



# Family Health and Child Development Program

50 Meadow Drive Community Wellbeing Centre

613-967-0122



## Tyendinaga 27th Annual POW WOW August 9th & 10th 2014

Tsi tkerhitoten, 275 Bayshore Road

### LINE UP

#### MASTER OF CEREMONIES

*TBA*

#### ARENA DIRECTOR

*Mista Wasis*

#### WATER DRUM

*Tyendinaga Men*

#### HOST DRUM

*Big Train*

#### GUEST DRUM

*Red Tail Spirit Singers*

### ALL DRUMS WELCOME!

#### LEAD DANCERS

*Amanda Boomhour & Kenny Leaf*

### AGENDA

#### SUNRISE CEREMONY

7:00am

#### GRAND ENTRY

Saturday 12:00pm-6:00pm

Evening Social

Sunday 12:00pm-4:00pm

Gates Open at 9:00am Sat & Sun

#### ADMISSION

Adults \$5

Seniors/Students \$3

12 & Under Free

#### WEEKEND VENDOR FEE

Craft booth \$125

Food Booth \$175

\*fee is for standard booth size. If you require a bigger space, an extra charges will apply. All vendors will require a Band Card to register\*

#### CAMPING FEE

Weekend \$40

Day \$20

\*Washrooms and Showers Available on Premises\*



## Sisters In Spirit





## Summer Yard Twister

1 large box (banker box)

Use a paper plate and trace the plate on the bottom of the box and then cut the circle out. You now have the template for your circles.

Then purchase red, blue, yellow and green yard paint and spray 6 circles of each color in a line side by side like the picture

You can make up index cards and mix them up with the color and body part for that color i.e left foot red, right hand green etc... or you can make the template shown



## HOMEMADE BUBBLES

1/2 cup (125mL) liquid dish soap

4 cups (1L) water

1/2 cup (125mL) glycerine (available at drug stores)

Gently mix together water, detergent and glycerine in a container with a lid. Allow the mixture to stand for a day or two. The longer you let the mixture set, the bigger the bubbles will be.

## What you'll need:

- 1 cup flour
- 1/4 cup salt
- 2 Tbsp cream of tartar
- 1 envelope unsweetened Koolaid
- 1 cup water
- 1 Tbsp. vegetable oil



## Koolaid Playdough

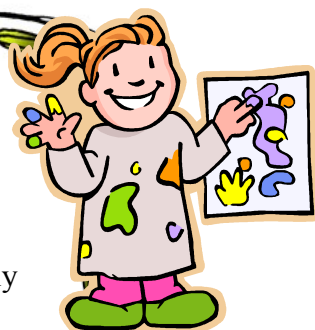
## To make:

1. Mix flour, salt, cream of tartar, Koolaid and water in medium saucepan. Stir in oil.
2. Mix over medium heat for 3-5 minutes until mixture forms a ball in the center of pan. Dough will start darkening in color.
3. Remove from pan {caution: will be HOT}. Knead until soft.
4. Store in airtight container or ziploc bag.
5. Licking is optional

**Note:** We used a variety of Koolaid flavors ~ fruit punch {red}, orange {orange}, lemonade {yellow}, lemon-lime {green}, berry blue {blue}, grape {purple}, pink lemonade {pink}. The lemonade was the only one that I added a few drops of food coloring too so it was a little brighter in color.

## Patience

Give me patience when little hands,  
Tug at me with small demands,  
Give me gentle words and smiling eyes And keep my  
lips from sharp replies,  
So in years to come when my house is still  
Beautiful memories it's rooms may fill.







### ***MOON CEREMONY***

Women / girls are invited to join us to honour and seek guidance from Grandmother Moon on August 11th 2014 at Dusk (Approx. 9:00pm)

Facilitated by Betty Carr-Braint.

Women / girls are encouraged to bring:

Tobacco for offering ( if they would like to use their own)

A bottle of water

A lawn /camp chair

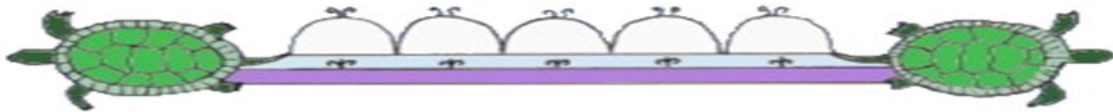
A small pot Luck Item

And to wear a skirt.

The Ceremony will be held behind the Community Wellbeing Centre and will be followed by a pot luck feast.

Questions can be directed to:

Diana at (613) 967-0122 Ext. 133 or Betty Ext. 102.



**Eksa 'okon:'a Childcare Centre**

**Has openings for Preschoolers**

**Ages 2 ½ - 5 yrs**

**Call Steven at 613-967-4401**

## Breast feeding Support Group

Every Tuesday  
G Tech Training Solutions  
5701 Old Hwy 2  
Shannonville, On  
K0K 3A0  
10:30am-2:00pm



## Quinte RibFest at Zwicks Park 2014

What a great event to pack up the family and bring them down to Belleville's Quinte Ribfest! The Ribfest is a family oriented event with a kids zone, live entertainment and lots of tasty BBQ'd food to try!

FREE PARKING FRIDAY

August 8th—10th 2014

Friday & Saturday 11:30am-10:00pm

Sunday 11:30am-5:00pm

Admission is FREE

Parking is \$2.00 Friday Evening, Saturday and Sunday!



Friday August 8th 2014  
BETWEEN 11:30AM & 5:00PM  
ONLY

JUST PRESENT THIS COUPON TO ANY OF THE FIVE RIBBERS  
WHEN PLACING YOUR FULL RACK DINNER ORDER

~VALID AT BIG BROTHERS BIG SISTERS RIBFEST 2014 ONLY~  
Belleville Ontario

GET  
**\$3.00 OFF** A HALF RACK  
DINNER  
Or  
**\$5.00 OFF** A FULL RACK  
DINNER

start something





**Sept. 12-14, 2014**

Demolition Derby Friday • Traditional Foods and Crafts • MAS Member and Youth Exhibits • School Exhibits • Midway • Bingo • Turkey Dinner • Kids Games and Races • Pet Show • 4-H Calf Club Show • Old Tyme Contests • Classic Car Show & Shine • Horseshoes • Entertainment • Toilet Bowl Races

Keep checking for NEW Information and Events!  
Find the Fair Book in Print and Online!



Mohawk.Fair



Mohawk Fair



@MohawkFair

**WWW.MOHAWKFAIR.COM**

#### **ADMISSION**

Children 12 & Under FREE

Mohawk Fair Exhibitors FREE

Adult Day Pass \$ 6.00

#### **MIDWAY**

Ride Bracelets Available Pre-Fair at the  
Community Wellbeing Centre \$ 20.00

Ride Bracelets Available on the Fair

Grounds once the Fair Opens \$35.00

# 18 MONTH BABY WELL VISIT

Did you know that you are to have your child checked at 18 months to see where they are developmentally. If you would like to have more information on what milestones your child should be reaching and what should be done at the 18 month stage of your child's life, we have prepared bags for community members to take home to learn and play with their child(ren). Please contact Allison Brant 613-967-0122

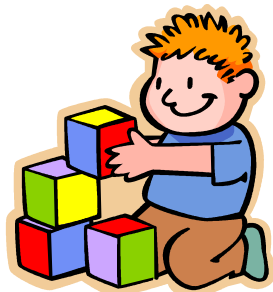
## Important 18-month milestones

These milestones mark the progress of young children as they grow and learn.

- Identify pictures in a book. (e.g. "Show me the baby")
- Use a variety of familiar gestures (e.g. such as waving, pushing, giving, reaching up).
- Makes at least four different consonant sounds (e.g. b,n,d,h,g,w).
- Say twenty or more words. (Words do not have to be clear.)
- Pick up and eat finger food.
- Walk up a few stairs or steps holding your hand.
- Show affection towards people, pets or toys.
- Look at you when you are talking or playing together.
- Follow directions using "on" and "under" (e.g. "Put the cup on the table")
- Point to at least three different body parts when asked (e.g. "Where is your nose?")
- Hold a cup to drink.
- Help with dressing by putting out arms and legs.
- Walk alone.
- Squat to pick up a toy and stand back up without falling.
- Push and pull toys or other objects while walking forward.
- Stack three or more blocks.
- Point to show you something.



Source: Nipissing District De-



## Useful websites

- Nipissing District Developmental Screen™:  
[www.ndds.ca](http://www.ndds.ca)
- Ministry of Children and Youth Services:  
[www.ontario.ca/child](http://www.ontario.ca/child)
- Ministry of Health and Long-term Care:  
[www.ontario.ca/health](http://www.ontario.ca/health)
- Ministry of Health Promotion:  
[www.ontario.ca/mhp](http://www.ontario.ca/mhp)
- Ontario Early Years Centres:  
[www.ontario.ca/earlyyears](http://www.ontario.ca/earlyyears)

# Toronto Metro Zoo



## Trip

August 19th 2014

8:00am-7:00pm

\$21.00 (13-64), \$19.55 (65+), \$13.50 (3-12)

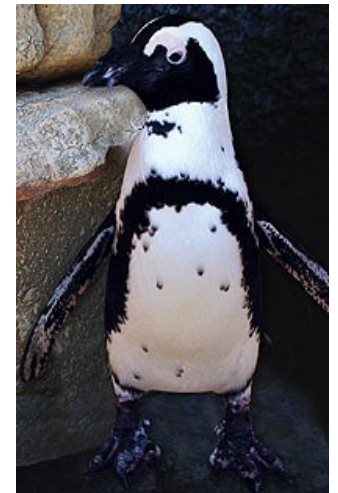
2 & under free



Please call Allison Brant at 613-967-0122 or email [allisonb@mbq-tmt.org](mailto:allisonb@mbq-tmt.org) to register, as spaces are limited. Fees must be paid by August 5th.

We will be leaving the Community Wellbeing Centre at 8am and leaving the zoo at 3pm, we will stop at the En Route for dinner on the way home. We will be traveling by Foley Coach Bus

**This trip is being provided through the Family Health & Child Development Program**



Single Strollers	\$8.00
Double Strollers	\$10.00
Wagons	\$8.00

Pony Rides	\$5.00 Per person per ride
Camel Rides	\$6.00 Per person per ride
Conservation Carousel	\$3.00 or 4 for \$10.00
Gorilla Climb	\$8.00 per climb per person





## Frosty Strawberry or Raspberry pops

### What you need:

- 1/3 cup Kool-Aid Tropical Punch Sugar Sweetened Drink Mix
- 4 cups fresh strawberries or raspberries

### Make It:

Blend ingredients in blender 2 min. or until smooth; pour into 6 paper or plastic cups. Freeze 1 hour. Insert wooden pop stick into centre of each cup. Freeze 3 hours or until firm. Remove pops from cups before serving.



## Bruschetta Chicken Skillet

Prep Time 40 minutes makes 4 servings

### What you need

- 2 Tbsp. Kraft Calorie-Wise Sun-Dried Tomato & Oregano Dressing
- 4 boneless skinless chicken breast s
- 2 red peppers, chopped
- 2 cloves garlic , minced
- 1 can (19 fl oz/540 mL) Italian-style stewed tomatoes , undrained
- 2 large tomatoes , chopped, divided
- 1 cup water
- 1-1/2 cups instant white rice , uncooked
- 1/2 cup Kraft Part Skim Mozzarella Shredded Cheese
- 2 Tbsp. chopped fresh basil

### Make It

Heat dressing in large skillet on medium heat. Add chicken, peppers and garlic; cover. Cook 10 min. or until chicken is done (170°F), stirring peppers occasionally and turning chicken after 5 min. Remove chicken from skillet; cover to keep warm.

Add canned tomatoes, 1 cup chopped fresh tomatoes and water to skillet. Stir in rice; bring to boil. Simmer on low heat 10 min. Meanwhile, combine cheese, remaining chopped fresh tomatoes and basil.

Return chicken to skillet; top with cheese mixture. Cover; cook 5 min. or until chicken is heated through and cheese is melted.



**Nurse Practitioner : Pauline Douglas**

Available at the Community Wellbeing Centre Tuesday's & Friday's

If you would like to register to become a patient you can pick up the forms at the Community Wellbeing Centre

Criteria: You must live in the community and do not have a family doctor

If you have any questions please feel free to contact Pauline on the Health side of the CWC 613-967-3603

## What is a Nurse Practitioner?

A Nurse Practitioner (NP) is a nurse with advanced university education who works both independently and in collaboration with other health professionals to provide you with quality health care services. NPs take care of the physical, emotional, mental and social aspects of their clients' health needs.

## What does an NP do?

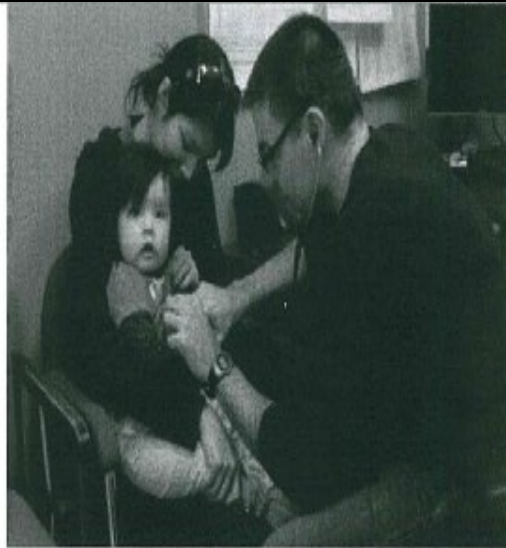
NPs help keep their clients, client's family and community well. NPs provide care to individuals of all ages and focus on preventing disease.

As a member of your health care team, NPs can:

- Diagnose illness and injuries
- Perform physical check-ups
- Order and interpret diagnostic tests
- Provide counselling and education
- Provide treatment
- Order procedures
- Refer clients to other health care professionals and specialists
- Prescribe medication
- Manage chronic diseases such as diabetes, COPD and asthma

*As of 2011, NPs can:*

- Treat, transfer and discharge both in-patients and community out-patients from hospital. (NPs will be able to admit patients to hospital as of July 2012)
- Cast fractures and reduce dislocations
- Order blood products and oxygen



"I am grateful for access to quality nurse practitioner care in our remote community. It led to the early recognition of an urgent health problem and facilitated timely referral to the specialty care I required."

— Bruce, Armstrong

## Where do NPs work?

NPs work in rural and urban areas including:

- Family Health Teams
- Community Health Centres
- Nurse Practitioner Led Clinics
- Hospitals including emergency departments
- Rehabilitation facilities
- Long-term care facilities
- Schools and workplaces
- Home health care agencies

## To Learn More

Visit our website, [www.npao.org](http://www.npao.org).

A vital part of your health care team, Ontario's 2,000 nurse practitioners work in a diverse range of community and hospital settings across the province.

## Nurse Practitioner Specialities

The specialties in Ontario are:

1. NP- Adult
2. NP- Pediatric
3. NP- Primary Health Care
4. NP- Anaesthesia

## NP-Adult and Pediatric

Adult and Pediatric NPs work with clients and families in hospitals and outpatient clinics. NPs may specialize in areas such as dialysis, orthopedics, neonatal intensive care, critical care or oncology.

NPs explain health conditions and expected benefits of any treatment, and provide guidance to help clients maintain health and prevent complications.

## NP-Primary Health Care

NPs in Primary Health Care provide primary health care services.

A visit to an NP in primary care can include treatment for an acute illness, a routine prenatal check up, a well baby exam, the monitoring and treatment of chronic illnesses and screening tests such as immunizations and PAP tests.

## NP-Anaesthesia

The NP-Anaesthesia role was introduced in Ontario in 2010.

These NPs conduct pre-admission assessments, provide anaesthesia services, and monitor clients during operations. They also manage a client's pain after a procedure or operation.

# Telehealth Ontario

## 24/7 Breastfeeding Supports

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Learn about the supports that are available to new and expectant moms simply by calling:

1-866-797-0000 or TTY : 1-866-797-0007



### **What services are being provided by Telehealth?**

New and expectant moms now have access to expert advice and support for breastfeeding 24 hours a day, 7 days a week, through a telephone advisory service.

This free service is provided by Registered Nurses who've also received training in breastfeeding and lactation support. For more complex situations, lactation experts will also be available.

The service is provided in English and French with 24/7 access to telephone interpreters in more than 100 languages and a direct TTY number for those with hearing and speech difficulties.

### **Why is breastfeeding important?**

Breastfeeding is good for babies in many ways. It protects them from diseases and promotes optimal growth, health and development.

It also protects against obesity. Breastfeeding reduces the risk of being obese later in life by four per cent for each additional month up to eight months of age. Exclusive breastfeeding is particularly important for the first six months, a critical period in early childhood development that strongly influences longer term health outcomes.

### **Who can use the service?**

The service is free and available to all new and expectant moms that have questions related to breastfeeding their child.

Family, friends and caregivers who are supporting new and expectant moms are also encouraged to call should assistance be required.

### **What is Telehealth Ontario?**

Telehealth Ontario is a free, confidential telephone service offering health advice or general health information by Registered Nurses.

That means quick, easy access to a qualified health professional, who can assess symptoms and help determine the best first step.





It's almost that time of year to hang up our flip flops again. It's hard to believe the summer is almost done and the children will be heading off to school.

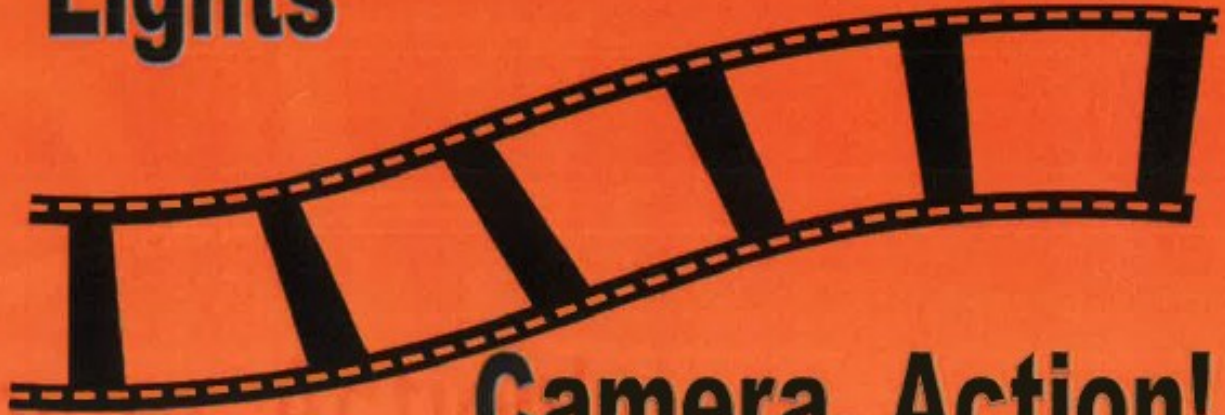
### **Kindergarten... Ready Or Not, Here I Come!**

Getting ready to go to Kindergarten is a big deal! It's an exciting time of change for a child. Here are a few suggestions to make the transition smooth and fun:

- Make sure your child's immunizations are up to date. Get vision and hearing checks before starting school if you have concerns about your child's speech and hearing.
- Make sure bedtime happens at a regular time each night. Kindergarteners require about eleven hours of sleep to be good learners. Have a consistent routine.
- Practice self-help skills like washing hands, blowing nose, putting on jackets, pulling up pants, putting on shoes. Velcro is a great confidence booster.
- Choose snack and drink containers that your child can open independently. Practice!
- Let your child see you reading and writing everyday. You are a role model.
- Read with your child at least 20 minutes a day. Look for books that have rhyming, repetition and are interesting to your child. Visit the Library. Head Start also offers books and Literacy kits for borrowing.
- Help your child to print their name and recognize it in print. Identify the letters and their sounds. Clap the syllables.
- Talk with your child about what you are doing. Ask questions and help problem solve.
- Count Everything! Count what your child needs and uses. Talk about more or less, and compare sizes (big, bigger, and biggest). Measure, sort and estimate quantity.
- Provide opportunities to use scissors, crayons, sidewalk chalk, paper, pencils and markers. Scribble, draw and write stories about your pictures.
- Sing, talk, read and play together to build language and relationships.
- Set up play dates with children who will be in your child's class. Model how to ask for what you need and practice through role playing. Get comfortable in groups.



# Lights



# Camera, Action!

*Gather the family and join us  
under the stars for a movie*

*July 28 & August 18, 2014.*

*Gates open at 8:00pm*

*Movie begins at Dusk*

*Tyendinaga Lacrosse Box.*

*Cost: \$3 per ticket;*

*2 yrs and under are free!*



This is an all ages event!  
Please bring your own chairs  
or blankets for seating.

Concession stand available for drinks, hotdogs and snacks



Fundraiser Sponsored by  
Red Cedars Shelter

1-613-967-2003

*Families that*  
**PLAY TOGETHER**  
*Stay together.*

**Children under 16 years of age must be accompanied by an adult.**



## Sunscreens

Being in the sun too long can cause sunburns and skin cancer. It is important to wear sunscreen and take other sun safety steps to protect yourself from the sun's harmful ultraviolet radiation (UV rays).



## Sunscreen safety tips

- **Choose a high SPF.** Protect your health by using a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15. The sunscreen should also say "broad-spectrum" on the label, to screen out most of the UVA and UVB rays.
- **Look for "water resistant".** Look for claims on the label that the product stays on better in water (water resistant, very water resistant).
- **Read application instructions.** For best results, be sure to follow the instructions on the product label.
- **Use lots of sunscreen.** Use the recommended amount of sunscreen.
- **Apply it early.** Apply sunscreen 20 minutes before you go outside; reapply 20 minutes after going outside and at least every 2 hours after that. Use a generous amount. Cover exposed areas generously, including ears, nose, the tops of feet and backs of knees.
- **Reapply often.** Reapply sunscreen often to get the best possible protection especially if you are swimming or sweating heavily.
- **Protect yourself.** Sunscreen and insect repellents can be used safely together. Apply the sunscreen first, then the insect repellent.
- **Sunscreens and babies.** Do not put sunscreen on babies less than 6 months of age. Keep them out of the sun and heat as their skin and bodies are much more sensitive than an adult's.

**TEST FOR AN ALLERGIC REACTION. BEFORE USING ANY TANNING PRODUCT ON YOU OR YOUR CHILD CHECK FOR AN ALLERGIC REACTION, ESPECIALLY IF YOU HAVE SENSITIVE SKIN. APPLY IT TO A SMALL PATCH OF SKIN ON THE INNER FOREARM FOR SEVERAL DAYS IN A ROW. IF THE SKIN TURNS RED OR OTHERWISE REACTS, CHANGE PRODUCTS.**

## SUN SAFETY TIPS

### DID YOU KNOW?

Even animals practice sun protection! Chimpanzees avoid the midday sun and hippos secrete a pink-coloured oil that acts like a sunscreen to protect their skin from sunburn.

## TYPES OF SUNSCREEN

There are many different brands of sunscreen available. They are classified according to their active ingredients. Some products contain chemical filters, some contain physical filters, and some contain both.

- **Chemical filters** absorb some of the UVA and UVB radiation and convert it into heat. There are more chemical filters that absorb UVB rays than absorb UVA rays.
- **Physical filters** are small particles (usually zinc oxide or titanium dioxide) that scatter and reflect both UVB and UVA radiation.



**Cover up.** Wear light-coloured long sleeved shirts, pants and a wide brimmed hat made from breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.

- **Limit your time in the sun.** Keep out of the sun and heat between 11 a.m. and 4 p.m. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach.
- **Protect yourself.** Reflections off snow, water, sand, and concrete can increase the effect of UV rays. You need to protect yourself on cloudy days, when you're swimming, and even while skiing.

**Use the UV Index forecast.** Tune into local radio and TV stations or check online for the UV index forecast in your area. When the UV index is **3 or higher**, wear protective clothing, sunglasses and sunscreen.

- **Use sunscreen.** Put sunscreen on when the UV index is 3 or more.
- **Drink plenty of cool liquids (especially water) before you feel thirsty.** If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.

**AVOID USING TANNING BEDS.** IF YOU DO USE THEM, UNDERSTAND THE RISKS AND LEARN HOW TO PROTECT YOURSELF.

## HOW SUNSCREENS PROTECT YOUR HEALTH

### DID YOU KNOW?

Sunscreens are not meant to increase the amount of time you spend in the sun. They are meant to increase your protection when you have to be outside.

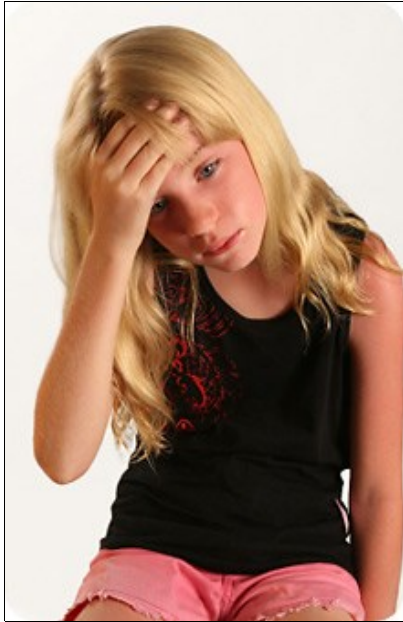
Exposure to UV rays, mainly UVB, can cause sunburns and may eventually cause skin cancer. While sunscreens can help reduce sunburn, they are not as effective against the other harmful effects of UV rays, like premature aging of the skin and weakening of the immune system.

All sunscreens have a sun protection factor (SPF) on their labels. The SPF tells you the length of time that your sunscreen-protected skin can be exposed to UVB rays before it starts to get red, compared to the length of time it takes on your unprotected skin. In other words, it tells you how much longer you can be exposed to the sun before getting a sunburn.

The amount of time it takes for unprotected skin to burn depends on skin type. In general, fair skin burns more quickly than darker skin.

If you have the type of skin that would burn after 20 minutes in the sun without protection, then properly applying sunscreen with SPF 15 would allow you to spend up to 300 minutes (15 times longer) in the sun without getting a sunburn. However, this does not mean that your skin is protected from all UV effects. Damage to your skin, other than sun burning, may have already started.

The SPF varies depending on the nature of the sun blocking ingredients in the product. Since the SPF refers only to protection against UVB, it is important to choose a "broad-spectrum" sunscreen that also protects you from UVA radiation.



## First aid advice for sunburn and heat illness

Sunburn (also called *erythema*) is caused by overexposure to ultraviolet radiation (UV rays). While the symptoms are usually temporary (like red skin that is painful to the touch), skin damage is cumulative throughout a person's life and can develop into serious long-term health effects, including skin cancer.

Mild sunburn results in skin irritation and redness and can be safely treated at home. Severe sunburn requires medical attention. The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer.

If you have been in the sun long enough to get a severe sunburn you may also have heat illness. Some symptoms of heat illness are the same as sunburn so it is important to protect yourself.

## SYMPTOMS

Possible symptoms of sunburn include:

- red, tender skin that is warm or sensitive to the touch
- blisters that develop hours or days later
- severe reactions (also called "sun poisoning"), including fever, chills, nausea, or rash
- peeling skin on sunburned areas several days after the sunburn

Possible symptoms of heat illness include:

- dizziness or fainting
- nausea or vomiting
- headache
- rapid breathing and heartbeat
- extreme thirst (dry mouth or sticky saliva)
- decreased urination with unusually dark yellow urine

## CHANGES OF BEHAVIOUR IN CHILDREN (LIKE SLEEPINESS OR TEMPER TANTRUMS)

### HEAT STROKE IS A MEDICAL EMERGENCY!

Call 911 or your local emergency number immediately if you are caring for someone who has a high body temperature and is either unconscious, confused or has stopped sweating.

While waiting for help - cool the person right away:

- Move them to a cool place, if you can.
- Apply cold water to large areas of their skin or clothing.

**FAN THE PERSON AS MUCH AS POSSIBLE.**

## SAFETY TIPS

### **What to do if someone gets a sunburn:**

- Immediately remove the person from the sun.
- Place the person in a cool (not cold) shower or bath, or apply cool compresses several times a day. Do not wash burned skin with harsh soap.
- Avoid creams or lotions that may hold heat inside the skin or may contain numbing medication (i.e. benzocaine or lidocaine). Aloe gel can be used.
- Offer the person extra fluids for the next two to three days.
- If needed to relieve pain, give the person ibuprofen or acetaminophen, as directed. Do not give aspirin to children.
- Make certain all sunburned areas are fully covered to protect the person from further sun exposure.

Get immediate medical attention if the person has:

- sunburn that forms blisters or is extremely painful
- facial swelling
- nausea, fever or severe chills
- pale, clammy or cool skin
- rapid pulse or rapid breathing
- headache, confusion or a feeling of faintness or dizziness
- signs of dehydration (increased thirst, dry eyes and mouth, no urine output)
- signs of skin infection (increasing redness, warmth, pain, swelling, or pus)
- eyes that hurt and are sensitive to light

### **What to do if someone gets heat illness:**

If you have any heat illness symptoms during extreme heat, move to a cool place and drink liquids right away. Water is best.

## REMEMBER

The best treatment for sunburn is prevention.

There is no such thing as a "healthy tan." Unprotected sun exposure causes skin and eye damage, premature aging of the skin, and a weakened immune system.

Skin cancer usually appears in adulthood, but can be caused by excessive sun exposure and sunburns in childhood. You can help prevent skin cancer by protecting your skin and your children's skin from the harmful rays of the sun.



## Battery safety

The batteries that power many of your household items and children's toys contain harmful substances like acids and heavy metals. The tips here can help you and your children avoid serious injury from batteries. Learn how to safely install, use, store and get rid of batteries.

### Health risks

Many batteries are small enough to be swallowed by children. This can cause serious internal injuries and even death. Batteries can also overheat, burst or leak--causing serious injuries--if they are not properly installed, used, stored or discarded.

Seek **immediate** emergency medical attention if you suspect your child has swallowed a button battery. These small batteries can get stuck in your child's esophagus and burn through it and the wind pipe. Serious injuries can happen in a matter of hours.

Report any battery-related injuries directly to the manufacturer. You can also Report an Incident Involving a Consumer Product to Health Canada as well.

### Button batteries

- It is important to act quickly if your child has swallowed a battery. Button batteries can cause internal burns in as little as 2 hours.
- Make sure that button batteries in household items stay securely in the products. Look for products with battery compartments that prevent easy access. For example, screw-closed compartments are harder to access than those that simply slide to open.
- Always supervise children when they use products containing button batteries. Button batteries are often found in:
  - musical greeting cards
  - small electronic devices (like remote controls)
  - children's books
  - flashing jewellery
  - hearing aids
- Do not allow children to play with button batteries or remove them from household products.

WHEN REPLACING BUTTON BATTERIES, MAKE SURE THAT DISCARDED BATTERIES DO NOT GET MIXED IN WITH ANY PILLS, MEDICINE OR FOOD. IT IS ALSO IMPORTANT TO BE SURE THAT THEY CANNOT BE PULLED OUT OF THE TRASH BY A CHILD.

## REDUCE YOUR RISK

Here are some guidelines to help keep everyone in the family safe.

### Installation

- When installing batteries, be sure to line up the "+" sign on the battery with the "+" sign on the product's battery compartment. Improper installation can cause a battery to leak or overheat and lead to serious injury.
- Do not allow children to install batteries.
- Make sure that button batteries in household items stay securely in the products. Look for products with battery compartments that prevent easy access. For example, screw-closed compartments are harder to access than those that simply slide to open.
- Do not use different types of batteries together.
- Do not mix old batteries with new ones.
- Do not mix rechargeable batteries with non-rechargeable ones.

### USE

- Always read and follow instructions on battery packaging.
- Batteries are not toys--do not let kids handle them.
- Do not allow children to take battery-operated items to bed. Burns and other injuries can occur if the batteries leak or overheat during the night.



**WHEN RECHARGING BATTERIES, BE SURE TO USE THE CORRECT BATTERY CHARGER FOR THE BATTERY TYPE. DO NOT TRY TO RECHARGE BATTERIES THAT ARE NOT RECHARGEABLE.**

### STORAGE

- Store batteries in their original packaging and in a cool, dark place away from household chemicals.
- Store batteries away from medicine and food so that they are not swallowed by accident.
- Store batteries out of children's reach and sight.
- Do not store batteries where they can touch metal, like coins.

**REMOVE BATTERIES FROM ITEMS THAT WILL NOT BE USED FOR AN EXTENDED PERIOD OF TIME, SUCH AS SEASONAL DECORATIONS.**

### DISPOSAL

- Avoid throwing batteries out in household garbage. Many retailers and local governments have battery recycling programs that allow you to drop off old batteries. Contact your local government for a list of drop-off centres.
- Never toss batteries into a fire. They might burst or explode.

**Spectacular Word Search**

Find the hidden words in the search below -- you can go up, down, backwards, and diagonal. Have fun!

B	A	M	R	T	S	M	S	I	Y	N	P	Y	G	B
E	G	L	A	P	C	R	E	T	I	J	A	K	I	X
V	A	H	N	E	A	E	A	R	S	L	B	G	O	P
P	M	O	A	R	R	S	R	E	G	I	T	R	G	N
D	E	T	R	O	Y	C	T	X	N	O	A	L	U	B
R	S	P	U	B	R	F	E	L	P	I	C	E	O	W
H	A	I	C	G	I	K	V	C	R	U	N	E	S	Y
E	K	V	K	I	D	R	D	A	I	O	M	H	A	D
S	L	I	N	F	E	O	G	R	L	E	T	W	O	N
T	O	E	S	T	S	N	I	O	C	R	Y	S	H	A
Q	G	U	P	S	J	L	A	U	A	K	M	I	N	C
U	I	N	V	H	F	I	H	S	B	W	A	R	B	X
F	L	O	B	O	A	K	O	E	O	G	D	R	I	L
D	M	A	H	P	C	N	U	L	N	I	T	E	J	K
P	O	P	C	O	R	N	T	E	D	L	B	F	O	Y

**FERRIS WHEEL**      **ICE CREAM**      **TIGERS**  
**BIG TOP**            **OCEAN**            **ELEPHANTS**  
**CAROUSEL**        **GIFT SHOP**        **GAMES**  
**CANDY**             **SCARY RIDES**



14 York Road, Unit #1 & 2B

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

Shannonville, Ontario

KOK 3A0

August 2014

**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- 2:00pm

Fees

Senior (55+) \$20.00

Student \$25.00

Adults \$30.00

**We Are Open to  
The Public**

TFRC Staff

Darlene Loft /

TFRC Manager

Sonya Maracle / P.T

Jayna Leland / P.T

Brandon Barberstock

Sadie Maracle

**We will be hiring 2  
After School  
students in Sept.**

Role Models of Fitness

Tips for working Out in The Summer Heat

- Be flexible about your workout, check the weather first if outside running or walking
- Invest in some wicking clothes—lightweight & breathable, they pull moisture away from your skin, so you feel cooler.
- Take a cold shower, the cold water will cool you down, leave your hair wet, during the run , if short hair squeeze water on your head for a little cooling boost.
- Exercise in a cooler places, hit the trails in shady safe woods or along a breezy beach shoreline **or at TFRC**
- Drink water all day, not just before or after your workouts, staying hydrated will help prevent some of the symptoms you may experience from exercising in heat such as dizziness, stomach cramps, and headaches. During your run, sip four to eight ounces of water every 15 to 20 minutes.

Testimonials from our Members 2014

\*Excellent variety and quantity of equipment. Very clean and well maintained facility. Friendly, knowledgeable and helpful staff. Affordable and convenient schedule. What more could you ask for!


**B. McCurdy Member since 09/05/14**

•This gym is an awesome place to come and workout ! The equipment is innovative and unique and allows one to target all areas of the body. The new treadmills is fantastic because it feels good on my feet, its bouncing lol ! I have had an opportunity to try many other programs and they are all terrific ! I truly enjoy Sonya's lunch time program because she always has a variety of movements to challenge you and its a lot of fun !! I suggest that you attend one of the many programs, you will not regret the end result. Thanks Sonya and big thanks to all of TFRC, you're the best.

**Lynn Holwell member since 02/10/2010**

Thank You To our new volunteer Ron Barlow for helping with watering plants, cleaning windows and the equipment. Jack Skidd for the great window art.





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

**Summer Students Introduction**

She:kon everyone my name is Sadie Maracle. I attend St. Theresa Catholic School and just finished my grade 10 year. On my spare time I enjoy being at the dance studio where I've danced for 3 years now. I'm currently working as the community's fitness summer student at the TFRC. I look forward to seeing healthy change throughout the summer. ☀

She:kon, my name is Brandon Barberstock and I am the summer fitness worker at Tyendinaga Fitness and Resource Centre. I'm really excited to be working this summer with the fitness staff in a health profession that I enjoy. I recently graduated from Loyalist College with a dual diploma in Recreation and Leisure Services and Fitness & Health Promotion and in the fall I'm pursuing my BA in Kinesiology at Western University. I really like working with clients and I like to promote what I learned in my college studies. Health and fitness is more than just your appearance. I believe that exercise makes us feel better and increases our quality of life. With patience and persistence, anyone can achieve realistic and healthy goals. Have a great summer everyone.

**Is It Ever Too late To Exercise ?**

It is never too late, the main message **is just get moving and do something** you like. If you have not exercised before, start light and gradually build up to at least 30 minutes of activity on most days. This could be several 10 minute sessions throughout the day. While there is no one-size-fits all answer, the best approach is to ensure good health is to stick to the public-health guidelines or talk to your Doctor.

Listen to your body when determining an appropriate exercise intensity, take time to care for your body. You would take time for your car, you keep it from going out of gas or rusting. Senior programs emphasize moves that help people *live independently*, for example wall push ups maintain strength and dexterity to open doors, raising arms behind head to initiate combing your hair. Exercise may be the closest thing we have to a fountain of youth, one of the best ways to age happy and well. Exercise aids weight control, healthy cholesterol, brittle bones, lowers risk for cancer and many more.

**Recent studies** found that walking farther or faster after 65 years old, increases activity rather than slowing down in older age, helps maintain a good heart rhythm and prevent heart attacks. This all creates a **better quality of life** so you can be more activity and healthy for your grandchildren, family, friends and love one.



# AUGUST IS FREE



**The entire month of August will be FREE for  
ALL students!**

Free Wifi , Satellite Television, Cool Air, and Social Space!

( Note being respectful to our active/paid membership that they use the equipment first)

High School & College Students - 12 to 15 years with Parent / Adult

**Tyendinaga Fitness Resource Centre**

14 York Road, Shannonville

Phone: (613)962, 2822

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





# WE'RE BACK!! SAVE THE DATE!!

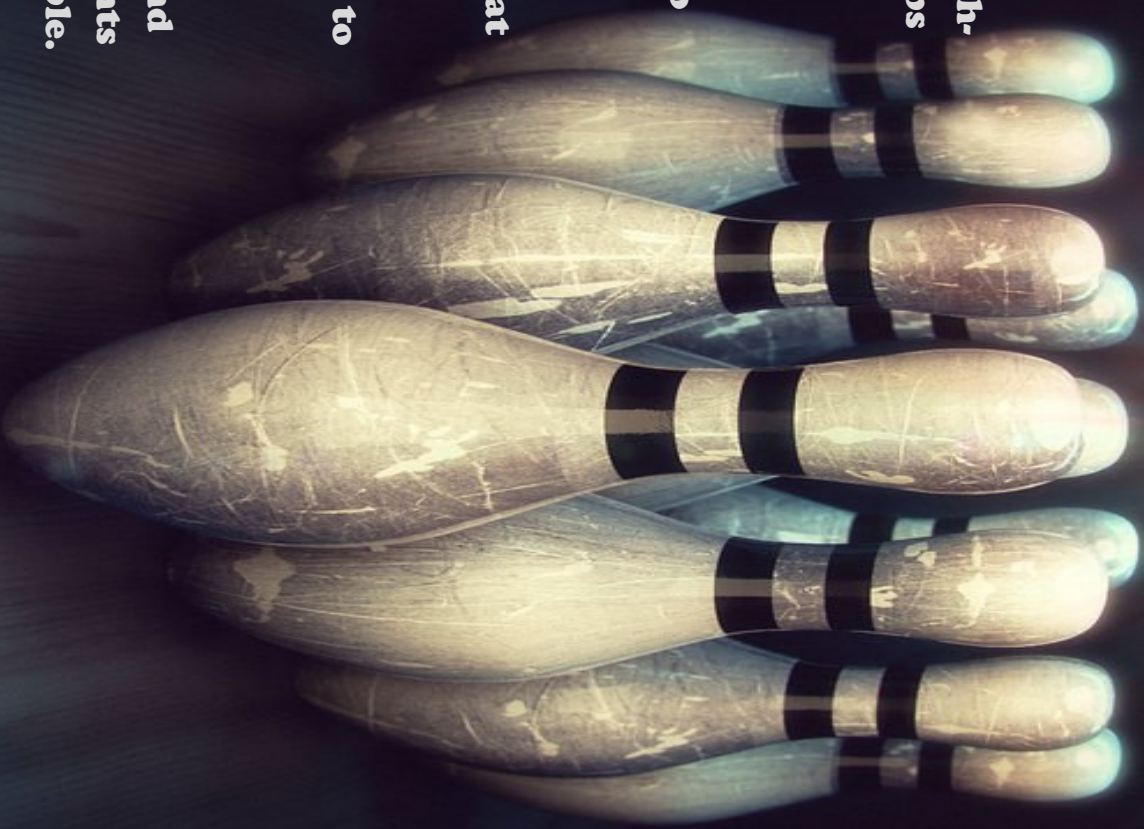
## BEARS & CUBS

We are excited to start another full season of Bears & Cubs in September!

We will be heading to the bowling alley in Belleville to try our best at bowling!

We will be leaving the CWB at 6:00pm on September 24th, 2014 and heading to McDonalds for supper and then off to Belleville Pro Bowl.

Transportation is limited and we are asking for participants to drive themselves if possible.



DATE: September 24th, 2014

Time: 6:00 - 8:00

Community Wellbeing Centre

50 Meadow Drive

Tyendinaga Mohawk Territory

KOK 1X0

If you are interested in taking part this program does require participants to register. For registration please contact:

tact:

Julie Brant

Family Health and Child Development

Program

Phone: 613 967 011 Ext. 149

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

**\*\* REGISTRATION DEADLINE\*\***

**FRIDAY SEPTEMBER 12TH, 2012**





# SAVE THE DATE - COMMUNITY CIRCLE 2014

We hope you are all enjoying these beautiful summer days! Not that I want to rush our summer LOL! But I wanted to send a reminder to save the date for Monday September 22nd, 2012. This is our first circle after summer break. Our focus will be participating in a Medicine Walk and a craft. We have a very special guest that will teach us about fall medicines that grow in our very own back yards. This should tie perfectly into our summer project!

\*\*If you were not given the information about the summer project please contact me and I will make sure you are given the information to be included.\*\*

If you plan to attend can you please register with Julie Brant - 613 967 0122 Ext. 149

Or by email : [julieannb@mbq-tmt.org](mailto:julieannb@mbq-tmt.org)

Nya:wen and I look forward to having you all back in the fall!!! - Julie

