.

We, the planning committee, apologize if we have missed anyone.



The congregation of

Mohawk Pentecostal Church



Would like to express
their appreciation
to the Community
for



their presence and support

at the

Gala of Hearts Fundraising

Also, thank you for the monetary gifts and silent auction items

that were donated

towards the Building Fund

of our new facility

"... and the greatest of these is love." 1 Cor. 13:13





☆ Happy 7th Birthday to our Monster Dylan-March 1st Love Daddy, Mama, Ray & Lucy XOXO

☆ Happy Birthday! ☆ Gail on March 9, ☆ Love Wendy & Glenn.

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☆ Happy Birthday! Amy Cowie Love Chip, Allison & Kody

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

☆ Happy 7th Birthday Daniel – March 3rd Lots of Love, Aunt Marilyn, Uncle Rick, Sam & Emmett

☆ Happy Birthday Dad (Bruce) – March 10th ★ Love Rick & Marilyn

☆ Happy Birthday (Great) Grandpa – March 10th Love Sam & Emmett

☆ Happy Birthday Chris – March 13th ☆ Love Marilyn, Rick, Sam & Emmett

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

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

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

Happy Birthday Warren - March 28th A Marilyn & Joy

1 ☆ Happy 2nd Birthday Talen – March 29th ☆ Lots of Love, Aunt Marilyn, Uncle Rick, Sam & **☆** Emmett 公

Happy 7th Birthday Rhyder – March 30th Lots of Love, Aunt Marilyn, Uncle Rick, Sam & 公

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



Happy Birthday Valerie March 7

A Sister is a gift to the heart. A friend to the spirit, A golden thread to the meaning of life.

Thinking of you on your Birthday, Love always, Vour sister Karen XXOO

Happy Birthday Mom 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 mother, she will always be.

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

LOOKING FOR VOLUNTEERS FOR POLICING COMMITTEE

Do OPP have the right to impose Provincial Laws on the Territory? If you have concerns and feel you have been mistreated by the Tyendinaga Police Service there is a Tyendinaga Community Input Forum available to address your concerns. NO COPS no badges, only Tyendinaga Mohawk Territory residents to attend meetings or to be on the committee.

If you would like to be a representative on this committee please contact Jim McMurter at 613 396 1607 or email me at jmcmurter@mcmurterhome.com



COMING SOON

Turtle Island Produce & Deli

Featuring Fresh Veggies, Deli Meats & Grocery Items &

"Don't Go Without"

Healthy Diabetic, Gluten Free Choices

If you have any ideas or suggestions as to what products you would like to see Turtle Island Produce & Deli carry, please feel free to contact us. We would love to hear from you! You can e-mail us at turtleislandpark@live.com or you can call (613) 966-2553.



Saturday March 31st, 2012. Community Wellbeing Centre 9:30-11:30 a.m.

0-6 with a parent / caregiver Healthy snack provided

The program includes arts and crafts, sensory play, and dramatic play.

Parents increase their knowledge of child development and have access to many different resources as well as helping there young children prepare for kindergarten.



Drop In

Monday March 12th, 2012. Community Wellbeing Centre 9:30-11:30 a.m.

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.

"NEW" Dad's & Me Play Group "NEW"

Thursday March 29th, 2012. 6:00-8:00 p.m.

Ages: 0-10

Community Wellbeing Teaching Lodge

Please call to register, Allison, Johanna or Julie, as space is limited.

This new group is for dad, grampa, uncle or the "special big guy" in a child's life.

Dinner is provided at no cost.

There will also be activities that you can do together.



"Kids Bingo Night"

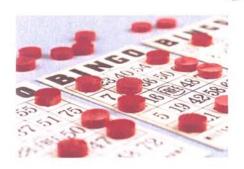
Tuesday March 6th, 2012. 6:00-8:00 p.m.

Ages: 0-10

Community Wellbeing Centre

Teaching Lodge

We have linked with the Youth Group for this event. Dinner will be provided, please call to register. 613-967-3603



March 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Quilting 6-9	6 Bingo Night 6-8pm	7	8	9	10
11	12 Drop In 9:30-11:30	13	14	15	16	17 St. Patrick's Day
18	19 Quilting 6-9	20 First day of Spring	21	22	23	24
25	26 Quilting 6-9	27	28	29 Dad's & Me 6:00-8:00pm	30	31 Play Group 9:30-11:30

Maternal Child Health & Early Childhood
Development Program
50 Meadow Drive
Allison Brant & Julie Brant

Healthy Babies Healthy Children Program
50 Meadow Drive
Johanna Gooodfellow
613-967-0122



2:00 pm
Deseronto United Church
Tickets: \$10.00/person
Children 12 and under Free
50/50 Draw

All Proceeds going to

Deseronto Food Bank,

Tyendinaga Food Bank and

Morning Star Mission, Napanee

There will be a short intermission

Refreshments will be served following the performance

Featuring:

G&G Magic, Christ Church Bell Ringers, Ryland
Clark, Breanna Webb,
Chantel Johnston, Sarah Jaynes,
Wayne Perry, Michael Green,
Linda MacLeod and
The Quinte Singers

Enyonkwa'nikonhriyohake (Good Minds) Program

Youth Drop-in 6-8pm @ Youth Centre/Canteen

All events are FREE MARCH



Tuesday: ages 6-10

Wednesday: ages 11-13



6th



BINGO & Pizza Night*



*Come to Teaching Lodge @ Community Wellbeing Centre

13th





Games Pizza Night



14th



20th

Wii Games Night



21st

Wii Dance Challenge!



27th



5-Pin Bowling @ Bayview Mall*

*Limited spaces. Please call Tracy Hill @ Good Minds by Friday, March 23rd to sign up: 613-967-0122. Parent/Guardian will need to sign permission slip.

28th



An Evening @ the Cinema in Napanee*



*Limited spaces. Please call Tracy Hill @ Good Minds by Friday, March 23rd to sign up: 613-967-0122. Parent/Guardian will need to sign permission slip.



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

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

March 2012

Discover the Balance

We have Gift Certificates

Discovering the Balance

By Working the Mind, Body,

Heart and Spirit

Bad Fitness Habits That You Should Break

Running on empty before a workout—eating something 45 minutes to an hour before you exercise will give you more energy and endurance to work harder to burn calories, try a low fat yogurt with berries or a banana

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 1:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

We Are Open to

The Public

Staff

Darlene Loft / Recreation Manager

Sonya Maracle /

Fitness Staff & P.T

Part -Time Staff

Ryder Sager

Talon Barnhardt

Tammy Brant

Isaiah Loft

Avoiding strength training—this will boost your fat burning potential and you won't bulk up unless you are lifting EXTREMELY heavy weights and eating far more calories than you are burning

Getting stuck in a workout rut—if you don't constantly change up your workout you can cheat your body of opportunities to get more fit

Not knowing your limits—you need to always understand and be aware of your limitation to avoid injury

Thank You!

To our current clients for supporting us and keeping active. Also to Richmond Medical Pharmacy for health resources, Tony, Greg, Isaiah for odd jobs at TFRC.

<u>Congratulations</u>: To Susan Chircop who has lost 130 pounds since March 24/11 and does not want to find it. She works out at TFRC every morning since November 2011., GREAT JOB!

Hanio Oksa Healthy Lifestyles # 6

We had 19 sign up for the event, great resources and great prizes for attending. We will have it again next year. If you know of any local Presenters please let us know. We had to move the workshops to FATMAN'S next door.

Fit for 2

We have 12 participant's so far taking part in the program, again great prizes and fun learning event.



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

Calendar of Events March 2012

www.mbq-tmt.org under community services

Sunday	Monday	Tuesday	Wednesday	Thursday	Frida	Saturday
LAST WEEK Fit for 2	11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Maracle Chiropractic		Maracle Chiropractic	2	Lose To Win Weight Out March 2
Yoga 10am-11am	www. myyogaonline.com	6	7	Welcome Students	9	We are Open 8am to 1pm
March Break No Yoga	Make Active Living Part of Each Day	13	Pilates 6pm-7pm		16	17
We Welcome Fitness Instructors Call for Details.	19	20	Pilates 6pm-7pm	Health Promotion Day www.dietitians.ca March 21	23	24 [[]
Yoga 10am-11am	26	Never Too Late!	Pilates 6pm-7pm	Thank You For Your Support!	30	31



We are Welcoming Ideas for a FUN CELEBRATION
Please email us or call (613) 962-2822

tyfitnessres@mbq-tmt.org

"It Has Been a Great 5 Years at TFRC"



Advertisements now available at the

Tyendinaga Fitness Resource Centre!

We're now offering to advertise for you on our 54" Plasma TV!!

All you need to do is make your DVD advertisement. We ask you not to put sound on your ad, but animation encouraged.

We will guarantee a <u>full 30 seconds</u>, with a rotation at least every 45 minutes.

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

If interested, Please contact;
Tyendinaga Fitness Resource Centre
(613) 968-2822

Tyfitnessres@mbq-tmt.org

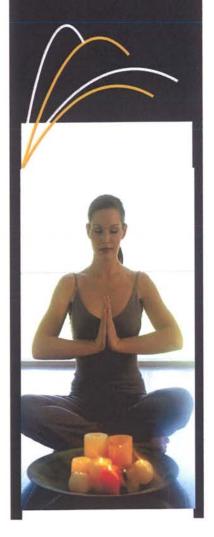
www.mbq-tmt.org / we're on FACEBOOK

Dave Elmy, Administrator— Emerald Recreation Group www.emeraldrecreationgroup.com

14 York rd, Unit # 1 Shannonville, On Canada K0K 3A0 (613) 962-2822 www.mbq-tmt.org

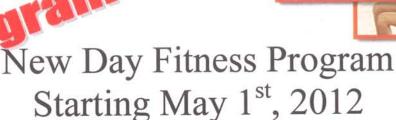
Discover the
Balance
by
Working the
Mind,
Body,
Heart

Spirit



Tyendinaga Fitness Resource Centre

Fitness Fitness Fouram



Call for Details: (613) 962-2822

or email us @

tyfitnessres@mbq-tmt.org

Fitness Instructor: Wendy Meraw Low Impact Program

FREE Transportation

Rules apply to be eligible for transportation. Call (613) 962-2822 for more information with this program.

We will pay for your transportation to get here with Deseronto Transit!!

For transit schedule go to <u>www.deseronto.ca</u> or call (613) 396-4008



Royal Canadian Legion Earle J Brant Memorial Branch 280 Deseronto, ON

March, 2012 events...

Saturday, March 3
THE ROBIN EDGAR BAND
Great live Rockin Country music
2 - 6pm

Saturday, March 17
St. PATRICK's DAY FUN
Featuring live music from
TROUBADOR
2 - 6pm

Deseronto Legion General Meeting
Monday, March 26
7:30
Open to all members, your participation

is welcome and encouraged!

Moon Ceremony

WHERE: COMMUNITY WELLBEING CENTRE
WHEN: *March 8* at approx. 7:00p.m.

Please wear a dress/skirt and
bring tobacco (if you have it)
& a food item for the feast afterwards.

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

We welcome all women to come out and join us!

T.O.P.S.

(Taking Off Pounds Sensibly)

Is pleased to present an

Open House

And

Purse Auction

Thursday, March 15, 2012 At the Elder's Lodge

Open House from 6:00 - 6:30 pm

For those who are seriously thinking that it is time to shed a few pounds and who want to know how we can help.

Purse Auction from 6:30 - 7:30 pm.

Everyone Welcome

No admission charge

Tea and Coffee available

Auctioneer: Theresa Brant

*Purses are gently used, high quality and all contain little surprises. Also included are a couple of Novelty purses as seen at the Sacred Circle gift shop.

For more information call Birdie at **613-396-1960**Or email Tree at *altree94@gmail.com*



Got

tires?

Wanna get rid of them? Call Nikki @ 613-396-6267 Or email nikki auten@live.ca



ATTENTION HUNTERS AND SHOOTERS

Interested in getting your PAL and/or Hunting Licences?

"ONE STOP" courses will be offered.

The Firearms Safety Course (PAL) portion will be Fri/Sat April 13/14.

The Hunter Education Course portion will be Fri/Sat April 20/21

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

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

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

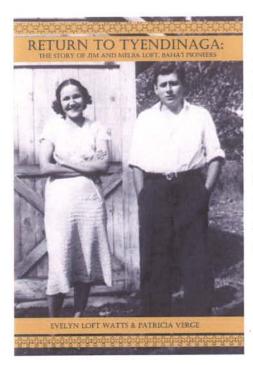
Courses include instruction, study manual, tests and paperwork required to apply for your PAL and Hunting licences. Courses will be offered here in Tyendinaga Territory.

There is limited space.

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

RETURN TO TYENDINAGA

Authors: EVELYN LOFT WATTS & PATRICIA VERGE



In 1949, the first Native American Baha'is in Canada, Melba and Jim Loft, abandoned a comfortable middle-class existence in Marysville, Michigan, to teach their Faith in the land of Jim's forefathers, the Tyendinaga Mohawk Indian Reserve in Ontario, Canada. Despite hardship and tragedy, the Lofts persevered, fulfilling their cherished dream of bringing Baha'u'llah's word to First Nations people. This, their daughter Evelyn's memoir, is the record of that challenging and exhilarating time.

BOOK LAUNCH AND SIGNING

At The TYENDINAGA COMMUNITY CENTRE

ON SATURDAY MARCH 31ST

12:00 NOON TO 4 PM

EVERYONE IS WELCOME TO ATTEND





John McNeill's Place And That Green Touch Productions Proudly Present:

A Bit Of Broadway In Deseronto

An evening of Musical Theatre

Featuring: Michael Green & John Hall

Saturday March 10, 2012

John McNeill's Place at Thompkins By The Bay

Doors open @ 6:00pm Dinner @ 6:30pm Show @ 8:00pm

Reservations Required Call (613) 309 - 9132

\$39.95 for a delicious 5 course dinner (Cover charge included)

Licensed Event







THE ANGLICAN PARISH OF TYENDINAGA

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

Parish Priest The Rev'd Brad Smith 962-2787

SUNDAY SCHEDULE

All Saints' Church (Upper Church) and Queen Anne Parish Centre (QAPC) 1295 Ridge Rd

9:15 a.m. – Lenten study 10:30 a.m. – Sunday Celebration This schedule is in effect in March only

HOLY WEEK & EASTER

Palm Sunday 1 April 8:30 a.m. - All Saints' Church 10:30 a.m. - Christ Church

Maundy Thursday 5 April 6:00 p.m. – Queen Anne Parish Centre Potluck supper and worship

Good Friday 6 April 10:00 a.m. - All Saints' Church

Great Vigil of Easter, Saturday 7 April 8:00 p.m. – Christ Church

Easter Sunday 8 April 8:30 a.m. – All Saints' Church 10:30 a.m. – Christ Church

For more information on these special services, please visit www.parishoftyendinaga.org/worship.htm

UPCOMING EVENTS

Parish Fun Night Wed 21 Mar, 7 p.m., QAPC Bring a game, a friend, and a snack!

Men's Breakfast
Sat 31 Mar, 8 a.m., Small Town Cafe, Deseronto
The men of the Parish (and friends) gather once a
month for breakfast and fellowship.

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

Come see us At our new space!

1658 York Rd.

Kanhiote Tyendinaga Territory Public Library



A cultural and educational resource centre

Hours

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



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



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

Holy Communion

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

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

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

For more information, please call:

Mr. Charles E. Maracle at 613-396-3089
OR
Ms. Lorna J. Moses at 613-396-2538
Food Bank Day:
Third Sunday of each Month



"This is the Day the Lord hath made!"



TYENDINAGA MOHAWK TERRITORY

1984 YORK ROAD

CHURCH · 613 · 396 · 5329 PARSONAGE · 613 · 396 · 5325

Sunday
10:30 am Worship Service
11:30 am Children's Church
6:30 pm Worship Service
Wednesday
7:00 pm Bible Study
Saturday
7:00 pm Prayer

Coming Events

April 6 · Good Friday at Deseronto Pentecostal Church, 10am

April 8 · Easter Sunday at Mohawk Pentecostal Church, 10:30am, no evening service

Quote

"If you don't know where you're going, you're likely to end up someplace else."

Yogi Berra

CLASSIFIED

LAND FOR SALE

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

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

FOR SALE

BALES OF STRAW

- 4 X 4 round
- small bales \$2.50

Call: William J. Brant 613-967-1129

HOUSE FOR SALE

3 BEDROOM HOUSE

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

LAND FOR SALE

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

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

FOR SALE

BUILDING FOR SALE

- negotiable with terms

Call: Calvin 613-827-4338

FOR SALE

4 BEDROOM HOME

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

Owner will consider holding mortgage for qualified buyer with down payment. Please contact:

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

Snow Plowing Available

reasonable rates

Call: Cliff Maracle 613-968-4159

FOR SALE

SEARS FLOOR MODEL 12 inch band saw

Phone: 613-967-6082

FOR SALE

APARTMENT HOUSE near
Deseronto with 24 acres. 5 units
with 1 bedroom each all newly
remodeled. Outbuilding. Two
wells, one spring-fed pond. Also
partially complete house
foundation. Land could be
subdivided into nice building lots
or to enjoy snowmobiling and
4-wheeling. Great investment for
the future as well as current income. Owner retiring. Will hold
private mortgage for qualified
buyer.
Call 613-847-9761

FOR SALE

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

Serious inquiries only Call: 613-396-5879

FOR SALE

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

Please call Bill: 613-966-1092

Babysitter Available

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

LAND FOR SALE

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

Call 1-403-237-9879

FOR SALE

60 ACRES OF LAND

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

Please call Bill: 613-966-1092

HOUSE FOR SALE

2 BEDROOM BUNGALOW

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

FOR RENT

NEW 2 BEDROOM HOUSE

- #2 Bell's Rd., on town water
- tenants pay hydro (electric heat)
- \$700.00 a month Applications available at McMurters Home Centre

FOR SALE

Are you looking for investment property on the Territory?

Turn key operation for sale of 2 new rental units located on the corner of Bell's Rd & Hwy #2 Serviced on town water & tenants pay hydro. Good return on your investment.

Asking \$200,000.00

Contact Jim McMurter 613-396-1607

FOR SALE

LAND approx. 23.89 acres

- surveyed
- York Rd. frontage and backing onto the Slash Rd.
- creek, good land
- well & roadway Asking \$99,000. or Best reasonable offer

Call: 613-967-8935

FOR SALE

DELTA 10" TABLE SAW

- good condition
- asking \$500.00 OBO

Phone Phil: 613-396-2603

FOR SALE

2004 BEIGE FORD VAN

- in good condition
- newer tires
- runs well
- selling as is
- \$3,500.00

If you are interested call: 613-396-6469



Time for You Salon

613-968-9459

Hair Styling for the Whole Family!

Gift Certificates Available!

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

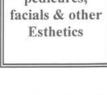
Diane

Esthetician & Hairstylist 5717 Hwy #2

Tyendinaga Mohawk Territory



Specializing in manicures, pedicures, facials & other Esthetics



Hair Styling and Esthetics Salon

Lennox & Addington Financial Centre Inc.



Dianne Dowling

RHU

Professional Advice & Service Tailored to Your Needs



Bob Vrooman CFP CLU CH.F.C.

109 John St. Napanee, ON K7R 1R1

Phone: 354-2726, Fax: 354-3585, E-mail: service @lafc.ca

VILLAGE CONCRETE

39 I BEACH ROAD P.O. BOX 3 SHANNONVILLE, ONTARIO KOK 3AO

BASEMENT FLOORS, GARAGE FLOORS, SIDEWALKS

Greg Lewis

967-1407



Pelletier Law Firm

formerly Maracle Law Office

Bonnie Pelletier Barrister-Solicitor-Adjudicator

186 Ridge Road, Tyendinaga, Ont, KOK 3A0

Direct: 613-539-0056

Office: 613-969-9000

e-mail: bonnie@pelletierlawfirm.com

Rheana Maracle Photography
613-967-4722
Shannonville, On.
Cell: 613-921-2241

Bowden Contracting Licensed Carpenter

Home Renovations New Construction Free Estimates

Ron Bowden Cell - 613-848-5331



613-962-0082

300 Bell Blvd, Belleville And Our New Location At 5379 Hwy#2 Shannonville *613.966.9490*

Fresh Buns and Breads Made Daily Made From Scratch

- No Artificial Preservatives
- · Exceptional Nutritional Value

PLUS... Melt In Your Mouth SWEET TREATS!







DON'T SETTLE FOR ANYTHING LESS THAN BELLEVILLE BAKERY FRESH!

BUILD-ALL CONTRACTORS

5427 HWY#2, TYENDINAGA TERRITORY SHANNONVILLE, ONTARIO KOK 3A0 PHONE: 613.969.1315 FAX: 613.969.9806 E-MAIL: buildali@belinet.ca



GENERAL CONTRACTORS

~QUALITY WORK AND COMPETITIVE PRICES~



NOW FULL TREE SERVICE AVAILABLE!!

- . 30 YEARS EXPERIENCE
- 42' BUCKET TRUCK (RENTAL AVAILABLE)
- STUMP REMOVAL
- CHIPPER