

CURVE LAKE, ONTARIO K0L 1R0

NEWSLETTER

MAY 11, 2007

NOTE: UNLESS OTHERWISE SPECIFIED, NOTICES AND/OR OTHER ARTICLES CONTAINED IN THE CURVE LAKE FIRST NATION NEWSLETTER ARE AT THE REQUEST OF INDIVIDUALS. IT SHOULD NOT BE ASSUMED THAT THESE ISSUES ARE SUPPORTED BY, OR REPRESENT THE VIEWS OF CHIEF AND COUNCIL. UNLESS OTHERWISE SPECIFIED, SERVICES LISTED IN THE CURVE LAKE FIRST NATION NEWSLETTER ARE SPECIFICALLY FOR CURVE LAKE MEMBERS ONLY.

COUNCIL MEETING

THE NEXT REGULAR COUNCIL MEETING WILL BE HELD ON TUESDAY, MAY 22ND AT 7:00 P.M. IN THE COUNCIL CHAMBERS OF THE GOVERNMENT SERVICES BUILDING.

NOTICE

THE CURVE LAKE FIRST NATION ADMINISTRATION BUILDING, DAY CARE, HEALTH CENTRE, AND PUBLIC WORKS WILL BE CLOSED ON MONDAY, MAY 21, 2007 FOR VICTORIA DAY. ALL BUILDINGS WILL REOPEN ON TUESDAY, MAY 22, 2007



REMINDER

JUST A REMINDER THAT AS OF APRIL 1ST PUBLIC WORKS WILL NOT PICK UP GARBAGE UNLESS IT IS IN CLEAR GARBAGE BAGS. THANK YOU FOR YOUR COOPERATION.

SENIOR CITIZEN'S CENTRE LUNCHEON

WEDNESDAY, MAY 23RD
MENU: IT'S A SURPRISE

*** NOTICE ***

THE FOOD BANK WILL NOT BE OPEN ON MONDAY, MAY 21, 2007 DUE TO THE HOLIDAY. HOWEVER, THE FOOD BANK WILL BE OPEN ON TUESDAY, MAY 22, 2007 FROM 10:00 A.M. UNTIL 12:00 NOON

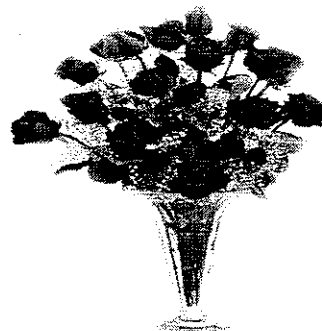
FOR YOUR INFORMATION

THE NEXT CURVE LAKE NEWSLETTER WILL BE FRIDAY, MAY 25, 2007 DEADLINE FOR SUBMISSIONS FOR THE NEWSLETTER IS WEDNESDAY, MAY 23, 2007 @ 12:00 NOON. PLEASE REMEMBER THAT ALL SUBMISSIONS MUST BE TYPED.

FOR RENT

HOUSE FOR RENT
CALL MARK 657-2074

HAPPY MOTHER'S DAY!





Before I Was A Mom...

Before I was a Mom I never tripped over toys or forgot words to a lullaby.

I didn't worry whether or not my plants were poisonous.

I never thought about immunizations.

Before I was a Mom - I had never been puked on.

Pooped on.

Chewed on.

Wet on.

I had complete control of my mind and my thoughts.

I slept all night.

Before I was a Mom I never held down a screaming child so doctors could do tests. Or give shots.

I never looked into teary eyes and cried.

I never got gloriously happy over a simple grin.

I never sat up late hours at night watching a baby sleep.

Before I was a Mom I never held a sleeping baby just because I didn't want to put them down.

I never felt my heart break into a million pieces when I couldn't stop the hurt.

I never knew that something so small could affect my life so much.

I never knew that I could love someone so much.

I never knew I would love being a Mom.

Before I was a Mom - I didn't know the feeling of having my heart outside my body.

I didn't know how special it could feel to feed a hungry baby.

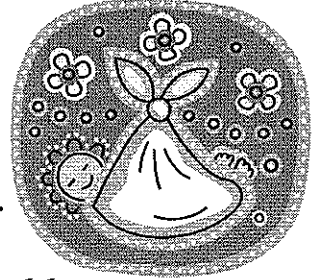
I didn't know that bond between a mother and her child.

I didn't know that something so small could make me feel so important and happy.

Before I was a Mom - I had never gotten up in the middle of the night every 10 minutes to make sure all was okay.

I had never known the warmth, the joy, the love, the heartache, the wonderment or the satisfaction of being a Mom.

I didn't know I was capable of feeling so much, before I was a Mom.



Happy Mother's Day!!



Drumming Up A Storm

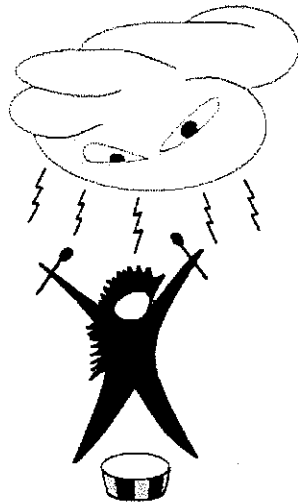
An Aboriginal Musical Variety Show

Special Guest

Rukanas

Music from
the Andes

- Country Folk
- Soul/Reggae
- Blues/Jazz



Master of Ceremonies

Drew Hayden Taylor

Author & Playwright

- Folk Rock
- Electronic Music
- Women's Hand Drumming

Also appearing:

Brenda MacIntyre ~ Don Ense ~ Peggy Day ~ Sarah DeCarlo
Wishkiigomaang ~ Yuma Hester ~ Tracy Weller ~ Jackie Marie Jacobs

National Aboriginal Day!

When: June 21st 7 - 9:30 PM

Where: St Paul's Presbyterian Church



Tickets:

	Advance		At the Door
Per Person	\$12.00	Per Person	\$13.00
Couple	\$22.00	Couple	\$24.00
Family	\$25.00	Family	\$27.00

For unwaged tickets are ½ price

For tickets or information contact Pat or Karen at 741-0798



Drumming Up A Storm is a fundraiser for

Peterborough Native Learning Program

GOD LOVES THE FAMILY

We believe God wants to bless families so we are planning a special worship time to pray God's blessing for families.

SUNDAY MAY 20 AT 4:00 PM

Bring the whole family from Grandparents to little babies!

*We'll have something special for the children
and a specific prayer for each family.*

EVERYONE WELCOME

CURVE LAKE CHRISTIAN ASSEMBLY

For more details phone:

Rita Rose 657-3781

Norma Wager 657-8721

George and Beth Budd 652-3127



Free Golf Tee Times Available

The **Mighty Mucks of Curve Lake**, with financial assistance from the **Curve Lake Revenue Gaming Fund**, have negotiated free tee times and golf club use at the:

Katchiwano Golf and Country Club (652-6612)

Each day from now until the end of October, with the exception of the five Mondays being May 21st, July 2nd, August 6th, September 3rd and October 8th, Curve Lake First Nation members will have an opportunity to take advantage of the free tee times and golf club use at the Youngs Point course.

There are only four spots per day. First come, first served but we are encouraging the use of these tee times for families and in particular the youth of Curve Lake. You can book tee times up to four days in advance for one, two, three or four golfers for a specific day. Once four golfers have been listed with the pro shop for a specific day, any other Curve Lake First Nation members wishing to golf at Katchiwano that day will have to pay regular green fees and (club rental if needed). This agreement with Katchiwano G&CC does not include golf balls or pull/motorized cart rentals.

On registry to play using the Curve Lake Golf memberships, you will have to show your status card for identification purposes and fill out and sign a block in the Register the Mighty Mucks have left in the pro shop at Katchiwano. If you do not have your status card, you have to pay. No exceptions.

To book tee times, call the **Pro Shop** at **652-6612** and specify you are trying to book tee times using the **Curve Lake Golf Memberships**. Let them know how many you are trying to book for and whether they are all eligible to use the Memberships. You can mix pay-as-you-play golfers in a foursome but they have to pay. If for some reason, you have to cancel one or all of those you have booked tee times for, call the Pro Shop and let them know as early as possible. Someone else eligible to use the memberships may be wanting to golf that day.

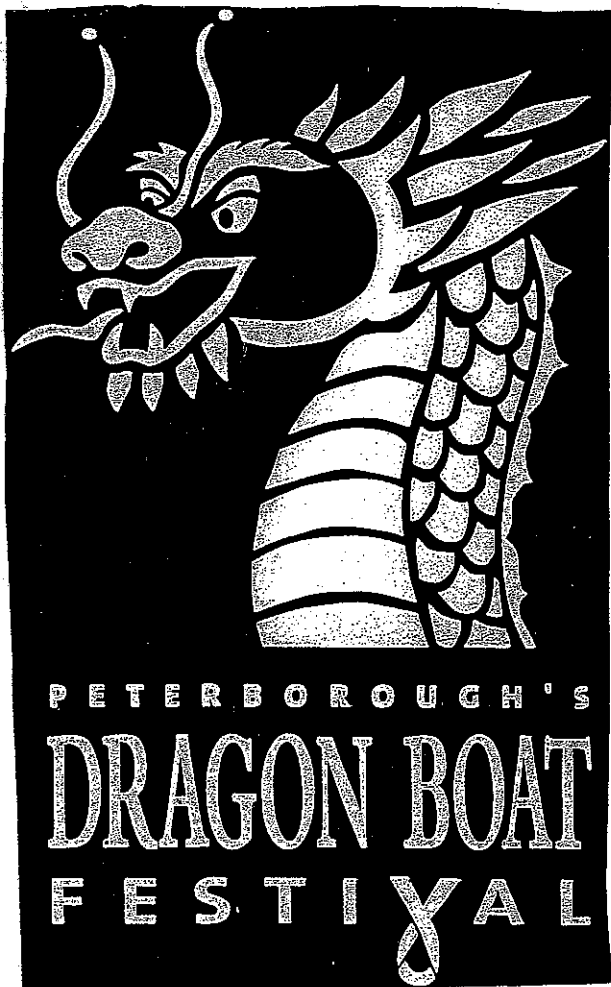
We have only negotiated for four users per day so not everyone will be able to golf at once. Please be respectful of the course staff if the day you want to golf is not available. Also note that outside food or beverages are not permitted on the course. Please patronize their restaurant and food/drink cart.

Have a great time. If you have any questions or if you have concerns about abuse of the Curve Lake Golf Memberships, please call Mel Jacobs, Manager of the Mighty Mucks at 657-1675.

Watch for future announcements from the Mighty Mucks!

VOLUNTEERS REQUIRED

ADULTS & HIGH SCHOOL STUDENTS
7th ANNUAL DRAGON BOAT FESTIVAL



DATES:

FRIDAY, JUNE 15

SET UP

SAT. JUNE 16

FESTIVAL

LOCATION:

LITTLE LAKE

(T-WHARF)

& surrounding park lands

CONTACT:

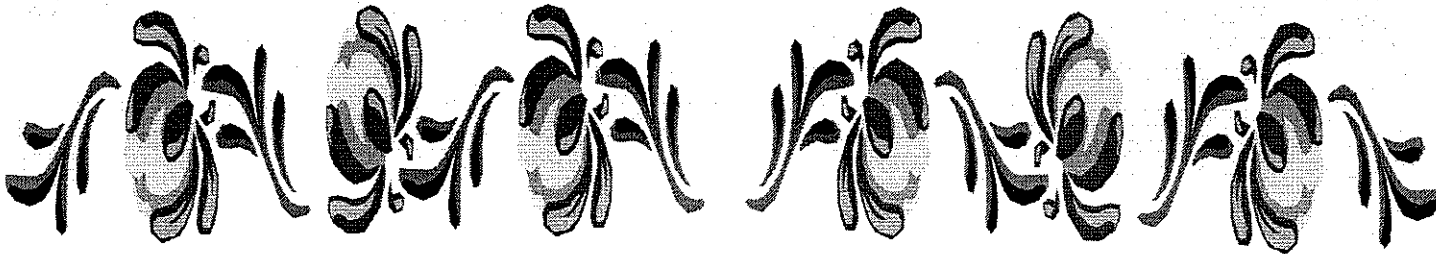
VOLUNTEER

CO-ORDINATOR

MARILYN TUDHOPE

743-3930

rtudhope1@cogeco.ca



*Hugh Cameron Taylor
November 30, 1946 – April 19, 2007*

*Come join us in the celebration of
the life of Hughie Taylor*

*Curve Lake Community Church
May 12, 2007 – 2:00 p.m.
Interment – Curve Lake Cemetery
following the service.*

*Light lunch to follow at the
Community Centre*



**CHARLIE'S BAY CHIP TRUCK WILL NOW
BE OFFERING FRY BREAD SUNDAYS
ORDER ANY THING ON THE MENU AND
JUST ASK THE COOK TO PLEASE PUT IN
ON FRIED BREAD.**

**ALSO ON SUNDAYS ONLY WE WILL BE
SERVING UP INDIAN TACOS.**

**DON'T HAVE TO WAIT FOR POW WOW
HAVE ONE NOW.**

THANKS FROM THE CHIP TRUCK COOKS.

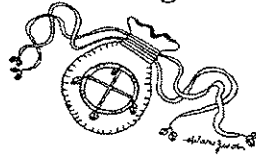
CHARLIE'S BAY CHIP TRUCK MENU

FRIES SM.... 2.75... MED...3.75 LG... 4.75
POUTINE SM..4.00 MED....5.00 LG...6.00
6 OZ. HAMBURGER 4.00
6 OZ. CHEESEBURGER 4.25
DOUBLE CHEESEBURGER 6.50
BANQUET BURGER 4.75
PEAMEAL ON BEEF BURGER 5.75
PEAMEAL ON A BUN 3.50
SAUSAGE ON A BUN 3.00
POGO 2.00
JUMBO DOG 2.75
CHICKEN BURGER 4.00
CRISPY CHICKEN SANDWICH 5.00
CHICKEN WINGS 7.00
RIB EYE STEAK ON A BUN 5.50
ONION RINGS 3.00
BREADED MUSHROOMS 4.00
TUNA WRAP 4.00
CEASAR SALAD SMALL 4.00 LARGE 8.00
CHICKEN CEASAR SALAD SM. 4.50 LG 9.00
CHICKEN CEASAR SALAD WRAP 5.00
FISH & CHIPS 7.00
CHICKEN FINGERS & FRIES 5.50

KIDS MENU

FRIES 1.50
POUTINE 2.00
CHICKEN FINGERS & FRIES 3.00

CALL AHEAD YOUR ORDER 657-8980



CURVE LAKE HEALTH CENTRE

General after hour voicemail 657-3067

Curve Lake Students at Lakefield District Intermediate School

You are invited to two Educational Lunch and Learns!

Topic: *Alcohol & Driving, What is the Law?*

Monday, May 28 at 12:30 in Merit Taylor's Classroom at LDIS

Guest Speakers: Roseann Marble – NNADAP Worker, Curve Lake Health Centre & Corporal Roger King of the RCMP, Bowmanville

Lunch & Refreshments served. No cost.

What is blood alcohol content, a breathalyzer test, ignition interlock, blowing over about? We invite questions, so please write down or ask questions. Please sign up with Catie Whetung. Thank you.

Topic: *Latest Street Drugs*

Tuesday May 29, 2007 at 12:30 in Merit Taylor's Classroom at LDIS

Guest Speakers: Roseann Marble – NNADAP Worker, Curve Lake Health Centre & Corporal Roger King of the RCMP, Bowmanville

Lunch & Refreshments served. No cost.

What is crystal meth? What is the law around manufacturing crystal meth? Why is it so addictive? We invite questions, so please prepare questions. Please sign up with Catie Whetung. Students - to obtain the most of this informative presentation, we ask that you stay for the duration of the lunch hour. Thank you.

Healthy Weight is a Family Affair



How can your family achieve and maintain a healthy weight?

There are a number of important steps you can take to help your family have a healthy weight. The top priorities are outlined below in our “Top TEN” steps to achieving a healthy weight.

1. Eat a healthy balanced Diet!
2. Moderate your fluid intake!
3. Pay attention to portion sizes!
4. Set regular meal times!
5. Have a healthy breakfast everyday!
6. Snack Smartly!
7. Eat together as a family!
8. Be a good role model for healthy eating!
9. Move more – Get active, anyway – everyday!
10. Live life to the fullest-Get outside and play!

Everyone with diabetes knows the importance of meal planning and eating the right foods.

Proper nutrition is the cornerstone for effective diabetes management. What, when and how much you eat are all critical factors in maintaining blood glucose levels.

A healthy lifestyle, involving plenty of physical activity and balanced meals, is so important when living with diabetes. It takes a great deal of planning to regulate these aspects of your life.



Family Dinner Confetti Chicken with Rice

This dish is a one-pot wonder! It is quick to prepare, tastes great and best of all is a cinch to clean up. You can substitute 3 ½ cups (875 ml) chopped fresh tomatoes for the canned tomatoes

1 tsp/5 ml	olive oil
½ lb/250 g	sweet or hot Italian sausage (about 2 lg.), casings removed & meat crumbled
½ lb/250 g	boneless skinless chicken breasts, cut into 1” cubes
1 tsp/5 ml	minced garlic, or ¼ tsp (1 ml) garlic powder

